



HINOTORI AN

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UPDATE

15.09.2025

秋の彼岸

AKI-NO HIGAN

23.09.2025

06:00 – 21:00

O-HIGAN (お彼岸) is a Buddhist holiday that is celebrated both in spring and autumn during Equinox.

HIGAN means "the other bank of the Sanzu River," an expression commonly used in Buddhist literature to refer to enlightenment. The name is associated with the Alagaddupama Sutta of the Pali Canon, where Buddha compares the path to Enlightenment with the crossing of the river. One goes from this shore of ignorance and suffering to the other shore of enlightenment and peace.

The focus of O-Higan is on "building the raft and crossing the river of ignorance" through a renewed determination to reach the enlightenment and teaching of the Six Perfections. This

teaching explains the six practices that provide the path to enlightenment: giving, precepts, perseverance, diligence, zazen, and wisdom.

At the same time, the true meaning of the "middle path" is recalled. The daylight and nighttime hours of the spring and autumn equinox are the same and symbolise the inseparability of darkness (ying) and light (yang), as well as the oneness of good and evil. This practice of the non-dualistic perception, which is described in the sutras as the Buddha's advice to follow the "Middle Way", is particularly beneficial on these days.

Hinotori An performs the Higan Ceremony with Zen Buddhist practice for accumulating benefits and gathering the virtue that ultimately lead to enlightenment. Nevertheless, the ceremony also celebrates the season and pays tribute to life in the past, present and future.

Members lit candles that symbolize the sincerity of the gratitude they carry in their hearts and minds.

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 Sesshin and late practitioners cannot enter
- Skillful communication – silence at all times, no idle talk, posing questions only during Mondo, or after Sesshin
- 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

Schedule: Sun 06:00 – 21:00

Participants: max 4

Duration: 15 hours

Teaching tuition: 60 CHF/ 55 CHF/ 50 CHF/ -- CHF



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