

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.

Daily practice of Zen meditation and yoga.
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 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.

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.

www.jikoan.com

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.



“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

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

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

If you want to help Hōgen 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 Jikō 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 Jikō An)

Open Way Zen Buddhist Community



Jikō An