

Practice Period COMMITMENT FORM

August 5 – September 2, 2023

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

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 5 (10:30 am–12:00 pm).

(Zendo _____ Online _____)

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

(Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso talk on August 19 (10:30 am–12:00 pm).

(Zendo _____ Online _____)

_____ I will attend the Shinsanshiki on September 2 (8:30 am–1:30 pm).

(Zendo _____ Online _____)

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

_____ I will attend (ALL) or (PART) of sesshin, August 20–27.

_____ I will attend Shuso's sesshin talks on August 22, 24, 26 at 3:30–4:30 pm.

_____ I will attend Jakusho Kwong-roshi's Dharma talks on August 23, 25, 26 at 3:30–4:30 pm.

STUDY

I will commit to reading the following books:

_____ "No Beginning, No End" by Jakusho Kwong-roshi

(M T W Thu F Sat Sun)

_____ "Mind Sky" by Jakusho Kwong-roshi

(M T W Thu F Sat Sun)

_____ "Not Always So" by Shunryu Suzuki-roshi

(M T W Thu F Sat Sun)

_____ "The Light That Shines Through Infinity" by Dainin Katagiri-roshi

(M T W Thu F Sat Sun)

_____ "The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza"

(M T W Thu F Sat Sun)

by John Daido Looi and Taigen Dan Leighton

_____ "Zen Questions: Zazen, Dogen and the Spirit of Creative Inquiry"

(M T W Thu F Sat Sun)

by Taigen Dan Leighton

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 _____

(Please scan and return your completed Commitment Form via email to office@smzc.org.)

SONOMA MOUNTAIN ZEN CENTER

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