

Traditional Tibetan Buddhist Etiquette



Lhagsam
Meditation

We believe that following these guidelines will be beneficial to your learning experience during the teachings. Feel free to leave out whatever doesn't feel comfortable to you.

General Etiquette

- We show respect by not eating during the teachings. Drinking non-alcoholic drinks such as tea or coffee is allowed.
- We show respect by dressing appropriately for teachings at Lhagsam, even if we're online.

Lhagsam Onsite Classes

- Please arrive 10-15 minutes early so as to not disturb other participants or the teacher.
- There are three possibilities to do prostrations. If this is new for you, you may stand quietly while other practicing Buddhists make prostrations. ¹
 - In general, at the center, when entering an area with a shrine, you may do three prostrations to the holy image(s) and/or object(s). Before a teaching, you direct three prostrations toward the teacher and/or toward the shrine.
 - At the center, please stand up when the teacher is spotlighted on Zoom. The teacher might do three prostrations before sitting down.
 - When the teacher has completed their prostrations, you may do your own prostrations if you wish and then sit down.
- We show respect by sitting appropriately on a cushion or chair so we are comfortable throughout the class but not lying down. You may lie down if you have health considerations.

¹ A gesture used in Buddhist practice to show reverence for the Buddha, the Dharma, and the Sangha before a teaching.

Lhagsam Online Classes

- Please arrive 10 minutes early so as to not disturb when the teacher begins. We will admit those who enter late.
- Please have your mic muted upon entry to the Zoom session.
- Imagine you are attending this class in person at Lhagsam and sit appropriately on a cushion or chair, so that you are comfortable throughout the teachings.
- The teacher likes to be able to see us when teaching, so please consider turning on your camera all the time.
- There are three possibilities to consider with prostrations when online. If this is new to you, you may observe while others do their prostrations.
 - Before a teaching, you direct three prostrations toward the teacher.
 - At home, please stand up when the teacher is spotlighted on Zoom. The teacher might do three prostrations before sitting down.
 - When the teacher has completed their prostrations in front of us, you may do your own prostrations if you wish and then sit down.
- Please do not write unnecessary comments in the chat during the teachings.
- If you have another engagement during the teaching, please turn your camera off.
- At the end of the class you may unmute yourself to say thank you to the teacher and talk to other participants.

Asking questions

Onsite

- Please raise your hand and the onsite host will have your question asked.

Online

- Please raise your hand by using the 'raise hand' option at the bottom of the Zoom screen.
- If your mic is not working properly, or if you prefer, you may type your question in the chat and it will be read out by the host.