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The Frederick P. Lenz Foundation for American Buddhism  
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Email: [info@fredericklenzfoundation.org](mailto:info@fredericklenzfoundation.org)

Today’s date (date of this request): \_\_\_\_\_

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Please offer a statement introducing yourself. *[Examples: “Author of a book on religion and society” or “Instructor of community programs on Buddhism.”]*

\_\_\_\_\_

***What materials would you like to use?***

List and cite specifically the materials you are asking to use. *[See examples on last page.]*

\_\_\_\_\_

***How do you plan to use the materials?***

Please describe fully your planned use of the materials. *[See examples on last page.]*

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**All parties are urged to retain copies of completed permission forms indefinitely.**

## Examples

### ***Example Citations to Materials You Plan to Use:***

Various quotations, totaling 346 words, selected from *Snowboarding to Nirvana*, as shown on the attached photocopies of pages from the book. Frederick Lenz, *Snowboarding to Nirvana* (New York: St. Martin's Press, 1997). ISBN: 0-312-15293-0. Copyright Statement in the book: Copyright © 1997 by Frederick Lenz.

1 minute and 30 seconds of music clipped from the track "Cosmic Shuffle" found at this website: <https://www.ramameditationsociety.org/mandala-light>.

### ***Examples of How You Plan to Use the Materials:***

Reprinting quotations in a new book I am preparing, tentatively titled *Religion and Snow*, which is scheduled for publication next year by XYZ Publishers, Inc.

Including quotations, clips, and photographs on website I am developing, for public access, as part of my school project. The site will be hosted on XYZ.com, and I am creating it as part of my assignment for a history class at Great High School. After I graduate I hope to keep the site somewhere on the Internet and open to the public indefinitely.

This use will help the spread the message of Frederick Lenz by reaching students in meditation programs with new technologies.

[Version: 08-August-2019]