

2024  
THE PROGRAM



火の鳥庵  
HINOTORI AN  
FIREBIRD HERMITAGE

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## OMOTEMON 表門

### FRONT GATE - ENTRANCE

杓底一残水

汲流千億人

*A drop of water at the bottom of a ladle can be drunk by hundreds of billions of people.*

This Gate marks the symbolic boundary between the secular world and the sacred realm. All those who wish to enter Hinotori An, regardless of whether they are looking for practice or a conversation with the sensei, pass through this symbolic gate when they enter Hinotori An for the first time or if they are returning after a long absence.

<b>Intro Meeting (online)</b>	<i>Tue - Sun</i>	<i>30' appointment</i>	<i>An informal online meeting to get to know each other; open to everyone.</i>
<b>Introduction to Zen</b>	Sat	08:00 – 12:00	<i>Zen workshop for those new to Zen practice or the Hinotori An approach</i>
<b>Returnee Meeting</b>	<i>Tue - Sun</i>	<i>30' appointment</i>	<i>For students returning to practice at Hinotori An after an absence of more than 3 months.</i>

Starting point for beginners and refreshing for experienced students

#### BEGINNERS & REFRESHING

free (intro meeting)  
CHF 60 (Introduction to Zen)  
CHF 20 (Returnee meeting)

CONTACT: [www.hinotori-an.com](http://www.hinotori-an.com) / [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)  
BOOK PRACTICE: <https://www.hinotori-an.com/hinotori-zendo-online-booking>



## SANMON 三門

### MAIN GATE – ZEN PATH

鎖鑰放閑遮莫善財進一步來

家庭巖峻不容陸老從真門入

The Gate is always open to those who seek the Truth with sincerity and virtue.

Those who do not seek the Truth cannot pass through the Gate even if they possess power, status and fame.

At Eiheiiji, the founding temple of Sōtō-shū (曹洞宗), there is a board on each side of the gate inscribed with the conditions under which one may enter. Hinotori An uses this symbolism to convey own approach to practice. This Gate opens for serious practitioners who are ready to embark on the Path of self-realization with modesty, endurance, and virtuosity. Path is still divided in three passages: Carp, Dragon, Phoenix, each of which is associated to certain requirements regarding practice and practitioner's development.

<b>Zazen</b>	Tue - Fri	Zendo & online	<i>See pp 5</i>
<b>Zazen Visitors</b>	Tue - Sun	60' appointment	<i>For visiting practitioners with experience in Zen practice</i>
<b>Brush Up</b>	Tue - Sun	30' appointment	<i>For Hinotori An students who need a refresher on Zen technique</i>
<b>Zen Guidance</b>	Tue - Fri	15' – 30'	<i>See pp 5</i>
<b>Sesshins</b>	<i>various</i>	<i>various</i>	<i>See pp 6</i>
<b>Ceremonies</b>	<i>various</i>	<i>various</i>	<i>See pp 7</i>
<b>Ritual</b>	<i>various</i>	<i>various</i>	<i>See pp 7</i>
<b>Retreats</b>	<i>various</i>	<i>various</i>	<i>See pp 7</i>





## ZAZEN



Zen practice is not about running away from life. Rather opposite, it is about seeing life as it is, with all its beauty and ugliness, easiness and hardship, joy and sorrow. It is the Path toward awakening to who we really are, to our true nature and to aspiration to serve others.

**Carp Passage** – For students new to zen or Hinotori An. Practice is characterized by hard work on oneself, cultivation of endurance and development of the strength and courage to make a decisive leap.

**Dragon Passage** – For dedicated practitioners who have passed Carp Passage. The dragon symbolizes wisdom, strength, and insight, and practice here cultivates those characteristics.

