



**Buddha  
Dharma  
Sangha**

# The Three Treasures

In the Buddhist tradition, we look toward the Three Treasures for guidance and inspiration, referring to them as signposts in exploring our human condition. Many Buddhist traditions have specific, concrete, or historical definitions for them – here is one expression from the Zen viewpoint.

## **Buddha**

In Buddha rests the potential for all that has existed, exists, or will come to exist. Buddha contains the Ten Thousand Things, manifest or not, timeless and spaceless. This aspect of potentiality leads to the Zen wisdom that while “originally not a single thing exists,” at the same time the splendor of the “Ten Thousand Things” is manifest.

## **Dharma**

The activity that transforms non-being into being expresses and manifests time and space. Dharma as an activity transforms potential into presence, and the tides of time and space emerge and disappear. Our ancestors' teachings are expressions of their contemplation of this activity.

## **Sangha**

Sentient and insentient beings, mountains, rivers, grasses, trees, and living beings are the offspring of Buddha and Dharma, embodying the dynamic relationship of a naturally working system. In the world of human beings, we find ourselves in a significant place: bearing responsibility for conscious, compassionate, and intentional manifestation through action in relationship with all beings.

Our part as practitioners lies in the creation, sustenance, and renewal of what we are born into: Sangha. Let us be the embodied actualization of Sangha. In togetherness lie the seeds for liberation, compassion, and awakening.

