

Village Zendo
Ango Commitment Form
July 18 - August 3, 2026

Welcome to the 2026 Summer Ango. Ango means peaceful dwelling - a dedicated period for Zen students to deepen their practice. As present-day practitioners, rushing, multi-tasking, distraction, and anxiety can easily consume us. We can take refuge in Ango practice wherever we are, cultivating peace through body, breath, and mind.

As part of Ango, I invite you to fill out this commitment form to help focus your intentions and manifest peace in a world of relentless demands. The following contemplations draw inspiration from this Ango's study text, *The Book of Householder Koans* by Roshis Eve Myonen Marko and Wendy Egyoku Nakao.

Enmei Martínez-Cruz

1. Increased Zazen. For the duration of this Ango, I pledge to increase my daily zazen practice to:

2. Mindfulness. For the duration of this Ango, I will practice awareness and presence by bringing full attention to one simple householder activity (for example: making the bed, washing dishes, preparing a meal, donating possessions):

3. Generosity. For the duration of this Ango, I will open to generosity in my relationships, with strangers, and within myself. I will practice generosity in the following way:

4. Peace. During this Ango, I will cultivate peace by observing how patience and impatience arise in my life. I will look closely at situations where patience is challenged (for example: traffic, stores, conversation, difference) and commit to practicing patience in these contexts:

5. Breath, Body, and Exhaustion. What happens to my breath when I'm rushing, caretaking, or exhausted? Where do I override my body for the sake of performing responsibility? I will practice spaciousness in my breath and body in the following way:

6. Social Practice. For the duration of this Ango, I commit to careful attention to injustice in my community and household. I will notice places of complacency, compromise, or avoidance and meet them with honesty in this way:

Signed: _____

Date: _____