

# Ceremony to Transmit the Three Refuges and Five Mindfulness Trainings

## January 8, 2022

### 1. Opening the Ceremony

Sitting Meditation  
Incense Offering  
Touching the Earth

### 2. Opening Verse

### 3. The Heart of Perfect Understanding

Playing a recording of the chanting – We will send the text of the sutra to the ordines before the ceremony.

### 4. Sanghakarman Procedure

Sanghakarman Master: Has the entire community assembled?

Sangha Convener: The entire community has assembled.

Sanghakarman Master: Is there harmony in the community?

Sangha Convener: Yes, there is harmony.

Sanghakarman Master: Why has the community assembled today?

Sangha Convener: The community has assembled to perform the Sanghakarman of transmitting the Three Refuges and Five Mindfulness Trainings.

Sanghakarman Master: Noble community, today, [date], has been chosen as the day to transmit the Three Refuges and Five Mindfulness Trainings. The community has assembled at the appointed time and is ready to transmit and receive the Three Refuges, Two Promises, and Five Mindfulness Trainings in an atmosphere of harmony. Thus, the transmission can proceed. Is this statement clear and complete?

Everyone: Clear and complete.

[repeat question and answer three times] [bell]

### 5. Introductory Words

### 6. Touching the Earth in Gratitude

In gratitude to our parents who have given us life, we touch the Earth before the Three Jewels.

[bell]

In gratitude to our teachers who show us how to love, understand, and live in the present moment, we touch the Earth before the Three Jewels.

[bell]

In gratitude to our friends who guide us on the path and support us in difficult moments, we touch the Earth before the Three Jewels.

[bell]

In gratitude to all species in the animal, plant, and mineral worlds, who support our life and make our world beautiful,

we touch the Earth before the Three Jewels. [bell, bell]

## **7. The Three Refuges**

I take refuge in the seed of awakening that lies deep inside me. [bell]

[ordinees touch the earth one time]

I take refuge in the teachings of mindfulness, concentration and insight that lead to understanding and compassion. [bell]

[ordinees touch the earth one time]

I take refuge in the community that guides and supports me along the path of transformation and healing. [bell, bell]

[ordinees touch the earth one time]

## **8. Transmitting the Five Mindfulness Trainings**

Sisters and Brothers, are you ready?

Ordinees: Yes, I am ready.

*The First Mindfulness Training: Reverence for Life*

[Reading of the First Training]

This is the first of the Five Mindfulness Trainings. Do you make the commitment to receive, study, and practice it?

Ordinees: Yes, I do. [bell]

[ordinees touch the earth one time]

*The Second Mindfulness Training: True Happiness*

*The Third Mindfulness Training: True Love*

*Fourth Mindfulness Training: Loving Speech and Deep Listening*

*The Fifth Mindfulness Training: Nourishment and Healing*

## **9. Reading the Mindfulness Trainings Certificate**

## **10. Closing the Ceremony**

## **11. The Three Refuges**

## **12. Sharing the Merit**