

## Winter 2014-2015 Ango Commitment Form

Let's practice diligently this angō. It's helpful to consider your intentions, write them down, and discuss them with a teacher. I've based these questions on Roshi's Five Expressions of Zen.  
— Jiryū

**Meditation.** I will intensify my meditation training by:

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**Study.** I will study the teachings of my lineage by:

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**Communication.** I will engage in honest exchange by:

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**Action.** I will take effective action by:

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**Caring.** I will care for those who need me by:

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