



## *Taking the Refuges and the Five Trainings of the Body, Mind and Heart*



*In order to honor the lineage of the Buddha's Teachings and the aspiration of all beings for Happiness and Freedom we take the following Three Refuges:*

In search of freedom for myself and all beings, I go for Refuge in the Buddha and the possibility of developing a more Awakened Heart.

In search of freedom for myself and all beings, I go for Refuge in the Dharma and resolve that I will deepen my experience and understanding of its wisdom that is wider than all the oceans.

In search of freedom for myself and all beings, I go for Refuge in the Sangha in order to create the conditions of peace, kindness and interconnection in our progression towards Freedom in all of our communities.

I go for Refuge in this Triple Gem of our spiritual practice for the benefit and liberation of myself, my loved ones, those whom I do not know or have difficulty with, and all beings, in all worlds, in all directions.



*With the intention to provide safety and peace in our time of practice together, the Five Householder Precepts are taken, as worded by Manzanita Village:*

- 1) Aware of the violence in the world and of the power of non-violent resistance I stand in the presence of the ancestors, the earth, and future generations and vow to cultivate the compassion that seeks to protect each living being.
- 2) Aware of the poverty and greed in the world and of the intrinsic abundance of the earth, I stand in the presence of the ancestors, the earth, and future generations and vow to cultivate the simplicity, gratitude, and generosity that have no limits.
- 3) Aware of the abuse and lovelessness in the world and of the healing that is made possible when we open to love I stand in the presence of the ancestors, the earth, and future generations and vow to cultivate respect for the beauty and erotic power of our bodies.
- 4) Aware of the falsehood and deception in the world and of the power of living and speaking the truth I stand in the presence of the ancestors, the earth, and future generations and vow to cultivate the ability to listen; and clarity and integrity in all I communicate—by my words and actions.
- 5) Aware of the contamination and desecration of the world and of my responsibility for life as it manifests through me I stand in the presence of the ancestors, the earth, and future generations and vow to cultivate discernment and care in what I take into my body and mind.

