



Dechen Chöling Code of Conduct

I. The View

Participating in a program in Dechen Chöling is an extremely precious opportunity. It is of great importance that we honor and appreciate our personal commitment to the schedule and forms of this particular program. Our commitment and participation not only allow us to fully experience this program ourselves, but also help to forge a strong practice container from which everyone can benefit.

II. Respecting the practice containers

To the best of my abilities I agree to participate fully in all aspects of the program schedule and forms that facilitate a healthy practice container; this includes:

- Conscientious participation in *ROTA* (daily help) as a means of meditation in action,
- Practicing when it is time to practice,
- Respecting the practice of silence when introduced,
- Respecting the general curfew each evening normally at 22:30 and the authority of the Kasung (person in charge of protection) engaged in the practice of 'closing rounds'.

I Agree to respect the privacy, work and practice spaces of the Dechen Chöling Staff;

- The kitchen is a place practice, if you're not on kitchen *ROTA*, please DO NOT enter. Food concerns may be communicated to your program coordinator.
- The Chateau Shrine Room and Dining Room are reserved for Dechen Chöling staff, unless specified otherwise. Please note staff practice hours are between 08:00 - 09:30 and 17:45 - 18:45. In order to respect the staff practice, it is important to be mindful of the noise level around the Chateau during those time periods.
- The Office is a place of work and practice, please respect office work hours.
- Dechen Chöling does not provide internet/computer access to participants but if needed, desktop computers maybe be available for use on the Chateau 2nd floor open space and wifi may be available at the boutique area.



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I further agree to respect Dechen Chöling's alcohol, drug, and smoking policies;

- Alcohol is not permitted unless otherwise specified. Failure to comply with the Dechen Chöling alcohol policy on a continual basis can result in expulsion from the land.
- Please smoke *only* in the smokers section. This applies to electronic cigarettes too
- Possession or use of illegal drugs is not permitted and will result in immediate expulsion from Dechen Chöling.

III. Caring for ourselves and each other

For the duration of the program we will be living, working, and engaging in intensive practices together. This can bring up strong emotions. It is important to take care of ourselves and others, as well as respect what we are all going through. Please use the resources available to skillfully work with whatever arises.

- Any medical or social concern may be brought to the attention of the Coordinator, Health and Wellbeing Representative or your Meditation Instructor. Information and situations will be handled in a discrete and sensitive manner.
- Sexual harassment or unwanted sexual contact is prohibited as well as sexual contact between adults and children under the age of 18.
- Actions that may harm or threaten the well-being of others or the integrity of the program, including violations of the law, and continual transgression of the code of conduct should be reported immediately and in confidence to the program Coordinator or Meditation Instructor. Such behavior may result in an immediate request to leave the program and may be reported to the French authorities. While these measures are available if needed, every effort will be made to work with individuals to bring such behavior on to the path and resolve difficulties.
- The Rusung (Head of protection) François Grimbert reserves the right to expel any individual from the Dechen Chöling mandala not in accord with this code of conduct.

Welcome to Dechen Chöling, we wish you a good retreat!