

Lama Zopa Rinpoche advice on wearing protection items: "When you wear the protection, you can wear it in the shower if it has a plastic cover on it. Then, the shower is not a problem. The worst thing is if you wear a buddha or a picture of His Holiness the Dalai Lama around your neck and then when you go to sleep it goes down under your arm or your body. If you wear it when you lie down, then that is creating negative karma. Therefore, it is good to take it off when you lie down at home or whenever doing activities which are disrespectful to Buddha, including lying down or having the buddha under your body. If you don't pay attention this can happen."