

# The Rules of the Salão

## **Silence**

~ no talking except when truly necessary

## **Attitude**

~ keep a healthy mind full of hope and a heart full of gratitude

## **Firmeza**

~ be calm and firm in your place

## **Mindfulness**

~ move carefully, do not disturb others or the current, everyone is connected to the Divine Light in the Work

## **Harmony**

~ maintain harmony in intention, while singing and praying

## **Respect**

~ follow the directions from those on duty and in the chain of command

## **Responsible**

~ fulfill your duties with dignity and simplicity

