

Universal Worship Readings
“Sanctuary for Refuge”
June 8, 2025

Hindu

(Krishna says:)

I am the goal of life, the Lord and support of all, the inner witness, the abode of all. I am the only refuge, the one true friend; I am the beginning, the staying and the end of creation; I am the womb and the eternal seed.

--Bhagavad Gita 9:18 (Eknath Easwaran trans)

Even sinners become holy when they take refuge in me alone. Quickly their souls conform to Dharma and they attain to boundless peace. Never forget this, Arjuna: no one who is devoted to me will ever come to harm.

--Bhagavad Gita 9:30-31 (Eknath Easwaran trans)

Buddhist

I take refuge in the Buddha. I take refuge in the Dharma. I take refuge in the Sangha.

For the second time, I take refuge in the Buddha. For the second time, I take refuge in the Dharma. For the second time, I take refuge in the Sanga.

For the third time, I take refuge in Buddha. For the third time, I take refuge in the Dharma. For the third time, I take refuge in the Sangha.

--Three Refuges/Jewels

Zoroastrian

In fact, the best refuge is an Earth where serenity rules. An Earth that Ahura Mazda, from the beginning of creation, and in the radiance of righteousness, has cultivated green and fertile, and has presented to its inhabitants the two gifts of good thought and the power of self-dominance.

--*The Gathas 48:6 (Zarathustra, Dr. Khosro Khazai trans)*

Taoist

The Tao is the center of the universe,
the good [person's] treasure,
the bad [person's] refuge.

--*Tao Te Ching (Lao Tzu, Edwin Shaw trans)*

Indigenous

The Holy Land is everywhere.

--*Black Elk (Sioux Tribe)*

When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage.

So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists--as it surely will. Then act with courage.

--*Chief White Eagle (Ponca Great Plains Tribe)*

Jewish

(David writes:)

Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,

till the storms of destruction pass by.

I cry out to God Most High,

to God who fulfills his purpose for me.

--*Psalm 57:1-2 (Bible, English Standard Version)*

Christian

(Jesus says:)

In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.

--*John 14:2-3 (Bible, ESV)*

These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

--*John 14:25-27 (Bible, ESV)*

Muslim

Say: I seek refuge with the Lord of the Dawn,

From the mischief of created things;

From the mischief of darkness as it overspreads;

From the mischief of those who practice secret arts ;

And from the mischief of the envious one as he practices envy.

--*Quran 113:1-5 (A. Yusuf Ali trans)*

Truth

Anyone who has some knowledge of mysticism and of the lives of the mystics knows that what always attracts the mystic most is nature. Nature is his bread and wine; nature is his soul's nourishment; nature inspires him, uplifts him, and gives him the solitude for which his soul continually longs. Every soul born with a mystical tendency is constantly drawn towards nature; in nature that soul finds its life's demand, as it is said in the Vadan, "Art is dear to my heart, but nature is near to my soul."

Upon those who are without any tendency towards mysticism nature has a calming effect; to them it means a peaceful atmosphere; but to the mystic nature is everything. No wonder that the mystics, sages and prophets of all ages sought refuge in nature from all the disturbing influences of daily life. They considered the caves of the mountains to be better than palaces; they enjoyed the shelter under a tree more than beautiful houses; they liked looking at the running water better than watching the passing crowds; they preferred the sea-shores to the great cities; they enjoyed watching the rising and the falling of the waves more than all the show that the world can produce; they loved to look at the moon, at the planets, at the stars in the sky more than at all the beautiful things made by man.

--Hazrat Inayat Khan (*Mysticism in Life*, Vol 11:7)