



Ethical Code for Tovana

Five steps for practicing ethics and moral sensitivity

Recognizing the interrelationships between all living beings, I personally accept:

1. The practice of avoiding harm and the taking of life:

I take upon myself the practice of avoiding killing and causing harm, both in my lifestyle and in thought. I will act as much as I can to reduce these actions, on my own part and on the part of others.

I will develop awareness of the ways in which my actions support life or harm it as well as awareness of states of mind that might lead to harm.

I will cultivate compassion and respect for all life and learn and practice ways to protect the lives and well-being of women, men, animals, and plants.

In the spirit of this practice, Tovana serves vegan and vegetarian food in its activities.

2. The practice of refraining from taking what was not freely given:

I take upon myself the practice of refraining from stealing, taking, or possessing anything that belongs to others, and I will refrain from taking profits that derive from the suffering of others.

I will develop greater awareness of the use of resources* and the ways in which such use might lead to suffering, injustice, and oppression, either directly or indirectly.

I will cultivate an appreciation for existing resources and a recognition of the fact that I share them with others, and I will practice responsible, benevolent, and generous use of them.

As an organization and as an individual, we see what is given to us as an expression of trust. We will take care of using the resources in a way that respects the intention of the giver, for the sake of continuing to cultivate the Dharma. As much as possible, we will offer the teaching of the Dharma without discriminating among students due to financial ability.

* Resources - material, emotional, and spiritual: money, time, energy, action, property, attention, natural resources.

3. The practice of avoiding harmful sexual behavior:

I personally accept the practice of refraining from sexual behavior that involves harm, whether in action, speech, or abuse of authority.

I will develop awareness of situations in which the use of sexuality may cause suffering, discomfort, or harm, to me or to others.



Along with avoiding the harmful use of sexuality, I will foster recognition and a benevolent understanding of sexuality, in myself and in relationships.

Tovana is committed to the prevention of sexual harassment and to the existence of a respectful, safe, and beneficial environment for all genders. We are committed to setting clear boundaries that allow a sense of security in the activities we carry out and emphasize the need to do this in the framework of the relationship between a teacher and a student and between practitioners.

4. The practice of avoiding false speech:

I personally accept the practice of abstaining from lying, harmful or divisive speech, gossip, and idle conversation regarding my duties as a teacher during an activity and between activities.

I commit to cultivating an awareness of the effect of speech - the way that words by their content or the timing in which they are spoken - have the power to cause both happiness and suffering.

I will practice and cultivate truthful speech, speech that creates harmony, that is spoken with kindness, at the right time, and with the aim of bringing benefit.

As an association and as individuals operating within it, we undertake to maintain the privacy of others, and to refrain from passing on information on personal matters.

5. The practice of avoiding substances that impair vigilance and cause harm:

I personally accept the practice of avoiding the inappropriate use of alcohol and other intoxicating substances that affect the mind and undermine alertness in a way that may harm me/others, with the intention of preventing harm to myself and others.

I will develop awareness of the way I consume substances and content (food, screen time, etc.) to the degree to which they affect my perceptions, views, and modes of action, while paying attention to the danger of addiction.

I will practice conscious and correct consumption of substances and content, with the intention of cultivating mental clarity and good health - physical and mental - both for myself and those around me.

As part of Tovana's activities, out of the desire to maintain a space dedicated to the in-depth practice of mental clarity and investigation, I will refrain from any use of mind-altering substances.