

When taking refuge or doing the refuge ngondro, here are some of the things to contemplate and purify while visualizing the white light and nectar flowing into you.

Guru

- Not following instructions
- Physically harming guru
- Causing trouble for guru
- Abusing guru
- Criticizing guru
- Not believing the guru

Buddha

- Taking refuge in worldly gods
- Doing business for profit with statues
- Keeping paintings and statues just seeing them as material objects
- Putting them on the floor or low places
- Using statue as a paperweight
- Putting things on top of them
- Destroying stupas
- Taking things from stupas.
- Taking offerings given to Buddha—includes lights, cloth, jewelry. If sell something offered to the Buddha, must use the money for the Buddha.
- Selling them to make a living. Buying isn't negative if you want a holy object for your altar, but if it's to sell it again, it is.
- Saying Buddha's body is ugly, eg statue. Can comment on artistry.
- Use statues as collateral

Dharma

- Abandoning Dharma—saying something that is not Buddha's teachings is,
- Saying Buddha didn't teach Mahayana, tantra
- Saying he didn't teach points of the Dharma that you don't understand or agree with
- Criticizing Fundamental Vehicle
- Criticizing other Buddhist tradition—can debate philosophy
- Putting texts on top of cushions, putting them on floor, stepping over texts
- Putting things on top of texts
- Disrespecting the Dharma
- Selling texts to make a living. Depends on motivation. Ok to use money to print more texts.
- Trading texts for material things
- Thinking of texts only as material things, not thinking of the wisdom contained in them
- Keep Dharma books on top shelves, don't mix with non-Dharma books
- Throw in rubbish.
- Wrap in cloth or protect them

Sangha—includes bodhisattvas, arhats, dakas/dakinis, supramundane protectors

- Being good friends with people who criticize sangha
- Causing disharmony – either community or disharmony between two arias.
- Criticizing, judging, disrespecting sangha or one member
- Using things of sangha without asking permission
- Giving away things that belong to the sangha to a personal friend, even giving sangha's food, medicine, etc. If have sangha's permission, it's ok
- If work for sangha and use their things, it's ok. We can give sangha things to workers as compensation, but community should agree on what those things are
- Not using donations to the sangha for the intended purpose; must consult donors if change purpose.
- Manager or kitchen manager must distribute gifts to whole sangha equally, not just to some, not just at times when some people are present. Things have to be put out for everyone to enjoy, not just people who work in kitchen.
- Stealing things from sangha
- Slandering
- Someone wants to offer and we say "you don't need to give that much." This is if in his mind benefactor has already decided to give/ depends on our motivation. If have permission from sangha to do this, it's ok.
- Someone wants to give to sangha and you direct offering to yourself or another individual member.
- Spitting around the temple, littering, making it dirty,