



2005 Grail House Summer Ango Commitment Form

Ango is a time of extraordinary commitment. Whether we choose a commuter's Ango, as is the case with the winter schedule, or a summer residency at Grail House, it is a major undertaking. Even if we can only participate in a limited way, the very fact of Ango demands that we examine our commitment to Zen (and to our lives) in a very stern light.

It should come as no surprise, then, that we are asked to sign a commitment form. The form is not "icing on the cake." It is meant to help us focus our energies – to make the most that we can of this precious time.

Summer schedules for most of us include lavish allocations of "fun" time – beach, pool, and cookout. Why not schedule another form of play – the pure play of Zazen?

Please download (villagezendo.org) the Ango Practice forms to put your commitment into writing. Mail, email (zenshika@hotmail.com) or drop off one copy at the Zendo and keep the other as a reminder of your agreement. All who return the commitment form will be registered for Ango and included on the Ango Board.

For the duration of the Ango, I, _____, agree to work on one or more of the following vows:

1. I will increase my zazen to (____times a week, ____ hours or ____minutes a day).
2. I will improve the quality of my zazen by experiencing it as the purest form of play.
3. I will insert into my life some small "Formal Celebration of Life" (aka "Ritual). (When was the last time you REALLY bowed to your cushion?)
4. I will take true care of myself. Perhaps some of the tradeoffs I make in the name of happiness aren't paying off.
5. I will attempt to take a new look at one person in my life and try to see that person outside "the box", that is, without stereotyping him or her.

These vows are suggestions. Please feel free to add to them or replace them, according to your own needs. Please bring your copy of the form to dokusan where you and Roshi will both sign it.

In gassho,
Rev. Barbara Hotei Tetsujin Tripaldi
Summer 2005 Ango's Shuso (Head Monk)