



HINOTORI AN

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UPDATE

10.06.2025

夏至

GESHI

SUMMER SOLSTICE

21.06.2025

18:00 – 22:00

During the summer solstice, Geshi, the northern hemisphere is most tilted toward the sun, causing the sun to be at its highest point in the sky and thus leading to the longest day of the solar year.

This cosmic event invites us to reflect in silence on eternal transience, the constant flow of energy, and the ebb and flow of light and darkness. Eastern philosophy represents this natural flow through yin and yang energies, which are particularly noticeable during the changing seasons. Just as we could sense the rise of yang energy from the vernal equinox to the summer solstice, which awakened nature and the lifeblood, so after the summer solstice we can sense the waning of yang and the resurgence of yin energy. Thus, Geshi is like a threshold, heralding the gradual replacement of one energy with another, the transition from light to darkness, and

offering a unique opportunity to observe the subtle influences of the cosmos on nature and our body, mind, and spirit.

In ancient times, when people were still close to nature and followed natural processes, they were more receptive and aware of the influence of seasonal changes. They understood their significance and celebrated them in rituals passed down from generation to generation. Consciously or unconsciously, these traditions and rituals contributed to the purification of body and spirit through fire, whether by absorbing the energy of the sun, from an open fire, or from the cultivated bioenergy within the body itself. Even today, when humans have distanced themselves from nature and ancient traditions, cosmic forces continue to influence all aspects of humanity and all of existence. However, without realizing it, people often misinterpret these influences and attempt to prevent, heal, or alter them. In doing so, they block natural processes and cause suffering.

Therefore, it is of great importance to return to the source of nature within ourselves and discover that we are not separate from the sources we consider external, and that these same processes, changes, ebbs and flows occur in harmony with the nature of existence. However, to bring this to a natural state in which the energy can flow freely and painlessly, we must release and purify all inner blockages and mental constructs that we have created through cultural or personal conditioning. The Cosmos, the Sun, the stars, other planets, the Moon, and the Earth not only help us with this, but can also accelerate our ascension to higher planes. Furthermore, the closer we get to our own nature, the more aware we become that their strongest influence occurs precisely when the seasons transit in each other.

REQUIREMENTS:

- Registration - no entry without prior registration
- Punctuality - arrive 10 - 15' before the start of the practice to prepare in peace; the door is locked 5' before the start of the practice and late practitioners cannot enter
- Skillful communication – silence at all times, no idle talk, posing questions only during Mondo
- Clean socks - prepare clean socks for the Zendo; it is not allowed to walk on the tatami with bare feet, in shoes or with dirty socks (unlike the usual Zendo where one practices barefoot, the Zendo in Hinotori An follows the rules of the Chado room to protect the tatami floor)
- Attire - to ensure painless sitting and preserve the atmosphere of a temple, attire should be loose-fitting (no jeans, or leather pants), in calm colors (preferable dark); not visually distracting (no short skirts, shorts, bermuda and tank tops - regardless of gender); watches and jingling jewelry must be removed; strong smells must be avoided.
- Mobile phones - need to be turned off completely or set on Airplane Mode (Silent Mode is also not allowed)

SCHEDULE:

Wed 18:00 – 22:00

Participants: max 4

Duration: 2 hours

Teaching tuition: 50 CHF/ -- CHF



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