

## Winter 2025-Spring 2026 Ango

### Commitment Form

Using our study texts – Dogen’s *Shoji* and *Zenki* – as guides, take some time to reflect on ways to deepen and illuminate your practice during this Ango period. It may be helpful to think about these commitments in concrete terms, not just abstract ones. Feel free to share your insights, intentions, and inquiries with any of the Village Zendo teachers during interview.

1. Dogen tells us that showing compassion, respect and kindness are all ways to become a buddha. How will you show compassion, respect and kindness to yourself and to others?

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2. “There is birth and there is death in undivided activity.” – Dogen  
The Jikido’s bell signals the beginning and the end of zazen. The sun rises and sets, and the moon appears and disappears. How will your awareness of “birth” and “death” happening moment to moment support your practice?

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3. Dogen says, “Just set aside your body and mind, forget about them, and throw them into the house of the buddha; then all is done by the buddha.” Taking care of your body and mind, how will you throw yourself wholeheartedly into your practice?

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