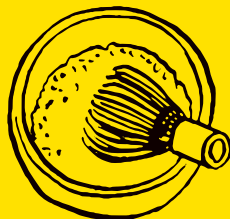




**GUIDE TO**

# **BUDDHISM**

**IN JAPAN**



*Awakening  
Deep  
Japan*



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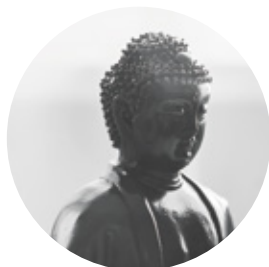


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**"THE TEACHING OF BUDDHA"**

# What is BUD

Over 2,500 years ago, Shakyamuni Buddha of this world and revealed the path to go

Shakyamuni Buddha taught that we should overcome from various doubts and sufferings in our lives correctly and transform them to wisdom to achieve enlightenment. This is called Buddhism.

Buddhism has spread all over Japan since its introduction to Japan over 1,500 years ago.  
Would you like to experience and learn about Buddhism?



# DDHISM?

a realized the origin of the sufferings  
beyond them.

d not turn our eyes away  
daily life. Rather, we should look  
o live at this moment and gain

it came  
out this?

# Ready to go to a **BUDDHIST TEMPLE**

GUIDE TO BUDDHISM IN JAPAN



LET'S BOW  
BEFORE ENTERING  
THE TEMPLE  
GATE.

In Japan, it is said that there are about 75,000 temples. The most Japanese Buddhist temples are places where Buddhist monks practice and live. In addition, Buddhist statues and various images of worship are enshrined at the temples. Some famous Buddhist temples for sightseeing require admission fees as your donation for the temple. Please note that some temples need reservation in advance.

# PLACE YOUR PALMS TOGETHER

Placing your palms together (in prayer) and bowing in front of the Buddhist statue is a part of the etiquette of visiting temples. You do not clap your hands in the temple. After bowing with your palms together, please look at the face of the Buddhist statues and separate your palms quietly.



合掌

Gasshō



# BUDDHIST BEADS

Buddhist beads are common implements for respecting the Buddha in Japan. If you have a chance, please try to wear it around your hands.

数珠

Juzu

焼香

Shōkō

# BURNING INCENSE

Burning incense means to purify your body and mind. There are two kinds of incense: powder type and stick type. The powder type is kept in an incense container, so please open the container and pinch some powder and sprinkle it in the incense burner one or two times.

As for the stick type, light and place it vertically or lay it horizontally in the incense burner according to the temple's custom.

Sometimes, a big incense burner is placed outside of temple. In this case, you can buy the stick type incense at the store in the temple and place it vertically in the burner.

# MONETARY OFFERING

賽錢

Saisen



There is a donation box in the main hall of the temple. Monetary offerings to the Buddha and the temple symbolize the letting go of our desires. You will be invited to participate in this practice.





## 御朱印

Goshuin

# GOSHUIN

Goshuin is a stamp with the name of shrine, temple, or the object of worship. You will be given this at some shrines or temples after visiting. Today, many people collect Goshuin stamps as a kind of hobbies to document their pilgrimage of sacred places.

However, Goshuin stamps were originally not given to anyone. Only those who completed Buddhist sutra copying and submitted it to the temple or shrine could receive the stamp as a proof of their offerings.

Please understand that a Goshuin stamp is not just a proof of visiting sacred places, but is a proof of paying your respects before the principal image of the temple or shrine. Collecting the stamp is not supposed to be a hobby.

With this understanding, let's go on pilgrimage to sacred places in Japan.



# TEMPLE LODGINGS

宿坊

Shukubō

Temple lodgings or shukubō are accommodations that Buddhist temples provide to visiting pilgrims and tourists. Although not all Buddhist temples in Japan have this facility, some Buddhist temples have it within their temple grounds and offer it to anyone.

Lodgers are usually invited to join in Buddhist activities such as cleaning of the temple, meditation, morning chanting, etc. You will be able to experience the lifestyle of Buddhist monks.

Bookings should be made beforehand by contacting the temple by phone, fax or email. Usually most temples do not have English speaking monks or staff, and you might have to communicate in Japanese. However, a few temples have English speaking monks and staff. In some popular Buddhist pilgrim areas such as Mt. Koya or Shikoku, you will be able to make reservations in English via the local tourist association or website.



# Warning Notices at

# BUD



Please remove your shoes and put them  
in the shoe box before entering the Buddha hall.

In case there is no shoe box,  
please place your shoes properly at the entrance.



Please remove your hat,  
and sunglass before entering the Buddha Hall.



# DHIST TEMPLES

---

Please do not  
eat or drink within  
the temple buildings.



Please refrain from wearing  
extravagant or skimpy clothing  
when you visit the temple.

Basically photo-taking  
is not allowed.  
You must ask the monks  
or temple staffs if  
photo-taking is acceptable.



# VISITING SHRINES

Japanese shrines and temples are popular sightseeing spots for their traditional architecture and seasonal scenery. In Japan, Shintō, an indigenous religion, blends on religions. Accordingly, many Japanese shrines have red colored gates called “Torii” at shrines,

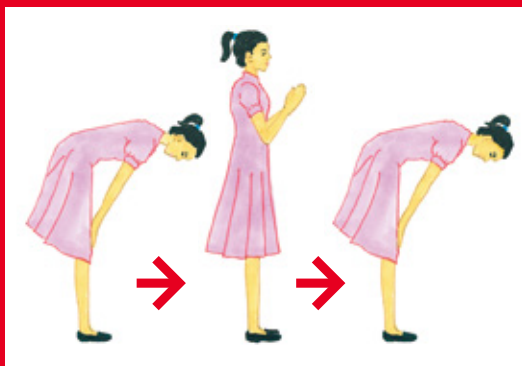
**When you visit a shrine, you need to act according to an etiquette.**

## 1 How to go through the Torii gate.

It is said that Torii marks the borderline between the human world and holy ground. Before going through the gate, bow once to express your respect. Then, please stay on the side of the approach to the shrine since it is believed that the center of the approach is for the Kami (Japanese God).

## 3 How to worship

First of all, bow to the Kami. If there is a bell, try to ring it. Then, throw the monetary offering. This does not mean to fling the money in the box, but toss it in the box. After that, bow twice, clap your hands twice, and bow one time in a prayer posture. Please note that this is a common way of worship, but there are some customs at different shrines. Before leaving the shrine grounds, bow toward the main hall after going out the Torii gate.



ghtseeing spots that attract many people in the world because of their historical buildings  
genous Japanese religion, and Buddhism, which came from India merged and created unique  
e people have the habit of visiting both shrines (Shintō) and temples (Buddhism). While there  
the temples have another style of gate called "Sanmon" which has the Japanese style roof.

etiquette that is different from that of visiting temples

## 2 How to purify the hands and mouth.

Before worshipping, you must purify yourself at the chōzuya which is the building for cleaning your hands and rinsing your mouth. chōzuya is located at one side of the approach, and you will find the water basin called Suiban and dippers.



Take a dipper by right and ladle water. Then, pour the water on your left hand to purify.



Transfer the dipper from your right hand to left hand, and purify your right hand.



After rinsing your mouth, pour the water on your left hand once again to purify.



Place the dipper back in its original



Change the dipper back from the left to the right and ladle water. Then, receive the water by the palm of left hand and put it in your mouth to rinse.

# Introduction to BUDDHIST STATUES

In Japan, various Buddhist statues are worshiped.

