

## QUALITIES of the BUDDHA, DHAMMA & SANGHA

### The Triple Gem

T - Savana } ANEEL  
Pūjā Sila } & clasp palms

### The Triple Gem

- The Buddha:
  - The holiest, wisest and most spiritually perfect personality who had ever lived.
- The Dhamma:
  - The Buddha's doctrine.
  - The ultimate truth about the universe.
  - Explains the true nature of things.
- The Sangha:
  - All the disciples of the Buddha who have attained sainthood (Arahantship).
  - The Order of the Buddha – monks and nuns – who lead the religious life and who are responsible for preserving the Dhamma.
- Who is a Buddhist?
  - One who takes refuge in the Triple Gem; and
  - One who reiterates his or her acceptance of the Triple Gem daily.

### Rites and Rituals

#### Veneration Pay respect

- Why?
  - To pay homage when visiting a Buddhist Temple.
- How to? *→ kneel & bow*
  - Puja gesture.
  - Recite the appropriate chants (vandana).
  - Make offerings of flowers, incense or oil.

#### Objects of veneration

- The stupa, which enshrines the Buddha's relics. *- mostly in Sri Lanka*
- The Bodhi Tree, which protected the Buddha

during His strive for enlightenment.

- The Buddha image, as a mark of remembrance.

### Puja

#### Nature of Puja

- Offerings in the name of the Buddha:
  - Usually of lights, flowers, food, fruit juice and incense.
- Physical objects as representations of the spiritual:
  - Flame/flowers = body or life
  - Light = dispelling of darkness or ignorance
  - Flame (brightness), flowers (beauty), incense (aroma) = impermanence.Also suitable for meditation.

### Vandana

#### Nature of Vandana

- Pali devotional chanting:
  - Introduces basic Buddhist doctrines.
  - Expresses traditional Buddhist practices.
  - Recalls the qualities of the Triple Gem for our contemplation. *- to become 2nd nature to the mind*
- Vandana:
  - Salutation.
  - Why recite verses from the Vandana?

#### Recitation of Vandana

- Pays homage to the Triple Gem.
- Leads to purification at 3 levels:
  - Sila (of conduct through Right Speech and Action);
  - Samadhi (of mind through meditation); and
  - Panna (of understanding through insight).
- Benefits:
  - To develop faith and devotion.
  - For leading a religious life.

cerita vandana - clasp palms

transfer merits - like sending a greeting card.

- To strengthen commitment towards good conduct and developing a pure mind.
- For meditation.
- To ward off evil for protection, e.g. the Angulimala Paritta to bless expectant mothers for easy childbirth.
- To receive blessings and instil self-confidence.
- Appropriate for:
  - Taking refuge or paying homage;
  - Making offerings or transferring merits;
  - Temple visits;
  - Home altars;
  - Funerals; and
  - Various blessings, including the asking for forgiveness or when in need of spiritual comfort.

### Salutation to the Buddha

#### Buddha Vandana

- Paying homage to the Buddha:
  - The duty of every Buddhist, as respect for the virtues and wisdom of the Buddha.
  - To gain confidence, devotion and inspiration.
- *Namo tassa Bhagavato Arahato Samma-Sambuddhassa* (x3)
- Honour to the Blessed One, the Exalted One, the Fully-Enlightened One (x3)

### The 3 Refuges

#### Taking Refuge

- To become a Buddhist, one takes refuge in the Triple Gem of the Buddha, Dhamma and Sangha.
- Taking Refuge:
  - Declares one's willingness to be guided by the Triple Gem;
  - Gives guidance for one's spiritual development; and

- Provides support in times of fear, insecurity and helplessness.

#### Ti-Sarana

- All Buddhists are encouraged to reiterate their acceptance of the Triple Gem in their daily lives. → morning & before sleeping
- *Buddham saranam gacchami*  
*Dhammam saranam gacchami*  
*Sangham saranam gacchami*  
*Dutiyampi Buddham... Dhammam... Sangham...*  
*Tatiyampi Buddham... Dhammam... Sangham...*
- I go to the Buddha as my Refuge  
I go to the Dhamma as my Refuge  
I go to the Sangha as my Refuge  
For the 2<sup>nd</sup> time, I go to ...  
For the 3<sup>rd</sup> time, I go to ...

