

JIKÔ AN PROGRAM SPRING 2012

Visit our web www.jikoan.com



EXCERPT FROM HÔGEN YAMAHATA'S BOOK:

FALLING LEAVES, A SHOOTING SPROUT

“Have you ever tried to notice your breathing when you are quarreling or fighting with someone? It is short, shallow and very irregular. Each time our ego intention or effort interferes, our rhythm becomes uneven and in disharmony with the cosmic rhythm. By our breathing, we can be free from our knots of ego intention or egoful effort.

Therefore, we really need to complete this one out breath. For absolute enlightenment, this one out breath is enough. Please, try it! We have countless

opportunities of enlightenment continuously, but we are always neglecting this breath. Just this one, nothing else! Inevitably real enlightenment comes to you, real enlightenment is nothing but this! Whatever we do, we should do it in the same way. We call this the way of mindfulness.”.....

.....”How can we dig such a deep well in our sitting position? How can we reach such an empty blue sky in our sitting position?

With our own breathing cycle, with the trinity of meditation – posture, breathing and no-mind meditation –, we are now digging breath by breath; we are now climbing up our own mountain, step by step, towards the highest heaven of original emptiness. It is within this prison of one's own reality itself that we are now able to climb up to the cloudless, the timeless and the spaceless. We do not need to escape from it: our own reality, whatever it is, is already our given opportunity for a direct entry into emptiness. This is our sitting.

So you should clearly know by now that as long as we are thinking or trying anything with our ego-effort, it is still the continuation of our repetitive karmic monkey-minds. We are still pumping up the muddy water from the shallow layers of our conscious level and the past accumulation in our reservoir. We are still playing around with many kinds of clouds, weapons, toys, accessories, ideas, theories, dreams, and illusions.

The deepest voice of true emptiness within us is silently calling us sitting by sitting but we are so deaf because of all the thinking sounds we make. Such noises are so sticky and seem so justified that they are very tempting for our minds and for the intellectual function of our karmic habits. To stop our monkey minds is to purely do only one thing here-now, whether it is zazen, working, walking, cleaning...”.....

.....”During meditation, we often fall into two very common delusory states of mind. In Japanese, we call them Kon and San. Kon is a state of dullness, our mind being like a stagnant water pond. Mostly when we are in such a drowsiness, our posture is not correct and the spine is not straight; it is very visible. Our physical posture is completely linked with our mental and spiritual states. In fact, most of the time, we are in that state even if we are awake. And of course, over the stagnant water come many kinds of insects, our delusory ideas and thoughts. It reminds me of the famous sculpture by Rodin, the "thinker". Do you know that this sculpture belongs to a series entitled, "the gates of hell"?! The "thinker", with his bent posture, gazes at the bottom of hell. This is the stagnant pond of the mind. On the contrary, when our spine is straight, our inner state is very sharp, serene and alert. In zazen, we should be like a torrent, the pure stream of our original life.

The second state, San, literally means dispersion, confusion and is equally very familiar to all of us. We also call it, I-Ba Shin-En, 'Horse of intention and monkey-mind'. Our horse is constantly galloping on the dusty road of the six sense realms. The six senses

and their realms are: eyes and sights, nose and smells, ears and sounds, tongue and tastes, body and tangible objects, mind and thoughts. Our monkey is endlessly jumping around from branch to branch, the branches of the five desires (desire for possessions, food and drink, sex, fame and sleep). Even in our zazen, we are incessantly busy with our horses and monkeys which doesn't make our sitting meditation very easy!

That is why we are constantly warned not to fall into these two delusory states. The important point in zazen is that we should not fight against them because in fact we don't have the power, the ability to wrestle with them and win. Our only possibility is just to surrender completely to the trinity of zazen. If we can breathe out mindfully, our mind will go back to our natural peaceful state. Then still, we have to be careful not to become attached to that peace, to want more. If this moment, Here-Now, is peaceful, that is enough; that is what we are aiming at. We don't need to think about the next step, about tomorrow. Zen practice is the total acceptance of this given Here-Now.”

ACTIVITIES MARCH – JUNE 2012

MARCH

16 - 18

EQUINOX - TIME TO BALANCE ONESELF

QIGONG... 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 Sevilla.

APRIL

FRIDAY 30 MARCH - SUNDAY 8 APRIL

ZEN MEDITATION RETREAT (EASTER SESSHIN)

WITH SHINGAN (FRANCIS) - CODE SZ1

A sesshin is an intensive period of meditation, open to all, experienced practitioners or beginners, though it might be advisable to have previous experience or have followed some introduction course.