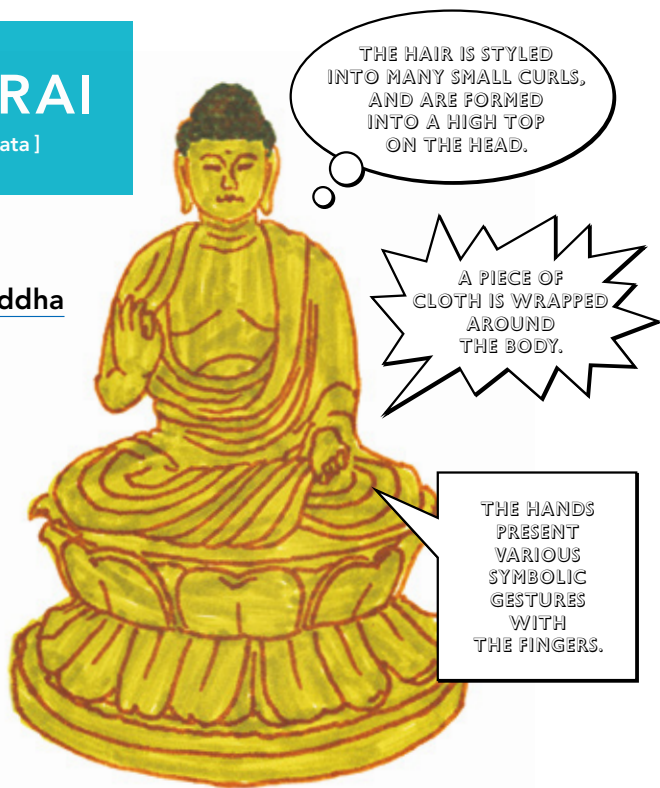
## NYORAI

[Tathāgata]

**Nyorai**  
based on Buddha

如来

に  
よ  
ら  
い



THE HAIR IS STYLED  
INTO MANY SMALL CURLS,  
AND ARE FORMED  
INTO A HIGH TOP  
ON THE HEAD.

A PIECE OF  
CLOTH IS WRAPPED  
AROUND  
THE BODY.

THE HANDS  
PRESENT  
VARIOUS  
SYMBOLIC  
GESTURES  
WITH  
THE FINGERS.

Nyorai means “one who comes from the world of enlightenment,” and Buddha was called “Shaka Nyorai.” Then, many Nyorai statues were produced such as Yakushi Nyorai [Bhaiṣajya-guru], Dainichi Nyorai [Mahā Vairocana], Amida Nyorai [Amitābha/Amitāyus], etc.

JEWELLED  
CROWN AND  
ORNAMENTED  
FACE.

# BOSATSU

[ Bodhisattva ]

Wishing to save all  
sentient beings.

菩薩

ぼさつ

DECORATED  
WITH JEWELRY  
SUCH AS  
NECKLACES AND  
EARRINGS.

CLOTH IS  
WRAPPED LIKE  
A SKIRT.



Bosatsu statues originally represented a Buddha before his renunciation of the world. A Bosatsu intentionally does not become a Buddha and continue to be a practitioner to save various people by taking on various guises, there are many Bosatsu such as Kannon Bosatsu [Avalokiteśvara], Miroku Bosatsu [Maitreya], Monju Bosatsu [Mañjuśrī], etc.

# MYŌ-Ō

[ Vidyā-rāja ]

Nyorai's messenger  
who possesses  
abundant  
spiritual powers.

明王

み  
よ  
う  
お  
う

BACKED  
BY  
FLAMES



In order to spread the teachings of Nyorai in the world, Myō-ō provokes people realize the Buddhist path by showing an angry face. Myō-ō is mainly worshiped in esoteric Buddhism, and Fudo Myō-ō [Acala-nātha], Aizen Myō-ō [Rāga-rāja], and Godai Myō-ō are famous.

EXPRESSING  
VARIOUS  
DEITIES

# TEN

[Deva]

Guardian Deity of  
Nyorai and  
Bosatsu.

天 てん

GUIDE TO BUDDHISM IN JAPAN

APPEAR WITH  
HUMAN FACES  
AND  
CHARACTERS.

