

Lion's Roar Dharma Center

Temple Rules

- ☞ You must first make a strong decision to attain Awakening and help others. Keep the *Precepts* and protect them as your eyes.
- ☞ Come to the temple to give, not to take.
- ☞ Do not delude yourself into thinking you are already a great and free person.
- ☞ Don't think "What will I get out of this visit." This is grasping mind.
- ☞ Speak in the manner of a Bodhisattva. Do not use vulgar language.
- ☞ Do not gossip. Use helpful speech.
- ☞ Do not discuss petty temple matters with guests and newcomers. Ask them why they are here and what they need.
- ☞ When visiting other temples, speak well of Lion's Roar.
- ☞ Attend to your own practice. Do not check (judge) others practice.
- ☞ Do not exclude others thinking "Only I know how to do this." Always act with others. Do not put yourself above others by acting differently. Arrogance is not permitted. As a Sangha, we do "together action."
- ☞ When doing mindful/awareness meditation, sit quietly. Do not do mantras or fidget. During formal practice, act with other people. Sit in proper posture on the cushion. If you cannot, use a chair.
- ☞ When listening to a Dharma talk, keep your mind clear of internal chatter. Pierce to the true meaning. Apply it to yourself.
- ☞ Do not whisper to others during the Dharma talk.
- ☞ Do not think, "I already understand this. I have no use for this talk." This is delusion.
- ☞ Do not compare: "This other Lama said it better."
- ☞ If there is time for questions, have the questions come from your own practice and experience.

- འ Do not cling to your opinions. If you already think you know who you are and “the way things are,” why are you here?
- འ Be respectful of other’s boundaries and purposes.
- འ Be mindful of sexual energy and its misuse. Practice awareness of appropriate touching, attention and speech.
- འ The Temple is a place to create Sangha and Dharma friendships. Do not use the Temple to find a “date.”
- འ Do not think, “I am an old-time student. These rules don’t apply to me.”
- འ Do not think, “I am a special student of the Lama. These rules do not apply to me.”
- འ Do not think, “I’ve been to many temples, heard many talks, and seen many rituals. I know the right way to run things.”
- འ Come to the Temple to give and let go of “I, me, mine.”
- འ Come to the Temple to Awake to things as they are: We are in it together, and we don’t have much time. Practice with diligence.

May All Be Auspicious!

