

SONOMA MOUNTAIN ZEN CENTER



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 six months to the practice of Zen under the guidance of Jakusho Kwong-roshi and Abbot Nyoze Kwong-osho. To truly benefit from the training, one year is highly recommended. The resident student has an opportunity to live and practice Zen with inspiration and commitment to the path in the way of selfless service. 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 SMZC teachers, 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 Abbot Nyoze Kwong-osho 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 full-time residents receive an extended vacation during the last two weeks in December when the Zen Center is closed. In conjunction with our Resident Training Program, we also offer residency opportunities for those interested in deepening their practice through our hybrid Work Offsite Program. Please see attached supplemental document outlining terms and conditions for this program.

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 full-time 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 6-month residency. Separate fees apply to the Work Offsite Residency Program. For details regarding this program offering, please see attached supplemental document.

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 Abbot Nyoze Kwong-osho.

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 current Abbot Nyoze Kwong-osho. 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, Office staff will contact you to schedule interview appointments with Abbot Nyoze Kwong-osho.

Attachments:

- Resident Application Form
- Resident Guidelines
- Daily Schedule
- Work Offsite Supplemental (if applicable)

RESIDENT GUIDELINES

- Meditation experience; committed to use all aspects of daily life as a practice.
- Committed to SMZC's resident practice schedule from 5:15am – 9:00pm.
- Willing to embrace The 16 Bodhisattva precepts.
- Physically, mentally and emotionally stable with motivation to live life with vitality.
- Ability to take directions and instructions.
- Flexibility in changing situations and environments.
- Comfortable with working, living and practicing in shared spaces; living and practicing together as a group with limited personal time.
- Have skills in areas such as cooking, carpentry, housekeeping, office services, gardening, and maintenance
- Have financial resources to sustain personal needs (medical, transportation, clothing, and visa costs if coming from another country) for a minimum of six months.
- Have good communication skills and a sense of humor.
- Aspiration towards selfless service, seeking practice and cultivating the Dharma in everyday life.