*Ten* brought various ancient Indian gods in Brahmanism and Hinduism to Buddhism. *Ten* protects the Buddha-Dharma as guardian deities such as Bon-Ten [Brahmā], Taishaku-Ten [Indra], Benzai-Ten, etc.

# SAYINGS OF THE BUDDHA

## Resonating with Your Present Mind

The followings are Buddha's sayings that resonate at this age.  
You will feel as if you open the new door of your life by knowing  
the essence of his teachings and practice them.



“ Anger will never disappear so long as there are thoughts of resentment in the mind.

Anger will disappear just as soon as thoughts of resentment are forgotten. ”

“ To live a single day and hear a good teaching is better than to live a hundred years without knowing such teaching. ”

**“ It is worthy to perform  
the present duty well and  
without failure,  
do not seek to avoid or  
postpone it till tomorrow.  
By acting now,  
one can live a good day. ”**

**“ The secret of health for both mind  
and body is not mourn for the past,  
not worry about the future,  
or not to anticipate troubles,  
but to live wisely and earnestly  
for the present. ”**

“ Do not become attached to the things you like, do not maintain aversion to the things you dislike. Sorrow, fear, and bondage come from one's like and dislikes. ”

“ Everything is changeable, everything appears and disappears; there is no blissful peace until one passes beyond the agony of life and death. ”

**“ To be healthy is a great advantage: to be contented with what one has is better than the possession of great wealth: to be considered reliable is the truest mark of friendliness: to attain Enlightenment is the highest happiness. ”**

“ There are no sons for protection,  
neither father nor even kinsmen:  
for him who is overcome by death no  
protection is there from kinsmen. ”

“ To utter pleasant  
words without  
practicing them is  
like a fine flower  
without fragrance. ”



# GAUTAMA BUDDHA

**is a Teacher of Everyone.**

---

## **Buddha is a human being** **who was born** **in India 2,500 years ago.**

Our teacher whose name was Buddha was born in the northern region of India about 2,500 years ago. His original name is Gautama Siddhārtha.

Buddha was born as a prince of Shakya clan and was living a life of wealth. However, he saw that many people were sick and suffering from hunger, and he left his palace to start his practice.

After 6 years of strict practice, he achieved enlightenment and realized all the truths of this world.

After that, Buddha lived until the age of 80, teaching the way of living in right livelihood and gentle heart without suffering or anxiety. His teaching is called Buddhism, and many people in the world are living according to it.

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# BUDDHISM

## Q&A

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### Q. Is Buddha A God?

**A** Buddha is neither God, the son of God, nor the messenger from God. Buddha originally means the he who was awakened and realized the truth. That is, why he is called the “Awakened One.” Buddha was a human like us. Shakyamuni Buddha is one of many Buddhas who were enlightened: His original human name was Siddhartha.

### Q. Is Buddhism A Religion?

**A** If you define the term “religion” as something spiritual, Buddhism is not included in that categorical meaning of religion. Buddhism can be rephrased as “the Buddhist path” or “the Buddhist way of life.” As such Buddhism can be understood as a “philosophy” of life.

### Q. Why Are There Many Buddhists

**A** After the Buddha passed away, Buddhism traveled and spreaded over various Asian countries. One of the main features of Buddhism is that Buddhism is very flexible and can naturally assimilate into various cultures. As a matter of fact, various characteristic Buddhist traditions were formed in each country. This is one of main reasons why there are many Buddhist interpretations in the world.







# CULTURAL INFLUENCE

GUIDE TO BUDDHISM IN JAPAN

Soon after its arrival in Japan, Buddhism began to have a strong influence on the development of Japanese culture, and it eventually became part of Japan's spiritual and aesthetic foundation.





