

Code of Behaviour for Teenagers' Courses

Learning to practise Anapana meditation is very valuable because it helps you to become a better person. Practising Anapana meditation will help you to train your mind to become concentrated and calm. This strength of mind will help you to feel happier and more peaceful. Practising Anapana and learning to concentrate will help you to become the master of your mind.

To help you succeed in practising Anapana meditation it is important that you do your best to follow the instructions that you will be given during the meditation course and also, while you are at the course, agree to follow the Code of Behaviour written below. In the same way that a house needs a good foundation to support it, so the practice of Anapana needs a good foundation. This good foundation is built by following the Code of Behaviour. It will give you mental strength to help you avoid performing actions that are harmful or hurtful to yourself and others.

During the first meditation session at the course you will be asked to repeat the following five vows or precepts. These are written in bold and underneath each is an explanation. Please read them carefully so that you will understand what you are saying when the time comes:

At the bottom of your application form you will find a question that asks you if you agree to follow this Code of Behaviour while you are at the meditation course. Below that is a place to sign your name, it means that you agree to follow the Code of Behaviour.

1. I agree to follow the Five Precepts for the duration of the course:

- **I shall abstain from killing.**

I promise to try to treat all beings kindly and not kill them or harm them in any way.

- **I shall abstain from stealing.**

I promise to take only what is given to me and not take anything which belongs to others without permission.

- **I shall abstain from a life of misconduct.**

I promise to treat other boys and girls as if they were my brothers or sisters or best friends.

I promise not to indulge in any sexual activity.

- **I shall abstain from speaking lies, harsh words, or backbiting which will harm others.**

I promise to speak truthfully, kindly and gently, not to swear, and not to tell lies or to say hurtful things to anybody or about anybody.

- **I shall abstain from taking any intoxicant.**

I promise not to take any alcohol, drugs or intoxicants, to keep my mind clear.

2. I promise to do my best to follow the instructions that I will be given during the course.
3. I agree not to enter the girls' rooms if I am a boy or the boys' rooms if I am a girl.
4. I agree not to enter any other child's room after 9.00 pm.
5. I agree not to take food or drink into my room.
6. I agree not to bring to the course any of the items listed in the confirmation letter i.e. toys, footballs, food and drink, sweets, electronic games, books, music players, phones and internet devices.
7. I agree to follow the timetable and take part in all the meditation and activity sessions.
8. I agree not to play contact sports such as football, rugby, wrestling, play-fighting etc. while I am on the course.