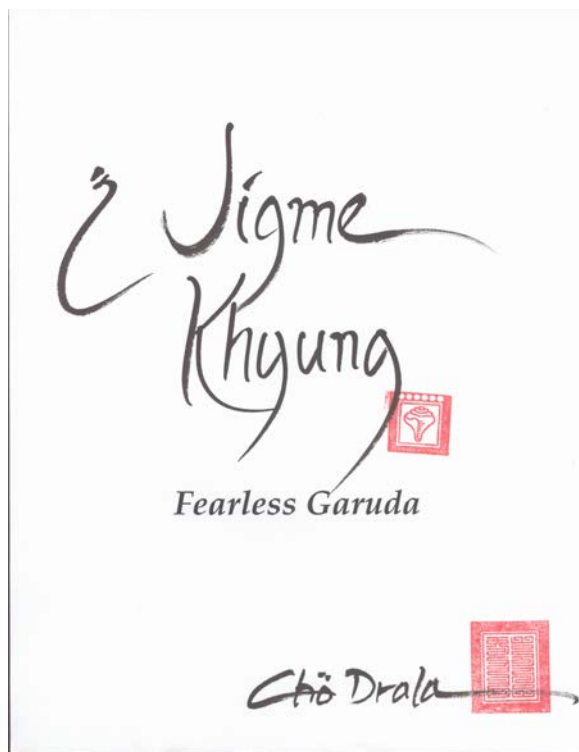


My Refuge Vow

Romana 06-07-2021



I forgot an important anniversary last month. Nine years ago, on May 8, 2012, I took my Refuge Vow and became a Buddhist. Acharya Richard John administered the vow. He gave me my Refuge Name: Jigme Khyung, which means Fearless Garuda, along with a calligraphy documenting the event.

A Garuda is a mythical bird that is fearlessly always in motion. This was an apt name, considering that the acharya had never met me before.

The vow is as follows:

I take refuge in the Buddha (the teacher.)

I take refuge in the Dharma (the teachings.)

I take refuge in the Sangha (the community of practioners.)

My Buddhist practice helped me survive some of the most difficult years in my life. I don't have any regrets. Recently, I have come to realize that this vow was in effect before I was born, and it will not expire when I die. I am not implying there is any ego here.