

Ango Commitment Form

Dear Sangha,

In times of great turbulence, challenge and uncertainty, it can be grounding to seek refuge and sanctuary in the three treasures: Buddha, Dharma and Sangha.

Please take this opportunity to reflect and set your intentions for the upcoming summer Ango, a time of peaceful dwelling and intensified practice. It can be helpful to make your intentions concrete and specific. Feel free to share this form with a teacher in interview if you wish.

With gassho,

Torei

Buddha: Identify a few activities that can help you connect to your awakened mind so as to provide refuge for yourself and others:

Dharma: Identify a few guides or guidelines that teach or inspire you so as to provide refuge for yourself and others:

Sangha: Identify a few ways that you can increase or enhance your connection with sangha so as to provide refuge for yourself and others:
