

## Mountains and Rivers Order – Fall 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, August 30, 2019.** Consider joining the sangha for the Ango Opening Ceremony on Sunday, Sept 1<sup>st</sup> at ZMM or Sunday, Sept 8<sup>th</sup> at the Temple. You're welcome to contact the Training Office if you have questions.

You can also join fellow ango participants online in Sangha Practice Groups via Zoom video conferences. These meetings are scheduled to take place twice each month. For more information, visit the ango web page at [ZMM.org/teachings-and-training/ango](http://ZMM.org/teachings-and-training/ango)

### **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 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 (for 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, Art Practice and Buddhist Studies using the theme of The Eightfold Path to guide us, and studying a series of suggested texts. The readings, along with the Art Practice assignment, will be posted on the angō 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 angō. 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: (All angō participants) This angō we'll be studying the theme of "The Eightfold Path" using a variety of texts as a way to focus our training and challenge our study. The readings are available from the angō web page. There will also be study sessions led by Shugen Roshi at Zen Mountain Monastery and by Hogen Sensei at Fire Lotus Temple. 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. 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. Date and time for sharing the art assignments will be posted later on, so check the angos page for updates. If you have questions about the art practice, please call the Training Office.

Liturgy: (Optional) — Liturgy: Within your ongoing practice of liturgy, reflect on how the various aspects of the Eightfold Path are present within it. That is, can you see Right Thought, Intention, Speech, etc. within the sutras themselves, in your body-mind as you practice liturgy, and in the karmic effects of your liturgy practice?

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

Right Action: (Optional)— As one of the optional Fall Angos Requirements, the sangha is invited to participate in the Global Climate Strike which will be held on September 20th, 2019 at the UN in New York City. Both Zen Mountain Monastery and the Fire Lotus Temple will be organizing groups to attend. For more information about the event, visit <https://globalclimatestrike.net/>. We'll post more details on the angos site as the date draws closer.

### **Fall 2019 Angos Registration**

**Register online or mail, email, or fax this to the Monastery Training Office by Tuesday, August 30.**  
(zmmtrain@mro.org; fax: 845-688-5474)

All angos forms 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 unfolds.

## Mountains and Rivers Order – Fall 2019 Ango Training Commitment

**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.

### **ZMM.org/teachings-and-training/ANGO**

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