

## **The Threefold Puja:**

### **(i) Opening Reverence**

We reverence the Buddha, The Perfectly Enlightened One,  
The Shower of the Way.

We reverence the Dharma, the Teaching of the Buddha,  
which leads from darkness to light.

We reverence the Sangha, the fellowship of the Buddha's disciples,  
that inspires and guides.

### **(ii) Reverence to the Three Jewels**

We reverence the Buddha and aspire to follow him.

The Buddha was born as we are born.

What the Buddha overcame we too can overcome.

What the Buddha attained we too can attain.

We reverence the Dharma, and aspire to follow it,  
with body, speech and mind, until the end.

The truth in all its aspects, the path in all its stages,  
we aspire to study, practise, realise.

We reverence the Sangha, and aspire to follow it:

The fellowship of those who tread the way.

As, one by one, we make our own commitment,

An ever-widening circle, the Sangha grows.

### **(iii) Offerings to the Buddha**

Reverencing the Buddha, we offer flowers:

Flowers that today are fresh and sweetly blooming,

Flowers that tomorrow are faded and fallen.

Our bodies too, like flowers, will pass away.

Reverencing the Buddha, we offer candles:  
To him who is the light, we offer light.  
From his greater lamp a lesser lamp we light within us:  
The lamp of Bodhi shining within our hearts.  
Reverencing the Buddha, we offer incense:  
Incense whose fragrance pervades the air.  
The fragrance of the perfect life, sweeter than incense,  
Spreads in all directions throughout the world.

(Written by Ven. Sangharakshita)