

Winter Ango 2023 Commitment Form

This moment, right now - *This Moment* - is a time of Great Suffering. And we've collectively been through Moments like this before. During this time of intensive practice during an intense time, look at the "guides" below and choose one or more to work with. The energy of what helps you may also indirectly be to the benefit of others.

What is it to sit in the midst of life falling apart and how does your practice bring you back to "center"?

What's your awareness of time? How do you inhabit time?

What is my practice now? And now? And... Now?

What does your practice mean for/to you when you're afraid and What would you do if you weren't afraid?

How do you embody your practice? Where in your body do you feel the results of your practice, if you are aware of this? Not aware of this, why not and what can you do to come to awareness?

What habits are you aware of? Helpful/Not helpful? Keep or jettison? Not Aware (ask someone close to you)? Why aren't you aware?

Do you make space/time for your practice when you're struggling (a "space for Grace")? If no, why and can you now?

I'm living in a koan (**ko.an noun, a paradoxical anecdote or riddle, used in Zen Buddhism to demonstrate the inadequacy of logical reasoning and to provoke enlightenment.**) and I'm working with it, it's what I can do. What is the koan that you're living right now and how can you work with it?