



DHARMALAYA INSTITUTE PROGRAMME CONTRACT

Congratulations! You have been selected from among many applicants because of your commitment to cultivating more sustainable, sensitive, and compassionate ways of living and applying these practices in your life.

All participants in Dharmalaya Institute's programmes are required to read, understand, and sign the Dharmalaya Institute Programme Contract and make their deposit (non-refundable) before the participant's place in the programme is confirmed.

All of the information provided below is fundamental to our programme, so this is not 'just a formality'. Please read everything carefully and if you have any questions or concerns about anything presented here, please let us know so we can clarify before you sign the contract and return it to us. (Note: you can sign electronically; digital signatures are fine.)

Compassionate Code of Conduct

Dharmalaya Institute is a community-oriented learning centre in a rural village setting, with a commitment to practice compassion and sustainability by doing our best to minimize our harmful impacts on the earth and its inhabitants. Accordingly, all guests and volunteers are required to abide by a compassionate code of conduct and attire. All of these practices are motivated by simple caring. They are not put forth self-righteously as moralistic absolutes, nor are they meant to be viewed as restrictions or judgments. Rather, we hold these practices as opportunities to explore the joys and rewards of compassionate living, voluntary simplicity and the exciting creative possibilities for sustainable thriving. The Dharmalaya community is founded on a core aspiration to see how far we can go in taking better care of ourselves, one another, and the earth that supports us, and how much better all of us feel and function when we make our best efforts in this gentle endeavor to do a little less harm and hopefully a little more good.

Please read all of the items on the following page carefully, make sure you understand them and can commit to them and take them to heart, and then write your initials in the column on the right side to confirm that you agree to each point.

<p style="text-align: center;">Respect nature</p> <p><i>We do our best to understand our impacts on the natural environment and to eliminate products and behaviours that harm nature. For example, we use only natural, plant-based products for cleaning and hygiene, and all ‘disposable’ plastics are prohibited.</i></p> <p>I agree to care for nature and, in particular, I will not bring products containing chemicals, nor anything that would result in plastic rubbish (including packaged snack foods, plastic bottles, ‘disposable’ items, feminine hygiene products that contain plastic, etc.).</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect animals</p> <p><i>We practice non-harming (ahimsa) toward all sentient beings — even insects. Accordingly, we refrain from killing in any form, and our campus is 100% vegan, which means ‘not using animal products or anything that causes suffering for animals’.</i></p> <p>I agree not to kill or harm any living creature, and I will not bring any food with ingredients of animal origin, including meat, eggs, milk or milk products (e.g. cheese, curd, whey, etc.), honey, etc.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect humanity</p> <p><i>In a caring community, everyone feels safe, respected, included and loved, just as they are. We celebrate diversity and we do not tolerate discrimination or abuse of any kind. In particular, we stand firmly for the safety and respect of women and girls.</i></p> <p>I agree to be gentle, patient, helpful, accepting and kind, and to respect others’ ways and wishes. In particular, I will not make any unwelcome advances toward another person nor initiate intimate contact without explicit prior verbal consent. If I witness any aggression or inappropriate contact, I will report it to the leadership of the Institute to help ensure everyone’s safety.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect culture</p> <p><i>Our staff and neighbours are from traditional backgrounds. As guests in their village we respect their cultural norms for behaviour (especially between men and women) and dress (covering shoulders, chest and knees, and not wearing clothes that reveal the form of the body when outside one’s own room).</i></p> <p>I agree to dress modestly, act with dignity, and refrain from public displays of affection between the sexes.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect speech</p> <p><i>Words are powerful, for better and for worse. We practice deep listening, seeking to understand well before responding. And when it’s time to speak, we aspire to speak with kindness and truthfulness.</i></p> <p>I agree to listen well, giving space for others to be heard, and avoid false or hurtful speech.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect silence</p> <p><i>One of the most precious aspects of the Dharmalaya experience is the opportunity to rest the mind in silence, hearing only the sounds of nature and letting them guide the mind back home to peaceful ease.</i></p> <p>I agree to protect the right of others to enjoy the sounds of silence and nature, by not making loud noises or playing music on speakers that can be heard by others.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect the temple of the body and mind</p> <p><i>Dharmalaya Institute is a place to leave behind all addictions and unhealthy behaviors. As such, it is a smoke-free, alcohol-free, and drug-free environment.</i></p> <p>I agree to refrain from using intoxicants (including smoking, alcohol, and drugs), not only while on the Dharmalaya Institute campus but also anywhere in the local Bir area, to protect the Institute’s reputation.</p>	<p style="text-align: right;">_____ Initials</p>
<p style="text-align: center;">Respect community cooperation</p> <p><i>Dharmalaya is a community-living institute where all of our participants share in the various jobs required to keep the place running, such as cooking, cleaning, etc. We approach all of this as karma yoga, with joy.</i></p> <p>I agree to do my part to participate joyfully in all the activities to keep the community functioning well.</p>	<p style="text-align: right;">_____ Initials</p>

Affirmation of Commitment

I affirm that I have read and understood all of the requirements and commitments in this contract, and I commit to respect, uphold, and practice all of them faithfully. I understand that failure to do so may result in being dismissed from the programme without any refund of any fees paid. I understand the risks inherent to living and working in a rural setting, are my responsibility and Dharmalaya Institute and its staff cannot be held responsible. I agree to all of these terms of my participation.

Signed,

Full name: _____

Date: _____

Place: _____