

## The Three Refuges

Buddhist teachings speak of the Three Gems. These are the Buddha, the Dharma (or Dhamma) and the Sangha. The Buddha includes the original Buddha and all persons who have attained enlightenment, as well as the potential in each of us to reach enlightenment. The Dharma is the teachings of the Buddha. The Sangha is the community of Buddhists.

The Three Gems are also referred to as the Three Refuges (Tisarana), because they offer refuge, comfort and wisdom along the path. A longstanding Buddhist tradition has been for a sangha to chant together that we take these refuges. Often the refuges are chanted in Pali, the language in which the Dharma was first written down.

Links to a pdf of this handout, and a recording of one of our members chanting the refuges, are available at [santafevipassana.org](http://santafevipassana.org) under Resources.

*Namo Tassa Bhagavato Arahato  
Samma Sambuddhassa  
(Chant Three times)*

I pay homage to the Blessed One, the  
Perfected One, the fully Enlightened One.  
(Chant Three times)

*Buddham Saranam Gacchami*

I go to the Buddha for refuge

*Dhammam Saranam Gacchami*

I go to the Dhamma for refuge

*Sangham Saranam Gacchami*

I go to the Sangha for refuge

*Dutiyampi Buddham Saranam Gacchami*

A second time, I go to the Buddha for refuge

*Dutiyampi Dhammam Saranam Gacchami*

A second time, I go to the Dhamma for refuge

*Dutiyampi Sangham Saranam Gacchami*

A second time, I go to the Sangha for refuge

*Tatiyampi Buddham Saranam Gacchami*

A third time, I go to the Buddha for refuge

*Tatiyampi Dhammam Saranam Gacchami*

A third time, I go to the Dhamma for refuge

*Tatiyampi Sangham Saranam Gacchami*

A third time, I go to the Sangha for refuge

*Appamadena Sampadetha*

Onward, with Diligence

*Saddhu, Saddhu, Saddhu*

Well done!