

REFUGE

I take refuge in the essence, Dharmakāya,
empty, all pervading.

I take refuge in the nature, Sambhogakāya,
radiant and unceasing.

I take refuge in the manifestation, Nirmāṇakāya,
ever compassionate and merciful.

In the three kāyas, nothing other than my own unborn awareness,
I take refuge, I take refuge.

This was written by Reginald A. Ray.