

Reflections on Taking Refuge & the 10 Cardinal Precepts

The first step in working with the precepts is becoming aware of our physical, verbal, mental, and emotional activity, and what about it brings a sense of well-being or uneasiness. The essence of the precepts is non-harming. To be able to sit still in the first place entails some level of non-harming. Practicing the precepts helps us become calm enough to be able to meditate, and meditation practice upholds the precepts, and meditation and the precepts together help us develop insight (maybe the insight that we need to meditate more!)

Please write out your understanding & thoughts about the following.

- 1. Why do you want to commit to following the Precepts?**
- 2. Our "3 Treasures" are the Buddha , Dharma, and Sangha. What do the 3 Treasures mean to you?**
- 3. What does "Taking Refuge" mean to you?**
- 4. What are the 10 Precepts and what does each one mean to you?**
- 5. What are you willing to do to follow the Precepts? What are you not willing to do?**
- 6. Why is taking this step important to you now in your life?**

When you complete this exercise, please contact a Mt. Adams Teacher via email: <https://www.mtadamsbuddhisttemple.com/teachers/> Make an appointment to discuss these reflections, as well as any questions that you might have – at least one week prior to the "Taking Refuge" Ceremony, if possible.

Please contact Rev. Valerie with any questions griggdevis@gmail.com