

Term Intensive/Personal Term Intensive Commitment Form

Period of Commitment: _____ to _____

It's important to remain in touch with Sensei on a regular basis during this period, by phone, email, and/or in person. Please contact her before your Personal Term Intensive is to begin, after sending or giving her a copy of this sheet. Contact her as well at least once a week 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 AT HVZC:							
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 bring one to give to Sensei at the first meeting. If you are out of town and cannot meet with Sensei in person, please mail a copy to Sensei in time to reach her before the beginning of the Term Intensive. (Allow at least a week for the mail to go through, and more time if you see by the schedule that Sensei will not be at Mountain Gate during that time!)