

RESIDENT GUIDELINES

- Meditation experience, committed to use all aspects of daily life as a practice.
- Will commit to SMZC's resident practice schedule from 5:15am – 9:00pm.
- Willing to embrace The 16 Bodhisattva precepts.
- Physically, mentally and emotionally stable and drive 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 and 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 a good humor and good communications skills.
- Aspiration of being of service, seeking practice and cultivating the Dharma in everyday life.