



MOUNTAINS AND RIVERS ORDER OF ZEN BUDDHISM

Spring 2022 Ango Commitment Form

I, _____, in the spirit of Peaceful Dwelling, with the intention to renew and deepen my dedication to Zen practice in my daily life, make the following commitments for this Spring 2022 Practice Period.

NOTE: All Ango participants should participate in two zazen intensives, engage Buddhist Studies and Beyond Fear of Differences (BFOD) work, and are encouraged to take up other areas of practice at this time.

Zazen: Outline your daily/weekly sitting practice & zazen intensives. Ango participants should plan on attending at least two zazen intensives (sesshin, One Continuous Thread, zazenkai, or 1/2 day sits). MRO Students and active sangha members can also join ZMM residents for a [Refuge Week](#), fusing personal Eight Gates practice time with communal activities. If interested, please contact the Training Office.

Buddhist Studies: As a sangha, we're studying the *Lotus Sutra* with several readings made available through the angos website and more recommended. Please list any other dharma reading you plan on engaging with during this time.

Body Practice: Outline your intentions for weekly body practice. See the angos website for Zoom opportunities led by several sangha members.

Art Practice: See the optional assignment online and describe the media you plan on working in and anything else you would like to mention about your engagement with this work.

Liturgy: Consider how to bring your understanding of Buddha Nature and the *Lotus Sutra* into your daily liturgy; e.g. establishing your intention for each day; dedication to the cultivation of compassion, the alleviation of suffering, or skillfully addressing a conflict or difficult circumstance.

Beyond Fear of Differences/Unlearning Racism, Healing Oppression work: Outline your intentions for the angu. Depending on how you identify, this commitment may look different. you can find more in-depth information [here](#). (Check all below that apply.)

___ Existing Sangha Groups for those who identify as Black, Indigenous, Asian, or as People of Culture/ Color (BIAPoC): groups meet at various times, registration required. BIAPoC Speaker Series, Book Study; People of African Descent (PAD) Discussions and Book Study; Asian Sangha Gathering; BIAPoC Body Practice. More details [here](#).

Existing and new Sangha Groups for those who identify as white: "What is Whiteness? Sangha Affinity Groups" are for those who identify as white as part of an ongoing inquiry—based in Dharma practice—into Whiteness and its many biases and blind spots.

___ **Option #1**—If you are already in one, please continue with your What is Whiteness group. If not and would like to begin, here are two other options:

___ **Option #2**—New WIW Groups Forming—Mn. Gokan and others will provide an orientation for new groups, each with a facilitator coach to help guide the process. Sign up to be notified of dates [here](#).

___ **Option #3**—Join the open ZCNYC What is Whiteness group, an on-going, consensus-based group meeting every 3rd Sunday, 1-2:30pm. Contact [Dojaku](#) or [Yunen](#).

___ Self-guided or group study focusing on unlearning racism and healing oppression. Please plan for a three-month study.

___ Attend the Sangha Forum, **Shining a Light on Microaggression** on April 20, 2022, 6:30-8:30pm. For white-identified sangha, register [here](#).

Any additional notes can be entered here:

Register for Ango online by Saturday, 2/26/22.

Email completed form to zmmtrain@dharm.net by Saturday, 3/12/22.