2020/21 Winter Ango Commitment Form

The experience of the last four years, and this year especially, has awakened so many people to the fragile nature of our world, and to the inequalities and injustices that have existed throughout history. As we move forward into the months and years ahead, there will always be much work to do. The framework of the Three Pure Precepts offers guidance on how we can transform our lived experience into healing, compassionate service. In the coming months, let us commit to examining the questions below:

**Not-knowing, thereby giving up fixed ideas about myself and the universe. This is ceasing from evil.**

*Can we let go of our fixed concepts of others and stand within the empty, equalizing firmament of reality? Think about how we might solidify the “other,” whether it’s our loud next door neighbor, someone in our life that gives us difficulty, someone of a different race, or someone on the other side of the political spectrum.*

With empathy, I will soften the barriers that separate me from others by ______________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

**Bearing witness to the joy and suffering of the world. This is doing good.**

*How do we habitually turn away from suffering—whether it’s our own personal suffering, the suffering we see on the news, or the suffering we see on the street? Alternatively, do we also allow ourselves to experience the joy within ourselves, the joy in the world, and the empathetic joy for the “other?” How can we broaden our experience and bear witness to whatever the world has to offer in each moment?*

Without judgement, I will open myself more fully to the experiences of the world by ______________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

**Serving myself and others. This is doing good for others.**

*How will we commit to serving ourselves and others? Remember that great compassionate action isn’t necessarily large and performative. Many times it’s invisible and subtle. How can we allow our inherent goodness to ripple throughout the world?*

With resiliency, I will engage in compassionate response by ______________________________
____________________________________________________________________________________________
____________________________________________________________________________________________