



Palpung Changchub Dargyeling

Tibetan Buddhist Meditation Centre

&

Palpung Maitri House

House of Friendship

Community Venue

Updated 24.11.2021

The Five House Rules

Everyone involved in the **Palpung Changchub Dargyeling** (Meditation Centre), and **Palpung Maitri House** (Community Venue), shares the responsibility to create a safe and welcoming environment. The **Palpung Changchub Dargyeling's** responsibility is to set out clear "rules" of behaviour for our collective wellbeing and to outline procedures that could be initiated should these rules be broken risking detriment to others.

Some participants may be vulnerable due to their past or present life situations. **Palpung Changchub Dargyeling** and voluntary groups who use **Palpung Maitri House** or **the Meditation Centre** will strive to maintain a safe emotional environment at all times. However, ultimately each individual is responsible for ensuring that the amenities and classes offered are conducive to their present state of mental health and if in doubt should seek advice from a member of staff or activity leader.

To show respect for ourselves and others, we request that everyone attending or resident at either of the centres adhere to the following "**House Rules**", based on the fundamental Buddhist Five Principles.

1. To protect life and refrain from killing and doing no harm to any being. This includes all acts of violence and physical abuse.
2. To respect other's property and refrain from stealing.
3. To speak the truth and refrain from lying, gossiping, and harsh, harmful or abusive speech.
4. To embrace health and wellbeing and refrain from intoxicants while at the premises, (eg. illicit drugs, alcohol).
5. To respect others and refrain from harmful sexual activity. This includes respecting other's personal space and emotional / physical boundaries.

Any act that is deemed to breach any of these Five Principles, will be addressed in the first instance by the Centre Manager, and if there is no change after two warnings, the person will be asked to leave the centre.

Both Centres operate a zero-tolerance policy regarding violence and abuse, both physical and mental. Violence or abuse includes insulting or discriminatory behaviour. Anyone breaching this policy, will be asked to leave the centre immediately.

“Whenever we see something which could be done to bring benefit to others, no matter how small, we should do it.”

H.E.Tai Situpa Rinpoche