

Refuge in the Dhamma

The Dhamma [that is] freedom from lust,
[That is] non-craving, non-sorrow,
[That is] uncreated, non-obstructing,
[That is] sweet, well-learned, and well-arranged,
In this Dhamma, I go for refuge.

Rāgavirāgam anejam asokaṃ,
Dhammam asaṅkhatam appaṭikūlaṃ.
madhuramimaṃ paṇaṃ suvibhattaṃ,
dhammamimaṃ saraṇatthamupehi
From the *Vimāna-Vutthu* (KN 6.53)

1.

“Dhamma” is said to uphold (*dhāra*) because it keeps one from falling.

- Buddhaghosa (Middle Length Discourses Commentary)

2.

The Dhamma is both the Noble Path and Nibbāna as well as the teaching and the Noble fruits.

- Buddhaghosa (Middle Length Discourses Commentary)

3.

As for those qualities of which you may know, “These dharmas lead to dispassion, not to passion; to being unfettered, not to being fettered; to simplifying, not to accumulating; to modesty, not to self-aggrandizement; to contentment, not to discontent; to independence, not to entanglement; to aroused persistence, not to laziness, to being unburdensome, not to being burdensome”: you may definitely hold, “This is the Dharma, this is the discipline, this is the Teacher’s instruction.”

- The Buddha; *Numerical Discourses* 8.53

4.

The Dharma is well proclaimed by the Blessed One; it is visible here and now, immediate, inviting to be seen for oneself, onward leading, and to be personally realized by the wise.

- The Buddha; *Middle Length Discourse* 7.6