

Refuge Prayer

At the foot of the Bodhi tree,
beautifully seated, peaceful and smiling,
the living source of understanding and compassion,
to the Buddha I go for refuge.

The path of mindful living,
leading to healing, joy, and enlightenment,
the way of peace,
to the Dharma I go for refuge.

The loving and supportive community of practice,
realizing harmony, awareness, and liberation,
to the Sangha I go for refuge.
I am aware that the Three Gems are within my heart.
I vow to realize them.
I vow to practice mindful breathing and smiling,
looking deeply into things.
I vow to understand living beings and their suffering,
to cultivate compassion and loving kindness,
and to practice joy and equanimity.

I vow to offer joy to one person in the morning
and to help relieve the grief of one person in the afternoon.
I vow to live simply and sanely,
content with just a few possessions,
and to keep my body healthy.
I vow to let go of all worry and anxiety in order to be light and free.

I am aware that I owe so much to my parents, teachers,
friends, and all beings.
I vow to be worthy of their trust,
to practice wholeheartedly,
so that understanding and compassion will flower,
and I can help living beings
be free from their suffering.
May the Buddha, the Dharma, and the Sangha support my efforts.

Thich Nhat Hanh