

JIKÔ AN PROGRAM SUMMER 2008

Visit our web www.jikoan.com

“ About two hundred years ago there lived in Japan a special Zen monk named Ryôkan. I have never seen a life more humble, deep and real than his. As you probably know, he once wrote a short poem when he discovered that a thief had taken away all of his very few belongings. In fact, in his hut, he had only kept the small things essential for his daily life such as a pair of old sleeping mats, brush, ink, paper, a towel and a washing bowl, etc...

The thief left it behind –
the moon
at the window.

This is the typical example of real life:

"Everything is perfectly, limitlessly, endlessly working as it is
in the midst of real (Emptiness) nothingness;
mountains, flowers, birds, ... as they are!"

This is the true world we are living in, step by step, as everything is so unreliably transient like bubbles on the surface of water. So, all the precious, important and irreplaceable ideas, images or personal basic principles we have kept in our minds are also like foam on the surface of our conscious stream. The fact we should awaken to is that there is nothing better than having nothing in mind, not even good luck nor the precious philosophical principles in our heads.”

HÔGEN YAMAHATA
EXTRACT FROM THE BOOK
FALLING LEAVES, A SHOOTING SPROUT...

ACTIVITIES SEPTEMBER – DECEMBER 2008

26 - 28

**Family Constellations
with Teresa Bucero (Code: CF)**

Based on Bert Hellinger's systemic therapy, Family Constellations put the individual in touch with a family soul (the deep consciousness directing the destiny of a family) offering the possibility to heal the past and establish a new order between its members. A new perspective on life emerges from the recognition of what is and from the love born out of our experience of unity with all living beings. Possible to attend the course in order just to come in touch with this therapy or to work aspects of one's life, family or couple relationships.

Teresa Bucero trained in Family Constellations with Holistic Therapist Carmen Garcia Pedrosa. Teresa teaches Yoga, Antiginastics and practices Reiki and massage. She lives near Madrid.

OCTOBER

3 - 5

Reiki (2nd Degree) with Glenn Jonathans

Reiki is a natural way of healing through the universal energy of Life. The 2nd degree will include practices with the Inner Child and is destined to the practitioners with at least 6 months experience in Reiki 1st degree.

Glenn Jonathans is a Reiki Master of the Usui Natural Way of Healing. She lives in Holland and Portugal.

Friday 10 - Monday 13

Holotropic Breathwork & Zen Meditation with Isabel Marquina, Mariano Cruz Fajardo & Shingan (Francis) (Code: RH)

Through a slightly faster and deeper breathing, we reach an altered state of consciousness in which starts an exploration work of our psyche. With the help of our "Inner Healer", we get in touch with those forgotten experiences that left their prints in our ways of perceiving and responding to life. We will alternate Breathing with some Zen Meditation practice, that is, moments of silent inner alertness, in an attitude of complete presence to what the present moment offers us, without choice or preference, opening to the spaciousness of Here-Now.

We would like to let you know that the practice of Holotropic Breathwork can give rise to an important physical or emotional activity. For this reason, the therapy is not indicated in case of pregnancy, heart disease, glaucoma, epilepsy, severe infectious processes, severe psychiatric disorders, bone fractures and recent surgery interventions.

Isabel and Mariano were trained by Stan Grof and his collaborators. Certified by GTT.

17 - 19

Introduction to Zen Meditation with Shingan (Francis) (Code: IZ1)

In the introductory course, basic instructions will be given about zazen and other zen practices according to the teachings of Zen Master Hôgen Yamahata (Soto Zen School).

Shingan Francis Chauvet is director of Jikô An under the spiritual guidance of Zen Master Hôgen Yamahata.

24 - 26

Zen Meditation Retreat with Shingan (Francis) (Code: SZ1)

A sesshin is an intensive period of meditation. It is advisable to have previous experience or have followed some introduction course. (*) For the August Sesshin, it is necessary to have participated in at least one 6 day retreat in Jikô An.

“The most important basis for our sesshin is not rules but silence. Usually we are too stuffed with rubbish and noises (our thoughts, ideas and logics). We can easily waste our whole life in vain by following and trusting them. To come back to the silence of our original sitting position is therefore our task. The work period is also an important opportunity to practise moving Zen in your own deep silence. Please be mindful and peaceful whatever you do and wherever you are. Just do one thing at one time with your whole cosmos. Nothing else. “ Hôgen

NOVEMBER

21 - 23

**Ling, The Spirit in Qi Gong... Shiatsu...
with Rolando Geider (Code: QQ)**

Shiatsu is a traditional massage from Japan. The pressure is realized by the fingers though its origin is the centre of the Self (Hara), opening in such a way a path towards the conscious fusion with the universal Chi.

Rolando Geider studied at the Shiatsu European School in the line of Masunaga Sensei (Zen Shiatsu). Also practices Qi Gong and Reiki and studies Chinese Traditional Medicine at the Nei Jing/Tian School. Lives in Malaga.

DECEMBER

**Friday 5 - Monday 9
Zen Meditation Retreat
with Shingan (Francis) (Code: SZ2)**

This autumn, Francis Shingan will conduct Zen meditation weekends in different places of Andalucia:

- from November 14 to 16, in Porto (Portugal). Contact: UBP. email: ubporto@gmail.com
- from November 28 to 30, at Centro Sadhana, Sevilla. Contact Juan Carlos, 954.22.96.42.

Weekends open to all, beginners or not.

