

Practice Period COMMITMENT FORM

August 2 – August 30, 2025

I will participate in the Practice Period at home, at my workplace, at the Zen Center or online in the following ways.

Please scan and email your completed commitment form to office@smzc.org.

ZAZEN COMMITMENT

_____ I will sit at home _____ days per week for _____ minutes per day.

_____ I will sit at SMZC _____ mornings. (M T W Thu F Sat Sun)

(Zendo _____ Online _____)

_____ evenings. (M T W Thu F Sat Sun)

(Zendo _____ Online _____)

_____ I will sit at Natthagi Zen Center in Iceland.

_____ I will sit at Kannon Zen Center in Poland.

_____ I will sit with Windsor Zen Group in California.

_____ I will sit with South Sound Zen Group in Washington.

_____ I will sit with Del Ray Zen Sitting Group in Virginia.

ANGO PRACTICE

_____ I will attend on site for day practice (not overnight).

(M T W Thu F Sat Sun)

_____ I will attend on site for Samu (work practice) 9–11:00 am.

(T W Thu F Sat Sun)

_____ I will recite the Verse of the Kesa in the morning.

(M T W Thu F Sat Sun)

_____ I will recite the Fukanzazengi (Dogen's principles for seated meditation) evenings. (M T W Thu F Sat)

ANGO CEREMONIES & SATURDAY SHUSO TALKS (Pre-register via the [event calendar](#).)

_____ I will attend the Opening Ceremony on August 2 (10:30 am–12:00 pm).

(Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso talk on August 9 (10:30 am–12:00 pm).

(Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso talk on August 16 (10:30 am–12:00 pm).

(Zendo _____ Online _____)

_____ I will attend the Closing Ceremony on August 30 (10:30 am–1:30 pm).

(Zendo _____ Online _____)

SESSHIN & SESSHIN TALKS (Pre-register via the [event calendar](#).)

_____ I will attend (ALL) or (PART) of sesshin, August 17–24.

_____ I will attend Shuso's sesshin talks on August 19, 21, 23 at 3:30–4:30 pm.

_____ I will attend Abbot Nyoze Kwong's Dharma talk on August 20 at 3:30–4:30 pm.

_____ I will attend Jakusho Kwong-roshi's Dharma talk on August 22 at 3:30–4:30 pm.

STUDY I will commit to reading the following books:

_____ *Adding Beauty to Brocade* (esp. pp. 5–113) by Shohaku Okumura

(M T W Thu F Sat Sun)

_____ *Moon in a Dewdrop* (esp. pp. 44–48) by Kazuaki Tanahashi

(M T W Thu F Sat Sun)

_____ *Returning to Silence* (esp. pp. 145–174) by Dainin Katagiri

(M T W Thu F Sat Sun)

_____ *Mind Sky* by Jakusho Kwong-roshi

(M T W Thu F Sat Sun)

_____ *How to Cook Your Life* by Eihei Dogen (Author), Kosho Uchiyama Roshi (Author)

(M T W Thu F Sat Sun)

_____ *Dogen's Pure Standards for the Zen Community*

(M T W Thu F Sat Sun)

by Eihei Dogen (Author), Shohaku Okumura (Translator)

In support of this Practice Period, I vow to bring mindfulness, compassion and awareness into my daily activities, human relationships and into my workplace.

Print Name _____ Signature _____ Date _____

Email _____ Phone _____

SONOMA MOUNTAIN ZEN CENTER

6367 Sonoma Mountain Rd, Santa Rosa, CA 95404 | (707) 545-8105 | office@smzc.org | www.smzc.org