# RAL NCES

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P36-37 \_ SADŌ (Tea Ceremony)

P38-39 \_ KADŌ (Flower Arrangement)

P40-41 \_ JAPANESE GARDEN

P42-43 \_ SUTRA COPYING

P44-45 \_ SHŌJIN RYŌRI (Vegetarian Dishes)



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# ZAZEN

[ Zen Meditation ]

## Attaining a Calm State of Mind is the Foundation of Zen

"Zazen" is one of the practices for attaining the calm state of mind through sitting with a right posture. "Za" means sitting, and "Zen" means to cultivate the mind of seeing the truth of things and being in harmony with them correctly. In other words, "Zazen" is to sit with a firm posture and face oneself by concentrating on attaining the state of calmness.

Basically, "Zazen" requires the cessation of one's thinking mind. Even during your sitting time, various defilements and puzzlements will be born in your mind. In that case, don't chase them or be captured by them. Just keep sitting quietly. To stay at one place provides us the stability of mind and body in due course.



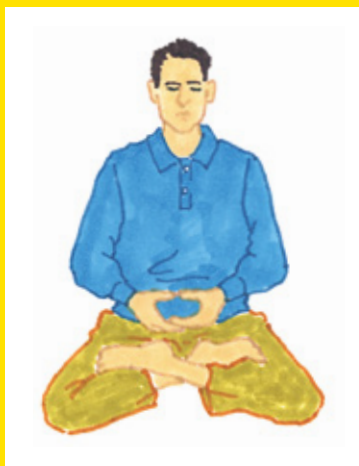


### LEARN MORE

It is proved by research of cranial nerve that the Zazen breathing techniques raise the serotonin density and brings various effects: having good posture, waking up feeling good, adjustment of pain, refreshing, etc.

## HOW TO SIT IN ZAZEN POSTURE

For the beginner, let's start from 15 minutes of Zazen and extend the time step by step.



**LOTUS  
POSITION**

Sitting with crossed legs.



**THE HALF  
LOTUS POSITION**

In the half-lotus position only the left foot is put on the right thigh.

## HOW TO HOLD THE HANDS IN ZAZEN POSTURE

The right hand is placed on left hand with both palms up with the thumbs touching to form a natural arc.



---

## HOW TO BREATHE



Inhale deeply before doing Zazen and exhale completely and take a breath. During Zazen, focus on the abdominal breathing through one's nose.

# SADŌ

[ Tea Ceremony ]

## Sadō Composed of "Wabi" and "Sabi" was Established in Relationship with Zen Thinking

As for the origin of Sadō, it is said that Yōsai, the founder of Japanese Rinzai Zen, brought back the custom of tea drinking to Japan from Song China after completing his study abroad during the Kamakura period (12th century). After that, Rinzai Zen tea customs called Sarei were established at the Rinzai Zen temples. The custom of tea drinking developed through the deep relationship with Zen Buddhism and Sadō.

In addition, Sadō constituted the unique Japanese beauty sense of "Wabi" and "Sabi" in relation with Buddhism. Sadō urges us to attain a calm state of mind by making tea single-mindedly in a soundless space, and to reflect on oneself to enhance one's spirit.

### LEARN MORE

You can learn tea ceremony at various temples. To drink tea in front of Buddhist facilities means to return to the origin of tea ceremony.









# KADŌ

[ Flower Arrangement ]

## The Offering of Flower for Buddha Transformed into Art

The flower has been respected as a symbol of life force in Buddhism since ancient times. In Japan, there was a custom of offering of flower in a vase to the Buddha from the time of the Nara period (7th century). After that, in the Muromachi period (14th-15th centuries), the custom of offering of flowers on Buddhist altar inspired as one of decorations of room by putting the flower in the vase. This is the beginning of flower arrangement.

Flower arrangement evolved to Kadō around the mid-Muromachi period. Senno Ikenobō, who was the chief priest of Chōhō-ji temple in Kyoto and excelled as an expert with flowers, pursued the beautiful way of flower arrangement and established its philosophy.

## LEARN MORE

As the word “ke” (華/flower) is included in various Buddhist sutra titles, there is originally a deep relationship between Buddhism and Kado. In addition, “Ikenobō,” the oldest head family name of a Kado school, includes the word “bō” which can mean Buddhist monk.

