

Practice Period COMMITMENT FORM

January 28 – February 25, 2023

I will participate in the Practice Period at home, at my workplace, at the Zen Center (for those who are fully vaccinated & pre-registered via the Event Calendar) 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 a.m. (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

_____ I will attend the Opening Ceremony & Shuso Talk on January 28 (10:30 a.m.)

(Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso Talk on February 4 (10:30 a.m.)

(Zendo _____ Online _____)

_____ I will attend Saturday Practice & Shuso Talk on February 11 (10:30 a.m.)

(Zendo _____ Online _____)

_____ I will attend the Closing Ceremony on February 25 (10:30 a.m.)

(Zendo _____ Online _____)

SESSHIN

_____ I will attend (ALL) or (PART) of sesshin, February 12-19 (register via the Event Calendar)

_____ I will attend Shuso's sesshin talks on February 14, 16, 18 at 3:30 p.m.

_____ I will attend Jakusho Kwong-roshi's Dharma Talks on February 15, 17 at 3:30 p.m.

STUDY

I will commit to reading the following books:

_____ *Not Always So* by Shunryu Suzuki-roshi (M T W Thu F Sat Sun)

_____ *No Beginning, No End* by Jakusho Kwong-roshi (M T W Thu F Sat Sun)

_____ *No Death, No Fear* by Thich Nhat Hanh (M T W Thu F Sat Sun)

_____ *The Diamond Sutra and the Sutra of Hui-Neng* Translation by A.F. Price & Wong Mu (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 _____

(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