

# Ceremony to Transmit the Three Refuges and Five Mindfulness Trainings

## 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 Ordinees before the Ceremony. Those who know the chanting are invited to chant along.

## 4. Sanghakarman Procedure

**[Sanghakarman Master, Sanghakarman Convener, Representative of the Ordinees unmute their microphones]**

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 and Five Mindfulness Trainings in an atmosphere of harmony. Thus, the transmission can proceed. Is this statement clear and complete?

Everyone: "Clear and complete." **[All Ordinees keep their microphone muted except the Representative of the Ordinees who says "Clear and complete" out loud through the microphone]**

[repeat question and answer three times] [bell]

**[Sanghakarman Master, Sanghakarman Convener, Representative of the Ordinees mute their microphones]**

## 5. Introductory Words

## 6. Touching the Earth in Gratitude

**[Dharma teachers will call out the names of each of the Ordinees. When the ordinee's name is read, the ordinee is asked to bow in, unmute their microphone, say clearly with joined palms "I am here from {city}, {state}", bow out, and mute their microphone.]**

In gratitude to our parents who have given us life, we touch the Earth before the Three Jewels. [bell]  
[ordinees touch the Earth one time]

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]  
[ordinees touch the Earth one time]

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]  
[ordinees touch the Earth one time]

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]  
[ordinees touch the Earth one time]

## **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**

**[Sanghakarman Master, Representative of the Ordinees unmute their microphones. All other Ordinees keep their  
microphone muted]**

Sisters and Brothers, are you ready?  
Ordinees: "Yes, I am ready." **[Representative of the Ordinees says "Yes, we are ready" out loud]**

*The First Mindfulness Training: Reverence for Life*

[Sanghakarman Master: 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] **[Representative of the Ordinees says "Yes, we do" out loud]**  
[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*

**[Sanghakarman Master, Representative of the Ordinees mute their microphones]**

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

## **10. Closing the Ceremony**

## **11. The Three Refuges**

## **12. Sharing the Merit (Closing Verse)**