

INNER REFUGE

Body

The center of the victorious mandala, one's own body,
The source of all positive qualities without exception,
Is the expanse within the three channels and the five chakras.
I take refuge in this body of emptiness.

Speech

All the gathered clouds of suffering and misery
Are completely cleared by the wisdom wind,
Revealing the unelaborated, primordially pure expanse of the sky.
I take refuge in this body of light.

Mind

From the pavilion of the five wisdom lights,
Rays from non-dual spheres of light emanate,
Clearing the webs of the darkness of ignorance.
I take refuge in this body of great bliss.

DEDICATION

May I attain great confidence in the three refuges.
May my experiences and realization of the wisdom of the three doors increase.
In purifying the three poisons, may I obtain the three bodies.
In liberating my own being, may I benefit others.

© 2017 Tenzin Wangyal and [The 3 Doors](#)
*Please respect that this material is intended for use in the context of a 3 Doors program.
Do not copy or otherwise distribute.*

