

Meditation Hall Etiquette

Helpful protocols for the Heart of the Dharma sangha.

- Upon entering remove shoes.
- Don't wear scented products. Many people are allergic to scents.
- Be silently in your seat a few minutes prior to the scheduled start time.
- Turn your phone to silent. If you need to take an emergency call move outside.
- When the bell rings meditation practice or a dharma talk is beginning, head to your seat.
- Keep dharma texts off the floor and be mindful not to step over them. (For example: the documents you retrieve from the fireplace in the back of the room should stay in your lap if you are sitting on a chair. If you are sitting on a cushion place them on the cushion with you. If a volunteer provides you with something to place the text on, then use that.)
- Keep the soles of your feet pointed away from the teacher. If you need to stretch your legs straight out place a blanket over your feet. There are several blankets in the back of the room that get cleaned regularly. This protocol is especially important when visiting Lamas teach.
- Some movement is expected while sitting. However, if you need to stretch, lay down, or stand, it is best to move to the area behind the chairs in the back of the room.
- If you want to record a talk, first ask a volunteer to see if it is okay.
- Be aware if you are blocking someone's view of the teacher and, if possible, move a over little to ensure they can see.
- Feel free to use the restroom as needed.
- ONLINE Etiquette: Post in the chat area only after the Dharma talk. It distracts from the talk if done earlier.