

Basic Programme - Ethical Behaviour and Conduct

Lama Zopa Rinpoche encourages all Basic Programme (BP) students to sincerely work on ethical conduct and Buddhist values as an integral part of your BP. Rinpoche advises us to monitor our behaviour throughout the course by self-checking and evaluating our conduct and ethical behaviour using the checklist in Self-Evaluation Cards (1. Daily and 2. Accumulated) which you can find on your LearnDash.

This training in ethical behaviour was specifically formulated for the BP by Lama Zopa Rinpoche as an on-going process throughout your BP course. We should start from zero (not perfect) and gradually improve on our states of mind (including our speech and reaction), discipline and ethical behaviour especially by developing concern for others and applying the antidotes to anger. You can also record the positive deeds that you have done (what kind) and rejoice in your good deed (as record to look back on in the future).

“It would be good to implement an assessment for moral conduct within the BP and MP programs; moral behaviour is very important. The three main qualities of a student should be knowledge, good moral conduct and loving kindness....”

The minimum behaviour should be based on avoiding actions that create disharmony and big problems. Sexual misconduct is one behaviour that in my view creates big problems in relationships. Actions that harm many people, disturb them, cause them problems - behaviour should be evaluated on that basis. Avoiding that which harms many people is the minimum to be observed. That is the definition. So many problems in peoples' lives, in the cities, are relationship problems.

Someone has a wife or husband, but even so has a relationship with someone else; that creates so much pain, so many problems for many people ... So, behaviour should be based on that: that which does not harm many people. That is the minimum thing to observe. Generally, the minimum is that which does not harm many people.

The attitude in daily life is to look at everyone as the source of all one's past, present, and future happiness, liberation, and enlightenment. Then also, cherishing and caring for others. That comes under ethics and behaviour, it is ethics of mind or mental ethics.

Then on this basis to be helpful and to have respect for others ...”

*Lama Zopa Rinpoche
International Geshe Summit, April 2001*

Confidentiality – Cohort Review Sessions and Discussion Group Sessions

- Respect the confidentiality of information shared by cohort members
- Engage in an open dialogue with your Teaching Assistant and cohort members while observing your ethical conduct and behaviour.
- Respect the time limitation of the sessions and try not to take over the time from your Teaching Assistant's lead and other members participation.
- Do not invite others who are not Jamyang London's Basic Programme students to join the teachings, discussion groups and review sessions to ensure that the privacy of the group is respected. Our Teaching Assistants are there to support you in your study and enhance your spiritual experience. For this reason, the integrity of the group has to be maintained.