



# Practice Period Pledge

Spring 2023

*Check the box(es) you are committing to, and use the space beneath each to be specific.*

During the Practice Period I will:

- Increase the frequency of my meditation (e.g., one more time/week, daily, 2x daily)
- Increase the duration of my meditation (e.g. by ten minutes, by three minutes each day)
- Limit my use of screen time and screen-based activity (e.g., social media, news, ect.)
- Put my electronic devices away and out of sight for 8 to 24 hours.
- Attend the 7am - 7:40am on-line meditations via Zoom
- Attend the 12pm - 12:40pm on-line meditations via Zoom
- Attend the 6pm - 6:40pm on-line meditations via Zoom
- Listen to a Dharma talk everyday.
- Attend at least 3 Practice Discussion sessions, offered daily via Zoom at 12:45 pm and 6:45 pm.
- Commit to practicing specific precept(s) of non-harming.
- At the beginning or end of each sitting say, "I dedicate the merit of this sitting to \_\_\_\_\_ (person, group, or all beings)