

PSZC 2022 Intensive Practice Period

March 13-April 17

“Life and Practice According to the Teachings of Bodhidharma”

Personal Practice Plan worksheets

Creating your Practice Plan for the 2022 Intensive Practice Period .

The Intensive Practice Period will cover five weeks, starting Sunday March 13 with a meeting of participants after the regular service, and concluding at the close of the Spring Sesshin on Sunday April 17. Our focus this year is “Life and Practice According to the Teachings of Bodhidharma.”

Here’s what you do:

1. Enrollment in the Intensive Practice Period is free, but is limited to PSZC members.

To explore membership, email membership@pszc.org. Non-local members are welcome anytime, and are welcome to participate in the practice period.

2. The brochure and worksheets will be available on-line starting in January. Play with it! Sit, think, read, research, talk to your family and sangha friends. Reflect on and write out your intention, either as a paragraph, or a succinct phrase.

If you decide to enroll in the Intensive Practice Period program, you can use these worksheets to formulate your Practice Plan, choosing from “core”, “recommended”, and “supporting” practices, and adding in your own personal elements. Don’t bite off more than you can chew, but make a sincere effort to come up with a sustainable plan that fits your own circumstances and interests, and which feels like important work that you are hungry for.

3. Sign up on the pszc.org website under “Events” to let us know you’ll be participating.

4. Make an appointment with a preceptor sometime before the beginning of the Intensive Practice Period on March 13 to go over your plan. A list of Preceptors available and their contacts :

Anshin David Steel (anshin@pszc.org),

Elizabeth Nelson (sourcelight@comcast.net),

Jim Hunziker (jameshunziker@msn.com)

Joyce Hunziker (joycehunziker@msn.com),

Karen Hedlund (4estlvr@gmail.com)
Myoshin Elizabeth Fitterer (myoshin@pszc.org);
Seizan Stephen Black (seizan@pszc.org);
Shuko Sissel Johannessen (shuko@pszc.org);
Susan Traff (traff@centurytelink.net),

5. **Come to our kick-off event after the service on Sunday March 13** (there will be a Zoom option) to mark the opening of our five weeks of intensive practice.
6. **Sign up for dokusan (meetings with a teacher-either virtual or in person)** at least twice during the practice period. A signup link will be emailed to participants.
7. **Participate as much as you can in services and discussions during the practice period.** If you can, obtain the book “The Essence of Chan: A Guide to Life and Practice According to the Teachings of Bodhidharma” by Guo Gu. We may also send out supplementary articles/information about Bodhidharma as well.

Sunday speakers during the Practice Period will speak about Bodhidharma’s teachings, and Wednesday night there will be reading and discussion on Bodhidharma’s Two Entrances and Four Practices. Try to attend as many of these services as possible.

8. **The Intensive Practice Period will conclude with a ceremony on April 17.** We don’t know if the sesshin will be in person, online, or a combination. Any which way, we’ll make sure practice period participants are able to connect at a concluding ceremony.

Let’s get going.... (refer to the brochure as you create your Practice Plan)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“BUDDHA”

Practices focused on meditation and contemplation

Core practices:

Zazen (make a specific plan- times a week, minutes per day, place, alone or with the sangha?)

Zazen focus (try and make a specific plan for one, several or sequential practice techniques- will you count breaths, do a body scan, practice tonglen, work with lojong slogans (which ones?), practice mindfulness, any other techniques you find useful? Will you practice each technique for a certain number of days, or rotate techniques during each zazen period?)

Strongly Recommended Practice:

Retreat: can you make the time to attend the five day Spring Sesshin (either in person or online or a hybrid-TBA)? How many days?

Half day sits: can you attend the second Sunday half day sits from 7am-11:30am during the practice period (either in person or on Zoom)? We may do additional half-day sits during the period as well.

Supporting Practices *(choose at least one, or create your own)*

Body Practice: Exploring body work such as yoga, qi gong, martial arts, walking, etc. as a part of your practice. Body practice can also include an exploration of diet—do certain foods or eating habits contribute to or detract from your practice?

Posture: An exploration of different meditation postures, or a tune-up of your current posture.

Art Practice: Exploring art as it connects to your practice

At Home or at Work: Engaging with your home and/or work environment as part of your practice

Zen Ritual: Volunteer to learn the role of shoji (tea-server) jiki (time keeper) or densu (chant leader) as part of your practice

Additional sitting or retreats with other groups:

Other:

“DHARMA”

Practice focused on learning and reflection

Core Practices:

Working with a teacher: Dokusan will be offered during the practice period and sesshin. Available time-slots will be posted for you to sign-up. Please meet in person or online with a teacher at least twice during the practice period.

Strongly Recommended Practice:

Readings: If you can, obtain the book “The Essence of Chan: A Guide to Life and Practice According to the Teachings of Bodhidharma” by Guo Gu. We may also send out supplementary articles/information about Bodhidharma as well.

Dharma study: Sunday speakers during the Practice Period will speak about Bodhidharma’s teachings, and Wednesday night there will be reading and discussion on Bodhidharma’s Two Entrances and Four Practices. Try to attend as many of these services as possible.

Supporting practices:

(choose at least one, or another that interests you, please specify your plan for the five week period)):

Doing additional readings on dharma topics:

Listening to additional podcasts and/or recorded talks/videos on the internet about dharma topics:

Taking online courses related to your dharma interests:

Memorization: Memorize the Heart Sutra in Japanese or English (or both!) or any other chant you'd like to try.

Writing practice: Engaging with your practice through journaling or poetry

Other:

“SANGHA”

Practices based on building and supporting community

Core practice

Volunteering 2 hours amount of time to support the sangha

Ideas for sangha service

- Work in the Zen Center garden (contact shuko@pszc.org)
- Work on the Zen Center building or grounds (contact John Sweetman at jdsweet2002@aol.com)
- Help out with Zen Center administrative work: writing thank-you notes, helping out with the website, helping with tech issues, helping the sangha care team, helping with fundraising strategy, or contributing any other expertise you may have
(Email myoshin@pszc.org and she'll help get you connected with the right group)

If you're participating from another area, you can do service in your own community/sangha

Supporting practices:

(choose at least one, or invent another that interests you):

Strike up a conversation (in person or via email) with somebody in the sangha you've never spoken to before

Get a practice buddy in the sangha for the practice period, either in person or via Zoom

Go on a walk or have coffee with a sangha member, if you're local

Write notes or emails of appreciation to your fellow sangha members

Think about ways we can remain connected as a community even during pandemic/hybrid times, and make suggestions to the Programs Committee

Post something on the practice plan google group about how the practice plan is going for you (Email practiceplan2022@googlegroups.com)

Other:

Quick reference chart

	“Buddha” (meditation)	“Dharma” (learning)	“Sangha” (community)
Core intentions			
Stretch goals			

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Practice chart (you might use this to record activities for the five weeks, if it is helpful)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Other notes:

Notes on preceptor meeting and adjustments to Practice Plan: