

Deepening spiritual practice is a natural result of engaging in a greater quantity and intensity of spiritual work within a tradition.

Commitment: Many of these steps in practice require a commitment on the part of the practitioner. Commitment is something that many of us are adverse to: we want to “keep our options open” and “be free to do what we want to.” Please know that in all facets of life, especially in this day and age of many, many choices, commitment is *vitaly* important so that we do not become scattered and forget what our life is about.

Going through the process of deciding whether or not to take on a particular commitment helps to clarify intention and thus helps to clarify our entire life. When one actually takes on a commitment to spiritual practice this action itself results in a further clarification and deepening of one’s own practice, and thus also benefits others.

Many facets of our Zen practice are outlined in this brochure, and these steps can be taken in almost any order. Please see the downtown shuso if you need more information on how to engage in any of these activities.



Zen Community of Oregon
P.O. Box 1888
Clatskanie, OR 97016
(503) 728-0654
info@greatvow.org

www.zendust.org

WHAT NEXT?

How can I deepen my spiritual practice and enrich my involvement with ZCO?

“Concerning all acts of initiative and creation there is one elementary truth: The moment one definitely commits oneself, then providence, or divine guidance moves too. All sorts of things occur to help one that would never otherwise have occurred.” – W. H. Murray

HOW DO I EXPRESS MY LIFE WITH ZCO?

MEMBERSHIP: This is an important step to take as soon as you feel that you will be continuing to attend programs at Great Vow Zen Monastery (GVZM) or at the Portland Dharma Center (PDC). Membership in ZCO includes a declaration of your intention to practice with and support the community coupled with monthly dues of around \$30 (sliding scale). Please read the tri-fold brochure on membership.

DAILY PRACTICE: Establish, maintain, or increase your daily meditation practice.

SESSHIN: Attend Sesshin regularly. Sesshin (intensive week-long meditation retreat) and consistent daily practice are the two counterparts of a healthy and active Zen practice; both are absolutely essential.

Please talk someone who has attended a sesshin and visit our website for the next opportunity to attend one. Beginner's Mind Retreats are like "mini-sesshins," and are available about 4 times each year.

PRACTICE WITH THE PORTLAND COMMUNITY:

Attend programs such as Thursday and Sunday meditation, classes, and days of meditation at the PDC.

CITY CENTER TRAINING POSITIONS:

Commit to one or more of the training positions at the PDC. Gradually become familiar with all training positions by taking each one on for at least six months. Training positions include timekeeper, chant leader, teachers attendant, and more.

VISITS TO THE MONASTERY: Come see the monastery and stay for a tour, a meal, a full day or more. Call 503-728-0654 or speak with a resident at the Dharma Center directly.

EVENTS AT THE MONASTERY: Attend programs such as meditation, community work days, weekend workshops, classes, and sesshin at GVZM. Please visit our website for schedule information, or call the monastery for more information or to register for specific events.

MONASTERY COMMITMENTS:

Initiate, maintain, or increase your monthly practice commitment at GVZM. Consider a formal commitment to coming to the monastery at least once each month to practice with the residential community.

BOARD MEETINGS: Attend board meetings. Ask a board member for the date and location of the next meeting if you are interested in taking this step. Board meetings are open to all members. Everyone who attends regular board meetings is able to contribute and therefore has some influence on the direction of ZCO.

LAY PRECEPTS: Taking on the first 5 precepts is done in a public ceremony (6 months of practice with ZCO required). The precepts are the Buddhist guidelines for ethical living. Please read the tri-fold "Taking the Five Precepts".

JUKAI: Taking on the 16 bodhisattva precepts and declaring yourself a Buddhist is done in a public ceremony (2 years of practice with ZCO and 5 precept ceremony required). The precepts are the Buddhist guidelines for ethical living. Please read the tri-fold "Taking Refuge: Jukai".