# 華道

GUIDE TO BUDDHISM IN JAPAN







# JAPANESE GARDEN

Harmony of Nature and the Buddhist Philosophies of Pure Land



# DEN

## d and Zen

In Heian period (around the 8th-9th centuries), the belief in the Last Dharma Age was popular among the aristocracy. People were thinking that if they could not gain happiness in this life, they should get it in the next life. Pure Land Buddhism, which promotes the wish of attaining birth into the Pure Land after death became a popular teaching. Accordingly, the garden embodying the image of the Pure Land became a boom in the aristocratic houses, and the "Pure Land garden style," consisting of making a pond in front of a hall where a private Buddha statue was placed and arranging plants beautifully around the pond, was created.

After that, in the age of the Kamakura period to the Muromachi period (12th -16th centuries), when Zen Buddhism prospered, the "Japanese rock garden style" which does not use water and is expressed by rocks and white sand, developed. One of the characteristics of this style is to express the natural scenery skillfully such as creating the image of water waves with sand. Originally, Zen practice aimed at achieving oneness with great nature. Therefore, to create the garden by condensing the essence of nature was recognized as one of the practices of Zen.

### LEARN MORE

During 10th-12th centuries, many Buddhist monks who possessed high technology of making Japanese garden came from Ninna-ji temple in Kyoto. They were called "Ishidateso" which literally means "monks who construct with the stone" and contributed to the popularization of Japanese garden all over Japan.

# SUTRA COPYING

## Writing Every Word and Every Phrase of the Sutras Wholeheartedly

Sutra copying means to transcribe the Buddhist sutras. In times when printing technology had not been developed as it is today, the sutras were reproduced by transcribing. Sutra copying is conducted as one of the Buddhist practices in the present.

Usually, “the “Heart Sutra,” which is composed of 262 words, is used for sutra copying. It is said that copying the “Heart Sutra” creates the same amount of merit as transcribing 600 volumes of “Great Perfection of Wisdom Sutra.”

There are often sutra copy gatherings at temple. Normally, you can join the gatherings freely since all necessary items such as writing brushes and paper are prepared by the temples.

There is no need to worry about good writing or bad writing. If you write every word and every phrase, the teachings of the “Heart Sutra” will resonate in your heart.



不覺  
 大身意無色聲香味觸法無眼界  
 無意識界無無明亦無無明盡乃至無老死  
 亦無老死盡無苦集滅道無智亦無得以無  
 所得故菩提薩埵垂衣段右波羅蜜多故心無  
 罣礙無罣礙故無有恐怖遠離一切顛倒夢  
 想究竟涅槃三世諸佛依般若波羅蜜  
 得阿耨多羅三藐三菩提故知般若波  
 多是大神咒是大明咒是無上咒是  
 咒能除一切苦真實不虛故說般若

### LEARN MORE

There is also Shabutsu practice of tracing the image of a the Buddhist statue. Since this is just to trace the lines of a picture of a Buddhist statue, there is no need to have drawing techniques. However, please draw carefully while imaging that you are meeting the Buddha.







# SHŌJIN RYŌRI

[ Vegetarian Dishes ]

The Origin Is the Precept "Do Not kill"  
Eating Is Also a Practice of This Precept

In Buddhism, the ideal of not eating meat and fish was born from one of the five precepts that Shakyamuni Buddha taught: abstain from killing. Accordingly, the practice of eating dishes made with vegetables, beans, and grains spread among the people. This is the beginning of "Shojin Ryori" (vegetarian dishes). The Japanese term "Shōjin" means to practice hard and purify the body. That is, "eating" is one of the Buddhist practices.

