

London Buddhist Centre: Ethical Guidelines

First Precept

I undertake the training principle of abstention from harming living beings.

With deeds of loving-kindness I purify my body.

In all our dealings with one another we aspire to behave in a spirit of kindness.

Our spiritual community has been defined by its founder, Sangharakshita, as a ‘free association of individuals’. While respecting this principle, it is important that individuals in positions of trust and authority as members of Triratna do not misuse their trusted position or authority – real or perceived – for their own benefit or to influence others inappropriately.

Wishing to minimise the harm we do to living beings, we affirm that physical violence and strong expressions of anger have no place among us.

The LBC is a vegan environment in terms of any food or drink it provides to those attending the Centre.

In terms of harm to the environment, we will work within our community, and with other like minded groups, to reduce and minimise our impact on the environment, both locally and internationally.

Second Precept

I undertake the training principle of abstention from taking the not-given. With open-handed generosity I purify my body.

We wish to offer the Buddha’s teachings in a spirit of generosity, making them accessible to all. Generosity is a virtue that is highly regarded in Buddhism and we hope that this quality is brought to the fore at the LBC.

The LBC runs on generosity: teachers and class teams offer their time, skills and experience voluntarily. We are keen to develop this culture of generosity (‘dana’), so many of our events are offered free of charge, but with an invitation to attendees to give what they can.

This culture of generosity extends to all levels of the LBC. For example, everyone employed by the LBC is given a ‘support’ package which covers their basic financial needs (food, rent etc), with a little extra for spending and travel. On this basis, people give what

they can and

take what they need. It is therefore generosity that is the principal motivation for a deepening commitment within the LBC, rather than status or the accumulation of wealth.

We aspire to express generosity by caring for our community and those who work and practise within it, finding ways to support those who undertake particular responsibilities in teaching and administration or serving as trustees or council members.

Those of us who handle money, property or other resources for the LBC will commit to taking care of them and to avoiding their deliberate misuse or misappropriation. If misuse is suspected or if concerns are raised, we will investigate these as a matter of urgency and take any necessary action immediately.

Third Precept

I undertake the training principle of abstention from sexual misconduct. With stillness, simplicity and contentment I purify my body.

The LBC (which is part of the wider Triratna Buddhist Community) is a community of people practising the Buddha's teachings together. While members of the Triratna Buddhist Order do not regard themselves as laypeople, the Order is not an exclusively monastic one either. As such it is natural that close relationships should develop between us, and that in some cases these may become romantic and/or sexual relationships. We expect all members of our community to conduct their sexual relationships ethically, with awareness and kindness. We acknowledge there is an important 'duty of care' in respect to our conduct in such matters, and we expect all members of the LBC community to behave with due regard both for our Buddhist ethical precepts and to the requirements of our policies for Safeguarding adults.

Those of us in teaching roles, supporting roles or with other positions of responsibility within the Sangha have a particular responsibility in this area, especially with regard to those new to the LBC or those less experienced within the LBC community. For example, we are aware that, particularly when a person is in the early stages of exploring the liberation Dharma practice can provide, it is possible to confuse strength of feeling for the Dharma with an attraction to the individual serving as their main point of contact with the Buddha's teachings. Therefore, we recognise that it is highly inadvisable for those leading LBC activities, or in positions of leadership, responsibility or spiritual mentoring to enter into sexual and/or romantic relationships with those new to the LBC or those still at the early stages of their involvement. Even where there is clear mutual attraction and a shared wish to enter into a sexual and/or romantic relationship, the most ethical course of action is to wait before initiating such a relationship until the more experienced Buddhist is no longer a

primary teacher or mentor to the person with less experience of the LBC, and until that person has established other effective and supportive friendships within our community.

We ask that a proposed sexual or romantic relationship between an Order Member and someone less experienced in Triratna should be discussed in advance by that Order Member, in consultation with their Private Preceptor and/or their Kalyana Mitras, their Chapter, the Mitra Convenor(s) and the Mitra Convenor of the newer Sangha member in question. A note should be made by an appointed person of such discussions, for the benefit of all concerned, should questions later arise. A record of this should be kept in accordance with data protection protocols.

Fourth Precept

I undertake the training principle of abstention from false speech.

With truthful communication I purify my speech.

At ordination, members of the Triratna Buddhist Order undertake ten training precepts, of which four concern ethical communication so that in all our dealings we are committed to truthful, kind, helpful and harmonious communication, whether written or spoken.

We wish to create an atmosphere of friendliness, co-operation and trust at the LBC. When we share information we do so carefully and only as absolutely necessary, motivated by the desire for the wellbeing and spiritual progress of those we discuss. Such information sharing as is required will take into account current data protection legislation and appropriate confidentiality, and at all times we will endeavour to follow the speech precepts in our communications.

Fifth Precept

I undertake the training principle of abstention from intoxication.

With mindfulness clear and radiant I purify my mind.

The Triratna Buddhist Community aims to provide support for the development of wisdom and compassion through deepening awareness. We aspire to engage with our practice and with each other with as much mindfulness as possible.

We aim to provide supportive environments for those wishing to live without intoxicants. We will not serve alcohol or other intoxicants at LBC events. Smoking and e-cigarettes/vaping are not permitted on LBC premises.

If you have concerns

We encourage ethical reflection and disclosure in our community but are careful to emphasise that this happens in its own time and at its own pace. Order Members undertake a practice of Buddhist confession regarding their behaviour. However, we note that confession practice offers no protection from the law. Illegal activity disclosed in the context of confession may have to be reported to the relevant authorities. These may include some or all of the following: the LBC Safeguarding Team, the LBC Council, the Triratna European Chairs Assembly Safeguarding Consultant, the Order Ethics Convenor and, if necessary, the police.

If you have any concerns about the ethical behaviour of Sangha members or if there is a person you believe to be at risk, please contact the LBC Safeguarding Leads. They will consider carefully whether your concern is a Safeguarding matter or a matter of more general ethical concern and consult with you as to how it should be addressed. They can be contacted at their confidential email address: safeguarding_LBC@protonmail.com

Though we will take your concerns seriously, please note that we cannot offer absolute confidentiality. This is because we may need to share such information as is necessary to act effectively on the concerns. However, be assured that, in accordance with the requirements of Safeguarding and data protection law, we keep secure, confidential Safeguarding records and will share information only with those who need to know in order to address the matter effectively and keep you and others safe from harm.

Where you are over 18 and we believe you or anyone else over 18 may be at risk of harm, we have a duty to report to social services or the police, with your/their consent if possible. Where you are under 18 and we believe you or anyone else under 18 may be at risk of harm, we have a duty to report, with or without consent.

LBC Ethical Guidelines agreed by the Trustees of the LBC as recorded in the minutes of 20th January 2026

Date: 20th January 2026

These LBC Ethical Guidelines 2026 are to be read in conjunction with:

- *The LBC Child Protection Code of Conduct*
- *The LBC Child Protection Policy*
- *The LBC Adult Safeguarding Policy*
- *The Triratna guidance document Caring for teenagers in Triratna*
- *The Triratna guidance document Managing those who pose a risk*

- *The Triratna guidance document Online safety in Triratna*

Contact for Triratna's ECA Safeguarding Consultant: safeguarding@triratna.community