

Triple Gem (three Jewels) of Buddhism

Metta Class: October 21, 2018

By Sureka Hapuarachchi

Precious gems or jewels like diamonds represent status and wealth. In Buddhism, the most valuable three jewels are the Buddha, Dhamma and Sangha.

1. Buddha: Original nature of Buddha/ The enlightened one



2. Dhamma: Teachings of the Buddha/ The path that leads to enlightenment (permanent happiness), which was explained by the Buddha



3. Sangha: Community of monks, nuns, lay people who practice the Dhamma (Upasaka and Upasika)



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The followers of the Triple Gem find peace in their hearts and happy thoughts in their minds.

When you embrace Buddha, Dhamma and Sangha, it will help you to get rid from all the fears, doubts and sad feelings.

Stanzas (Verses) to remember:

Buddham Saranam Gachchami

I worship and practice the Buddha

Dhamam Saranam Gachchami

I worship and practice the Dhamma

Sangam Saranam Gachchami

I worship and practice the Sangha

We also bless others remembering the power of triple gems.

May the blessings of Triple gems be always with you!

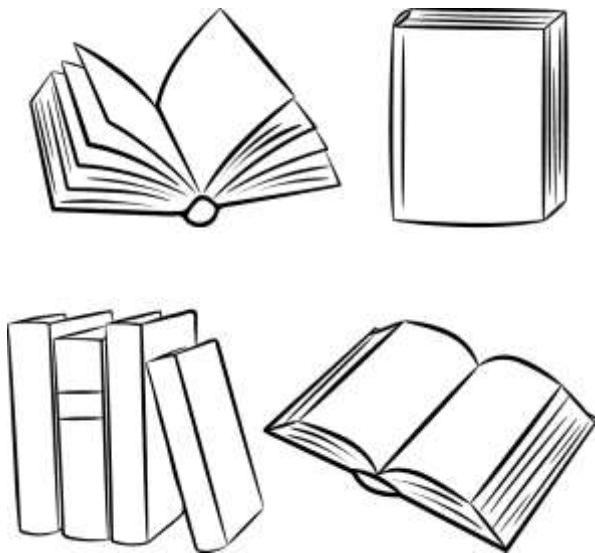
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BUDDHA



DHAMMA



SANGHA

