

Chapter 1 – Development of the Faith and Taking Refuge in the Triple Gems

Chapter 1 Section 1 – Defines what is meant by the Way to Buddhahood and states clearly the principle is based on the *Lotus Sūtra*'s teaching that all Dharmas lead to the one path/goal.

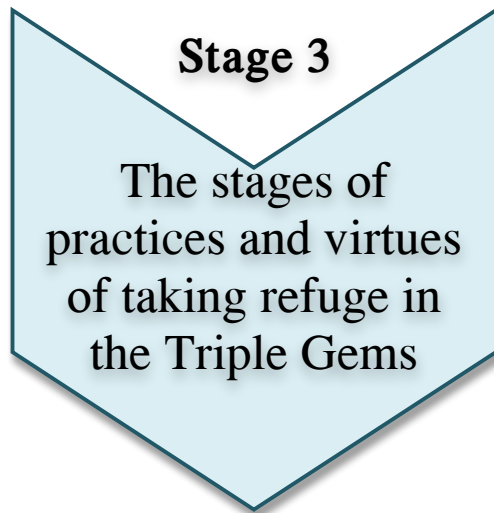
Stage 1
Sincere arousing of the mind to take refuge.

- 1. Truly knowing the sufferings of this world
- 2. Arising of the mind that earnestly seeks a place of refuge

Stage 2
Searching for a place of refuge and undergoing rounds of and decision-making.

- 1. Unsatisfactory places of refuge
 - └ Observe the unsatisfactory nature of worldly pleasures
 - └ Observe the unsatisfactory nature of the spirit and heavenly realms
- 2. Ultimate place of refuge (Triple Gems)

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1. Elucidating the virtues of the Triple Gem (Object)

Contemplation on the virtues of each gem

The Buddha Gem

- Contemplation on the Buddha's awakening to the Dharmakaya
- Reflection on the countless buddhas of the three times
- Reflection on Shakyamuni Buddha's great vow of compassion
- Contemplation on the perfection of the Buddha's triple virtues

The Dharma Gem

- Contemplation on the three Dharma seals using three similes
- Contemplation on the four virtues of nirvana
- Reflection on the entrance to nirvana by the noble Path

The Sangha Gem

- Reflection on the Sangha's harmony and purity
- Contemplation on the Sangha's differences without bias

The True virtues of refuge in the Triple Gems and the two types of practice

The mundane and supramundane Triple Gem

Reaching the supramundane Triple Gem via the mundane Triple Gem

2. The vow to take refuge in the Triple Gems (Cultivation/Practice)

Taking the vows with actions of body, speech and mind

Enrichment of the tri-karma with further cultivation

Sincerely make offerings in our minds

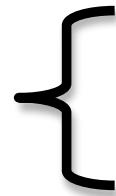
Recollect all the superior virtues

3. The wonderful goal of refuge in the Triple Gems (Outcome)

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Stage 4

The essence and true meaning of taking refuge in the Triple Gem.

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1. The essence of taking refuge (Faith and vows)
 2. The True meaning of taking refuge (self reliance)