

DHARMA PROTOCOL

When everyone follows the rules of common courtesy, is considerate of others and mindful of being as kind and helpful as possible, then the formalities of etiquette and behavior are never truly violated.

- **Shoes are removed by all** before entering a shrine room or an interview room.
- **Three prostrations may be done to a Lama** before an interview or to the shrine and/or Lama when entering the shrine room. Prostrations are not done when leaving a shrine room or the Lama, as this is considered an indication that the practitioner will not see the shrine and/or the Lama again in this life.
- **Out of respect and veneration for Buddhadharma**, the bottoms of the feet are not shown to a shrine, a Lama, or any sacred object. This is why practitioners never sit with stretched out legs when in the shrine room.
- **Out of respect and veneration for Buddhadharma**, practitioners do not step over sacred texts or objects and do not place them on the floor.
- **Practitioners and visitors to a shrine room** should wear clothes that show respect for the shrine and/or Lama and reflect on the purity of the Buddhadharma.
- **Out of respect and veneration for Buddhadharma**, when an offering is being made to a Lama or any sacred object, it should be presented using both hands.
- **When a Lama enters in any area** where practitioners are seated, they stand up out of respect until the Lama has motioned for them to sit.
- **If possible, out of respect and veneration** for Buddhadharma, practitioners do not turn their backs to a shrine and/or Lama until they are a few backwards steps away.
- **You may be late to your death**, but never to an interview with a Lama.
- **Whenever candles or lamps need to be extinguished**, they are to be snuffed, pinched, or fanned out. There are no exceptions. (Never use your breath to blow)