



CIMC Member Guidelines for Using the Center

CIMC's building at 331 Broadway in Cambridge is currently open to CIMC Members for individual practice from 7:00am to 9:00pm daily, except when programs are in progress in the building. Before you join us, please review the conditions below.

VACCINATION: Everyone entering CIMC's building must be [fully vaccinated](#) against Covid-19 at least two weeks prior to coming to the building. Safety is our highest concern, and this requirement is the most important way we can reduce risks and support health and well-being in relation to COVID.

PROOF OF VACCINATION: To use the CIMC building for individual practice, proof of vaccination must be provided through CrowdPass, a third-party vaccination verification service. Click [here](#) to walk through the process. If you do not have the use of a smartphone, iPad, laptop or computer which allows you to upload images, please contact the CIMC office at office@cambridgeinsight.org and we will help you out.

CONFIDENTIALITY/SAFETY: Our intention is to ensure that our building is as safe an environment as possible for our members, for CIMC staff and for our Center Resident. We rely on you to help us realize this intention. Please do not share the door code with anyone, including family, friends, or others you know to be CIMC Members, and please do not bring guests to the Center.

MASKS: At this time, CIMC continues to require that masks be worn while in the building, and our kitchen and tea closet are closed. We encourage you to enjoy our beautiful garden if you would like to have something to eat or drink while at the Center.

CONTACT TRACING: We have a "sign in/sign out" sheet in the entryway. Each time you visit, print your name clearly and add your time in and time out. This will enable us to contact you if we subsequently learn that another person using the building that same day tested positive for COVID.

CLEANING PROTOCOL: On a regular basis, our bathrooms and high-touch surfaces are disinfected. We provide hand-sanitizer throughout the building and encourage everyone to use it frequently.

ELECTRONIC DEVICES: Cell phones, smart watches and other electronic devices can be particularly disturbing in a quiet atmosphere. Please power off your electronic devices before you enter the Center, so that others may practice in peace. If you need to make a phone call, check a message or text please go outside to the street or parking lot behind the Center to do so.

NO SCENTED PRODUCTS, PLEASE: Some people who practice at the Center have chemical sensitivities or environmental illnesses and experience adverse reactions when exposed to scented products. CIMC is a refuge. Out of compassion for those with chemical sensitivities, please avoid using scented products—lotions, deodorant, after-shave, hair products, perfume, clothes laundered with scented detergent or dryer sheets—before you come to the Center.



MEDITATION HALLS: Out of respect, and to honor the practice of others, we ask that you maintain Noble Silence in, and near, the upper and lower Dharma halls at all times. When entering the upper hall, please open and close the doors gently to minimize noise. Please refrain from reading or writing in the Meditation Halls. After sitting, please brush off your zabuton (large mat) and plump up your zafu (round cushion). Return any other items to their respective storage spaces so that you leave the hall as you found it.

Members may use either the upper or lower meditation halls for sitting practice between 7:00am and 9:00pm (when no programs are scheduled). Walking meditation should be done only in the lower hall or garden. The upper meditation hall is reserved for sitting practice only.

TEMPERATURE: We strongly recommend you dress in layers since the temperature in the meditation halls will vary. The thermostats are set to a comfortable temperature; however, please give yourself a range of clothing options, as individual preferences for warmth or coolness differ widely and cannot be accommodated.

HOUSEKEEPING: Since we have no custodial staff, we rely on each person in our community to keep the Center clean and orderly. Please leave the Center at least as neat as you found it. This may mean brushing off your mat and plumping your cushion after sitting, pushing your chair back under the table in the library, replacing an empty roll of toilet paper, etc. These can all be expressions of mindfulness and generosity to those who share this space with you.

If you have questions, please contact the office by email or phone: office@cambridgeinsight.org or (617) 441-9038

**Please observe Buddhism's FIVE PRECEPTS of non-harm while at the Center.
Together we create a safe, contemplative refuge.**

I undertake the precept to refrain from killing living creatures
and to practice compassionate action.

I undertake the precept to refrain from taking that which is not given
and to practice generosity.

I undertake the precept to refrain from using sexual energies unwisely or uncaringly
and to practice responsibility in all my relationships.

I undertake the precept to refrain from harmful speech and to practice kind speech.

I undertake the precept to refrain from the misuse of alcohol and drugs
and to practice caring for my body and mind.