

**Welcome To**  
**Drong Ngur Jangchubling**  
**Buddhist Center**

Welcome to the Drong Ngur Jangchubling Buddhist Center. We are conveniently located a few miles from Tampa's urban center in west central Florida, while residing in a peaceful countryside setting that allows for quiet, restorative retreats.

Our center is part of the Drikung Kagyu lineage of Tibetan Buddhism. Its creation is the vision of our teacher and founder, Drupon Thinley Ningpo Rinpoche, whose wish is to serve the local and national Buddhist community by offering the timeless teachings of the Buddha. As a center for Buddhist studies, Drong Ngur Jangchubling holds retreats, hosts visiting teachers, and offers in-depth study of the Buddhadharma. We welcome anyone who is interested in learning about these traditions to visit and practice with us.

For the benefit of all beings and the support of the precious Dharma, please observe the following guidelines:

**Visits to Drong Ngur Jangchubling.**

Visits to Drong Ngur Jangchubling are by appointment only. Please respect that unless there is a scheduled event at Drong Ngur Jangchubling, all visits to the property must be with permission. Drong Ngur Jangchubling will from time to time conduct private retreats. Unscheduled visits to the property can severely compromise the quality of these retreats. Please contact \_\_\_\_\_ @ --- ---- to inquire about scheduling a visit.

**Private Interviews**

To schedule a private interview with a Lama, please see a Drong Ngur Jangchubling Center attendant to inquire about interview availability.

**General Conduct**

- Please make an effort to be polite and avoid off-putting language.
- Do not bring alcohol to the center.
- Do not smoke upon or on the borders of the property.
- Do not litter upon the property. Please dispose of your unwanted items in the receptacles provided upon the property.
- Please be respectful of the neighborhood. The Dharma Center is surrounded by residential homes. We value our neighbors and request that you conduct yourselves in a manner that will not intrude upon their enjoyment of their homes, including refraining from parking in front of a neighbor's property.

- For special or medical needs, please inform a Dharma Center attendant for assistance.

### Photography

Photography of the Dharma center, Monastics or Lamas is only allowed with prior permission by Drong Ngur. Many practices and rituals may not be photographed. Please see a Dharma Center attendant for permission and instructions before scheduled sessions begin.

### Audio / Video Recordings

Audio and video recordings of the Dharma Center, Monastics or Lamas are only allowed with prior permission by Drong Ngur. Many practices and rituals may not be recorded. Please see a Dharma Center attendant for permission and instructions before scheduled sessions begin. Approved requests are with the intention that you create a learning tool to support your personal practice. Recordings made with permission may not be shared through multi-media outlets such as Youtube, Facebook etc... and is expressly prohibited. If you wish to share a recording with a media outlet of any kind, a permission request may be submitted in writing to \_\_\_\_\_ . Please include what you wish to record and with what media outlet you wish to share it. With approval, all Audio and Video recordings remain the property of Drong Ngur Jangchubling. Any permission to record and share a recording may be rescinded at any time, and you may be asked to remove the recording from the media outlet originally posted. Although rare, some complications can arise out of postings of recordings, which necessitate the need for removal. Your understanding and cooperation is greatly appreciated as we strive to maintain the authenticity and sanctity of the Dharma.

### Translators

Translators are to be treated with respect. It is because of their kindness and years of great sacrifice while studying that they are able to translate the precious Dharma into English for us. It can take months of continued study to translate even some of the smaller texts, please do not ask a translator to translate something for you. Conduct regarding Monks, Nuns and Lamas should be observed when interacting with a translator.

### Food Prayer

Prior to helping ourselves or eating foods the teaching lama will preside over, the food prayer (Blessing) is recited.

**Food Prayer:** (All recite out loud) *Tam pa la ma san gay rinpoche, tam pa la ma gay dune rinpoche etc.. (insert real prayer here)*

### Think Green

The wastewater upon the property is a private septic system. In order to keep it in proper balance, please do not allow anything other than normal kitchen and restroom waste to be disposed of in the septic system. Please do not dispose of any chemicals, hygiene products, paper towels or any other product that may disrupt the system. Receptacles are provided in both the bathrooms and the kitchen for disposal of other items not permitted down the drain. When in doubt, please err on the side of caution and dispose of those items in the receptacles, and not into the septic system.

