

Contemplation of the Buddha: Tiratnavandana Reflection

Itipi so	Really He IS like this
Bhagava	The Blessed One Richly endowed with all positive spiritual qualities The sublime One, The accumulation of all merit and wisdom
Araham	The supremely worthy One Excellent Completely and totally free He has destroyed all defilements and impurities
Samma sambuddho	Wholly and perfectly enlightened Fully and completely awakened Whose understanding is complete Whose creativity is infinite
Vijjacarana sampano	Equipped with knowledge and practice He lives in accordance with his full and complete understanding He exemplifies his inner realisation Total integrity – all his actions are congruent with his vision He ‘walks the talk’ entirely
Sugato	The happy One The happily proceeding Having a continual positive flow
Lokavidu	He knows the world as it is He has seen through conditioned existence He knows all worlds, all time and moves at will between them
Anuttaro	Unsurpassed The highest, supreme, incomparable Excellent
Purisadammasarathi	The charioteer Leading those who wish to be led on the path of restraint Helping us redirect our energies to higher consciousness, to liberation Tamer of those who wish to be trained

Satthadevamanussanam: Teacher of gods and humans
Teacher of all levels of existence
He makes his teaching accessible to all

Buddho Awakened
Enlightened
Compassionately wise and widely compassionate
The One who understands

Bhagava ti The Blessed One
Richly endowed with all positive qualities
With all spiritual qualities
Sublime

He IS like this.

References for 'Buddha as Refuge' evening:

Tiratnavandana, in Pali and English in Puja Book and led through on Free Buddhist Audio: [Towards Insight - Contemplations of the Buddha](#) Dayanandi and Ratnaguna

Pingiya's Praises of the Way to the Beyond, in the Sutta Nipata

'Taking Refuge in the Buddha' by Urgen Sangharakshita: in Complete Poems
free download available at https://www.sangharakshita.org/_books/complete-poems.pdf

General

Vishvapani Blomfield : Gautama Buddha, the Life and teachings of the Awakened One

Various talks on Free Buddhist Audio : Search under 'Buddha Refuge'

Sangharakshita: The Three Jewels
Who is the Buddha?