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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What can you imagine what might help you deepen your practice in the way you'd like to? Think of things that have motivated or supported you in the past, in other areas of your life. (*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
- Not new to practice but I can't really think of anything that would help
- Clearly delineated course of study and practice (e.g. mastering foundational teachings, sitting a certain about zazen or retreat, etc.)
- Rewarding and visible milestones on that course of study (e.g. "graduation" type ceremonies, certificates, being able to teach basic Buddhism or zazen, etc.)
- Additional organized peer support/peer groups (for limited amounts of time or ongoing)
- Greater accountability to teacher in practice commitment (teacher helps hold practice intention or directs course of study/practice)
- Greater accountability to peers in practice commitment (peers help hold practice intention or directs course of study/practice)