



Kikyomon **(Homages to the Three Treasures)**

Hard it is to be born into human life.
Now we are living it.

Difficult it is to hear the Teachings of the Buddha;
now we hear them.

If we do not gain emancipation in this present life,
how may we be freed from sorrow in the ocean of births and deaths?

Let us reverently take refuge in the Three Treasures.

I go to the Buddha for refuge -
May I always walk in the path that leads to Enlightenment

I go to the Dharma for refuge - May I be submerged in the depth of
the Teachings and gain Wisdom as deep as the ocean.

I go to the Sangha for refuge - May we all be in accord and live the
life of harmony in the spirit of community,

May we all be free from the bondage of selfishness.

Even through myriads of kalpas,
hard it is to hear such excellent and profound Teachings.

Now we are able to hear and receive them.
Let us try to understand the Tathagata's Teachings.