

Soji's 2018 Summer Ango Commitment Form
July 15 – August 19, 2018

The theme of the Ango period is *The Supreme Meal*. Please fill out the commitment form, considering the ways you may take a few (or all) of these suggestions and add them to your list of ingredients during this 30-day period and discuss with Shuzen Sensei in dokusan prior to the start date of July 15, 2018.

Practice	Your Personal Commitment
Increase your daily Zazen at home.	
Attend Sunday services weekly.	
Attend Zazenkai.	
Attend a Monday or Thursday night meditation, and/or Friday morning.	
Study	
Read <i>Instructions To The Cook</i> , with particular focus on, <i>The First Course: Recipes For The Spirit</i> . (first three chapters).	
Listen to Dharma talks by Sensei or other members of the Sangha (website, CD, digital download, etc).	
Other...	
Daily Life	
Consider how you will bring your practice into relationships with family, friends, co-workers, and strangers.	
Be aware of the many ways throughout each day that you may be able to offer your "supreme meal" to others.	
When realizing the ingredients you are given each day, be aware of your discriminating mind and reflect upon the 7th Grave Precept: <i>Realize self and other as one. Do not elevate the self and blame others.</i>	
Other Ways...	

Name: _____ **Date:** _____