

REFUGE

(Meditating With The Body Program)

The body is the buddha,
awareness all-pervading.

The body is the dharma,
the path to liberation.

The body is the saṅgha,
for all the worlds are found here.

The body is the teacher,
our trusted guide on the journey.

I take refuge in the body.

I take refuge in the body.

This was written by Reginald A. Ray