

WHERE DO WE TAKE REFUGE?

Where or in what do we currently take refuge? What led us there and what need are we trying to meet with our current refuges? How is this working for us?

How are we taking refuge in the example of the Buddha – in our own Buddha Nature – in Awareness itself? How are we doing that?

How are we taking refuge in the Dharma – the truth and the path? What part of the eight-fold path are we working with?

How are we taking refuge in the Sangha – the community of Wise Friends? Who are we hanging with?

What would be Wise Intention for next steps?