

Rules of Conduct

We ask everyone to bear the following in mind
while attending this event:

PLEASE MAINTAIN A PURE MOTIVATION AND PROPER CONDUCT THROUGHOUT THE RETREAT

With your Body:

1. The basic dress code for the temple is: Wear clean, neat clothing. Do not wear hats or head coverings, shoes, shorts, short skirts, or revealing clothing (such as plunging necklines). Clothing from any Buddhist tradition as well as other religious and cultural traditions is most welcome, as long as it follows these guidelines.
2. Please do not use perfume or fragrant lotion or soap because many people are quite sensitive to fragrances or suffer from allergies.
3. Keep your personal belongings to a minimum.
4. Electronic devices are permitted only if they are used for viewing digital versions of Tibetan pechas and practice texts, or for taking notes during teachings. While in the temple, students should not engage in activities such as checking email, texting, or any interaction with your device that is not directly related to listening, contemplating, and meditating on the Buddha's teachings. **PLEASE REMEMBER to turn off all buzzers, ringers, and other audio alerts.**
5. If you bring liquids into the shrine room, please use only non-breakable bottles or containers with tight, sealed lids that will not spill.
6. Do not obstruct the entranceways as you enter the shrine room. Please immediately find your seat and perform your prostrations there.
7. When the lama arrives or departs, please quietly rise from your seat as an expression of respect.
8. When arriving, departing, or otherwise moving around in the shrine room, please always be mindful not to sit on, step on, or step over any dharma text.

9. Try your best to remain seated during the practice sessions. If you need to use the restroom or have some other important reason to get up, try to choose a time so you will not interfere with the other Sangha members who are practicing.
10. Keep the temple clean and tidy: Please take all your personal belongings with you each day. You may leave your text and practice implements as well as your personal cushion at your seat. Other items left in the shrine room will be placed in the lost and found.
11. Please arrive on time for all sessions.

With your Speech:

1. Please remain silent in the shrine room at all times. Take all conversations outside.
2. While in the shrine room and waiting for the lama to arrive, please quietly recite mantra or meditate.

With your Mind:

1. Please be responsible for your own conduct and fulfill your own responsibilities. If someone is failing to act appropriately, it is the designated disciplinarian's responsibility to deal with any inappropriate behavior.
2. When performing any kind of work, please remember you are serving the dharma and all sentient beings, and fill your mind with pure altruism.
3. All attendees must respect the instructions of the disciplinarian who, in turn, will help guide you in accordance with the dharma. All should strive to be harmonious and mutually respectful.
4. Always avoid any actions that are counter to the dharma teachings in general and particularly those that would make any obstacles or difficulties for anyone attending the retreat.

With these instructions firmly in mind, upon the foundation of a cooperative attitude and pure discipline, may all engage diligently in hearing, contemplating, and meditating upon the dharma.