

## Taking Refuge in the Three Jewels Information and Registration

To take Refuge with Dza Kilung Rinpoche is to take Refuge in the Three Jewels— the Buddha, Dharma and Sangha.

“Taking refuge is fully opening your commitment to the path of Buddhadharma, and to benefiting all beings. In refuge, you commit your body, speech and mind to the Buddha, Dharma and Sangha, deepening your heart connection to an enlightened path that goes beyond this lifetime.” *Dza Kilung Rinpoche*

We are deeply grateful that Dza Kilung Rinpoche, a lineage holder of the Longchen Nyingtik, is offering this opportunity.

**To register, please fill out the form [HERE](#) that will give you the Zoom link.** It is important that people who wish to receive a dharma name from Rinpoche **register by Sept. 22nd.**

Normally this ceremony is done in person. But because Rinpoche needs to offer it by Zoom, [HERE](#) are **instructions for how to set up a space for a refuge ceremony.** Please read these instructions well before the ceremony so you have time to set up.

If so moved, **it is traditional to offer [dana](#)** to Dza Kilung Rinpoche for this refuge ceremony.

Taking refuge has many levels of meaning and commitment -- from taking it for the first time as a commitment to the Buddhist path, to taking it with Dza Kilung Rinpoche and his lineage for the first time, to renewing one's vows. There are many resources available about the profound meaning and commitment of taking Refuge. For a selection of these resources, click [HERE](#). We encourage you to read more about taking Refuge prior to the ceremony, and please feel free to ask questions by emailing [pemakilaya@gmail.com](mailto:pemakilaya@gmail.com).

### **The Refuge Ceremony:**

Rinpoche will open the ceremony with teachings on taking Refuge and will guide you through the practice. He may recite from our prayer book available [HERE](#). Please have this available.

### **The ceremony will be as follows:**

Rinpoche's teachings on taking Refuge

Meditation and visualization

Taking Refuge (repeated 3 times)

*“In the Buddha, the Dharma and the Noble Sangha, I take Refuge from now until enlightenment is fully realized,  
By the merit accumulated through the practice of generosity and the six paramitas, may I become enlightened for the benefit of all sentient beings.”*

Receiving a Dharma name and cutting hair for those who have requested it.

Cut a small strand of hair from the top of your head and place it in an envelope. You will receive, by mail, a booklet with essential Longchen Nyingtik lineage refuge prayers and your dharma name.

Please mail the envelope with your hair in it to  
Pema Kilaya, PO Box 622, Langley, WA 98260.

Further teachings and comments by Rinpoche

Dedication. See pg 5 of Pema Kilaya prayers available [HERE](#) for Tibetan.

By this merit, may I attain omniscience

And having defeated the enemies, negativities

May all beings be liberated from the ocean of existence

With its stormy waves of birth, old age, sickness and death.

Closing

Offering of khatas and dana