Basic Principles Underlying the Shambhala Code of Conduct

1. **Conduct is always in relationship** to the world and its inhabitants:
   a. No one is exempt – all conduct has an effect.
   b. Harmony is based on respect and care for other people.
   c. We are all responsible to care for our shared world.
   d. No life is ultimately rejected - we do our best not to give up on people.
   e. We listen to others and acknowledge what we hear, treating everyone as worthy to be heard and treated with respect, even when we may not agree with them.
   f. We are curious about people, without being nosey, manipulative or judgmental.

2. Conduct is the ground of a warrior’s journey on a **Dharmic Path of Awakening**:
   a. We practice meditation as one way to reflect on the totality of our life and our relationships.
   b. Our life is a journey of learning – we learn from, and work with, things as they arise. We learn from our mistakes; this is never-ending.
   c. Everyone is interdependent with all of life – what we do matters; it has an effect on others.
   d. Virtuous conduct–caring and kindness–brings health, joy and dignity to relationships.
and to society.

e. We often try too hard not to suffer - life is self-existing, self-liberating, and self-secret.

3. We strive to be **trustworthy**, to "**walk the talk**". Trust is increased through:

a. Being **inclusive** and respecting that every person plays a part.

b. Being **transparent** and honest in our motives – being truthful.

c. Being **accountable** for our actions – not blaming others for our shortcomings.

d. Being **fair**–doing our best to provide equal opportunities for everyone to learn and fully participate, and to be treated fairly without fear or prejudice.

e. **Caring** for individuals, the community and society, and the well-being of our environment.

4. Warrior conduct is **without aggression**. We work with patience, the antidote to aggression, aiming to be:

a. **Kind and benevolent**; we do not impose power over others, but instead we care for their well-being.

b. **True**–like a mountain, steadfast in relating to whatever arises.

c. **Genuine**–knowing when it is appropriate to accept, and when it is appropriate to reject.

d. **Fearless**–having the Confidence of Life and being free of laziness.

e. **Disciplined, precise, and skillful**, radiating beauty and intelligence.

f. **Rejoicing**–celebrate and appreciate life instead of complaining about life’s endless changing nature.

5. Every person is **empowered**–we have a choice in how we respond to what life presents, and we are willing to be accountable and understand how our life and behavior affects others.

a. By working together and acknowledging ‘we are all responsible’, our community
matures.

b. The code of conduct is based on human decency and common sense.

6. The Code of Conduct process can be flexible to adapt to different times and different cultural contexts. How we do things is as important as what we do.

7. The Code of Conduct policies and process are intended to be integrated and work together as a whole, encouraging an environment of totality and harmony.

Please have conversations about these principles in your Shambhala centre/group and send your comments or feedback to: feedbackshambhalacoc@gmail.com.

Written by: Code of Conduct Support Group.

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