



SHAMBHALA
DECHEN CHÖLING



Code of Conduct

I. The View

Participating in a programme in Dechen Chöling is a very precious occasion. Thus it is important that we each honour and appreciate our personal commitment to the schedule and forms of the programme. Our commitment and participation not only allow us to fully experience this programme 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 fully participate in all aspects of the programme schedule and forms that facilitate a healthy practice container, this includes:

- Conscientious participation in ROTA (daily help) as a means of meditation in action
- Practising when it is time to practise
- Respecting the practice of silence when introduced
- Respecting the tranquillity of all indoors and outdoors spaces every evening from 22:30 on

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

- The kitchen is a place of practice, if you are not on kitchen ROTA, please DO NOT enter. Food concerns may be communicated to your programme coordinator
- The Facilities/workshop area is restricted. Please do not go there and report any maintenance related issue to your coordinator
- In summer the Château shrine room and dining room are reserved for Dechen Chöling staff, unless specified otherwise. Please note that staff practice hours are between 07:30 - 09:00 and 17:30 - 18:30. In order to respect the staff practice, it is important to be mindful of the noise level around the Château during those time periods.
- Dechen Chöling does not routinely provide Internet/computer access to participants but if needed and agreed with programme teachers, desktop computers may be available for use on the Château 2nd floor open space and wifi may be available around the Chateau and Office building.

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

- Alcohol is not permitted unless otherwise specified. Repeated failure to comply with that policy can result in expulsion from the land
- Please only smoke in the smokers area. 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 programme we will be living, working, and engaging in intensive practice 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 repeated transgression of the Code of Conduct should be reported immediately and in confidence to the programme Coordinator, Wellbeing person or Meditation Instructor. Such behaviour may result in an immediate request to leave the programme and may be reported to the French authorities. The Director reserves the right to expel any individual from the Dechen Chöling mandala not in accord with this Code of Conduct.
- While the measures mentioned above are available, every effort will be made to work with individuals to bring such behaviours onto the path and resolve difficulties.

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