

## MARCH

**Friday 22– Sunday 24**

**ZEN MEDITATION RETREAT**  
with Shingan (Francis) (Code: SZ1)

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

**“We give up all the things we usually have in our daily life, we cut ourselves off our habitual current. We need to fast from thinking and the sesshin offers us that space of silence to help us free ourselves from our habits.” Hôgen**

SHINGAN FRANCIS CHAUVET IS DIRECTOR OF JIKÔ AN UNDER THE SPIRITUAL GUIDANCE OF ZEN MASTER HÔGEN YAMAHATA.

**Friday 29 - Sunday 31**  
**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).*

## APRIL

**Friday 12– Sunday 21**

**EASTER ZEN MEDITATION RETREAT**  
with Shingan (Francis) (Code: SS)

## MAY

**Friday 3 – Sunday 5**  
**INTRODUCCIÓN AL ZEN**  
with Shingan (Francis) (Code: IZ2)

**Friday 17 - Sunday 19**  
**RETIRO DE MEDITACIÓN ZEN (SESSHIN)**  
with Shingan (Francis) (Code: SZ2)

## JUNE

**Friday 31 May – Sunday 2**  
**INTRODUCCIÓN AL ZEN**  
with Shingan (Francis) (Code: IZ3)

**Friday 7 - Sunday 9**  
**RETIRO DE MEDITACIÓN ZEN (SESSHIN)**  
*con Shingan (Francis) (Code: SZ3)*

*We offer you simple accomodation and vegetarian food.*

*Please bring your sleeping bag, a flashlight, work clothes 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.*

# SPRING 2019 ACTIVITIES PROGRAM



*Jikō An*

## THE NEW JIKÔ AN

1. The center will be dedicated to sesshin, samu retreats and introduction courses, with a particular stress on Noble Silence, abandoning the organization of miscellaneous activities and workshops as it has done in the past.
2. It will offer the possibilities for solitary retreats.
3. Now after the long process we have lived in the past years, it seems to be the time for a residing community to settle in.
4. The environmental project of Regenerative Agriculture using the EM (Microorganisms) to reactivate the bacteriological life of the soil and, together with the help of the association "The Conscious Seed" from Yegen, the project of reforestation of the area...
5. The protection against land speculation and the dangers of industrial agriculture, that invades more and more the area and devastate the land and contaminate the waters.
6. Integration of the stabilized cat community on the grounds of the center. All around the world, cats have been used as temple guardians.... And they have been the most exquisite and dedicated companions in the long process we just lived, sharing all their love unconditionally...."

((Extract of a letter to Hôgen, Jikô An, 20/3/2018))

A norm of the new Jikô An is the cellphone free zone. When you sign on, you will leave the cellphone at the reception, to have it returned at the end of the retreat. As these 'smart' inventions also serve as torch, alarm, etc.... please consider to bring an 'old style' torch and alarmclock in order to be able to 'disconnect', although for a few days of the slavery of cellphone, whatsapp, facebook, instagram, etc....

Another important point is that we need some volunteers to take care of the cooking during the retreats. So please tell us if, just for one day, you can cook during a retreat (lunch and dinner). There will be a group of kitchen helpers to accompany you.

## How to come to Jikô An:

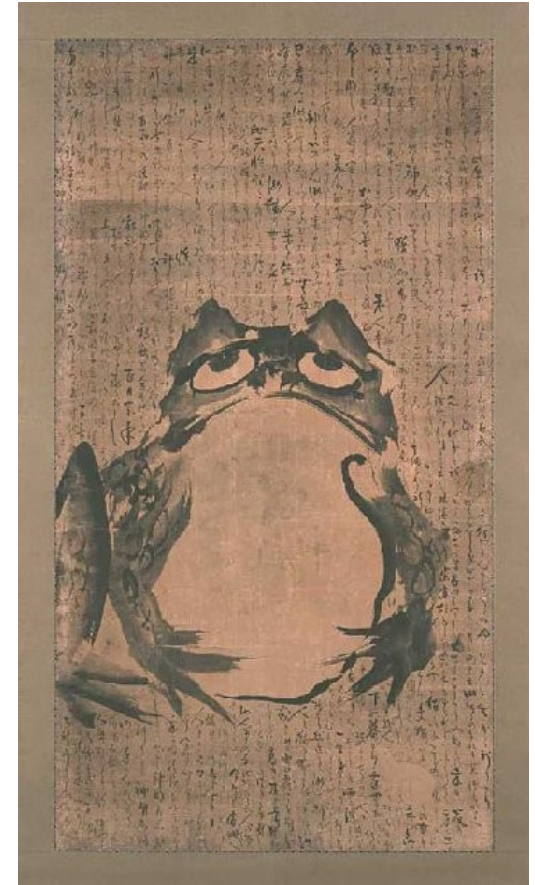
Jikô An is located in the Sierra above the village of Yegen (6 kms by dirt track). If you come by air, the closest international airports are Almeria and Malaga. By road, it is accessible from Granada (2h30) or Almeria (2h00).

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 connect you with other persons to share transport.



**JIKO AN 18.460 Yegen (Granada)**  
Tel: (00 34) 958 34 31 85 // 676 929 054  
Consult our web [www.jikoan.com](http://www.jikoan.com)

## Open Way Zen Buddhist Community



*Jikô An*

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 per 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)

#### 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 (30€ for a 3 day retreat) to the bank account of the Comunidad Budista Zen Camino Abierto at Bankia: ES40 2038 3534 0760 0024 5397/ CAHMESMMXXX 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):

30€/day, student or unemployed, 34€/day, low income, 38 €/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.

## 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: 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 and medicine. 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