

शुद्धवृत्ततावदशब्दात्



- I take refuge in sentient beings, who are like the ground.
- I take refuge in all spiritual traditions, which are like plants, flowers and trees.
- I take refuge in the Gelugpas, who stand like a tree trunk.
- I take refuge in the Sakyapas, who are like the branches.
- I take refuge in the Nyingmapas, who are like the flowers.
- I take refuge in the Kagyupas, who are like the fruits.
- I take refuge in the Nirmanakaya, which is like rainfall.
- I take refuge in the Sambhogakaya, which is like the clouds.
- I take refuge in the Dharmakaya, which is like space.

Visualization: Within the expanse of the awakened Dharmakaya that is like space and has neither center nor boundary, billow the Sambhogakaya clouds—the embodiments of the unceasing natural expression of immeasurable compassion. From these, the gentle rain of infinite Nirmanakaya emanations drizzles down. Streams of blessings fall down, touching the minds of all sentient beings living on the ground. Having melted the ice-blocks that fetter the minds of all beings without exception, their water-minds merge with the ocean, transform into vapor and clouds, and then become one with the space-like Dharmakaya of the guru. Reflecting thus, recite this refuge supplication with deep-felt devotion. This was written by H.E. Garchen Rinpoche in 2013 at the Garchen Buddhist Institute.