

Practice Period COMMITMENT FORM

January 27 – February 24, 2024

I will participate in the Practice Period at home, at my workplace, at the Zen Center or online in the following ways.
(*Register via the [Winter Practice Period](#) page to attend onsite or online.)

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 with South Sound Zen Group in Washington

_____ I will sit at Kannon Zen Center in Poland

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

_____ I will sit with Windsor Zen Group in California

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) in the evenings. (M T W Thu F Sat)

ANGO CEREMONIES & SATURDAY SHUSO TALKS*

_____ I will attend the Opening Ceremony & Shuso Talk on January 27 at 10:30 am. (Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso Talk on February 3 at 10:30 am. (Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso Talk on February 10 at 10:30 am. (Zendo _____ Online _____)

_____ I will attend the Closing Ceremony on February 24 at 10:30 am. (Zendo _____ Online _____)

SESSHIN*

_____ I will attend (ALL) or (PART) of sesshin, February 11–18. (Zendo _____ Online _____)

_____ I will attend Shuso's sesshin talks on February 13, 15, 17 at 3:30 pm. (Zendo _____ Online _____)

_____ I will attend Nyoze Kwong's Dharma Talk on February 14 at 3:30 pm. (Zendo _____ Online _____)

_____ I will attend Jakusho Kwong-roshi's Dharma Talk on February 16 at 3:30 pm. (Zendo _____ Online _____)

STUDY I will commit to reading the following books:

_____ *Hua Yen Buddhism: The Jewel Net of Indra* by Francis Cook (M T W Thu F Sat Sun)

_____ *Entry into the Inconceivable - An Introduction to Hua Yen Buddhism* by Thomas Cleary (M T W Thu F Sat Sun)

_____ *Treasury of the True Dharma Eye - Zen Master Dogen's Shobo Genzo (Fascicle 32 Ocean Mudra Samadhi)* translated by Kaz Tanahashi (M T W Thu F Sat Sun)

_____ *The Flower Ornament Scripture - The Avatamsaka* translated by Thomas Cleary (M T W Thu F Sat Sun)

_____ *Heart of the Buddha's Teachings* by Thich Nhat Han (M T W Thu F Sat Sun)

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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