

SONOMA MOUNTAIN ZEN CENTER

RESIDENT TRAINING



Resident training is an opportunity to live and practice intimately with other like-minded students and to strengthen one's practice, both at the Zen Center and in the working world. It is recommended that the applicant has practiced Zen for at least one year before applying. This program is for students who are seriously interested in pursuing Zen training and who are willing to commit at least one year to the practice of Zen under the guidance of Jakusho Kwong-roshi. To really benefit from the training, a second year is highly recommended. The resident student has an opportunity to live and practice Zen with inspiration and commitment to the path. The Zen Center is a lay practice temple that creates an environment for infusing Zen practice into all daily activities.

Resident Training applicants should feel a spiritual rapport with Kwong-roshi, so that guidance can be received more openly. It is also important that the resident is serious about Zen practice and remains unwavering in this intention. Formal application and interview by Kwong-roshi is required for acceptance into the Resident Training program.

Our schedule is structured to support focused and selfless training and emphasizes the subtlety of everyday practice. With a clear commitment to making practice a first priority, residents are expected to participate fully in the daily zazen schedule, work practice, retreats, and all activities vital to the function of the Zen Center. After completion of a full year as a full-time resident, all residents receive a week of vacation. All residents receive an extended vacation during the last two weeks in December when the Zen Center is closed.

Sonoma Mountain Zen Center's residency is small and intimate. Usually, there are around 10 residents. Our larger Sangha includes 100 members from nearby towns, the Bay Area and out-of-state who join us in a variety of ways. About 10-20 people attend our sesshins. Many guests from abroad also come for guest stays up to three months. The opportunity to meet others interested in Zen practice is very rich and supportive.

The monthly fee for residency at Sonoma Mountain Zen Center is \$550. Certain temple positions such as Work Leader (Shissui), Guest Person (Shika), Head Cook (Tenzo) and Head Gardener are sometimes open for consideration of a work/trade commitment in lieu of the monthly fee. Upon acceptance into the Resident Training program, a fee of \$1,050 is immediately due and payable (\$550 monthly fee + \$500 commitment deposit). New residents are subject to a 3-month trial period. The monthly fee includes room and board, food, programs and retreats. The \$500 commitment deposit is refundable after completion of 1-year residency.

Scholarships may be available for full time students (undergraduates only) or applicants experiencing financial hardship. Applicants accepted on scholarship work at SMZC full time and participate fully in the training program. Qualification for scholarship, including terms and conditions, will be determined and granted at the discretion of Kwong-roshi and Hojo-san (Nyoze Kwong, Abbot).

Our schedule is structured to support focused and selfless training and emphasizes the subtlety of everyday practice. Every other month there is a one-day sitting on Saturday from 4:45am to 5:00pm. In alternating months, there is a three, five or seven-day sesshin (intensive meditation retreat). In February and August, there is a one-month Ango practice period, which is structured with six periods of meditation each day.

Please fill out and return the attached application form with a personal letter of introduction addressed to Jakusho Kwong-roshi, Founding Abbot, and Nyoze Kwong, Abbot. Submit via email to office@smzc or mail to: Sonoma Mountain Zen Center, 6367 Sonoma Mountain Rd, Santa Rosa, CA 95404. Upon receipt of your application, our office staff will contact you to schedule interview appointments with Roshi and Hojo-san.

Attachments:

- Daily Schedule
- Resident Application Form
- Resident Guideline