

Term Intensive/Personal Term Intensive for _____

Period of Commitment: _____ to _____

It's important to remain in touch with Roshi or Sensei on a regular basis during this period, by phone, email, and/or in person. Please contact them before your Personal Term Intensive is to begin, after sending or giving them a copy of this sheet. Contact them daily as well during your intensive and at the very end of this period.

Please fill in below indicating ***the additional practice*** you are committing to for the period of this Term Intensive:

| ADDITIONAL ZAZEN (please indicate add'l. time each day) | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---|-----|-----|-----|------|-----|-----|-----|
| Mornings | | | | | | | |
| Afternoons | | | | | | | |
| Evenings | | | | | | | |
| CHANTING: | | | | | | | |
| METTA MEDITATION: | | | | | | | |
| PROSTRATIONS: | | | | | | | |
| TAKUHATSU Please indicate what kind: | | | | | | | |
| ADDITIONAL WORK PRACTICE: | | | | | | | |
| | | | | | | | |
| OTHER (Please speak with Sensei about this first): | | | | | | | |
| | | | | | | | |

Please remember that the purpose of a Term Intensive is to add intensity to your normal daily practice through **additional blocks of sitting, additional chanting, additional metta practice, additional prostrations, additional takuhatsu, and/or additional work practice** at HVZC/Mountain Gate/your local zendo. It is through adding quality time and commitment to practice aspects that are outside your usual routine that your practice will intensify and accordingly deepen more rapidly. In this way the gift of participating in a Term Intensive is realized.

Please keep a copy of this commitment form for yourself and email a copy each to Roshi and Sensei.