

# ZEN

## ANGO '24



ZEN DOJO  
CENTER  
MUJJOJI ZÜRICH

Summer Session in  
Schwarzenegg  
With *Eishuku Morike Leibundgut*  
13 to 20 July 2024

# ZEN

## ANGO '24



Sitting in stillness  
Transforms hearts into mirrors that hold on to nothing.  
If we awaken ourselves to this consciousness,  
All realms are like images in our mirror:  
What comes does not stick,  
what goes does not leave any 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 Stefisburg, 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](mailto:info@zen.ch), by post to Zen Dojo Zürich, Rindermarkt 26, 8001 Zurich, or phone: 044 / 261 81 59.

**Time:**  
Arrival time is on Saturday, July 13, between 4 and 11 p.m. (at the latest). Dinner will be served at 8 p.m. Arrival Time for the Sesshin: Wednesday, July 17.  
End: Saturday, July 20, after lunch and Samu, around 3 p.m.

**Contribution:**  
for teaching, accommodation and food: 640.- standard price, or 230.- for the sesshin. Your registration is valid by advance payment until June 30 to the account no. 5288-197954-11, Zen Dojo Zürich, Credit Suisse 8021 Zürich.  
IBAN: CH80 0528 8019 7954 1100 0  
No reduction of prices on late arrivals.

**Bring along:**  
Zafu (black round meditation cushion), black Kimono or dark, comfortable clothes, a bowl to eat with the according cloth and cutlery (Oryoki set). Zafu can be bought on the spot. If possible, bring your sleeping bag. More information on our website: [www.zen.ch](http://www.zen.ch)



The Zen Dojo Zürich organises in July 2024 for the twenty-second time in a row the annual summer session (Ango) in Switzerland. This tradition goes back to Buddha Shakyamuni who used to retreat with his students to a place in nature, way off civilization, in order to concentrate on the praxis of Zazen. This was in India 2500 years ago during the monsoon. The Ango offers the opportunity to practice Zen, the path to oneself, the Buddha path. The practice of Zen is based on Zazen, the posture of the Buddha. One sits on a round meditation cushion (Zafu), legs crossed, back straight, the chin drawn back, breathing deeply and calmly.

related to Zen. Then follows a half day off and the third part consists in a Sesshin of two and half days.

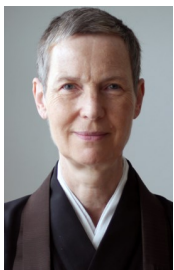


The Sesshin takes place right in the heart of Switzerland, in the Swiss Alps. Mountains and forests, rivers and rocks create a deep, concentrated atmosphere, and on the day off there will be time for a hike in nature. All who are really interested in the practice of Zazen are warmly invited.

The Zen Dojo Zürich, founded in 1975 by Taisen Deshimaru, belongs to the Soto Zen tradition and is member of the AZI. Being a Zen temple it carries the name of *Mu i jo*, "Castle of non-fear". The Dojo offers teachings and daily practice of Zazen. The more, it organises Sesshin, presentations, workshops on Zen and related topics, and is involved in a series of publications. It is open to anybody who wants to practice the Zen way.

The summer camp goes on for seven days and is structured into three parts: a time of preparation (four days), with consecutive times of Zazen and Samu (work for the community) and activities

On the last day of the Sesshin there will be ordinations for Bodhisattva and monk/nun.



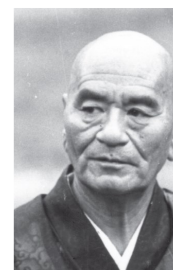
The summer session is lead by Zen nun **Eishuku Monika Leibundgut**. She is a close disciple of Missen Michel Bovay and was his assistant for over twenty years. She is the head of the Zen Dojo Zürich since he passed

away, being supported by other old students of Missen Michel Bovay. She received the Dharma transmission by Master Yuko Okamoto in Teishoji temple in Japan in 2012.



**Missen Michel Bovay** was a close disciple of Master Taisen Deshimaru and after his death one of those in charge of the transmission of his teaching. He received the Dharma transmission by Master Yuko Okamoto and was

head of Zürich Zen Dojo for over twenty years, which he supported until his death in April 2009.



**Master Taisen Deshimaru**, founder of the AZI (International Zen Association), is the Dharma successor of Master Kodo Sawaki (1880-1965). He came to Europe in 1967 to implant the true transmitted practice of Zen.

During fifteen years he created over a hundred Dojos and Zazen groups. Master Deshimaru passed over in 1982.



**ZEN DOJO CENTER**  
**MUJOJI ZÜRICH**

Gently and harmoniously flows the stream  
whispering and undisturbed  
through rocky, mossy valleys.  
My life, too, flows in this way,  
unwaveringly clear,  
lifted into the peace of a quiet mind.

Ryokan