

# Practice Period COMMITMENT FORM

August 3 – August 31, 2024

I will participate in the Practice Period at home, at my workplace, at the Zen Center or online in the following ways.  
Please scan and email your completed commitment form to [office@smzc.org](mailto:office@smzc.org).

## 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 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) evenings. (M T W Thu F Sat)

## ANGO CEREMONIES & SATURDAY SHUSO TALKS (Pre-register via the [event calendar](#).)

- I will attend the Opening Ceremony on August 3 (10:30 am–12:00 pm). (Zendo \_\_\_\_\_ Online \_\_\_\_\_)  
 I will attend Saturday Practice & Shuso talk on August 10 (10:30 am–12:00 pm). (Zendo \_\_\_\_\_ Online \_\_\_\_\_)  
 I will attend Saturday Practice & Shuso talk on August 17 (10:30 am–12:00 pm). (Zendo \_\_\_\_\_ Online \_\_\_\_\_)  
 I will attend the Closing Ceremony on August 31 (10:30 am–1:30 pm). (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

## SESSHIN & SESSHIN TALKS (Pre-register via the [event calendar](#).)

- I will attend (ALL) or (PART) of sesshin, August 18–25.  
 I will attend Shuso's sesshin talks on August 20, 22, 24 at 3:30–4:30 pm.  
 I will attend Abbot Nyoze Kwong's Dharma talk on August 21 at 3:30–4:30 pm.  
 I will attend Jakusho Kwong-roshi's Dharma talk on August 23 at 3:30–4:30 pm.

## STUDY I will commit to reading the following books:

- Embracing Mind: The Zen Talks of Kobun Chino Ootogawa* by Kobun Chino Ootogawa (M T W Thu F Sat Sun)  
 *The Eightfold Path* by Jikyo Cheryl Wolfer (M T W Thu F Sat Sun)  
 *The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza* by John Daido Looi (M T W Thu F Sat Sun)  
 *The Ring of the Way: Testament of a Zen Master* by Taisen Deshimaru (M T W Thu F Sat Sun)  
 *Receiving the Marrow: Teachings on Dogen by Soto Zen Women Priests* by Eido Frances Carney (M T W Thu F Sat Sun)  
 *Commentary on the Song of Awakening* by Kodo Sawaki (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 \_\_\_\_\_

## SONOMA MOUNTAIN ZEN CENTER

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