

Mountains and Rivers Order – Spring 2019 Ango Training Commitment

Name: _____

Ango is a wonderful time to work toward making our lives more unified with practice. In addition to practicing moment-to-moment awareness in your daily activities, what other ways can you bring yourself into contact with the dharma during the day? Let this question guide you as you formulate your commitments for the ango. Ideally, your ango will include deliberate periods of practice in which you set aside time for one or two of the Eight Gates, as well as an ongoing effort to bring elements of the Eight Gates into the midst of your regular routines.

Please reflect on the material below and your other life priorities as you plan your commitments for this ango. Remember, the purpose of ango is to renew and deepen our commitment to practice and training as integral parts of our daily life.

Return this sheet to the Monastery Training Office by Tuesday, February 26, 2019. Consider joining the sangha for the Ango Opening Ceremony on Sunday, March 3rd at ZMM or Sunday, March 10th at the Temple. You're welcome to call the Training Office if you have questions.

Training Retreats

Training with the sangha is an essential aspect of ango. Indicate the two retreats that you commit to attending, at least one of them occurring at the Monastery.

1. An Intensive Meditation Retreat at Zen Mountain Monastery:

Note: Sesshin, Peaceful Dwelling, Ango Intensive and the Open Sky Intensive all fulfill this requirement.

2. A Second Retreat at ZMM, ZCNYC, or an MRO Affiliate*:

Any retreat, zazenkai or a second sesshin fulfills this requirement; so does a short period of residency at the Monastery (strongly encouraged for MRO students).

***If you can't attend a second retreat during the ango, you may:**

- 1) Attend three of either a mondo, fusatsu, or dharma encounter. You might also participate in a Video Mondo (available to Practicing Members and Training Students) with one of the teachers.
- 2) Have face-to-face teaching at least twice each month (formal MRO students).
- 3) Do a one-day (8-9 hours) silent meditation intensive by yourself at home.

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Concentration Practice

This helps you to develop mindfulness in your everyday activities. Choose a simple and brief task or activity that you do each day and commit to doing this with awareness.

My concentration practice will be:

Eight Gates

This angō we will focus on the gates of Zazen and Art Practice and we'll also be studying a teaching from the Master Dogen's Shobogenzo. The Art Practice assignment will be posted on the [ango site](#). Please choose any additional gates of training you would like to focus on.

Zazen: (All angō Participants) Outline your daily / weekly sitting practice for the Ango. You may wish to intensify your zazen by sitting longer or additional periods, or by sitting more frequently with the sangha at the Monastery, Temple, or MRO affiliate. Consider also including moments of standing or sitting 'zazen' (eyes open, being mindful) while waiting in line, commuting, and at other times of the day.

Buddhist Studies: This angō we'll be studying the theme of "Manifesting Buddha" and using Eihei Dogen's fascicle [Shoaku Makusa](#), or "Refrain from Unwholesome Action," as a way to focus our training and challenge our study. The reading is available from the angō web page. If you are planning on working with other texts as part of your angō practice, you may list them here.

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Art Practice: (All angos Participants) The art practice assignment will be posted on the angos website shortly. Note the medium you intend to use (or at least begin with) below. You may also find it useful to commit to a specific time each day or week when you plan on working with the assignment. Please mark your calendar for the art practice sharing (May 15th, 7pm at ZMM and May 16th, 6:30 pm at the Temple) and join us if you are able. If you have questions about the art practice, please call the Training Office.

Liturgy: (Optional) — Consider how you might engage liturgy to help explore and develop your understanding of "Manifesting Buddha"—chanting services, dedication of merit, and bowing practice can all be used to express gratitude and create a deeper connection. Describe the liturgy practice(s) you will engage during angos.

Body Practice: (Optional) Indicate any body practice that you will be engaging during the angos.

Right Action: (All angos Participants)— At both the Monastery and Temple, Ango Opening will include a post-lunch [Sangha Forum](#) hosted by the [Beyond Fear of Differences](#) (BFoD) planning group. As one of the Spring Ango requirements, the sangha is invited to participate in the continuation of the creating and developing of the BFoD initiative. If you're unable to attend either forum, we're exploring the possibility of Livestream for the ZMM event. All registered angos participants will receive an email with details. Please indicate which one of the live forums you will be attending or if you will be participating via Livestream.

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Spring 2019 Ango Registration

[Register online](#) or mail, email, or fax this to the Monastery Training Office by Tuesday, February 26th (zmmtrain@mro.org; fax: 845-688-5474)

(All angos will be reviewed and processed at the ZMM Training office, so even if you will be practicing primarily at the Temple, this sheet should still come directly to the Monastery.)

Keep a copy for yourself that you can refer to during the angos and plan to review your commitments as the angos unfold.

To participate formally, we ask a suggested donation of \$45. This helps to support the many efforts that go into making Ango a powerful intensive. If making a financial contribution is prohibitive for you at this time, consider offering some of your time for work practice or in other service to the sangha.

REMINDER that completing this form does not register you for any retreats. You must register separately, and angos tend to fill up, so don't delay.

To attend a ZMM retreat, call (845) 688-2228 or email registrar@mro.org.

To attend a Temple retreat, call (718) 875-8229 or email zcnyc@mro.org.

Ango Registration donation: (\$45 suggested) \$ _____

Credit Card Number _____ - _____ - _____ - _____ Expiration date ____/____

Card Security Code _____ Name as it appears on Card _____

_____ Use card on File _____ I am mailing a check _____ I will offer work or other service