# AUTUMN 2026

## ACTIVITIES PROGRAM

Jikō An

**OCTOBER**

**Friday 9 - Monday 12**

**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

(For more information about our retreats, see last page)

*Shingan Francis Chauvet is director of Jikô An under the spiritual guidance of Zen master Hôgen Yamahata with whom he has been practicing since 1985. Also studied during 6 years with Vietnamese Zen master Thich Nhat Hanh and was inspired by his meetings with Tibetan Buddhism, Advaita Vedanta and ancestral native wisdom.*

**Friday 23 - Sunday 25**

**INTRODUCTION TO ZEN**

with Shingan (Francis) (Code: IZ1)

During the introductory course, basic instructions will be given about sitting meditation (zazen according to Soto zen school), walking meditation, mindfulness in daily life, conscious stretching, periods of noble silence and active meditation (Samu).

## NOVEMBER

**Friday Oct. 30 - Monday Nov. 2**

**ZEN MEDITATION RETREAT**

(Code: SZ2)

**Friday 13 - Sunday 15**

**INTRODUCTION TO ZEN**

(Code: IZ2)

## DECEMBER

**Friday 4- Tuesday 8**

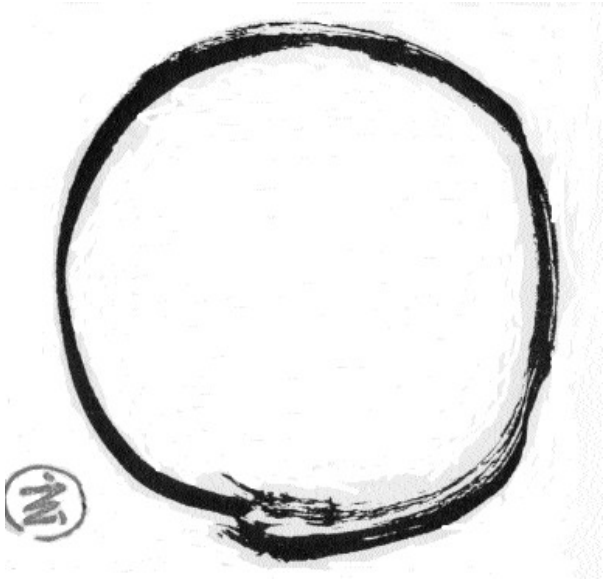
**ZEN MEDITATION RETREAT**

(Code: SZ3)

*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.*

*We offer you simple accomodation and vegetarian food.*
*Please bring your sleeping bag, a flashlight, work clothes and comfortable clothing for the practice.*

*We favor silence, human and animal communication and contact with nature.Cellphones are not to be used in collective areas. During silent retreats, phones should be shut off or left at the reception..*



**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 Caja Rural de Granada nº

IBAN: ES88 3023 0066 4870 4686 6708 – BIC: BCOEESMM023

indicating your name and course code number.
3) Confirmation by phone or email 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 amount we suggest only cover food and lodging, maintenance, organisation (according to each one's economical situation):

35€/day, student or unemployed, 40€/day, low income , 45 €/day, high income

Free donation for the activities. We have a donation box at your disposition to help the teacher to keep sharing the teachings.

