

Meditation Retreat - Community Code of Conduct

The intention of the Community Code of Conduct is to support you in your meditation practice, and to help you support everyone else in theirs. These guidelines are offered to help create a supportive retreat environment for everyone. Please talk to the teacher if you have any questions or concerns.

- 1) **Refrain from killing**, except to defend yourself (e.g. from a venomous spider).
- 2) **Refrain from taking something that isn't clearly yours**, and ask if you're not sure.
- 3) **Refrain from any sexual activity with another person**.
- 4) During periods of **noble silence**, refrain from speaking except with the teachers or when truly necessary (e.g. if you need to know about food allergens, you're working on a retreat task with someone)
- 5) **Complete abstinence from mind-altering substances**, unless they are prescribed by a doctor and/or would cause withdrawals if you abstained (e.g. caffeine, nicotine). It is recommended that you continue with caffeine as you normally would. If you typically use cannabis to treat a medical condition you may be able to continue, however it is generally preferred to abstain - please let the teachers know if this isn't medically feasible for you.
- 6) **Technological silence**. Use of mobile phones, computers, tablets, etc. is not permitted for any reason except as an alarm, clock, or torch, and we encourage you to bring an alarm and torch so you can completely refrain from device usage. Even non-communicative functions, such as taking notes, are prohibited. This rule applies even if you've walked away from the retreat area. The teachers may need to use these devices, as they are not in silence, but commit to not use them in front of students. You are welcome to leave your phone with the teachers, and teachers may request that students do this who violate this precept. If there is a reason you might need to use your phone or laptop, please coordinate this with the teachers in advance. There is an emergency contact number that people can call/text to reach you.
- 7) **Refrain from reading and writing**. The one exception is if you are reading a book that is a manual for meditation (not a general dharma book), and if you are only reading the section of the manual immediately relevant to your technique at the moment. It is generally advised to refrain from journaling, however if this is an existing practice it can be permitted in private for a set amount of time per day. Please discuss with the teachers if you are planning on journaling.
- 8) **Do not use money**, and do not enter places where it would be possible to do this (e.g. shops or cafes).
- 9) **Do not leave the retreat earlier than the agreed-upon end-time**, except in the case of an emergency. While we obviously respect your freedom of movement, we ask that anyone considering leaving early discuss this with the teachers first.
- 10) **Attend all compulsory activities**. While much time on the retreat is yours, certain daily group sits, talks, and scheduled meetings with the teachers, are a required commitment for attending retreats.
- 11) **No ascetic practices**. This includes fasting or intentional sleep deprivation. If you're interested in these, please ask the teachers for permission before the retreat begins.