

Dear Sangha,

Join me this summer Ango 2010 in exploring in depth Dogen Zenji's three states of mind that help

us diligently engage in the Way.

"If you do not have the mind of the Way, then all of this hard work is meaningless..."

-Tenzokyukun

KISHIN -JOYFUL MIND I vow to practice bringing more KISHIN into my practice during Ango:

MIND I will bring more spaciousness and joy into my mind by increasing my daily zazen time to _____ during the course of Ango.

BODY A joyful body = a joyful mind. I will bring more joy into my body daily by _____ (i.e. walk, run, yoga, cleanse, etc...)

SPIRIT I will bring more joy into my spirit by doing something FUN to me that I normally wouldn't do and/or wish I did more _____.

ROSHIN -NURTURING MIND

"...While indulging, life randomly passes day after day.

If you are called but do not turn around, what can be done?" - Xuefeng

Serving Sangha - Nurturing Sangha

I vow to help nurture the Sangha by volunteering in at least one of these Sangha activities:

packing zendo packing truck Grail setup unloading truck NYC zendo reset

What do we indulge in and fail to turn around to? Think of an awkward feeling you frequently experience (anger, fear, jealousy, frustration, etc...) _____.

How can you turn around to it, not touching it yet not turning away from it, and just hear it with the nurturing ears of a parent? _____.

I vow to practice this during Ango

DAISHIN - MAGNANIMOUS MIND

How do you see Greatness in yourself?

This is something that is Great about me _____.

I vow to remind myself daily of my Greatness and act on it by _____.

How do you see Greatness in others?

Who in your life do you see as Great? _____.

I vow to let others know I appreciate and recognize their Greatness by _____.

Please consider your answers and keep this form somewhere where you can refer to it throughout the course of Ango. Mail or bring your form to the zendo, or even bring it to dokusan to discuss with a teacher.

I look forward to deepening our practice together this summer.

Gassho,

Shuso Tokuyu Manasia