

Ancient Dragon Zen Gate
Bodhisattva Teachings from the Vimalakirti Sutra
1. Spring 2023 Practice Commitment Period: April 2 - May 25, 2023

Personal Commitment Sheet

Name:

The Practice Commitment Period is a precious opportunity to harmonize with Dharma friends in focused, intensified practice. In a traditional Zen practice period (ango), each participant agrees to follow the residential community schedule completely. To echo this practice, you are asked to join your PCP Dharma friends in defining personal schedules with common elements and following these completely, with your best effort. In our post-pandemic, non-residential sangha situation, all are welcome to join in-person or online, or in some combination. This document is your personal and private practice commitment contract, which you may choose to share with your teacher, your 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, and community practice with your dharma companions. Please feel free to consult Taigen 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. Write your commitment(s) here:

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 4 times for at least 30 minutes and try to extend you current schedule)

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

Please **CIRCLE** the dates of daylong sitting(s) that you plan to attend and register with Taigen. If at all possible, please arrange to attend the April 2 sitting as this is the start of the PCP. During the PCP, I commit to attending at least two of the following daylong intensive sitting events:

Sunday April 2

Friday May 19

Saturday May 20

Sunday May 21

STUDY: Please choose a chapter or two of the Vimalakirti Sutra as a focus of study for the PCP. Arrange with Taigen (taigen108@gmail.com) to schedule dokusan during the PCP. Please schedule at least two dokusans, one or two with Taigen, and perhaps a second with another ADZG teacher: Eishin, Douglas, or Hogetsu.

Schedule for the dokusan dates will be arranged individually with Taigen and perhaps others after sign-ups.

I commit to study & practice with the following chapter(s) or themes from the Vimalakirti Sutra:

(List the Sutra chapter[s] or theme that you intend to explore)

COMMUNITY: Sharing, supporting, and practicing together is the way of Sangha. Please do your best to attend both of the discussion groups, meet with an ADZG Dharma companion to discuss your practice experiences, and do a little extra service at ADZG.

I intend to attend the following PCP discussion groups:

Sunday April 23, 2023 (1-3 PM)

Sunday May 7, 2023 (1-3 PM)

I request as my ADZG dharma companion (if no preference someone will be selected for you):

I commit to at least two ADZG volunteer opportunities. Try to do something a little new, extra or different. Please see the Ino, Tenzo, Work Leader, or Taigen to arrange ways to volunteer. For online, distant participants, you may support sangha by checking and corresponding with other online folks, or by joining our much needed Promotions Committee efforts. Keep track of your service activities below: We will be exploring ways for distant participants to volunteer.

1.

2.

Thank you for you effort and practice – May your journey benefit all beings!