

Ancient Dragon Zen Gate
Sounds of Valley Streams. Forms of Mountains
Spring 2020 Practice Commitment Period: April 5 – May 31, 2020

Personal Commitment Sheet

Name: _____

The Practice Commitment Period (PCP) is an opportunity to harmonize with Dharma friends in focused, intensified practice. In traditional Zen practice periods (*ango*) each participant agrees to follow the residential community schedule completely. To echo this practice, please join your PCP Dharma friends in defining personal schedules with common elements and following these completely, with your best effort. This document is your personal practice commitment contract to share with the teachers, and which you may share with Dharma companions or anyone else. You are asked to clarify your intention and create your own practice schedule through defining practice aspirations for the duration of the PCP regarding zazen, study of Dogen's "Sounds of Valley Streams, Forms of Mountains," and community practice with Dharma companions. Please consult Taigen, Nyozan, or Eishin at any time with questions about this document and the PCP.

INTENTION: Please consider your intention for this practice commitment period and briefly outline your intention in the space below. What would you like to explore more deeply in your practice?

COMMITMENT: Vow helps us to sustain and meaningfully engage the way of Buddha. Please consider the practice realms of zazen, study, and community and define your commitment during this time and do your best to actualize your aspiration.

Personal commitments can include some flexibility in consultation with Taigen, Nyozan, and Eishin

MEDITATION: Please engage this opportunity to expand your practice of zazen and make a commitment to individual and community zazen that is sustainable:

I commit to practicing zazen _____ times per week for _____ minutes per sitting during the PCP.
(Please commit to at least four times at home for at least 30 minutes and try to extend your current schedule, i.e. at least six times per week including ADZG.)

I commit to attending zazen at ADZG _____ times per week during the PCP.
(Please commit to at least twice weekly at ADZG, including Hyde Park, and try to extend your typical attendance).

Please circle the dates of day-long sittings that you plan to attend and register with Director Douglas Floyd or Taigen. During the PCP, I commit to attending three of the following day-long intensive sitting events:

Sunday April 5 Sunday May 3 Friday May 29 Saturday May 30 Sunday May 31

Study: Please choose a section from Dogen’s “Sounds of the Valley Streams, Form of the Mountains” as a focus of study for the PCP, and arrange with the teachers (info@ancientdragon.org) to meet for dokusan at least three times during the PCP, including, but not necessarily only, on all-day sittings.

I commit to meeting individually with the teachers at least three times for dokusan.

Schedule for the dokusan dates will be arranged individually with teachers after sign-ups.

I commit to practicing with a portion of Sounds of the Valley Streams, Form of the Mountains:

Copies of translations of “Sound of the Valley Streams, Form of the Mountains” will be available, and will be discussed in greater depth during Dharma talks throughout the PCP.

Please spend some time during the practice commitment period reading this essay, and then work with it in practice.

Community: Sharing, supporting and practicing together is the way of Sangha. Please try to attend all three of the discussion groups, meet with an ADZG Dharma companion to discuss your practice experiences, and do some extra service at ADZG.

I intend to attend the following PCP discussions:

DATES: Sundays at ADZG: April 12, April 26, and May 17, 2020, from 1:00 to 3:00 pm

You may arrange an ADZG Dharma companion in consultation with the PCP teachers, but if you already have agreed with someone, please say whom:

I commit to at least three ADZG volunteer opportunities. Try to do something a little new, extra or different. Please consult with the Ino, Tenzo, Director, Work Leader, or the Teachers to arrange ways to volunteer.

We will have a sangha spring cleaning day led by Work Leader Jason, **Saturday May 16, 1–3:30 pm.**

Suggest areas of sangha service that might interest you:

Keep track of your service activities below:

- 1.
- 2.
- 3.

Thank you for your effort and practice—may your journey benefit all beings!