

SHAKYO · ZAZEN · SHOJIN FOOD!

[Yamaguchi city & Yudaonsen area
Tourist Route]

A tourist map for ZEN practice

Let's get to know the basics
SHAKYO · ZAZEN · SHOJIN FOOD

ZEN is an idea and philosophy from ZEN Buddhism and is also a term for practice based on the philosophy. Originally, it is a practice by monks but nowadays many people practice it to improve their concentration and to get relaxation.

SHAKYO | To make a duplicate of Buddhist scriptures by hand

What is SHAKYO?
Originally, SHAKYO was to spread a sutra. Gradually, it was considered an action of merit and became custom for prayer and memorial service.

How is it done?
First, purify your body by washing your hands and then carefully handwrite each character one by one. The manners and orders differ from each temple, for example, reciting a sutra and burning incense before SHAKYO.

ZAZEN | Unifying spirit with eyes half open and with cross-legged sitting!

What is ZAZEN?
ZAZEN is a practice to sit in correct posture with eyes half open and breathing slowly in order to get rid of worldly thoughts and to go back to your true self. It is expected to give you relaxation and mental stability, as well.

How to do?
Sit right in the middle of Zafu (a round cushion used for ZAZEN). Cross your legs and put your hands on your knees or thighs with your eyes half open and do abdominal breathing, or deep breathing. The manners and orders differ from each temple.

*There are various interpretations about SHAKYO, ZAZEN, and SHOJIN FOOD. Please inquire to each temple and restaurant.

SHOJIN FOOD | SHOJIN FOOD is a monk's vegetarian food to get rid of worldly thoughts.

What kinds of SHOJIN FOOD are there?
Since Killing is not acceptable in Buddhism, only vegetables, beans and grains are allowed to use in their meals. Menu changes from season to season by temples and restaurants.

Keep in mind! — Rules about experiencing the practice —

- 1 Make a reservation in advance!**
Some temples accept guests without reservation. If you don't want to miss it, you'd better to make a reservation.
- 2 Refrain in busy seasons!**
It is better to refrain from asking for the practice especially in Obon (in the middle of August), around year-end and New Year, and temple's events.
- 3 Make sure what to wear and so on!**
Inquire clothings and what to bring for ZAZEN and SHAKYO upon making reservation.

Model course!
Here, we introduce an example of our model courses to you. Create your original course!



Try this! Rental Bicycle Information

Yuda Onsen Tourist Information Center

OPEN 9:00 ~ 17:00
PRICE 400 yen ~ / 2 hours
100 yen for every extra hour (Bicycle insurance included) (Maximum hours of rental : 8 hours)

Kid's bicycles are also for rent!

Please be ready to show your ID card to rent a bicycle.

Contact
tel. +81-83-922-1811 / 083-922-1811
(Yuda Hot Spring Hotel Information Center)

Try local taxis for sightseeing!

Please contact each taxi company to inquire about their services!

Publisher / Yudamori
[Contact] +81-83-922-0344 / 083-922-0344
(Yuda Hot Spring Hotel Cooperative)
5-2-20 Yudaonsen, Yamaguchi city, Yamaguchi Prefecture, 753-0056
Official website : www.yudaonsen.com

*All the information here are listed on March 20th, 2018.

**Yamaguchi city & Yudaonsen area
Tourist Route**

A tourist map for ZEN practice

1 Toshunji (MARU, the chief priest, welcomes you!)

2 Joeiji

3 Gensaiji (Pray and wish to a Jizo (a Buddhist stone statue)...) *Don't forget to get Gashuin stamps!*

4 Ryuzoji (A popular spiritual site!)

5 Kotakuji

6 Jofukuji

7 Genkyuji

8 Jizoin

9 Sansuien

Legend:
 ...Footbath
 ...Rental Bicycle (Reservation required)

