

Practice Period - COMMITMENT FORM

July 30 - August 27, 2022

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) 9-11:00am (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 Sun)

ANGO CEREMONIES & SATURDAY SHUSO TALKS

____ I will attend the Opening Ceremony & Shuso Talk on July 30 (10:30 am) (Zendo ____ Online ____)

____ I will attend Saturday Practice & Shuso Talks: August 6 ____ August 13 ____ (Zendo ____ Online ____)

____ I will attend the Tokudo (Ordination) Ceremony on August 6 (2pm) (Zendo ____ Online ____)

____ I will attend the Closing Ceremony on August 27 (10:30 am) (Zendo ____ Online ____)

SESSHIN

____ I will attend (ALL) or (PART) of sesshin, Aug 14-21 (register via the Event Calendar)

____ I will attend Shuso's sesshin talks on August (16, 18, 20) at 3:30pm

____ I will attend Jakusho Kwong-roshi's Dharma Talks on August (17, 19) at 3:30pm (everyone welcome)

STUDY

I will commit to reading the following books:

____ *The Diamond Sutra and the Sutra of Hui-Neng* Translation by A.F. Price & Wong Mu-lam (M T W Thu F Sat Sun)

____ *Branching Streams Flow in the Darkness* by Shunryu Suzuki-roshi (M T W Thu F Sat Sun)

____ *Mother of the Buddhas - Meditation on the Prajnaparamita Sutra* by Lex Hixon (M T W Thu F Sat Sun)

____ *The Holy Teaching of Vimalakirti* translated by Robert A.F. Thurman (M T W Thu F Sat Sun)

____ *Mind Sky* by Jakusho Kwong Roshi (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