**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.

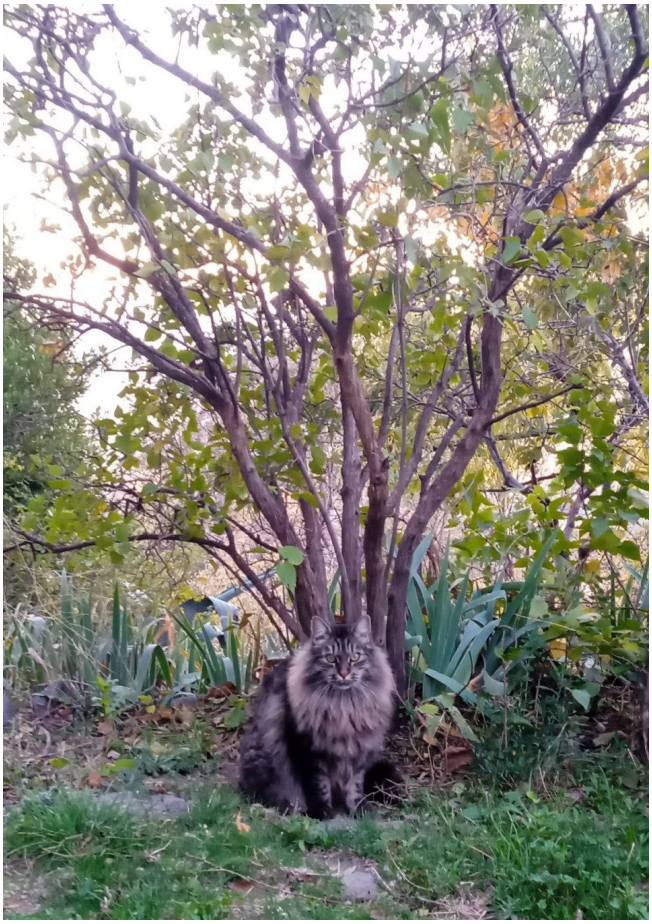
**JIKO AN 18.460 Yegen (Granada)**

**Tel: (00 34) 676 929 054**

***Consult our web www.jikoan.com***

**Information and booking: francisjikoan@gmail.com**

**Consultations and personal matters: francischauvet@protonmail.com**



# *Open Way Zen Buddhist Community*

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 no 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 15 Euros per month (or 180 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:

Town:

Pincode.:
Province and Country:

Telephone:

Email: Date:
IC Number and Signature:

(Send to Jikô An)

**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 Jikô An economically sustainable with such low suggested offerings? 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 offerings 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 minddfulness, 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

## THE CAT TEMPLE

One fine morning, we met a cinnamon colored cat refugee under the stairs, out of reach, with five kittens one month old or so. The mother had a necklace stuck in her flesh with a wound full of pus ..... Although we could not get close to her, we left food and water ..... And in the following days, we discovered in the hedges near the farmhouse, several cats with their respective litters .... We always had some feline companions, two or three at the most, sterilized and controlled, but this sudden and massive invasion surprised us a lot ... until we learned the reason behind the situation ... .

Ignorance and especially the greed of some neighbors, very interested in staying with the farm where we live, a natural oasis with a hundreds-year-old chestnut vale, its own spring, ecological agriculture since always, ... Speculation and the interest of agrochemical companies threaten the natural balance of the area .... Many foreigners who bought farms had to suffer harassment from malicious neighbors and the "dumping of cats" (Cat dumping for the English) is a means among many to annoy people .. ..

Faced with this situation, we decided to welcome these unprotected felines at least to feed them, since letting them die of hunger and looking away was not humanly acceptable .... As we were able to reach them, we started a campaign of sterilizations to try to control the colony .... We were help a veterinary clinic in Granada (2 h30 by car), specialized in sterilizations, which costs us € 36 for the operation .... We also had to ask for help from our friends. It quickly became obvious to us that we did not have the economic capacity to face this alone ...

Today, four years after the cat avalanche, we continue to try to control the colony (between 30 and 40 members), looking for adoptions and sterilizing .... 60 cats have already been operated ....

The truth is that what began so negatively, has become a blessing in the sense that these little brothers and sisters have been and are an infinite source of love and gratitude and have helped us through very hard times at the family level. In short they are part of the family .....
For what we thank our neighbors .....

A detail: the farm where we live in the Alpujarra is a meditation center .... What animal is more zen than a cat ..... They are the true Zen masters of this "Cat Temple" ... They teach me to sit down to watch the sunset, to enjoy the moon, to stretch, and especially to purr with them .... What a blessing and what love!
The adventure continues! ....
Thanks for your support and encouragement!
Hugs and Miauuuuus ... ...

Francis & Family

**HOW TO SUPPORT**

Apart from the Teaming page through which you can make € 1 microdonations per month, if you want to continue supporting the Cat Temple , you can do it through the account of IngDirect:
ES41 1465 0100 9417 0373 6536 User: Francis Chauvet

So if you want to take part in the support group, join in! ...
https://www.facebook.com/gatosjikoan

## SESSHIN GUIDELINES

Traditionally a sesshin is carried out in silence. Silence is a deep gift that we offer each other during our sesshin. Thanks to silence we are able to deepen the practice of our temporal spiritual community.

Communication between participants significantly reduces full awareness of individuals and the group as a whole. Complete silence allows better individual attention and greater support for others to make the most of this rare opportunity.

It is possible to discuss any matter related to the practice with the instructor (Francis Shingan) during the talk-reading periods or if one prefers to talk in private, take an appointment with the instructor. Urgent matters of organization and daily life should be discussed with the sesshin coordinator with minimal communication.

Practically, silence also means no contact with the eyes, with gestures, physical contact or massage, etc ... Silence is maintained in all activities inside and outside the zendo. To dwell in full consciousness at all times. Please do not leave the center premises.

There are certain ways to follow during the sesshin. Upon entering and leaving the zendo (meditation room) we greet (gassho). We also do gassho at the end of periods of meditation and other activities. We follow the example of the instructor in all this.

## THE ZENDO

The meditation room is the central place of our individual and collective practice. In the zendo it is only allowed to bring a meditation cushion (or bench), clothes and coat or blanket.

Food, drink, books, notepads, tape recorders, cameras, rosaries, mobile phones do not enter the zendo.

Our zendo remains silent, clean and tidy at all times. Sesshin is an opportunity to go beyond the distractions and anxieties of our daily lives - please bring only our meditation cushion and leave everything else behind.

## DANA

The teachings of the Buddha are considered priceless and beyond all value. A monk receives no payment for sharing the teachings of the Dharma because they cannot be valued in economic terms.

Dana is not included in the sesshin organization costs. The proposed donations cover only food, bed, mail, and organization.

Traditionally, Dana - an offer from the student to the teacher - is given to support the teacher's livelihood. Dana is always freely offered according to our will, usually anonymously, at the end of the sesshin through a donation box. Money is an accepted form of dana.

## YOGA

Please stretch according to our possibilities and limitation especially with inverted postures (on hands or head). Do not overstress. Take care of your body. Do not try to imitate anyone. Do not injure yourself while trying to make the lotus in zazen. You can expect discomfort. No need to hurt yourself.

## THE SESSHIN EXPERIENCE

We all come to sesshin with our individual expectations. Each sesshin is unique just like our

individual experience. Beginners as experienced can feel discomfort. With the passing of days, the rhythm of the practice usually softens the stiffness of the body and the mind.

These guidelines are offered to help us enjoy the practice of sesshin. Please respect the efforts of fellow practitioners and discover the freedom and joy of full awareness.

ALCOHOL, DRUGS AND INAPPROPRIATE CLOTHING ARE NOT ACCEPTABLE.

SESSHIN SCHEDULE

6.30 Wake up
7.00 - 8.30 Zazen - Kinhin - Zazen
8.30 - 9.30 Meditative walk or Carrera-mantra
9.30 - 10.30 Breakfast
10.30 - 12.00 Samu (Meditation in action)
12.00 - 13.00 Zazen - Kinhin - Zazen
13.00 - 14.30 Meeting
14.30 - 16.30 Lunch and Rest
16.30 - 18.00 Zazen - Kinhin - Zazen
18.00 - 19.00 Yoga stretching
19.00 - 20.00 Sutras Chanting and Zazen
20.00 - 20.30 Rest
20.30 - 21.30 Dinner
21.30 - 22.00 Zazen
22.00 Rest