

GMZC Ango Participation Form

September 20, 2009 to December 12, 2009

Ango literally means “peaceful dwelling” and is a period of intensive practice meant to deepen one’s realization. Traditionally angu took place in a monastery where the participants remained for the entire 90 days. One of the monks was selected by the Abbot as the head trainee or “Shuso” who underwent further training. Here at GMZC, where most of the trainees are lay people, we are asking you to make an extra commitment in your practice by agreeing to sit zazen daily (whether at home or at the Center) and to attend as many sesshin and Sunday programs as possible. The teachers have selected a head trainee who will perform his duties for 90 days and will end his tenure with a public talk and dharma combat (Shuso Hosen) with members of the Sangha who will test their understanding.

Please fill out the form below and return it to the Center. There will be an Ango entering ceremony on September 20, 2009.

Commitment to daily zazen

Hours per day: _____

I will sit regularly with the Sangha at the Center at the following times (please circle):

Tuesday AM Wednesday PM Thursday AM Sunday AM

I will attend the following sesshin (please circle)

Sept 25-27 Oct 23-25 Nov 14 (zazenkai) Dec 5-12 (Rohatsu)

Commitment to Sunday program (please circle)

I will attend 2 3 all Sunday programs each month.

Without intensive practice of zazen there can be no realization of the Buddhadharma. Zazen is not about becoming holy. It is about letting go of our ego-grasping ignorance. What better way to do it than to plunge into the purifying fire of zazen, sesshin and angu. We invite all of you to participate.

Name:

Signed:

Date: