



HINOTORI AN

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UPDATE

15.04.2024

COMMEMORATION ZEN PRACTICE
(MASTER MEICHO MISSEN)

22.04.2024

19:00 – 21:00

The 15th anniversary of the death of Missen Meiho Michel Bovay will be marked this year with a 2-hour Zen practice that focuses on the foundation of Zen, and is therefore suitable also for beginners.

Meihō Missen (明峰密仙, Michel Bovay 1944-2009)

Michel Bovay was born in Monthey, Switzerland, in 1944. After meeting the Japanese Zen master Deshimaru (Mokudo Taisen 黙堂泰) in 1972, he soon became his close student and assistant, accompanying him to France and supporting him in spreading of Soto Zen across Europe. After Taisen Deshimaru's death in 1982, Michel Bovay and three other close disciples of

Deshimaru were appointed to receive the Dharma transmission certificate (shiho). He had received transmission in 1998 from Yuko Okamoto Roshi (岡本有) (1935-2021), 32th Abbot of Teishō-ji, student of Kōdō Sawaki (沢木 興道, 1880 – 1965) and supporter of Master Deshimaru.

During his lifetime, Master Missen Michel Bovai was one of those responsible for transmitting Deshimaru's teachings. From 1985 to 2007, he taught in Deshimaru's spirit at Muijo, Zen Dojo Zurich, in Switzerland and was president of the International Zen Association founded by Taisen Deshimaru from 1995 to 2003. Ten years in the intimate vicinity of Desimaru significantly influenced both his teaching style and his ability to convey Desimaru's spirit to his students. He died in 2009 after a serious illness.

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 (Silent Mode is also not allowed)

MISCELLANEOUS:

- Languages - verbal communication is usually in Swiss, German or English
- Approach - Hinotori An is a small urban Zen hermitage that cultivates simplicity, silence, discipline and serious practice.
- Preparation - Although guidance is always given when needed, students are advised to read Zendo Guidelines.

SCHEDULE:

Mon 19:00 – 21:00

Participants: 4

Duration: 120 min (2 hours)

Teaching tuition: 35 CHF



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