

The Three Refuges

Shanthi Vihara Dhamma School

Dhamma School Lessons for KS1

The Three Refuges

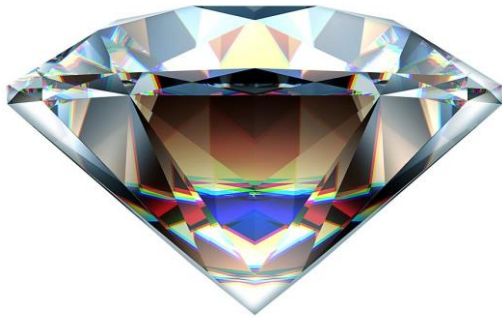
Dear Children, Today we are going to learn about the three most valuable things that we take refuge of. The three refuges are **Buddha**, **Dhamma** and **Sangha**.

They are also called “**The Triple Gem**” or “**The three Jewels**”. Every Buddhists take refuge in the Buddha, his teachings and the Community of monks.



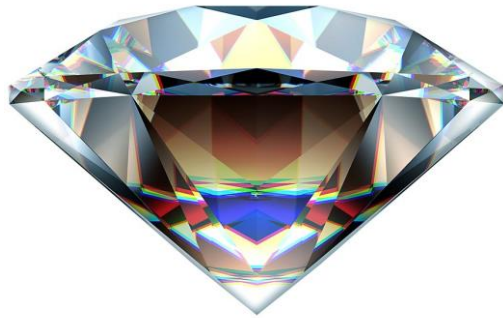
The Three Refuges, The Triple Gem

We call it “Gems” because gemstones are very expensive and valuable. The three refuges are the most valuable things for Buddhist people.



Buddha

The Teacher,
who is fully
enlightened.



Dhamma

The teaching of
peace and love
of the Buddha.



Sangha

Followers of the
teachings, the
venerable monks.

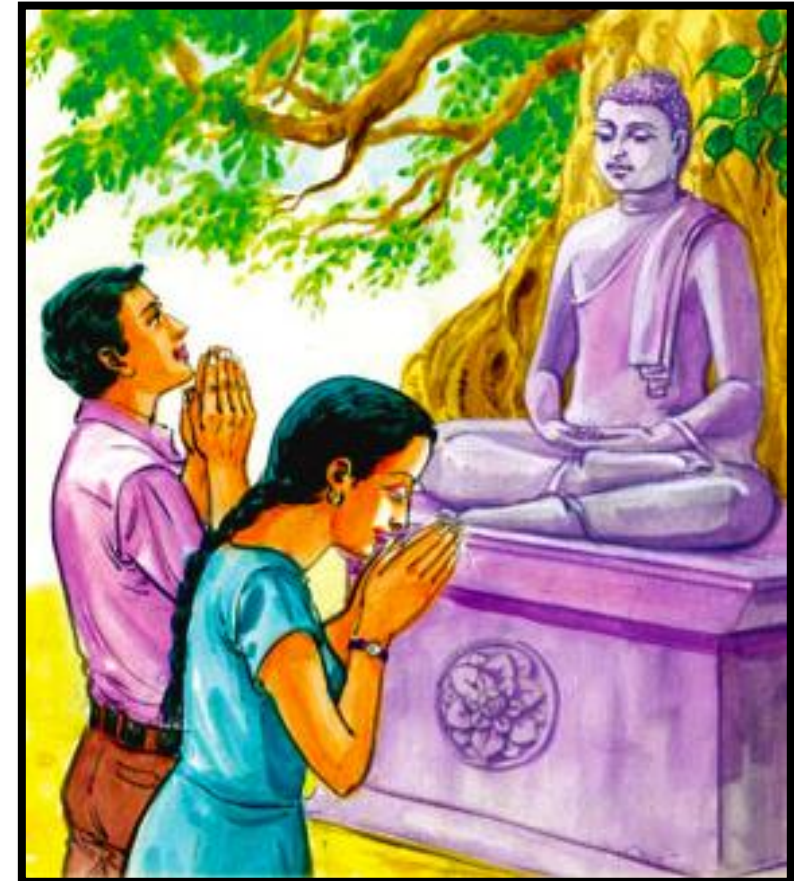
Taking Refuge

We recite the “Namaskara” three times before taking refuge. By reciting the Namaskara, we first pay homage to the Buddha and observe the five precepts.

***“Namo tassa bhagavato arahato
samma sambuddhassa”***

**(I pay homage to the Blessed One, the
Worthy One, the Fully Enlightened One.)**

Dear Children, You should be able to recite the Namaskara by heart. Also remember the meaning.



The Three Refuges

We take the refuge before we observe the Panchasila, The 5 precepts. Can anybody remember how to take refuge in Buddha, Dhamma and Sangha?

Buddham saranam gacchami

I go to the Buddha for refuge.

“I take refuge in the Buddha,
the one who shows me the way in
this life.”

Dhammam saranam gacchami

I go to the Dhamma for refuge.

“I take refuge in the Dharma,
the way of understanding
and of love.”

Sangham saranam gacchami

I go to the Sangha for refuge.

“I take refuge in the Sangha,
the community that lives in harmony
and awareness.”

Benefits of taking Refuges

When we take refuge in the Triple Gem, we receive lot of benefits.

1. We become a Buddhist, a follower of the Buddha

4. We won't fall to unfortunate rebirths.

2. It helps to make our mind powerful.

5. We will quickly attain the Nibbana and end the suffering.

3. We will be protected by good devas (Gods).

6. We become happy and confident.

Tasks

To be a good child, you have to complete the following tasks.

1. Recite the Namaskaraya “Namo Tassa” nicely.

4. Remember the meaning of the Namaskaraya

2. Be able to pay homage to the Triple Gem.

5. Remember 2 benefits of taking refuge in the Buddha, Dhamma and Sangha.

3. Remember the meaning of the Thisarana.

6. Draw the three jewels.