

Dear Sangha,

Let's devote ourselves to "peaceful dwelling" (ango) by committing to one or more of these aspects of enlightening being:

### **AWAKE POSTURE**

Sitting (zazen) posture is the awakened mind. I will practice by

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(adjusting as period begins, remembering my intention, asking teacher or senior student for assistance, attending posture clinic)

Standing and walking (kinhin) posture is expression of uprightness. I will practice by

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(e.g., being where my feet are, keeping eyes at 45 degrees, etc.)

Reclining posture is an opportunity to trust this body. I will practice by

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(e.g. following the breath, attuning to sound, etc.)

### **TRUE EXPRESSION**

I will study the Shodoka (Song of Enlightenment) by

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(e.g. downloading it onto my phone and reading some of it daily, listening to dharma talks, etc. )

I will meet with a teacher with intention of doing so \_\_\_\_ times a week/month

Aware of true expression while at work, in family, and/or in social engagements; I will practice by

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(e.g. awareness of lower belly, 3 mindful breaths, asking myself, "what might I/they/we need?, etc.?)

### **CONTINUOUS PRACTICE**

I will increase my daily zazen to \_\_\_\_\_

I will choose an aspect of my daily life, which I consider to be separate from "practice" and explore how it can be folded into my conscious action. This being

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(e.g., subway riding, hand washing, brushing teeth, standing in elevator, etc.)

I will participate in sangha opportunities including

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(e.g. zazenkai(s), year-end sesshin, ancestors workshops, setup/move/reset for year-end sesshin, urban sesshin, shuso hossen, etc.)

Please fill this out, then place it either in the envelope at the Zendo or look at it together with one of the teachers in Dokusan.

Thank you, Seicho Hoju

YOUR NAME: \_\_\_\_\_ DATE \_\_\_\_\_