

Personal Commitment Section

Name: _____

INTENTION: Please consider your intention for this practice intensive 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 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.

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 Practice Intensive. Please commit to at least two times at home for at least 30 minutes and try to extend your current schedule, e.g. at least six times per week including ADZG.
- I commit to attending zazen at ADZG _____ times per week during the Practice Intensive.

(Please commit to at least twice weekly at ADZG, including online, and try to extend your typical attendance).

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

COMMUNITY: I commit to at least two ADZG volunteer opportunities. Try to do something a little new, extra or different.

Please consult with the Ino, Director, Work Leader, or the Teacher to arrange ways to volunteer.

Suggest areas of sangha service that might interest you:

Keep track of your service activities below:

- 1.
- 2.

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