



SAN FRANCISCO ZEN CENTER

**COMMUTER**  
**March 2020 INTENSIVE APPLICATION**  
**Zen and Work: How Zen orientation to work can support clarity, purpose,**  
**and happiness in our daily activities**

Dates of Practice Period: **March 3 through March 28, 2020**

Practice Period Leaders: **Marc Lesser and Zesho Susan O'Connell**

Date of Application: \_\_\_\_\_

**Part I.**

**Please provide the following information:**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone, fax: \_\_\_\_\_ Email: \_\_\_\_\_

Have you had, or do you currently have a practice leader at San Francisco Zen Center?  
If so, who?

\_\_\_\_\_

**Part II.**

**On a separate sheet, please tell us briefly about yourself to help us better support you.**

1. What motivates you to join this practice period? For instance, what is it you are searching for, inspired by, or would like to investigate in your life?
2. Do you practice with any significant physical, psychological, or emotional difficulties?  
Can you speak briefly about this practice and how the online practice period might support you in this regard?
3. Any circumstances that need to be addressed to allow you to completely follow your practice period commitments you've listed below.

**Part III. Commitment to specific practices for the practice period.**

Please select from the list below the on-site practice period activities that you can commit to. This doesn't need to be submitted with your application but is a suggestion of how to frame your personal container. This commitment will help you sustain the energy of the practice period.

M-F Schedule	Mon	Tues	Wed	Thurs	Fri	Sat
5:25 AM Zazen						6:30 AM Zazen
5:55 Kinhin						7:10 AM Service
6:05 Zazen						7:40 Soji (temple cleaning)
12:10 PM Noon Service						7:55 Oryoki Breakfast
5:40 PM Zazen		<b>5:30 pm Tea &amp; Discussion</b>				
6:20 PM Service						9:25 Zazen
			<b>7:45 pm Dharma Talk</b>	<b>7:30 – 9 pm Practice Period Class</b>		<b>10:15 AM Dharma Talk</b>

When you've established your personal schedule, consider who it will impact and what agreement you need from those involved to make that time available. As way to supplement the temple activities, it is recommended that you:

- Set up a meditation seat in your living space
- Determine what days you will sit at the temple and which will be at home
- Listen to the audio recordings of the dharma talks you are not able to attend on-site
- Watch the Saturday classes you cannot attend in person
- Participate in home study and practice assignments
- Join the dokusan or practice discussion schedule of a resident teacher

**ONLINE PRACTICE SUPPORT OFFERINGS:**

- Wednesday (audio) & Saturday (audio/video) dharma talks / practice period lectures
- Dharma talks offered during the seven-day sesshin (seven audio recordings)
- Weekly practice period class, **Zen and Work: How a Zen orientation to work can support clarity, purpose, and happiness in our daily activities**  
*(three sessions, video made available after the live class)*
- Weekly practice period class materials—home study and practice assignments (posted online - PDF).
- Reading lists and suggested bibliography (posted online - PDF).