**Phoenix Passage** - For advanced Zen practitioners. The phoenix symbolizes immortality, resurrection, and life after death, so practitioners continue journey

CARP: Tue, Wed, Thu/ 19:00 – 20:00  
 CARP (Online): Wed, Thu/16:00 – 16:40  
 DRAGON: Tue, Wed/ 20:15 – 21:15  
 DRAGON (Online): Tue, Fri/ 16:00 – 16:40  
 PHOENIX: Thu, Fri/ 20:15 – 21:15

CHF 30 / 29 (online)  
 CHF 290 (Carp 10) / 280 (Carp 10 online)  
 CHF 280 (Dragon 10) / 270 (Dragon 10 online)  
 CHF 270 (Phoenix 10)

*Get info:* [binotori.zendo@gmail.com](mailto:binotori.zendo@gmail.com) / [www.binotori-an.com](http://www.binotori-an.com)

*Book classes:* <https://www.binotori-an.com/binotori-zendo-online-booking?category=1d27cd38-2d22-4863-9b50-f6cb9fd05402>

## ZEN GUIDANCE

### Dokusan

Formal meeting with sensei. It literally “means going to the teacher alone”. It is a private short meeting with the teacher (max. 15 minutes). It is offered to students Phoenix Passage after regular Zazen training, by appointment.

### Dharma Meeting

Semi-formal private meeting with sensei. It takes around 30 minutes.

### Practice Discussion (Online)

Conversations regarding organizational aspects of practice.

Dokusan: Thu, Fri/ 21:15 – 21:30  
 Dharma Meeting: Tue, Wed/ 21:15 – 21:45  
 Practice Discussion (Online): Fri/ 21:15 – 21:45

Fuse – donation (Dokusan)  
 30 CHF (Dharma meeting)  
 Fuse – donation (Practice discussion)



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*Book meetings:* <https://www.binotori-an.com/binotori-zendo-online-booking?category=77971511-2642-4f60-88fa-036c63cb80cf>

## SESSHINS



### Short Sesshin (half-day)

Dates: 04.02./ 03.03./ 07.04./ 05.05./ 14.07./ 04.08./ 08.09./ 20.10./ 03.11.  
Sunday: 06:00 – 11:00

### Zazenkai (day)

Dates: 17.03./ 14.04./ 12.05./ 21.07./11.08./ 15.09./ 13.10./ 10.11.  
Sunday: 06:00 – 17:00

### Weekend Sesshin

Dates: 23.02.-25.02./ 29.03.-31.03./ 26.04.-28.04./ 26.07.-28.07./ 23.08.-25.08./  
25.10.-27.10./ 22.11.-24.11.  
Fri, Sat, Sun: 18:00 – 21:00/ 06:00-21:00/ 06:00-19:00

### Rohatsu Sesshin

Dates: 05.12.-08.12.  
Thu, Fri, Sat, Sun: 18:00-20:30/ 04:00-22:00/ 04:00-22:00/ 04:00-00:30

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Sesshin registration: <https://www.hinotori-an.com/hinotori-zendo-sesshins>  
Specials registration: <https://www.hinotori-an.com/special-events-registration>



## OTHER EVENTS

### Koso Gotan-e (Dogen's birthday)

Date: 26.01.2024  
Friday: 18:00-21:00

### Nehan-e (Buddha's death)

Date: 15.02.2024  
Thursday: 18:00-21:00

### Great Death

Date: 18.02.2024  
Sunday: 06:00-21:00

### Anniversary (Hinotori An)

Date: 20.04.2024  
Saturday: 18:00 – 21:00

### Memorial (Meicho Missen death)

Date: 22.04.2024  
Monday: 19:00-21:00

### Memorial (Taisen Deshimaru death)

Date: 29.04.2024  
Monday: 19:00-21:00

### Ryosoki (Dogen & Keizan Zenji death)

Date: 29.09.2024  
Sunday: 06:00-21:00

### Darumaki (Bodhidharma death)

Date: 05.10.2024  
Saturday: 18:00-21:00

### Danpi ho-on (Eka commemoration)

Date: 10.12.2024  
Tuesday: 04:00-22:00

### Christmas Zen

Date: 24.12.2024  
Tuesday: 18:00-22:00

## CEREMONIES



**Ryaku Fusatsu** (Full moon precepts renewal)  
Dates: 25.01./ 24.02./ 25.03./ 24.04./ 23.05./ 22.06./ 21.07./ 19.08./ 18.09./ 17.10./ 15.11./ 15.12.