Dogen, the founder of Sōtō Zen, developed Japanese Shōjin Ryōri. He wrote "Tenzo Kyōkun" (Instructions for the Chef at a Buddhist Monastery) and explained the heart of preparing dishes through a way of systematic cooking

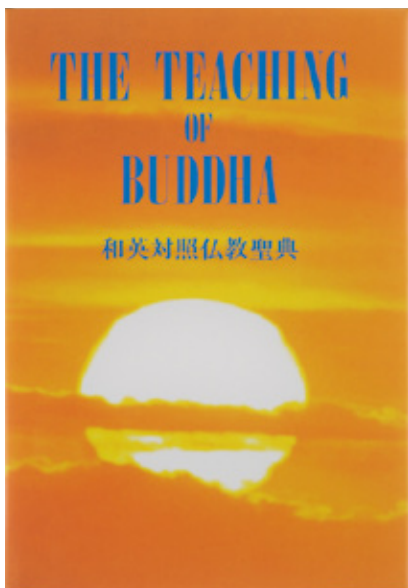


## LEARN MORE

Although Shojin Ryori is similar to ordinary vegetarian cuisine, there is a big difference between them. Shojin Ryori is made and eaten as Buddhist practice. The recipe books on Shojin Ryori written by Buddhist monks are quite popular.

# "THE TEACHING OF BUDDHA" IS READ

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## "THE TEACHING OF BUDDHA"

ARABIC	INDONESIAN
BENGALI	ITALIAN
CAMBODIAN	JAPANESE
CHINESE (Simplified)	KAZAKH
CHINESE (Traditional)	KOREAN
DANISH	KYRGYZ
DUTCH	HANGYAR
DZONKHA	MALAYALAM
ENGLISH	MONGOL (Cyrillic)
ESPERANTO	MONGOL (Mongolian)
FINNISH	MYANMAR
FRENCH	NEPAL
GERMAN	NORWEGIAN
GREEK	PERSIAN
HINDI	POLISH

Bukkyo Dendo Kyokai has been making every effort to translate and distribute this book throughout the world . It has been our sincere wish to make the book available to everyone throughout the world.

.....



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<http://www.bdk.or.jp/english/>



# BY PEOPLE THROUGHTOUT THE WORLD.

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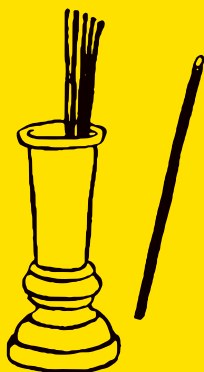
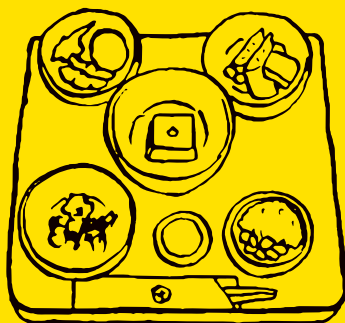
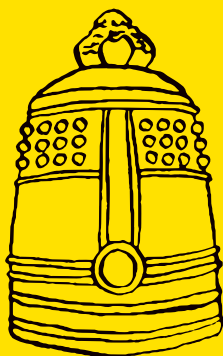
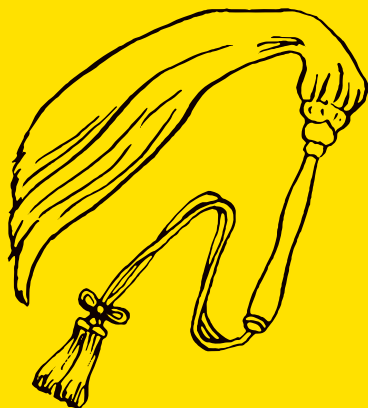
## " IN VARIOUS LANGUAGES (BY ALPHABETICAL ORDER)

PORTUGUESE  
RUMANIAN  
RUSSIAN  
SERBO-CROATIAN  
SINGHALESE  
SPANISH  
SWEDISH  
TAGALOG  
THAI  
TIBETAN  
TURKISH  
URDU  
UZBEK  
VIETNAMESE

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KYOKAI  
NOT FOR SALE