

Great Plains Zen Center

Summer Ango

May 17 – July 28, 2019

*“Let me respectfully remind you:
Life and death are of supreme importance,
Time swiftly passes by and opportunity is lost.
Each of us should strive to awaken, awaken...
Take heed! Do not squander your life!”
Ango evening gatha*

Please read through the following suggestions for angu practice and decide what you would like to commit to for this angu, which starts with the Maezumi Roshi Memorial Zazenkaï (May 17) and runs through July sesshin ending July 28). To reinforce your commitment, please print out a copy of this commitment form and email it to Roshi at s.myoyu.andersen@gmail.com or bring a copy to the Ango Opening and Shuso Entering Ceremony on May 17 (first night of the Zazenkaï).

Ango Practice Commitment Form

Recognizing that practice is of grave importance and that time swiftly passes by and opportunity is lost, I wish to participate in this summer angu. In order to support the vows of all to accomplish the Way, I make the following commitments. Please support me in my practice.

Ango Opening and Shuso Entering Ceremony: _____ I will attend the Ango and Shuso Entering Ceremony on Friday evening, May 17 at 7 PM, the start of the May Zazenkaï.

Zazen: _____ I will sit _____ times per week at home.
_____ I will sit at GPZC in Palatine, the Zen Sitting Group DeKalb or Great Plains Zen Center in Monroe, WI _____ times per week or month
_____ I will sit every day of the 75 day period.
_____ Other: _____

Sesshin: _____ I will attend part or all of the following sesshin during angu (circle all that apply):
May Maezumi Roshi Memorial Zazenkaï June 3-day sesshin July 7-day sesshin

Liturgy: _____ I will chant the following at home _____ times per week or _____ times per month:

Circle all that apply: Heart Sutra Four Bodhisattva Vows Gatha of Atonement
3 Refuges Evening gatha (see above) Other: _____

Mindfulness in activity: _____ I will make a particular effort to be mindful during the following activity(ies) (e.g. brushing teeth, driving, walking, etc.) _____

Work practice: The Zen Center cannot function without the help of many hands and eyes. Please list the type of volunteering you'd like to do here and we will connect you with the appropriate stewardship circle:

Precepts:

_____ I will engage the precepts in my life by participating in the monthly Day of Reflection. Website link is http://www.greatplainszen.org/day_of_reflection

_____ I will attend fusatsu: _____ May 5 _____ June 27 _____ July 21

Metta Practice: _____ I will do metta practice _____ times per _____.

Three tenets: _____ I will undertake the practice of the Three Peacemaker tenets (**highly recommended**):

Not-Knowing by giving up fixed ideas about ourselves and the universe.

Bearing Witness to the joy and suffering of the world.

Taking Action that arises from Not-Knowing and Bearing Witness.

Declare Climate Emergency: In response to Joanna Macy's call for declaring climate change as an emergency that requires immediate and sustained attention, I will undertake the following practices:

_____ I commit to the Ecosattva Vows.

_____ Each day, I will take at least one tangible step toward living more lightly and less violently in the food, products and energy I consume and/or help others to do so. We will have a forum (TBD) where you can post your actions so that we can share ideas with each other.

_____ I will set an alarm for noon each day local time to serve as a reminder of my commitment to following the Ecosattva Vows on a daily basis.

Other practice I will undertake during angu: _____

I freely undertake these commitments for the sake of all beings.

Name

Date