



The Value of a Vow

This period of intensified practice allows us to examine how we can care for ourselves so that we are better able to serve others. By looking at the aspects of body, mind, and spirit we can address the totality of self. Fill out this form created by Reverend Jo-An Alan Tibbetts at Enkyo Roshi's Village Zendo in New York City to support your angu.

Body

I will restore my body by _____

(e.g., going to bed earlier, spending more time at the gym, flossing my teeth)

I will nourish my body by _____

(e.g., hydrating, eating a healthy breakfast, eating mindfully)

I will honor my body by _____

(e.g., bidding adieu to a bad habit, starting a new habit, working on my meditation posture)

Mind

I will work with my mind by meditating daily for _____ minutes.

I will study the *Genjokoan* by _____

(e.g., reading it daily, viewing Enkyo Roshi's dharma talks on tricycle.com)

Spirit

I will renew my spirit by _____

(e.g., spending time with children, visiting the museum, walking to nowhere)

I will strengthen my spirit by _____

(e.g., attending a weekly meditation group, going on retreat)