**Kanbutsu-e** (Buddha's birthday)  
Date: 08.04.2024  
Monday, 19:00-22:00

**Ryogon-e Keiken**  
Date: 13.05.2024  
Monday, 20:00-21:00

**Ryogon-e Mansan**  
Date: 02.07.2024  
Tuesday, 20:00-21:00

**Jodo-e** (Buddha's enlightenment)  
Date: 08.12.2024  
00:30-04:00

**Joya No Kane**  
31.12.2024  
Tuesday, 23:30-24:00

*Ryaku Fusatsu is open only for Rakusu holders.*

**Register:** <https://www.hinotori-an.com/special-events-registration>  
**Contact:** [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)

## RITUALS

### New Moon

Dates: 11.01./ 09.02./ 10.03./ 08.04./ 08.05./ 06.06./ 06.07./ 04.08./ 03.09./ 02.10./ 01.11./ 01.12./ 30.12.

### Haru Higan

 (Spring Equinox)

Date: 20.03.2024  
Wednesday, 20:15-22:00

### Summer Solstice

Date: 20.06.2024  
Thursday, 18:00-22:00

### Obon Sejiki-e

Date: 18.08.2024  
Sunday, 04:00-22:00

### Aki Higan

 (Autumn Equinox)

Date: 22.09.2024  
Sunday, 04:00-22:00

### Winter Solstice

Date: 21.12.2024  
Saturday, 18:00-22:00

All practices performed at Hinotori An are rooted in Zen principles and focus on Zazen. Also, events to which ritual elements have been added are not excluded from this approach.

**Register:** <https://www.hinotori-an.com/special-events-registration>

**Contact:** [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)

## RETREATS

### To Ango

 (Winter Zen Retreat)

Date: 04.01.2024 – 31.01.2024

### O-Misoka

 (End-Of-Year Retreat)

Date: 25.12.2024 – 03.01.2025

### Ge Ango

 (Summer Retreat)

Date: 15.05.2024 – 02.07.2024

The summer and winter Angos are much shorter than usual for Zen monasteries, but since they last 40-49 days, they are long enough to allow cleansing of body and mind (fasting) and offer spiritual incubation and transformation. Retreats are periods of sensei's isolation, but if held at Hinotori An, students who have passed the formal Shoken 相見 ceremony may join her during the agreed periods. O-Misoka is also open to others.





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## CHŪMON 中門

### MIDDLE GATE – URBAN PATH

This Gate opens for lay people who are deeply involved in everyday life and are looking for a practice that will fulfill their worldly goals and facilitate the path to them. Hence, they are either driven by the desire to improve health, personal or social relationships, to get rid of emotional or mental pain, or they are looking for a practice that would bring them a higher level of mindfulness. This practice is also founded on Zen practice but follows approach of

The Three Kernel System© and focuses on application of the practice into daily life. Practice does not have strictness of the Zen Path, but Zendo conducts, and Zen principles are still applied.

<b>The Three Kernel System</b>	n.a.	n.a.	<i>See pp 9</i>
<b>Urban Zen Meditation</b>	Wed, Thu/ Fri	17:45-18:45/ 19:00-20:00	<i>See pp 9</i>
<b>Urban Zen Meditation (Online)</b>	Fri	17:00-17:40	<i>See pp 9</i>
<b>Urban Zen Seminar</b>	Tue	17:45-18:45	<i>See pp 9</i>
<b>Life Guidance</b>	Tue-Sun	60' appointment	<i>See pp</i>

**CONTACT:** [www.binotori-an.com](http://www.binotori-an.com) / [binotori.zendo@gmail.com](mailto:binotori.zendo@gmail.com)

**BOOK:** <https://www.binotori-an.com/binotori-zendo-online-booking?category=1d27cd38-2d22-4863-9b50-f6cb9fd05402>

## THE THREE KERNEL SYSTEM©



Although a holistic approach underlies every practice conducted at Hinotori An, The Three Kernel System© was developed primarily for urban practitioners who are more focused on the external manifestations of problems.

