



## **Precious Umbrella**

Come under the great umbrella of Buddhism

This symbol reminds us to go for refuge and seek protection from our problems by training our mind, receiving help from Buddhas and support from other people who are training their minds as well.



## **Precious Fish**

**Maintain harmony and joy all the time**

Every living being in any environment that is sharing with others needs to live in harmony and respect the other beings around them. This symbol reminds us to be kind, friendly and considerate to everyone.



## **Precious Vase**

Take the precious jewels of wisdom and  
compassion from the treasure vase of  
Kadam Dharma

This symbol reminds us to train in the jewel-like minds of compassion and wisdom. So developing the wish to help others and also knowing how to give this help in the best way.



## **Precious Lotus**

Enjoy the purity of your mind and actions

This symbol reminds us that it is our mind and the things that we do that create our experiences, so we need to do good things and have pure minds if we want to have happy and good experiences.



## **Precious Conch**

Listen to the precious sound of the conch of  
Dharma and contemplate and meditate  
on its meaning

When you put a shell up to your ear you are listening to the sound like the sea, so this symbol reminds us to listen to the teachings Buddha gave. But we also need to think carefully about how we can be more peaceful and kind and then concentrate or meditate on our good intentions to do this.



## **Precious Indestructible Knot**

**Apply great effort to attain enlightenment**

With effort we can accomplish anything, with laziness we can't achieve anything. This symbol reminds us that we need to apply effort, which in Buddhism means joy, we need to enjoy training our mind and helping others.



## **Precious Victory Banner**

**Be victorious over the enemy of your delusions**

This reminds us that we don't have any enemies, we need to love and be patient with others. Our only enemy are our unpeaceful and negative minds and we can reduce and abandon these.



## **Precious Wheel of Dharma**

**Benefit others by turning the wheel of Dharma**

This symbol reminds us that everyone wants to be happy and we need to help others by giving them good advice, skilfully explaining to them that they need to keep a peaceful loving mind if they want to enjoy happiness. Teaching others is often compared to a wheel, it's like we're setting something wonderful in motion.