

THEME FOR WINTER ANGO 2026

Shuso – Hokan (Dharma Barrier)
Alex 'Hokan' Perrotti
January 31– February 14



When you try to stop activity to achieve quietude,
your very effort fills you with activity.

As long as you remain attached to one extreme or another,
you will never know Oneness.

Those who do not live in the single Way
cannot be free in either activity or quietude, in assertion or denial.

in "Shinjinmei (Trust in Mind)" by 3rd Zen Ancestor Kanchi Sosan

Shuso – Fugan (Universal Vow)
Chris 'Fugan' Johnson
February 15–28

If you wish to move in the One Way
Do not dislike even the worlds of senses and ideas.

Indeed, to embrace them fully
is identical with True Enlightenment.

in "Shinjinmei (Trust in Mind)" by 3rd Zen Ancestor Kanchi Sosan