The system is designed to strengthen multidimensional cultivation (body-mind-spirit) by simultaneously applying action, stillness (non-action) and contemplation, but not in the direct way practiced on the Zen Path (Main Gate).

The System activates inter- and intra-dimensional connections, and thus intensifies the reprogramming of conditioned responses. Although both paths (traditional Zen and urban Zen) result in a state that is synchronized with the ebb and flow of natural phenomena, the direction in which that result is achieved differs significantly. While the Zen Path starts from the inside out (from introspection to non-discrimination), the Urban Path shifts the focus from the outside in (from discrimination to introspection).

## URBAN ZEN MEDITATION



This practice is therefore more focused on the application of Zen principles in everyday life than on deepening the understanding of Zen. If necessary, additional awareness exercises are applied, which makes this practice a middle way between Mindfulness and Zen training (Middle Gate).

Zen Seminar combines Zen meditation and contemplation, by including lecture on topic related to application of Zen in daily life.

Since practice is founded on Zen principles, practitioners are expected to adhere to the rules of conduct in Hinotori An.

Urban Zen Meditation: Wed, Thu/ 17:45-18:45  
Urban Zen Meditation: Fri/ 19:00-20:00  
Urban Zen Meditation (Online): Fri/ 17:00-17:40  
Urban Zen Seminar: Tue/ 17:45-18:45

Meditation: CHF 32/ 25 (online)  
Meditation: CHF 300 (block of 10)  
Seminar: CHF 33  
Seminar: CHF 310 (block of 10)





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## LIFE GUIDANCE

This meeting with a teacher is suitable for anyone going through an emotional, mental, or spiritual crisis or for those working on deconditioning and karmic cleansing. It is a semi-formal meeting whose structure depends on the nature of the issue being discussed. Meeting a Zen Buddhist teacher is not the same as meeting a psychologist, life coach, or confessional priest, although it may have elements of all of these. The conversation aims to change perspective in an unadorned but compassionate way. It does not aim to inject short-term positivity, but instead to develop capability in facing the world as it really is.

**Read more:** <https://www.hinotori-an.com/post/instructions-for-life-guidance>

**Contact:** [www.hinotori-an.com/](http://www.hinotori-an.com/) [hinotori.zendo@gmail.com/](mailto:hinotori.zendo@gmail.com) [doka.sensei.contact@gmail.com](mailto:doka.sensei.contact@gmail.com)

**Book meeting:** <https://www.hinotori-an.com/service-page/life-guidance>

Tuesday - Sunday  
Appointment

CHF 60  
CHF 170 (block of 3 appointments)



# KARAMETEMON 搦手門

## BACK GATE – ENGAGED PATH

It is conducted under project name “Doka Foundation”

The Engaged Buddhism practiced at Hinotori An should not be seen in the light of political or any other kind of activism. Namely, like other practices carried out in Hinotori An, the practice offered behind this Gate is strongly rooted in non-dualistic principles. Therefore, external problems of any kind are not seen in isolation from internal problems, so their solution is sought through solving internal causes that prevent effective coping with life situations.

The practice aims to strengthen the inner core, clear karmic stains, reprogram conditioned patterns and educate. Although it is primarily aimed at helping vulnerable children, young people, and their guardians, it also works to raise awareness about the natural environment and the complex intertwining of all existence. Practice is carried out in various forms (workshops, seminars, lectures, consultations, and guidance), and in 2024 will take place only by invitation.

**Contact:** [www.hinotori-an.com](http://www.hinotori-an.com) / [doka.foundation@gmail.com](mailto:doka.foundation@gmail.com)





DAOMEN 道門

## DAOIST GATE – HEALING PATH

玄之又玄，众妙之门

*mystery upon mystery, the gate to all miracles*

Daoism developed over thousands of years spent studying the relationship between the universe and the human body. The knowledge gained allowed Daoists to develop various methods and skills to improve health and achieve longevity and immortality.