“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

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

13 - 15

INTRODUCTION TO ZEN

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).

FRIDAY 27 APRIL - TUESDAY 1 MAY

ZEN MEDITATION RETREAT

WITH SHINGAN (FRANCIS) - CODE SZ2

MAY

4 - 6

BIO DANCE

WITH ISABEL AGUILAR & MARCELINA LOPEZ

- CODE BD

11 - 13

FAMILY CONSTELLATIONS

WITH TERESA BUCERO - CODE CF

18 - 20

REIKI 1ST DEGREE

WITH GLENN JONATHANS - CODE RK

JUNE

1 - 3

INTRODUCTION TO ZEN

WITH SHINGAN (FRANCIS) - CODE IZ2

15 - 17

YOGA

WITH JUAN CARLOS MARQUEZ - CODE YO

Practicing Hatha Yoga (Physical postures), Bhakti Yoga (Yoga of the Heart), Karma Yoga (Yoga in action) and Silence.

“Through Yoga the body is adorned with grace, beauty, strength, energy and firmness.” YOGASUTRA III, 47

Juan Carlos Marquez is the director of the Sadhana School of Yoga in Sevilla.

This spring, Francis Shingan will conduct Zen meditation weekends in different places of Andalucía and Portugal:

- from March 23 to 25, at Centro Sadhana, Sevilla. Contact Juan Carlos, 954.22.96.42.
- from June 8 to 10, in Almancil (Algarve) Portugal. Contact: info@quintadacalma.com

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 accomodations.

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:

To book:

- 1) Pre-reservation by phone or email.
- 2) Booking will be effective after sending a bank transfer of 20€ for a weekend course (90€ for SZ1 retreat, 40€ for SZ2 retreat) to the bank account of Caja Granada n° IBAN ES60 2031 0354 6101 0001 0165/CECAESMM031 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):

28 Euros /day, student or unemployed

31 Euros /day, low income

34 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 accomodation 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 5.00 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

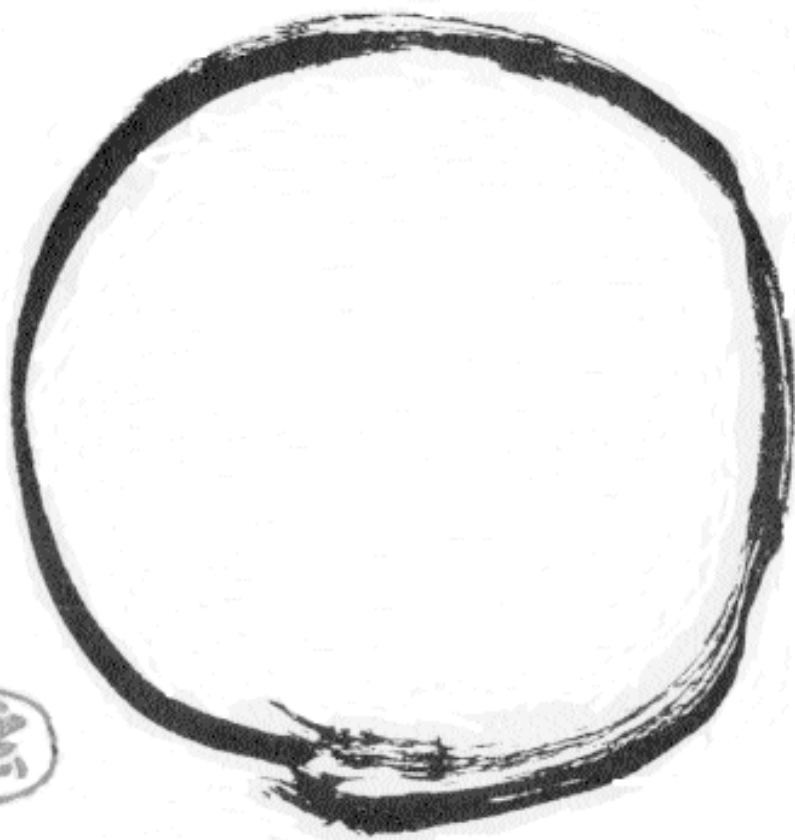
(Granada) - SPAIN

Tel: (00. 34.) 958.34.31.85.// 958.85.13.44. // 676. 929. 054.

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)

