

Ango Commitment Form
March 4, 2018 – June 3, 2018

Ango means “peaceful dwelling” and is a time to intensify our practice. In the next 90 days reflect in our everyday life whether in our homes, offices, streets and/or neighborhoods and vow to realize ourselves in the midst of all activity. Please feel out this form and discuss with Sensei prior to the Ango Opening on March 4, 2018.

Zazen	My Commitment
Increase your daily Zazen	
Attend Sunday morning service every week	
Attend Monday and Thursday nights meditation	
Participate in Zazenkai (all day sits)	
Training	
Read and reflect on <i>Everyday Zen</i> by Joko Beck	
Listen to Sensei’s talks on the Soji website	
If you attend Study Group, do your homework, participate in class and reflect on the study text	
Other ways:	
Relationships	
Bring my everyday practice into my relationships (Family, friends, co-workers, and strangers)	
Deepen your practice and participation with the Sangha	
Emotions	
Bring your practice to bear as you go through your daily activities and note your experiences with your emotions (anger, joy, fear, frustration) etc.	
In keeping with the theme of this Ango period, stepping forward from the top of the pole, note your feelings when dealing with the unexpected situations that occur in your daily life.	

NAME: _____ **DATE:** _____