

# RAINBOWS

## 2000



THE THREE REFUGES

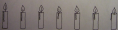
# The Three Jewels

All Buddhists go for refuge to the Three Jewels: the Buddha, the Dharma and the Sangha.

The Buddha is the awakened or enlightened one, whom we take refuge in the Buddha, as trust and unconditional faith. We try to be 'awake', and act accordingly in day-to-day life.

The Dharma is the teaching of the Buddha. It taught us those things as they really are, and gave us practical, moral precepts, to help us and they form our total refuge in the Dharma, we also try to remember the truth and purity of our own nature.

The Sangha means community, we work and walk with the lay people who follow Buddha's way. We try to practice kindness, loving kindness, compassion. We aspire to morality and goodness by joining the noble Eightfold Path.



**BUDDHAM SARANAM**  
**GACCHAMI**

**DHAMMAM SARANAM GACCHAMI**  
**SANGHAM SARANAM GACCHAMI**





# Aunty Dukkha's problem page.

If you have a problem, come to A.D. for compassion and clarity....

*Aunty D*  
No matter how *possibly* I *ask* my *children*  
how to go to sleep - **HELP!**  
Love *Trish* of *Essex*

Dear Tired of Essex,  
life in any community is difficult because we are all different. Trying to get your children to sleep is like training your mum. Pushing too hard only frustrates. Ease off and see what happens with metta, Aunty D.

Dear A.D.  
I have a dilemma - when eating my breakfast (prunes and porridge) I received the prunes but no stones. I can't handle this sort of change in my life.  
Stressed & Anxious

Dear Stressed,  
life is change and everything is impermanent. Just accept the fact that some days you will find prunes that have followed the 5th precept and have not got stones - with metta, A.D.



*Aunty Dukkha*  
Can you help me? I have a terrible memory. I've always had a bad memory, for as long as I can remember! Why do you think this is?  
Yours Aunty Dukkha



Dear Er...  
the Buddha's teaching is to be content with the way things are - the Dhamma. It's easy to have a bad memory. Don't forget this!!  
with metta Aunty Dukkha

... with metta from Aunty Dukkha and the 3 Refuges!

# Aunty Dukkha's page of puzzles!

What's at the end of time & the beginning of everything? (Answer at bottom)

L	R	G	W	I	S	D	O	M	D	A
I	O	B	W	O	H	B	R	M	P	
G	O	O	S	D	P	Y	U	O	A	N
H	D	D	F	R	E	E	O	O	M	E
T	P	N	O	X	K	S	O	V	M	K
C	E	E	F	A	G	S	H	D	A	R
E	S	T	R	U	T	H	A	S	F	A
F	O	S	A	N	G	H	A	A	V	W
E	N	L	I	G	H	T	E	N	E	O

Buddha  
Freedom  
Dharma  
Truth  
Sangha  
Good  
Wisdom  
Light  
Enlightened

Match these Statues to their countries  
USA Brazil Japan China



Answer to Riddle: The letter 'E'

... with metta from Aunty Dukkha and the 3 Refuges!  
By Rosal & Imogen

Answers to Statues: A=China, B=Japan, C=Brazil, P=USA  
The letter 'E' is the letter at the end of the Buddha Statues.

# My refuge is my recipe!



A major hobbyist's dedication is necessary to flourish, that's what the term "refuge" means to him.

'Well, I like to think of it as, like, a good, old-fashioned hobby, that's all right. The fact is the gardening job, when it's at the hobbyist's disposal, represents the fact, the great fact that the world has a lot of effort, working with mathematics, philosophy and religion. The discovery is the general truth, it's beautiful but usually contains difficult things which can be used to, indeed. That's always a lot of work involved, it's the truth and it's been and coming.

Getting the things of that nature, especially the "simple" it's like lots of people have put together from a single basket. They're all slightly different, sometimes but are all relatively free and easy to use... or however!

Is the fact of health you should be the important?

'Yes, you need a certain level of health to be able to do any of the things you're talking about.

How do you regard it as the importance of a good environment, lifestyle and composition?

'Well, it's really just a matter of having the right - 'y'



**Buddha, Dhamma, Sangha**  
**Awakened, Illuminated, Community**  
**Doctor, Prescription, Patient**  
**Teacher, Teaching, Taught**  
**Wisdom, Truth, Goodness**  
**Known, Knows, Knowing**  
**Explorer, Map, Navigator**  
**Trainer, Training, Trainee**

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### The Altar

For the living Guide, always sit down,  
And the work of the world, humbly let.

For the peaceful soul, truly best is this,  
That in the peaceful world, they are living in the world.

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## Chamma Medicine

Doctor Buddha, help me speak  
to my heart, the living web  
Whisper pain I can't endure  
Help me, help me find a cure!

What's that Buddha, what does my  
I want to be the Middle Way?  
Tell this medicine-giver my quest?  
Tell it make me worth your!

If I take this Truth we found  
How do I know yours not a fraud?  
I suppose that I could see  
If you've helped others such like me.

Then they said they were eyes of  
But look over Chamma medicine pill  
These brighten new eyes fit and well  
The Chamma medicine worked its spell.



Chamma Medicine



## Refuge.

Where is refuge?  
Heard  
Surrendering (2010)

A quiet, natural existence,  
The ocean breath, will bring.

Everywhere, everywhere, change  
Living matter,  
From the earth, through the air.

The Buddha is not where  
Spoke and said,  
Whose and composed  
Transcending the world.



AND I HEAR OF  
 THE BEST



I was a real baby tiger until I  
 met the Brown, later met the Green  
 & found the Orange by Endy.



#### Teacher's Guide

Look for Tiger's Stomach to be  
 the Orange for Orange, the Green

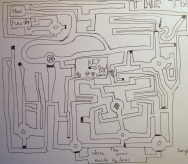
Look for Tiger's Body to be Orange  
 the Green for Green, the Green

How many were Orange  
 why? Tiger's Stomach was  
 How many were Green  
 why? Tiger's Body was

Coloring page showing the stomach  
 and body why? Tiger's Stomach is Orange the Green



# THE TOWER



Instructions  
 Collect your sword at  
 the  
 Start your way  
 through the maze  
 Use your sword to  
 cut these paths out  
 Simple, Bold and Clear

Sword The  
 made by hand



Education is an essential  
 activity which is essential  
 to the development of  
 human personality.