The practice of internal alchemy, external alchemy, qigong, Daoyin and neigong, helps maintain an optimal state of body, spirit, and mind. However, to achieve a high level of health, mental clarity, and energy, it is necessary to exercise consistently over a long period and in the right way.

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**Wudangshan Qigong**

*Workshop dates will be announced*

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**Daoyin Yangsheng Gong**

*Workshop dates will be announced*

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**Daoist Medicine**

*Only for regular students (See pp 13)*

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Contact: [www.hinotori-an.com](http://www.hinotori-an.com) / [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)

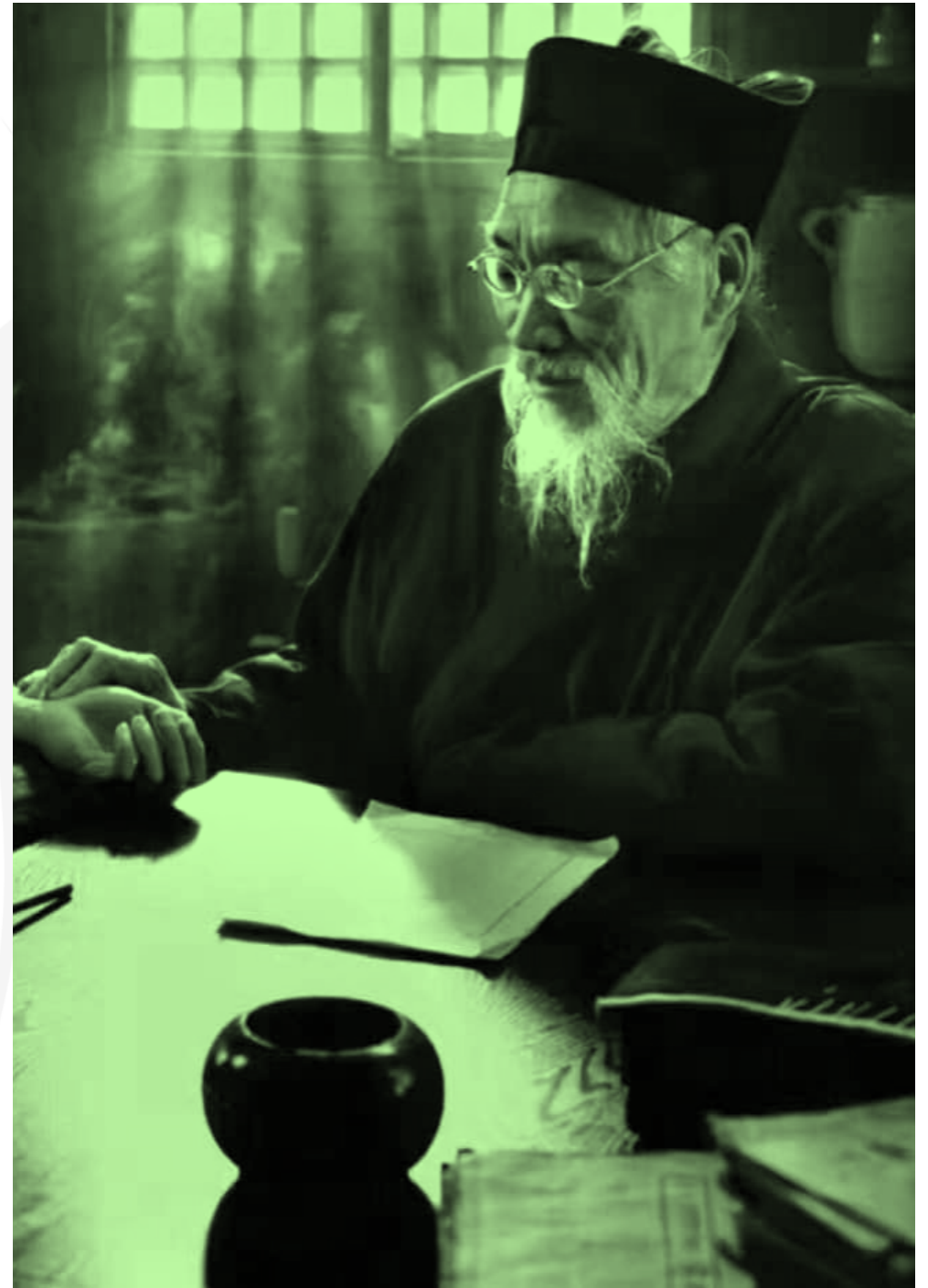


# DAOIST MEDICINE

Sensei applies Taoist healing methods and Western phytotherapy to support regular students. Healing rules are based on the traditional approach of Daoist healers who are restrictive in terms of passing on knowledge and healing:

*“Heal people who beg for cure;  
Save people who have virtue;  
Deliver people, who have this destiny.”*

**Contact:** [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)







## GENERAL INFORMATION

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Zendo	<i>See pp 15</i>
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Sensei	<i>See pp 16</i>
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Dana Practice	<i>See pp 17</i>
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Takuhatsu	<i>See pp 17</i>
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Weekly Agenda Overview	<i>See pp 18</i>
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[urban.zen.nun@gmail.com](mailto:urban.zen.nun@gmail.com), [www.urban-nun.com](http://www.urban-nun.com)

# ZENDO

Hinotori An is an urban Zen hermitage in the heart of Zurich. It is only open during reserved Zen training sessions or appointments. Sensei leads individual practitioners or small groups (max. 4 practitioners per group). Zen practice is based on maximizing one's own experience and minimizing verbal communication, as a result of which it takes place through a system of Gates that signal to the student the level of silence and