



Fall Ango /2017 - Commitment Form

Head Trainee: Rev. Ricardo Mitsugen Petroni

To enter Ango is to step into a stream of continuous awareness and to take on a commitment to bring the practice of Zen to all aspects of life. During an Ango period we raise the degree of introspection while facing and working through challenges with tenacity, patience, and courage. This is an opportunity to intensify the light of wisdom, and let it guide us as we strengthen our resolve to function responsibly and compassionately at all circumstances. We enter this period with an intention to release hindrances, strengthen what is weak, and confront what we habitually avoid.

The meaning of the word Ango is 'Peaceful Dwelling', which means to turn inwardly and rest in that which knows no oppositions. This does not imply that we foster a state of escapism, but rather learn how to dwell in peace while facing adversities.

Name: _____

I will practice Zazen at home for: _____ minutes per day

I will practice Zazen at Eiryu-ji center (or other Zendo) on the following days:

I will practice embodiment ___ days a week (Aikido, Yoga, Tai Chi, etc.)

I will attend the following events (check applicable events)

September 17 - Zazenkai, Ango opening, Fusatsu, at Eiryu-ji center, Wyckoff

October 18-22 - Fall Sesshin and Jukai Ceremony at Dai Bosatsu Monastery, NY

November 19 - Zazenkai and Mondo at Eiryu-ji center, Wyckoff

December 10 - Zazenkai, Ango closing & Shusso Hossen, at Eiryu-ji center, Wyckoff

The theme of the Fall Ango is Humility.

My personal Ango commitments will be (use a separate page to elaborate):

1 - Daily Zazen

Zazen is the spinal cord of Zen training!

If I do not sit daily at home my commitment is to establish daily home practice.

If I have already established daily home practice, I will increase the duration and/or add another daily sitting period.

2 - Creating an Altar

A small altar can elevate the home practice to a deeper and more meaningful experience.

I will create a modest altar with a statue and an incense bowl.

3 - Offering incense, and prostrations

Before Zazen, I will light an incense, bring it to the third eye, and put it in the bowl as an offering. I will make three full bows, and recite the Verse of the Robe and Return to Oneness with hands in Gassho. At the end of the period I will recite the Four Vows.

4 - Reverence and appreciation

I will examine my relationship with the animate and the inanimate, and will choose to express gratitude, reverence, and appreciation. I will strive to not obey fearful emotions, and judgmental and discriminating thoughts, in relation to people, animals, plants, and objects.

5 - Liturgy

I will raise the level of devotion to liturgy, and will allow the entire experience to penetrate deeply and let it quell any thoughts of duality. I will chant with vigor and will offer the collective energies to the world.

6 - Simplifying and decluttering our life

During this Ango period I will declutter and purge my home/office/backyard. I will examine the activities and hobbies I am currently engaged in, and will work on simplifying and minimizing. I will focus on quality rather than quantity.

7 - Limit the usage of electronics and creating more blocks of space

I will reduce the daily usage of electronics such as: cell phone, computer, television, etc, and will create blocks of time/space for the purpose of experiencing being. I will be honest with discerning how much usage is necessary for daily functioning, and how much of it is for the purpose of running away from dealing with restlessness, boredom, and pain.