

SDRC Code of Behavior for Retreatants and Friends

The Codes of Behavior, based on the Buddhist precepts, are a guide for deportment, a statement of attitudes and behaviors that aid (according to the Buddhist tradition) the inner search. Because SDRC's purpose is to be at all times a place for retreat, everyone who comes to SD is asked to help maintain the retreat atmosphere by observing these basic codes of behavior.

To practice silence and refrain from unnecessary verbal and nonverbal communication

Retreatants and friends who come to SDRC are expected to maintain throughout their stay an atmosphere of respect for the silence sustained by participants in any retreat held at SDRC. Silence will be maintained at appropriate times as indicated by the guidelines of specific retreats, especially in the kitchen. Utmost effort will be made by all to protect the silence and privacy of all who come to the Center.

To refrain from false speech

Retreatants and friends who come to SDRC will use words compassionately and sensitively and thus avoid harsh or hurtful language, slander and gossip.

To practice non-harming

Retreatants and friends who come to SDRC will cultivate an attitude of gentleness and care toward everything, including: sentient beings, buildings, vehicles, tools, the road, and the forest.

To refrain from taking that which is not freely given

Retreatants and friends who come to SDRC will accept only that which is freely offered and will not take or borrow that which is not.

To refrain from inappropriate personal relations

Retreatants and friends who come to SDRC agree to maintain professional, appropriate relations. Personal intimacy—physical, affective, conversational—is to be avoided during retreats as is taking advantage in any way of the openness and vulnerability that may occur during a retreat.

To abstain from alcohol, drugs and other intoxicants which cloud the mind

Retreatants and friends who come to SDRC agree that for the duration of their stay they will not use or possess alcohol, drugs, or other intoxicants which cloud the mind anywhere on center property or grounds. Prescription medications used as prescribed constitute the only exception.

To wear non-distracting, modest clothing

Retreatants and friends who come to SDRC agree to avoid wearing clothing that might distract others by making noise or otherwise attracting attention.