

Ango Commitment Form February 14, 2021 – May 16, 2021

Ango means “peaceful dwelling” and is a time to intensify our practice. In the next 90 days we reflect on our everyday life and vow to realize ourselves in the midst of all activity. Please fill out this form and discuss with Roshi prior to the Ango Opening on February 14, 2021.

Objective: Create a personal objective to achieve during my Ango participation:

Zazen

- Recommit to my daily zazen and increase when possible
- Commit to attending an extra sitting, either morning or evening
- Attend Monday and Thursday night meditation
- Participate in Zazenkai (all day sits)

Training

- Read and reflect on study text, *Infinite Circle* by Bernie Glassman and the topic of Letting Go (Chapter 4, p. 36) and Letting Go of Letting Go (Chapter 7, p. 66) and its relevance to me and my life/practice.
- Listen to Dharma talks on the Soji website
- If you attend Study Group, do your homework, participate in class and reflect on the study text.

Relationships

- Bring my everyday practice into my relationships (family, friends, co-workers, and all others)
- Deepen my practice and participation with my Sangha
- Deepen my practice and participation in my Community

Name: _____ **Date:** _____

Shuzen Roshi: _____ **Date:** _____