



# 2013 FALL PRACTICE PERIOD COMMITMENT FORM

October 2 to December 31, 2013

## PARTICIPATING SANGHAS

### ZCLA Great Dragon Mountain Buddha Essence Temple

*Roshi Wendy Egyoku Nakao (left)*  
*Sensei Raul Ensho Berge (center)*  
*Sensei Gary Koan Janka (right)*



**Lincroft Zen Sangha**  
*Sensei Merle Kodo Boyd*



**Ocean Moon Sangha**  
*Sensei John Daishin Buksbazen*



**The Valley Sangha**  
*Sensei Patricia Shingetsu Guzy*



**Westchester Zen Circle**  
*Sensei Kipp Ryodo Hawley*



*ZCLA: Tom Dharma-Joy Reichert, outgoing Head Trainee (left), Roshi Egyoku, and Mark Shogen Bloodgood, incoming Head Trainee.*

## PRACTICE PERIOD THEME

The theme for our 2013 Practice Period is “Zazen.” Each of us will explore zazen by ourselves and collectively within the Sangha Body. The particular aspect that we are emphasizing this year is how we serve the interconnections of the Oneness of Life, specifically within our own family and the Sangha.

We ask that you consider, in the context of your life as it is, what commitment you can make to deepen your practice. The emphasis is on deepening, not stressing yourself out unnecessarily by adding more commitments. What is doable and sustainable for you for three months? What will help you hone the internal urge to live awake here and now?

The teachers ask that you reflect on how you wish to attend to the following area by asking yourself these questions:

- **Daily zazen.** What is a realistic daily commitment for me? 10 minutes? A half hour? An hour?
- **100 hours zazen/100 days:** Shall I undertake one hour of zazen for one hundred days? Can I undertake this but with a less than one hour a day commitment? If so, what is doable and sustainable for me? Practitioners are paired up for this commitment: can I support the practice of another and let myself be supported?
- **Face-to-face meetings with a teacher.** What is a realistic commitment for me? Once a week? Once a month? Once during the Practice Period?
- **Extended zazen.** Can I undertake all or part of a zazenkaï or sesshin?
- **Daily offering.** We ask that you commit to a daily chant for your family. It is to be performed at home at a time convenient for you. This practice is explained on page 5.

All of our teachers are available to discuss your practice commitment.

May all beings benefit from our practice!

## 2013 FALL PRACTICE PERIOD SANGHA SCHEDULES: Oct. 2 to Dec. 31, 2013

You may participate in any part of the schedule.  
For scheduled programs at ZCLA, see the calendar at [www.zencenter.org](http://www.zencenter.org).

### ZCLA

The practice week officially begins with Wednesday morning zazen and concludes on Sunday after closing ceremony (Nenju).

#### Mornings - Wednesday - Friday

5:15-5:25 a.m. Waking up the Body: Chinese-style Walking Zen\*  
5:25-6:30 Zazen/Kinbin/F2F  
6:30 Morning Service followed by Hakuryusan Service

#### Evening - Wednesday

7:15 p.m. Evening Service  
7:30 Zazen/F2F  
8:50 Four Vows

#### Evening - Thursday

7:15 Evening Service  
7:30-7:50 Zazen  
8:00-9:00 Talk, followed by tea & cookies

### ZCLA SATURDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)  
Followed by Saturday Program (see calendar).

### ZCLA SUNDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)  
Followed by Sunday Program (see calendar).

\*Chinese-style Walking Zen occurs outside the Zendo; the line begins in the Sangha House driveway. You may join at any time. We walk vigorously, swinging our arms. The left arm swings in a 30-degree arc, the right arm in a 70-degree arc.

Note: "F2F" is Face-to-Face private meeting with a teacher.

### LINCROFT ZEN CIRCLE

#### Wednesdays

7-9:00 p.m. Zazen

#### Fridays

7-8:00 a.m. Zazen

### OCEAN MOON SANGHA

#### Wednesdays

7-7:25 p.m. Dharma Q&A  
7:25-9:00 Zazen

Dharma Talk offered first Wed. of each month.

### VALLEY SANGHA

#### Mondays

7:30-9:00 p.m. Service/Brief talk/Zazen; F2F Monday evenings.

