



The Refuges Worksheet 1

1. What does it mean to take Refuge in the Buddha?
2. What does the Sanskrit word Dharma mean? (or the Pali word Dhamma)
3. What commitments does a Buddhist make when taking Refuge in the Dharma?
4. Describe what is meant by the 'fourfold sangha'. How is Refuge in the sangha expressed in practical terms?



Windows into Buddhism is licenced under a Creative Commons 4.0 international licence.