THE MIRACLE OF DANA

“Dana is a Sanskrit word meaning generosity, to give. At its highest level, it is to open oneself unconditionally, in the ten directions, to surrender oneself to life completely.

Jikô An was constituted and is growing in this spirit of Dana. Arisen from a dream of our master Hôgen, it materialized in the Alpujarras in the south of Spain thanks to the generosity of many friends from many countries.

To give without expecting anything in exchange – This principle keeps manifesting through the ceaseless work of our master, the dedication of the residents, teachers and all those who want to participate in the project.

How is JikôAn economically sustainable with such low suggested prices? In fact only because all the activities are non lucrative... The teachers do not receive any fixed income: their travel and stay expenses are covered (7€/day/person) and they only depend on the donation box filled by the participants. The residents who maintain the centre and organize the activities do not receive any other income from the Community than boarding, medicine and a monthly stipend of 150€. Thus, the suggested prices cover the centre maintenance and a gradual improvement of the accommodations.

For Jikô An to be possible, you can contribute in each course during one hour daily helping the functioning of the place:... washing up dishes, working in the kitchen or garden, chopping wood...

All these useful and necessary tasks are a wonderful way to practice meditation in action, that is, to cultivate mindfulness, a loving presence in all that is done, maintaining Noble Silence. Noble Silence is not a prohibition to talk but rather a skillful means to cut off our compulsive habits that lead us astray from peace. All together, thanks to our practice, we do create the atmosphere of luminous quietness of the place.

Throughout the year, we organize periods of Samu during which we dedicate ourselves to practice formal meditation (Zen and Yoga) and Samu (Working meditation), sharing the life and daily tasks of the centre, team work in a serene surrounding. If you have any special skill that you would like to offer, please let us know.

From Heart to Heart.
Shingan

Jikô An is a Zen Meditation Centre located in the Alpujarras, Sierra Nevada (at about 4,500 feet), which was founded by Japanese Zen Master Hôgen Yamahata. Surrounded by silent and spacious mountains, the Mediterranean sea in the distance, it is an ideal place to relax and discover the profundity of our spiritual dimension.

Maximum 20 places.

To book:

- 1) Pre-reservation by phone or email.
- 2) In case of availability, the booking will be effective after sending a bank transfer of 20€ for a weekend course (60€ for a six day course) to the bank account of Caja Granada nº IBAN ES60 2031 0354 6101 0001 0165, indicating your name and course code number.
- 3) Confirmation by phone at least 7 days before the beginning of the course. If not, automatic cancellation and no refund.

Jikô An is a non-profit making centre. It means that the prices we suggest only cover food and lodging, maintenance, organisation and the teachers' travel expenses (according to each one's economical situation):

25 Euros /day, student or unemployed

28 Euros /day, low income

31 Euros /day, high income

Free donation for the activities. We have a donation box at your disposition to help the teachers to keep sharing their practices.

We offer you simple accommodation and vegetarian food.

Please bring your sleeping bag, a flashlight and comfortable clothing for the practice.

All the courses will begin in the evening of the first day mentioned (dinner at 9.30 pm) and end after lunch on the last day.

How to come to Jikô An:

Jikô An is located in the Sierra above the village of Yegen (6 kms by dirt track). If you come by air, the closest international airports are Almeria and Malaga. By road, it is accessible from Granada (2h30) or Almeria (2h00).

There is a local bus service (Alsina Graells), twice a day from Granada to Yegen (line Granada-

Ugijar - 8.30 AM and 5.30 PM). We can come and pick you up in Yegen if you confirm your time of arrival in advance.

Activities organized by the Open Way Zen Buddhist Community.

JIKÔ AN

18.460 YEGEN

(Granada) - SPAIN

Tel: 958.34.31.85.// 958.85.13.44.

If you enjoy the quietness and wild beauty of the place,

If you see the importance of such centres like Jikô An in offering the possibility to all to come back to the spring of one's true nature,

If you want to help Hôgen in the realization of his work,

If you want to collaborate with the growth and improvement of his retreat centre,

We invite you to become a Member of the Open Way Zen Buddhist Community.

The Open Way Zen Buddhist Community (Comunidad Budista Zen del Camino Abierto) is a non profit making religious entity registered in the Justice Ministry in Madrid, Spain with the n° 277-SG and in the Ministry of Finances with the CIF-G-18351858.

To be a Member of the Open Way Zen Buddhist Community doesnot imply being a buddhist nor zen; Beyond all labels, it is to recognize the wealth of the Open Way, the miracle of the meeting Here-Now, the direct experience of our true nature.

As a Member, you can take part in the yearly General Assembly with right of vote as fixed in the Statutes of the Community, and help with its development.

Functionning without profit aims, we intent to cover the maintenance and organization expenses and suggest the minimal prices of stay.

In the same spirit, we advocate for a free donation for the activities and have a donation (dana) box at your disposition to help the teachers to keep sharing their practices.

May Jikô An be a real Open Way Centre, a meeting point for all those who are in the quest of Truth.

The actual membership fee is of 13 Euros pr month (or 156 Euros per year).

It is possible to do a bank transference every mont, 3 months, 6 months or yearly to the Community account.

Also possible to make exceptional donations, without any commitment, for a specific project of the centre in general.

We keep to your disposal a copy of the Statutes of the Community.

I want to express my desire to become a Member of the Open Way Zen Buddhist Community, with the rights and obligations as specified in the Statutes.

Name and Family name:

Address:

Pincode.: Town:

Province and Country:

Telephone: Email:

Date:

IC Number and Signature:

(Send to Jikô An)