

## 2020 Summer Ango Commitment Form

During this time of great suffering in our nation and world, I am deeply drawn to the Buddha Avalokiteshvara, the one who hears the cries of the world and who can act without limit to free us from suffering.

Ango offers an opportunity for reflection – a possibility for careful noticing. For this summer Ango period, please strengthen your embodiment of Avalokiteshvara through reflection on these questions:

**Awareness:** *What can you do to better hear the cries of the world? Step outside your ordinary channels of input.*

**Appreciation:** *Can you hear the cries without judgment, but with compassion? With empathy, but without harm to self?*

**Action:** *What actions – arising from compassion – can you take to lessen suffering?*

**Accountability:**

*How will you reflect on your awareness, appreciation and actions? Do your actions align with your intentions? How will you evolve?*

With deepest bows,  
eko