austerity that awaits them. The Front Gate - entry practice, open to all. The Main Gate - traditional Zen practice, open only to dedicated Zen students. The Middle Gate - urban Zen practice, open to all. The Back Gate - Engaged Buddhism, open to marginalized populations with a focus on children and youth. Hinotori An was founded by Doka Sensei with the goal of contributing to raising awareness by sharing insights into the Dharma. The simplicity of the hermitage aims to polish Zen principles and deepen Zen practice. Communication: Swiss, German, English, Serbian, Slovenian.

## ZENDO ETIQUETTE

The practice begins from the moment the bell is rung at the hermitage door. The doors are locked five minutes before the start of training, and latecomers cannot enter. Spontaneous visits are not accepted. Practitioners must follow the Zendo rules, the basic ones being punctuality, silence, avoiding idle talk, respect. All other rules can be found in the practice description and Guidelines. The Zendo is floored with tatami and one can enter it only with clean socks. The rules should be seen as a part of the practice.

## LOCATION

Kinkelstrasse 10, CH-8006 Zurich

Although all are sincerely welcome, if practitioners cannot adapt to the sensei's learning style, she may suggest another type of practice, another teacher, or another Zendo.

**Contact:** [www.hinotori-an.com](http://www.hinotori-an.com) / [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com)

**Zendo Guidelines:** <https://www.hinotori-an.com/hinotori-zendo-etiquette>

**Retreat Guidelines:** <https://www.hinotori-an.com/hinotori-zendo-retreat-guidelines>

Hinotori An is registered as an independent organisation.







## DOKA SENSEI

Doka is the founder and resident teacher of Hinotori An.

Personal experience (Mushi-dokugo 無師独悟, 2001) and over 40 years of studying ancient and secular teachings (she holds doctorate in natural science) give her a deep insight into the dualistic and non-dualistic aspects of life.

She was ordained in Shaolin Chan as Shi Yan Sa (2001) and Sotoshu as Do Ka (2002) but had completely left the worldly life only 8.5 years ago.

Since then she lived either secluded (Asia, Europe) or as an urban Zen hermit spending her days in personal practice, further study, writing, healing, or teaching others.

