

Commitment to my Spiritual Path

Prior to beginning Phase I, check each box on the right to express your commitment

I am committed to creating and maintaining a Spiritual path (my Spiritual self-schema) that has a strong ethical foundation that is consistent with doing no harm to self or others in speech, action, or livelihood.

I understand that investigating, and abandoning, old self-schemas and creating and maintaining a new Spiritual self-schema will require diligent effort, concentration, and mindfulness, and I am willing to set aside time each day (at least 30-60 minutes) specifically for this purpose

I am committed to gaining a deeper understanding of the cause of, and remedy for, my own suffering, and I intend to work hard to discipline my mind to stay on my Spiritual path.

Signed

Dated :

Upon completion of Phase 1, review the commitments above, and place a check in the box on the right to indicate your continued commitment to your Spiritual path.

Write any additional commitments here: