

ZEN

Rohatsu '23



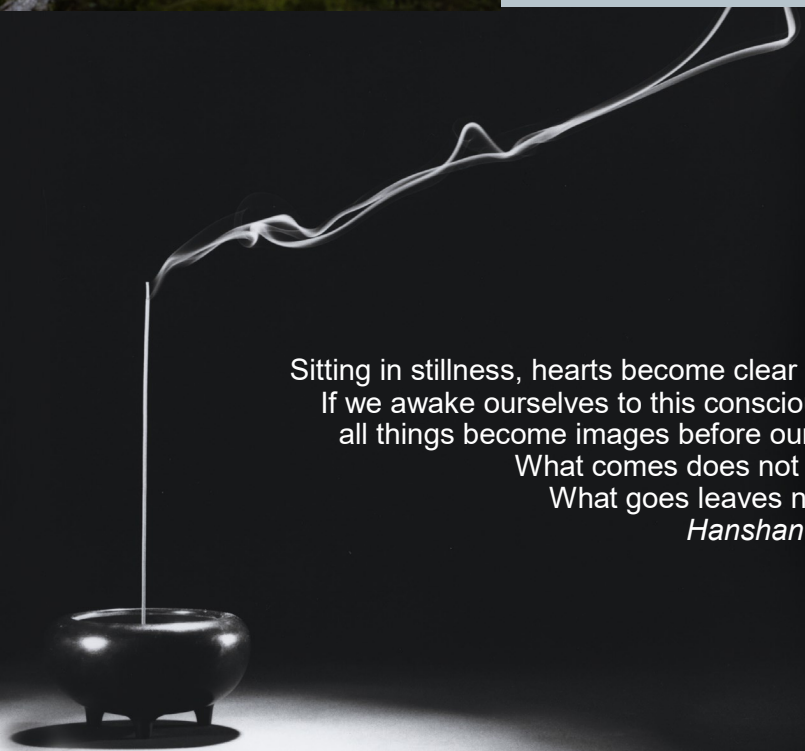
In
Schwarzenegg

With *Eishuku* Monika
Leibundgut

7th to 10th
December

ZEN

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Sitting in stillness, hearts become clear mirrors.
If we awake ourselves to this consciousness,
all things become images before our mirror:
What comes does not remain,
What goes leaves no trace.
Hanshan Deqing

Address:

Gruppenhaus Alpenblick Schwarzenegg,
Im Zopf 40, 3616 Unterlangenegg

Directions:

Train/Postbus:

From Zurich with IC in the direction of Thun, there take bus 42 in the direction of Heimenschwand post office, get off at Schwarzenegg, Ried Schmiede from there approx. 1.5 km walk via Bälliz/Allmend to Alpenblick.

Pick-up service in Schwarzenegg possible - afterwards by prior arrangement at the Dojo Zurich.

By car:

Via Bern-Thun:

Take the A1 motorway in the direction of Bern, on the A6 to Thun, exit 16 Thun Nord, in the direction of Stefinsburg, from there in the direction of Schwarzenegg. In Schwarzenegg, turn left at the Bären, after the church turn right and drive to Alpen-

blick.

Via Luzern Entlebuch:

Take the motorway to Lucerne, take the exit "Littau/Emmen Süd/ Entlebuch". Entlebuch" exit. Then turn left, follow the road to Entlebuch, from there in the direction Thun. In Schwarzenegg turn right at the Restaurant Bären, turn right after the church and continue to Alpenblick.

Registration:

By email to info@zen.ch, by post to Zen Dojo Zürich, Rindermarkt 26, 8001 Zurich, or phone: 044 / 261 81 59.

Times:

Arrival: Wed 6th December from 17.00 until 22.00 at the latest. Dinner at 19.30
End: Sun 10th December after brunch together, ca. 14.00.

Costs:

CHF 270.- (270.- €) for teaching, food and accommodation. Payable in advance to the Zen Dojo Zurich:
IBAN: CH62 0900 0000 8002 8152 5
Zen-Dojo Zürich
8001 Zürich

Please bring along

Zafu (firm, round meditation cushion approx. 10 cm high. Can be bought at the sesshin in Schwarzenegg), black kimono or dark comfortable clothing, bowl with spoon and napkin (oryoki), sleeping bag (bed linen can be rented).

You can find more information at:
www.zen.ch

Rohatsu literally means "the eighth day of the twelfth month". On 8th December, the awakening of Shakyamuni Buddha is traditionally commemorated. On the morning of the eighth day of the twelfth month, Shakyamuni awoke and became Buddha when he saw the morning star after spending several weeks sitting in Zazen.

To celebrate this historic moment, Zen temples around the world hold the Rohatsu Sesshin every year.

At this intense Sesshin, there is little teaching or Samu. Everything is concentrated on Zazen. Everyone sits alone, connected in harmony with the others.

Se-Shin, Touching the Mind

The Sesshin is open to everyone. For this Sesshin it is desirable to be present from beginning to end.

A Sesshin is an opportunity to practise the Buddha-Way in the Sangha and to become deeply familiar with oneself.



*No fire is as wild as passion.
No shackle holds on as tight as hatred.
No net can be compared to ignorance.
And no flood is as torrential as desire.*

Shakyamuni Buddha



Eishuku Monika Leibundgut is a close disciple of Meiho Missen Michel Bovay, was his assistant for over 20 years and since his death leads the Zen Dojo Zurich.

She was ordained as a nun in 1988. In May 2012 she received the Dharma transmission from Master Yuko Okamoto in Teishoji in Japan.



ZEN DOJO
CENTER
MUIJOJI ZÜRICH