## *Special Considerations for Children*

The Dharma Center has many unique features upon the property, not all of which are suitable for children to roam unattended. Therefore, Drong Ngur Jangchubling requires all children under the age of 16 to be with their parents at all times. During sessions attended by parents, children may be in the Shrine Room, or in the Dharma Store with parental supervision. Children are permitted in the Shrine Room. However, please make an effort to keep children from making a disturbance if possible. Children must be inside the Dharma Center during all sessions in which their parents are attending. At no time may children roam around the property unattended by parental supervision.

"By bringing my child to the center, I understand that Drong Ngur Jangchubling, Inc. does not provide supervision of children and I agree to continue to supervise my own children while visiting the property. I understand that not all areas of the property are suitable for children to roam. I accept full responsibility should my child require medical attention due to any injury my child suffers while visiting Drong Ngur Jangchubling, Inc. under my supervision."

## *Dharma Center Proper Conduct*

### *Shrine Room Conduct*

The Shrine Room is a place of sacred space. While we welcome everyone to join us in study and practice, there are traditional Tibetan Buddhist customs and conduct that are observed at the Center by all participants. We request that all visitors familiarize themselves with these guidelines. For the benefit of all Dharma practitioners, students, and guests, and respect for the precious Dharma, please observe the following standards of conduct:

- Please remove your shoes prior to entering the center
- **Silence or turn off all electronic devices and cell phones while inside the center and shrine room.** If an emergency arises and you must use your cell phone during practice or teachings, please step outside the center before you call or answer to avoid disturbing the other participants. If you need to make a non-emergency cell phone call, please do so outside during a tea break or before entering the center.
- Please be polite and avoid any off-putting language.
- Please avoid wearing strong perfumes or revealing clothing.
- Upon entering, assume everyone is meditating. Quickly take a seat and settle in quietly.
- Cushions and chairs close to the shrine are reserved for Monks, Nuns, Lamas and Translators.
- Stand when Monks, Nuns & Lamas enter a room, greet them bowing with hands folded.
- Allow Monks, Nuns, Lamas & Translators to sit first, then take your seat.
- Once the teaching Monastic/Lama has taken his/her seat upon the throne, you may prostrate if you so wish and take your seat.
- Do not place Dharma teachings and images, including prayer books, directly on the floor.
- No talking should be observed while the teacher is conducting a session. If talking is absolutely necessary, please do so as quickly and quietly as possible.

- Tea breaks and restroom opportunities of 10-15 minutes generally occur during the middle of a session and will be announced by the teaching lama. Please use these breaks for personal use. If it is not possible to wait for a scheduled break, please exit the Shrine Room as quietly as possible.
- If time is made available for a question and answer session, please only ask relevant questions. With respect for fellow students who also have questions, please do not present a long, detailed or personal story, or attempt to prove your own views. If you would like to ask further questions of the teacher/Lama, please ask a Drong Ngur attendant to see if a private interview is possible. Question time is precious and limited.

### *Conduct Regarding Monks, Nuns & Lamas*

We are truly blessed to be able to spend time with Monks, Nuns and Lamas. In order to promote an environment that supports their personal practice and as a gesture of respect for the precious Dharma they uphold, the following guidelines for proper conduct should be observed:

- Do not point fingers or soles of your feet towards Monks, Nuns and Lamas.
- Do not hug or touch a Monastic or Lama. If they wish to touch you, such as a handshake, hug or forehead touch, they will. If you wish to give a personal greeting to the Monastic or Lama, the offering of a "Katag" ("Katag" = scarf offered with both hands) is the custom. It is a similar gesture to giving someone flowers in the western tradition. Once received, the Monastic or Lama will put it around your neck and may touch your forehead with theirs. This is a great blessing.
- Couples should not display physical affection for each other in front of Monks, Nuns and Lamas especially. It is the custom in the Tibetan culture to reserve these forms of affection to private only. Public displays are considered extremely rude.
- Monks, Nuns, Lamas and Translators are offered food first. Please wait to help yourself to food until after all the Monastics and Lamas are attended to and the Food Prayer has been spoken.
- Do not use off-putting or offensive language at the Dharma Center, especially in front of a Monk, Nun, Lama or translator.
- Please give our precious teachers time during breaks to relax and re-charge. Questions of a complex nature should be presented during designated question times. Monks, Nuns and Lamas often travel great distance to bring us the Dharma. Please allow them the quiet time they need.
- If you have the opportunity to speak casually with a Monastic or Lama, please avoid personal questions you wouldn't normally ask someone you had just met.