



# DEUTSCHE BUDDHISTISCHE UNION

BUDDHISTISCHE RELIGIONSGEMEINSCHAFT

## BUDDHIST DECLARATION

I take refuge in the **Buddha** as my unsurpassed teacher. He has realized perfection and the way to freedom and enlightenment on his own. From this experience he has laid down his teaching, so that we can also become definitively free from suffering.

I take refuge in the **Dharma**, the teaching of the Buddha. It is clear, timeless and invites everybody to examine, apply and realize it.

I take refuge in the **Sangha**, the community of all those, who are following the path of the Buddha and realize the different steps of inner experience and awakening.

I strongly trust in the **Four Noble Truths**:

Life in the circle of rebirth is ultimately full of suffering.  
The causes of suffering are greed, hatred and delusion.  
Cessation of the cause means cessation of suffering.  
The noble eightfold path leads to the cessation of suffering.

I strongly trust in the **teaching** of the Buddha:

All compounded is impermanent.  
All compounded is suffering.  
All is without an independent self.  
Nirvana is freedom.

I declare my support to the **unity** of all Buddhists and meet all members of this community with respect and openness. We follow the Buddha, our common teacher and make effort to realize his teaching.

Ethical behaviour, concentration and wisdom are leading to freedom and enlightenment.

I **train** myself:

not to kill or harm any living being,  
not to take what has not been given to me,  
not to commit unwholesome sexual actions,  
not to speak in an unwholesome and untruthful way,  
not to dull my consciousness with intoxicating substances.

I will develop unlimited compassion, loving kindness, sympathetic joy and equanimity towards all beings, knowing that all beings seek happiness.