

Practice Period

January 29 - February 26, 2022

COMMITMENT FORM

I will participate in the Practice Period at home, at my workplace, at the Zen Center (for those who are fully vaccinated & pre-registered at office@smzc.org) 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.

PRACTICE

- _____ I will attend Saturday Practice:
Jan. 29 _____ Feb. 5 _____ Feb. 12 _____ Feb. 19 _____ Feb. 26 _____ (Zendo _____ Online _____)
- _____ 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) in the evening (M T W Thu F Sat Sun)

VOLUNTEERING

- _____ I will join SMZC for Volunteer work practice outdoors: Feb. 4 _____ Feb. 11 _____ Feb. 25
(Volunteers are encouraged to come on Fridays however we welcome anytime of the week during SMZC's work practice hours)

SATURDAY COMMUNITY TALKS

- _____ I will attend the Opening Talk on Jan. 29 11:00 am (Zendo _____ Online _____)
- _____ I will attend Dharma or Student talk on Feb. 5 11:00 am (Zendo _____ Online _____)
- _____ I will attend Dharma or Student talk on Feb. 12 11:00 am (Zendo _____ Online _____)
- _____ I will attend Dharma or Student talk on Feb. 19 11:00 am (Zendo _____ Online _____)
- _____ I will attend the Closing Ceremony on Feb. 26 10:30 am (Zendo _____ Online _____)

STUDY I will commit to reading the following books:

- _____ Deepest Practice Deepest Wisdom by Tom Wright (M T W Thu F Sat Sun) in (am | pm)
- _____ Dogen's Genjo Koan: Three Commentaries (M T W Thu F Sat Sun) in (am | pm)

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 _____

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

SONOMA MOUNTAIN ZEN CENTER

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