

TAKING REFUGE IN THE TRIPLE JEWELS

ONLINE WISE LIVE



TUESDAY 5TH MAY 2020 BEGIN AT 6.30PM SHARP







## Taking Refuge in the Triple Jewels!

## Dear Ones,

Taking refuge is a commitment. A commitment to yourself.

You'll know when you're ready.

Maybe not consciously.

It may not be logical. It may be confusing. You may have no clue as to why you want to take refuge, but somewhere inside you there's an urge. A bell has been rung.

It's a feeling. A mystical feeling. You can't put your finger on it. But when you're around these people, the Temple, smell the incense, you feel ... good, open, raw, in awe, excited, innocent - like a child; and there's pathos, you're like a bruise - when pressed it's painful and yet pleasurable.

Attending classes and talks, hearing the wise words, spoken so simply - you understand. Your mind becomes clear. You see how you can change. There's ease. The meditations soothe you. It's like balm on the wounds.

Your heart knows The Truth.

When you hear the Dharma your heart responds like a man lost in a desert who's thirst has finally been quenched, after a week without water.

Taking refuge is a commitment.



## Taking Refuge in the Triple Jewels!

A commitment to yourself.

A commitment to be genuine, to be truly honest with yourself, to pursue knowledge, to understand yourself/others/the universe, to keep trying, no matter how many times you fail (and you will fail) in being better and doing better. A commitment to hold yourself up to your highest conscious. You can still be you (well who else could you be?!)

You can still have a wife/husband/girlfriend/boyfriend, you can still have a drink, you can still have a life, go to work, have friends, go out and enjoy yourself, go on holiday.

It's about what's going on inside. It's a deep exploration into space.

I didn't understand what I was getting into when I took refuge. It took a whole year after the ceremony before I truly understood that it was what I actually wanted. At that time, I was at the lowest point in my life mentally. My mind was shot to pieces and I was an emotional wreck.

The commitment my guru made to me was one I will never truly be able comprehend or ever be able to repay. I understand that very clearly. Once I had made the decision that I was also committed and began to make efforts, everything changed.

I have never known love like it before or since. True love – not borne of lust or with a desire for reciprocation. Unconditional love. It opens up your heart, and once your heart is open ... EVERYTHING changes.



## Taking Refuge in the Triple Jewels!

Year on year my life has got better and better.

Because I took refuge. Because I made a commitment.

Meet Pandit and hear 'Stream Enterer'. Don't miss this FREE talk.

Love,

Joanne Slater

Director

Leigh Buddhist Centre 879A London Road Westcliff on Sea Essex SSO 9SZ

tel: +44 7814 103617 email: jo.leighbuddhistcentre@gmail.com www.leighbuddhistcommunity.com

Like us on:

Facebook: Leigh Buddhist Centre Twitter: LeighBuddhistCom Instagram: LeighBuddhistCentre