

WINTER ANGO 2011 COMMITMENT FORM

Dear Sangha,

Please join me in exploring the four guidelines in our practice with self and others.

Show up.

Pay attention to what has heart and meaning.

Speak the truth without blame or judgment.

Don't be attached to the outcome.

PRESENCE: Where do I show up? Where do I hide?

I will show up for myself by _____

I will show up for others by _____

I will show up for the sangha by _____

ATTENTION: How is my attention? What do I notice?

I will pay attention to myself by _____

I will pay attention to others by _____

I will pay attention to the sangha by _____

SPEECH and ACTION: What am I judging? What am I blaming? Who is the victim?

I will speak up/act for myself by _____

I will speak up/act for others by _____

I will speak up/act for the sangha by _____

ATTACHMENT: What am I attached to? How does this manifest?

I will let go of _____ for myself.

I will let go of _____ for others.

I will let go of _____ for the sangha.

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 bring it to dokusan to discuss with a teacher.

Three bows,
Soshin