

Summer Ango Commitment Form-2021

Dear Sangha,

Dogen in his text Instructions to the Cook writes, “The Way-Seeking Mind of a cook is actualized by rolling up your sleeves.”

In another place Dogen writes, “If the cook offers a meal without the harmony of six flavors and the three qualities, it cannot be said that the cook serves the community.”

What are these six flavors? They are: bitter, sour, sweet, salty, mild, and hot.

And the three qualities are defined as a) light and flexible, b) clean and neat and c) conscientious and thorough.

During this Ango, I will practice looking at how the six flavors show up or don't show up in my life. And how they show up or don't show up during other parts of the retreat like work practice, meals, and zazen.

I will also practice being more aware how I use or don't use the three qualities in myself and how I may use them better to serve the community.

Each of these flavors and qualities is not better or more important than the others. Each has a different taste and reason to be part of the meal.

I, _____, commit to rolling up my sleeves and to exploring/practicing these flavors and qualities wholeheartedly during this Summer Ango.

Please talk with a Teacher during Interview about your commitment to practice.