### WESTCHESTER ZEN CIRCLE

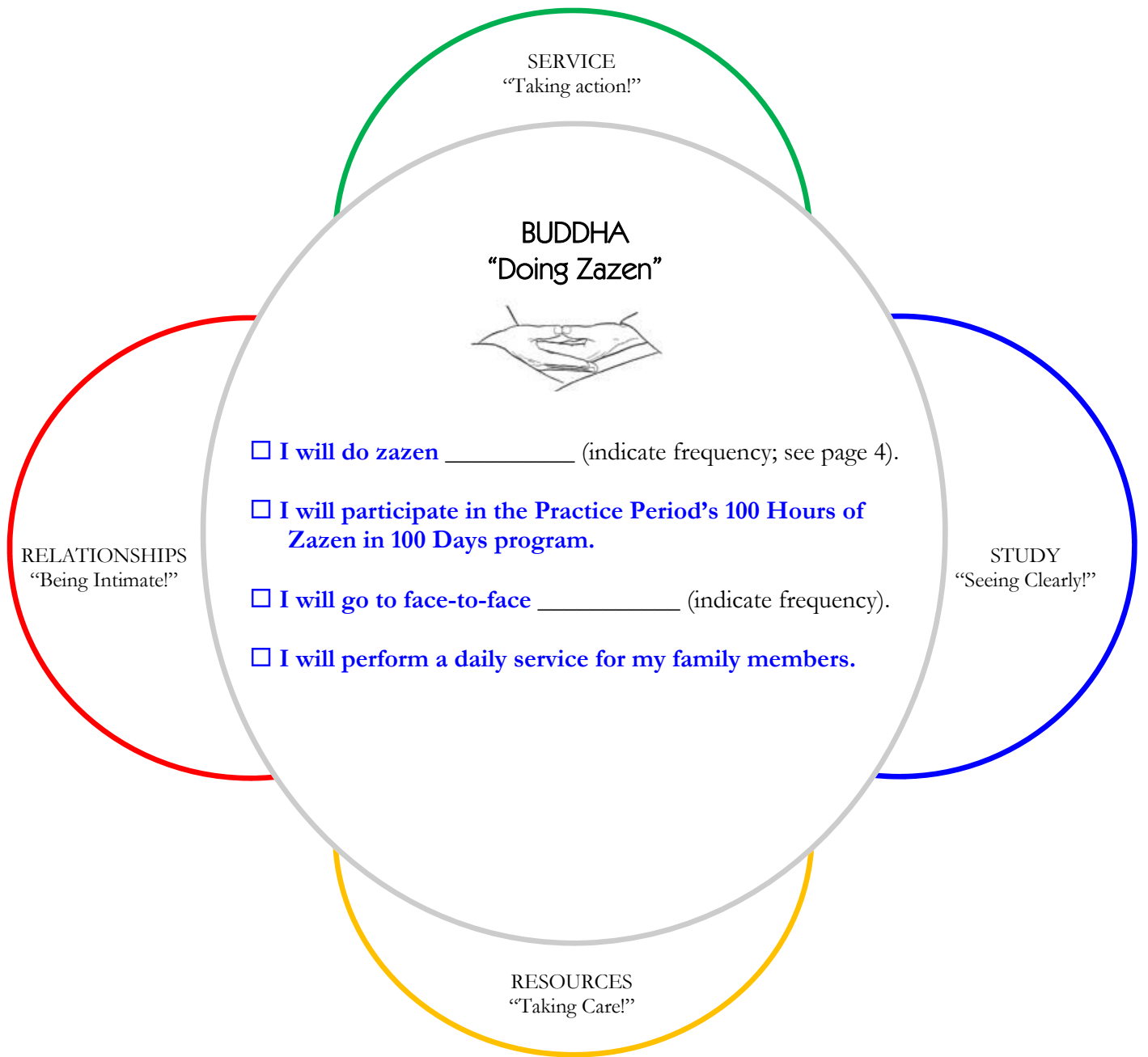
#### Wednesdays

6:45 p.m. Zazen Instruction (first Wed. of each month)  
7:30-9:00 Zazen/F2F study



*Valley Sangha kinbin path.*

# 2013 PRACTICE PERIOD COMMITMENT FORM



Print your name legibly: \_\_\_\_\_ E-mail: \_\_\_\_\_

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

Keep a copy for yourself and send a copy to the appropriate Sangha by September 25, 2013.  
ZCLA members may also send their commitments by e-mail to [programsteward@zcla.org](mailto:programsteward@zcla.org).

Your name will be entered on the Sangha Training Boards.

## Guide for Zazen and Program Participation

**Zazen Commitment:** I will sit at home \_\_\_ days per week for \_\_\_ minutes per day.

- at the Lincroft Zen Sangha  morning F  
 evening W
- at the Ocean Moon Sangha  evening W
- at the Valley Sangha  evening M

- at Westchester Zen Circle  evening W
- at ZCLA  mornings W Th F Sat Sun  
 evenings W Th

### Lincroft Zen Circle

**Zazenkai** (*You must register separately in addition to submitting this form.*)

- I will attend the Rohatsu Zazenkai on December 7 (9:00 a.m. to 5:00 p.m.).

### Westchester Zen Circle

**Zazenkai** (*You must register separately in addition to submitting this form.*)

- I will attend the October Zazenkai on November 9 (9:00 a.m. to 1:00 p.m.).

### Service Position Training

- I want to learn the jikido position. I will contact Sensei Ryodo for training.

### Valley Sangha

#### Service Position Training

- I want to learn jikido, doan (bell ringer), or chanter. I will contact Sensei Shingetsu for training.

