

The Joyful Path of Good Fortune: Going for Refuge

This is an outline summarizing the condensed meaning of the chapter “Going for Refuge” in the book “The Joyful Path of Good Fortune” by Geshe Kelsang Gyatso (Tharpa Publications, 2nd rev. ed., 1995). It is a restructuring of a portion of the book's appendix “The Condensed Meaning of the Text.” The square brackets enclose the outline key (e.g. 4.1.2 would be the second part, of the first part, of the fourth part).

Going for refuge, the gateway to Buddhadharma. [4.2.2.1.2.1] p.191

1. The causes of going for refuge (fear of bad rebirth or being trapped in samsara or of all beings being trapped in samsara, faith in taking refuge). [4.2.2.1.2.1.1] p.195
2. The objects of refuge. [4.2.2.1.2.1.2] p.195
 1. Identifying the objects of refuge (8 qualities of each). [4.2.2.1.2.1.2.1] p.196
 1. The Buddha Jewel. [4.2.2.1.2.1.2.1.1] p.196
 2. The Dharma Jewel. [4.2.2.1.2.1.2.1.2] p.200
 3. The Sangha Jewel. [4.2.2.1.2.1.2.1.3] p.203
 2. Understanding why the Three jewels are suitable objects of refuge. [4.2.2.1.2.1.2.2] p.205
 1. Buddha is free from all fear. [4.2.2.1.2.1.2.2.1] p.205
 2. Buddha is very skilful in liberating living beings. [4.2.2.1.2.1.2.2.2] p.206
 3. Buddha has compassion for all living beings without discrimination. [4.2.2.1.2.1.2.2.3] p.207
 4. Buddha benefits all living beings whether or not they have helped him. [4.2.2.1.2.1.2.2.4] p.208
3. The way of going for refuge. [4.2.2.1.2.1.3] p.208
 1. Going for refuge understanding the good qualities of the Three Jewels. [4.2.2.1.2.1.3.1] p.209
 2. Going for refuge differentiating the qualities of each of the Three Jewels. [4.2.2.1.2.1.3.2] p.209
 1. Going for refuge understanding the different natures of the Three Jewels. [4.2.2.1.2.1.3.2.1] p.209
 2. Going for refuge understanding the different functions of the Three Jewels. [4.2.2.1.2.1.3.2.2] p.210
 3. Going for refuge differentiating the Three jewels by an analogy (navigator, boat, crew). [4.2.2.1.2.1.3.2.3]
 4. Going for refuge distinguishing the time of going for refuge. [4.2.2.1.2.1.3.2.4]
 5. Going for refuge understanding the different ways in which merit is increased by going for refuge to each of the Three Jewels. [4.2.2.1.2.1.3.2.5] p.211
 6. Going for refuge understanding the different ways in which the Three Jewels help our practice (doctor, medicine, nurse). [4.2.2.1.2.1.3.2.6]
 3. Going for refuge by promising to go for refuge. [4.2.2.1.2.1.3.3]
 4. Going for refuge by abandoning going for ultimate refuge to other objects. [4.2.2.1.2.1.3.4] p.212
4. The measurement of going for refuge perfectly (fear, faith in refuge, actually taking refuge). [4.2.2.1.2.1.4] p.213
5. The benefits of going for refuge. [4.2.2.1.2.1.5] p.214
 1. We become a pure Buddhist. [4.2.2.1.2.1.5.1]
 2. We establish the foundation for taking all other vows. [4.2.2.1.2.1.5.2]
 3. We purify the negative karma that we have accumulated in the past. [4.2.2.1.2.1.5.3] p.215

4. We daily accumulate a vast amount of merit. [4.2.2.1.2.1.5.4]
5. We are held back from falling into the lower realms. [4.2.2.1.2.1.5.5] p.216
6. We are protected from harm inflicted by humans and non-humans. [4.2.2.1.2.1.5.6]
7. We fulfill all our temporary and ultimate wishes. [4.2.2.1.2.1.5.7] p.217
8. We quickly attain the full enlightenment of Buddhahood. [4.2.2.1.2.1.5.8]
6. The commitments of going for refuge. [4.2.2.1.2.1.6] p.217
 1. The special commitments. [4.2.2.1.2.1.6.1] p.217
 1. One abandonment and one acknowledgement with regard to the Buddha Jewel. [4.2.2.1.2.1.6.1.1]
 2. One abandonment and one acknowledgement with regard to the Dharma Jewel. [4.2.2.1.2.1.6.1.2] p.218
 3. One abandonment and one acknowledgement with regard to the Sangha Jewel. [4.2.2.1.2.1.6.1.3] p.219
 2. The general commitments. [4.2.2.1.2.1.6.2] p.219
 1. To go for refuge to the Three Jewels again and again, remembering their good qualities and the differences between them. [4.2.2.1.2.1.6.2.1] p.220
 2. To offer the first portion of whatever we eat and drink to the Three Jewels, remembering their kindness. [4.2.2.1.2.1.6.2.2]
 3. With compassion, always to encourage others to go for refuge. [4.2.2.1.2.1.6.2.3] p.222
 4. Remembering the benefits of going for refuge, to go for refuge at least three times during the day and three times during the night. [4.2.2.1.2.1.6.2.4] p.223
 5. To perform every action with complete trust in the Three Jewels. [4.2.2.1.2.1.6.2.5]
 6. Never to forsake the Three Jewels even at the cost of our life, or as a joke. [4.2.2.1.2.1.6.2.6] p.224
7. How to go for refuge by practising three rounds of meditation. [4.2.2.1.2.1.7] p.224

Context

1. Explanation of the pre-eminent qualities of the author, showing that the instructions of Lamrim are authentic. [1] p.5
2. Explanation of the pre-eminent qualities of Lamrim to inspire faith and respect for the Lamrim instructions. [2] p.17
3. Explanation of how to listen to and teach Dharma. [3] p.25
4. Explanation of the actual instructions of the stages of the path to enlightenment. [4] p.39
 1. How to rely upon a Spiritual Guide, the root of spiritual paths. [4.1] p.39
 2. How to take the essence of our human life. [4.2] p.121
 1. How to develop the determination to take the essence of our precious human life. [4.2.1]
 2. Training the mind in the actual methods for taking the essence of our precious human life. [4.2.2] p.139
 1. Training the mind in the stages of the path of a person of initial scope. [4.2.2.1] p.144
 1. Developing the aspiration to experience the happiness of higher states in future lives. [4.2.2.1.1] p.144
 2. The actual methods for gaining the happiness of higher states of existence in future lives. [4.2.2.1.2] p.189
 1. **Going for refuge, the gateway to Buddhadharma.** [4.2.2.1.2.1] p.191