### The 5 Precepts

#### The 5 Precepts

- Precepts ≠ commandments
- Precepts:
  - To be observed voluntarily.
  - No punishment for non-compliance - kamma takes effect.
  - Provides the basis for morality.

#### Panca Sila

- *Panapata veramani sikkhapadam samadiyami.*  
*Adinnadana veramani sikkhapadam samadiyami.*  
*Kamesu micchacara veramani sikkhapadam samadiyami.*  
*Musavada veramani sikkhapadam samadiyami.*  
*Sura-meraya-majja-pamadatthana veramani sikkhapadam samadiyami.*

- I undertake the precept to abstain from:

- killing living beings; - bring suffering
- taking that which is not given; - bring sadness
- sexual misconduct; - against joyful enjoyment
- false speech; and
- taking intoxicants. → the expense of another human being is eg. phadaphita

Golden Rule:

Do not do to others what you do not want others to do to you

## Recalling the Qualities of the Buddha, Dhamma and Sangha

### Recalling the Qualities...

*reinforcing*

- Visualising the supreme qualities of the Triple Gem helps:
  - One understand the true nature of things and disturbances;
  - Overcome one's sense of fear, insecurity and helplessness; and
  - Restore one's self-confidence.
- There are:
  - 9 qualities in the Buddha;
  - 6 in the Dhamma; and
  - 9 in the Sangha.

### Buddha Vandana

- *Iti pi so Bhagava*
  - (1) *Araham*
  - (2) *Samma-sambuddho*
  - (3) *Vijja-carana-sampanno*
  - (4) *Sugato*
  - (5) *Lokavidu*
  - (6) *Anuttaro*
  - (7) *Purisadamma-Sarathi*
  - (8) *Sattha deva-manussanam*
  - (9) *Buddho Bhagavati*

### Homage to the Buddha

- Such indeed is the
  - 1 Blessed One,
  - 2 Exalted
  - 3 Omniscient
  - 4 Perfect in knowledge and virtue
  - 5 Fully accomplished
  - 6 Knower of the worlds
  - 7 Incomparable Guide for the training of persons
  - 8 Teacher of gods and men
  - 9 Enlightened and Holy.

### Dhamma Vandana

- (1) *Svakkhato Bhagavata Dhammo*
- (2) *Sanditthiko*
- (3) *Akaliko*

- (4) *Ehi-passiko*
- (5) *Opanayiko*
- (6) *Paccattam veditabbo vinnuhiti*

### Homage to the Dhamma

- (1) Well-expounded is the Dhamma by the Blessed One
- (2) to be self-realised;
- (3) with immediate fruit;
- (4) inviting investigation; *to question Buddha's teaching*
- (5) leading on (to Nibbana);
- (6) to be comprehended by the wise, for himself.

### Sangha Vandana

- (1) *Supatipanno Bhagavato savaka-sangho*
- (2) *Ujupatipanno Bhagavato savaka-sangho*
- (3) *Nayapatipanno Bhagavato savaka-sangho*
- (4) *Samicipatipanno Bhagavato savaka-sangho*
- Yadidam cattari purisa-yugani / Attha-purisa puggala / Esa Bhagavato savaka-sangho*
- (5) *Ahuneyyo*; (6) *Pahuneyyo*; (7) *Dakkhineyyo*
- (8) *Anjalikaraniyo*
- (9) *Anuttaram punnakkhetam lokassati*

### Homage to the Sangha

- Of (1) good conduct; (2) upright conduct; (3) wise conduct; (4) gentle conduct is the Order of the Disciples of the Blessed One. This Order of the Disciples of the Blessed One – namely, these Four Pairs of Persons, the Eight Kinds of Individuals –
  - (5) is worthy of offerings; (6) hospitality;
  - (7) gifts; (8) reverential salutation; and
  - (9) is an incomparable field of merit to the world.