

Refuge Vow

I take refuge in the Buddha
I take refuge in the dharma
I take refuge in the sangha

Four Thoughts That Turn One's Mind Toward the Dharma

Joyful to have such a human birth,
Free and well favored.

Death is real and comes without warning.
This body will be a corpse.

Unalterable are the laws of karma.
Cause and effect cannot be escaped.

Samsara is an ocean of suffering,
Unendurable, unbearably intense.

— Chögyam Trungpa —