

## MINDFULNESS MEDITATION TEACHERS CODE OF ETHICS

As Mindfulness Meditation Teachers, we acknowledge that the foundation of our practice and teaching rests upon our integrity and on our mindful and caring relationship to the life around us.

We aspire to teach the practices of mindfulness and compassion in a way that is beneficial to our students and to our society. We will teach and act with integrity and avoid causing harm through our words and deeds.

We will continue to learn, practice, and develop our own understanding. Toward this end, we will maintain a regular, committed practice of mindfulness, including regular formal and daily life practice; attendance at retreats; ongoing reading, study, and training; and periodic consultation with a teacher.

We will teach what we know and with humility be open about what we don't know. We will conduct mindfulness training only in areas in which we are competent (based on our training, appropriate licensure or credentialing, or professional experience).

The following guiding ethical principles are common to all the world's great wisdom traditions. As mindfulness teachers, we aspire to uphold them to the best of our ability for the long-term benefit of ourselves and the communities we teach.

**1) Honoring life, we will cultivate a reverence for all forms of life and refrain from causing harm to others.** In our role as mindfulness teachers, we will honor and respect all students and community members. We will not discriminate against or show disrespect for others based on their race, color, national origin/ancestry, sex, gender, sexual orientation, gender identity, gender expression, age, religion, physical or mental disability, medical conditions, military/veteran status, or marital status. We will treat with respect those who have different opinions, values, and attitudes than our own.

**2) Honoring stewardship, we will bring mindfulness to the use of the earth's resources.** We will respect the property of others and not take that which does not belong to us. We will be honest in our dealings with money and material goods.

**3) Honoring healthy sexual relations, we will avoid creating harm through the misuse of sexuality.** We will not use our role as a teacher in order to develop a sexual relationship with a student or

even to intimate that one is possible. This includes refraining from any form of sexual harassment, innuendo, suggestive comments, or sexual advances.

**4) Honoring honesty, we will speak that which is true and useful and refrain from false speech and divisive or harmful gossip.** As teachers, we will hold in confidence what is explicitly told to us in confidence. We will cultivate mindful, clear communication and bring the quality of lovingkindness and caring truthfulness to our speech. We will do what we can to prevent harmful speech between our students. We will not misrepresent our qualifications, certification, or expertise.

**5) Honoring mindfulness, we will refrain from the misuse of intoxicants that cause us heedlessness or loss of awareness.** If we experience any personal troubles with addiction or substance abuse, we will consult with senior teachers and seek professional help to address them immediately.

We understand and agree that significant harmful actions in these areas—including but not limited to those named—may result in an inquiry by the MMTCP Ethics Committee and may lead to expulsion from the program or suspension/revocation of mindfulness teacher credentials.