3. The Way in Which You Go for Refuge

This has four points: going for refuge by way of...

1) ...understanding their excellent qualities:
   • Excellent qualities of the Buddha’s body, speech, mind, and exalted activities
   ➢ Excellent qualities of the Dharma (of scripture & realizations; true paths & true cessations)
   • Excellent qualities of the Sangha

2) ...understanding their distinctions

3) ...commitment

4) ...not advocating other [objects of refuge].
4. The Stages of Training After Having Gone for Refuge (p. 108)

This has two points:

1. Specific precepts relating to the individual objects of refuge
   • Precepts regarding what is to be stopped
   • Precepts regarding what is to be accomplished

2. Common precepts relating to all three objects of refuge