

Heart Kyol Che Participation Form

There is no greater friendship than spiritual friendship.

Spiritual friendship transcends time, situation and person.

We are all spiritual friends on a common journey, where the intention of the journey is remembering.

Remembering being together inseparably.

-Zen Master Dae Gak

Throughout the entire month of October, we extend an invitation for our global sangha to participate from the comfort of your own home in "Heart Kyol Che", while some of us practice in-person at Furnace Mountain Zen Center.

This special practice is an adaptation of traditional Kyol Che, a rigorous Zen meditation retreat in the Korean tradition. Heart Kyol Che invites you to commit to a set period of daily meditation, chanting, bowing or walking- fostering a deep sense of disciplined practice in connection with the larger sangha.

Participants will receive daily reminder emails with a brief encouragement, and occasionally dharma talk recordings from our weekend-retreat and the two week-long retreats. Your (dharma) name will be displayed in the temple as an encouragement for those who sit in person to practice diligently for all beings.

Name: _____

Dharma Name: _____

Email: _____

Commitments for Heart Kyol Che:

*During the month of October, I commit to the following practices as a part of Heart Kyol Che:
(Please select the practice(s) you intend to do during the month of October.)*

Meditation Practice:

- I commit to sitting in meditation for _____ minutes each day.

Chanting Practice:

- I commit to engaging in chanting practice for _____ minutes each day.

Bowing Practice:

- I commit to doing _____ prostration bows each day.

Mindful Walking: _____

- I commit to practicing mindful walking for _____ minutes each day.

Dharma Study: _____

- I commit to studying Dharma texts or teachings for _____ minutes/hours each day.

Silence and Reflection: _____

- I commit to periods of silence and self-reflection for _____ minutes/hours each day.

Additional Notes or Intentions: _____

By participating in Heart Kyol Che, I acknowledge my commitment to creating a dedicated space for practice throughout the month of October. I understand that these commitments are personal and can be adapted as needed to suit my schedule and circumstances.

Signature: _____ Date: _____

Please return this form to [fmzconline\(at\)gmail.com](mailto:fmzconline(at)gmail.com) by October 1st.

**Thank you for being part of the practicing sangha in October!
May all beings benefit from our efforts.**