

Zen Training

Name (optional): _____

Areas of Emphasis

Zazen – Regular daily/weekly practice, retreat, sesshin; cultivating samadhi power

Practice within Daily Life - moment by moment practice off the cushion, being “ordained” into your life, mindfulness, presence, care, appreciation, working with relationships, work practice

Study – Becoming familiar with foundational Buddhist and Zen teachings, wrestling with the teachings

Karma Work - Studying the self, untangling karma, being guided by the paramitas (perfections), Metta Sutta

Precepts - Ethical conduct, doing no harm, letting go of self-attachment

Sangha - Participation, relationship, being seen, service to Sangha, filling practice positions

Bodhisattva Vow – Service, generosity, opening the heart, being guided by the brahmaviharas

Wisdom – Insight, understanding the Great Matter of life and death, awakening to emptiness, suchness

Devotion - Connecting with, aligning with, remembering, becoming more intimate with the Ineffable

Questions & Possibilities

Would you like to practice more often/more deeply than you do? **Y/N** (Or are you pretty much perfectly satisfied with your practice for now?)

If you would like to practice more often/more deeply, what obstacles do you face in doing so? (Put a checkmark next to **up to three** items – if you like, mark them 1,2,3 with 1 being the most relevant)

- New to the practice – can’t really say
- Limited interest in or motivation for practice
- Not knowing what to do next
- Lack of personal guidance
- Lack of peer support
- Lack of self-discipline
- Other (chosen) interests take time and energy
- Other responsibilities (work, family, etc.) take time and energy
- General busyness or distractions
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Other side ->