### Zen Center of Los Angeles

**Sesshin/Zazenkai** (*You must register separately in addition to submitting this form.*)

- I will attend the October Zazenkai, October 4 (evening) and October 5 (6:00 a.m. to 5:00 p.m.).
- I will attend (all or part) of the Autumn Wind Sesshin, October 13 (evening) through October 20 (evening).
- I will attend (all or part) of the Rohatsu Sesshin, December 6 (evening) through December 14 (evening).
- I will attend (all or part) of the Year End MuGon Retreat, December 27 (evening) through December 30 (afternoon).

### Tenzo Training

- I will prepare/assist a Sunday Sangha meal. I will contact Tim Zamora (timzamora@gmail.com) or Gary Belton (beltongary@yahoo.com).
- I will help clean up after Sunday meals.

### Service Position Training

- I want to learn a Zendo service position. I will contact Zendo Steward Mukei (mukei@mac.com) for training.
- I want to learn a Buddha Hall service position. I will contact Co-Ceremonial Stewards Deb Faith-Mind Thoresen (dthores@aol.com), Tom Dharma-Joy Reichert (dharma-joy@zcla.org), or Mark Shogen Bloodgood (markbloodgood@charter.net) for training.

### I Will Attend

- Shuso Hossen (Dharma exchange with Head Trainee) Sunday, October 20.
- Day of Reflection on Saturdays, October 12, November 23, December 14.
- Atonement Ceremony on Thursday, November 7 and New Year's Eve, December 31.

**No sincere practitioner is turned away for lack of funds.**

**Please inquire in the office about receiving support through the Dharma Training Fund.**

## Offering of Daily Service for Family

This practice consists of offering a chant for the well-being of our family members followed by a dedication. By doing this practice, we affirm the inherent interconnections of the One Body of our family. These interconnections exist regardless of the nature of our relationship with the various members of our family or among themselves. We do this practice not with an intention of healing or changing anything, but because we are family-one-body.

This practice will take only a few minutes. You may offer incense or simply chant. The chants we recommend are either the Sho Sai Myokichijo Dharani (the protection Dharani to prevent disasters), or the Enmei Jukku Kannon-gyo (the life-prolonging dharani calling forth the Bodhisattva of Compassion Kanzeon). These are customarily chanted three times through at a moderate or fast pace. If you wish to chant the English translation of the Enmei, you may chant it by itself or, as usually done at ZCLA, first chant the Sino-Japanese three times followed by the English four times. A link to ZCLA chant recordings will be distributed.

A Dharani is an ancient Buddhist practice of sound, with each sound encapsulating the energy of the life force. A Dharani is thought to have the power to protect the chanter, and those chanted for, from disasters.

### Sho Sai Myokichijo Dharani

Marvelously Beneficial Disaster-Preventing Dharani

No mo san man da moto nan oha ra chi koto sha sono nan • to ji to en gya gya gya ki gya ki  
un nun shifu ra shifu ra hara shifu ra hara shifu ra chishu sa chishu sa chishu • ri chishu ri  
sowa ja sowa ja • sen chi gya shiri ei so mo ko. (3X)

#### Dedication:

In reciting the Sho Sai Myokichijo Dharani, I dedicate its merits with gratitude to  
those who have left this life: then insert the name(s) of deceased parents, siblings, children,  
and others.

I also pray for the health and well-being of:

name(s) of parents

name(s) of siblings

name of spouse/partner (may also include names of former partners, particularly if  
you share custody of children)

name(s) of children

include any other name(s) you wish to include, such as spiritual teachers, and friends  
who are ill.

May we all ascend to Awakening and realize the Buddha Way together.

- All Buddhas throughout space and time.
- All Bodhisattva-Mahasattvas.

(• Strike on bell, if you use one.)

## Enmei Jukku Kannon Gyo

### Ten Phrase Prolonging-Life Kannon Sutra

● Kan ze on na mu butsu yo butsu u in yo butsu u en bu po so en jo raku ga jo cho nen ● kan ze on bo nen ● kan ze on nen nen ju shin ki nen nen fu ri shin (3X)

● Kanzeon!

At one with Buddha

Directly Buddha

Also indirectly Buddha

And indirectly Buddha, Dharma, Sangha.

Joyful, pure, eternal, being!

Morning mind is ● Kanzeon.

Evening mind is ● Kanzeon.

Nen, nen arises from Mind.

Nen, nen is not separate from Mind. (4X)



#### **Dedication:**

In reciting the Enmei Jukku Kannon Gyo, I dedicate its merits with gratitude to those who have left this life: name(s) of deceased parents, siblings, children, and others.

I also pray for the health and well-being of:

name(s) of parents

name(s) of siblings

name of spouse/partner (may also include names of former partners, particularly if you share custody of children)

name(s) of children

include any other name(s) you wish to include, such as spiritual teachers, friends who are ill.

May we all ascend to Awakening and realize the Buddha Way together.

● All Buddhas throughout space and time.

● All Bodhisattva-Mahasattvas.

● Maha Prajna Paramita.

(● Strike on bell, if you use one.)