Teaching is based on insights gained from spiritual and academic corpus scientiae transcended by personal experience. It focuses on an intensive Zen practice that grows from the original roots of Buddhist thought and direct understanding.

Sensei cultivates silence and follows the principle of no-idle-talk.

**Secular name:** Dr. Maja Z Mikos

**Contact:** [doka.sensei.contact@gmail.com](mailto:doka.sensei.contact@gmail.com)



## DANA PRACTICE



*Virtuous giving and virtuous receiving.*

Dana (Sanskrit), Fuse (Japanese) is the practice of cultivating generosity.

Generosity is the root of all life and should not be limited to a Buddhist temple but should be cultivated in ordinary life as well.

In Hinotori An, sensei and her students practice Dana essence through mutual generosity manifested in the form of offered service, time, attention, knowledge, guidance, or financial support. Gratitude, nurtured at the same time, gives generosity a real power.

Until now, Hinotori An has only been able to offer programs and trainings because of the act of generosity conducted by sensei and her students.

**Contact:**

[www.hinotori-an.com](https://www.hinotori-an.com)

hinotori.zendo@gmail.com

## VIRTUAL TAKUHATSU



Takuhatsu (托鉢) is a Japanese term used to refer to the collection of alms by Zen Buddhist monks. The practice of Takuhatsu takes place in a formal manner and is an important part of Zen Buddhist training. In groups, monks visit various businesses and residences, where they chant sutras in exchange for donations of food and money, thus creating merits.

Hinotori An included it as an addition to the Practice of Dana, however, with some adaptations to the Western way of life. Thus, it does not take place on the street or in companies, nor is performed in traditional Takuhatsu clothing, but the principles and symbolism are retained as much as possible. Alms collection takes the form of an online crowd funding, where instead of chanting, the donor is offered a practice session.

During Sensei's stay in seclusion, Takuhatsu is not performed.

**How can you support work of Hinotori Zendo?**

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General donation: <https://www.hinotori-an.com/hinotori-zendo-donations>  
Teaching tuition: *visit classes, participate to events*

**Takuhatsu 2024 (49 days) - 03.12.2024 – 21.01.2025**

# WEEKLY AGENDA ( OVERVIEW )

## MONDAY

08:00 – 19:00 – ZenQiYo@Individual    BOOKED

## TUESDAY

16:00 – 16:40 – Zazen Dragon (Online)  
17:45 – 18:45 – Urban Zen Seminar  
19:00 – 20:00 – Zazen Carp  
20:15 – 21:15 – Zazen Dragon  
21:15 – 21:45 – Dharma Meeting

## WEDNESDAY

16:00 – 16:40 – Zazen Carp (Online)  
17:45 – 18:45 – Urban Zen Meditation  
19:00 – 20:00 – Zazen Carp  
20:15 – 21:15 – Zazen Dragon  
21:15 – 21:45 – Dharma Meeting

## THURSDAY

16:00 – 16:40 – Zazen Carp (Online)  
17:45 – 18:45 – Urban Zen Meditation  
19:00 – 20:00 – Zazen Carp  
20:15 – 21:15 – Zazen Phoenix  
21:15 – 21:30 – Dokusan

## FRIDAY

16:00 – 16:40 – Zazen Dragon (Online)  
17:45 – 18:45 – Practice Discussion  
19:00 – 20:00 – Urban Zen Meditation (Online)  
20:15 – 21:15 – Zazen Phoenix  
21:15 – 21:30 – Dokusan

## SATURDAY

08:00 – 12:00 – Introduction to Zen

## TUESDAY – SUNDAY (Appointments)

30' - Intro Meeting (Online)  
30' - Returnee Meetings  
60' – Life Guidance

The program carried out in Hinotori An is of an organic nature, hence depending on the group constellations or the needs of practitioners and students, it is subject to continuous evolution. As a result, there may always be changes in the intensity and form of practice, which will be communicated in a timely manner. Students are welcome and can contact the office regarding all questions and ambiguities.

With love and blessing  
Gassho

*Doka Sensei*



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Firebird Hermitage

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