

禅宗の大本山で  
本物の禅を体感する

by : TOKIMUSUBI

# Experience True Zen at a Head Temple

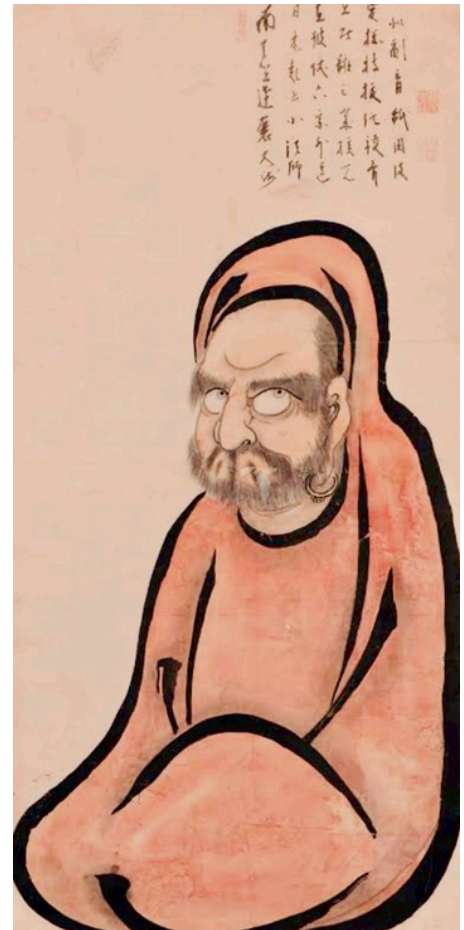


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**Zen** is a school of Buddhism that seeks to realize the true way of living through spiritual training and mental discipline.

It traces its roots to Bodhidharma, a monk from South India who traveled to China.

While seated meditation (zazen) is the central practice, Zen's spirit has inspired many cultural expressions in Japan—such as Zazen (seated meditation), Chazen (tea and Zen), Suizen (Zen through shakuhachi flute), and Hitsuzen (Zen through calligraphy).



禪

**What is  
Zen?**

# 東福寺 | Tofuku-ji Temple

The head temple of the Tofuku-ji school of the Rinzai sect of Zen Buddhism.

Founded in 1239, it is one of the prestigious Five Great Zen Temples of Kyoto (Tenryu-ji, Shokoku-ji, Kennin-ji, Tofuku-ji, and Manju-ji).

Tofuku-ji is also a vast monastic complex, with 25 sub-temples (tatchu) within its grounds.



## 臨濟宗 | The Rinzai Sect

One of the three major Zen sects in Japan, alongside Soto and Obaku.

Introduced to Japan by the monk Eisai in the Kamakura period, it flourished under the patronage of the Kamakura and Muromachi shogunates, especially among the samurai class.

Rinzai Zen has deeply influenced Japanese culture, including tea ceremony, fine arts, and traditional performance.

## 毘沙門堂 勝林寺 | Bishamon-do Shorin-ji Temple



Founded in 1550 (Tenpō 19) by Zen Master Kogaku Reisho as one of the sub-temples of Tofuku-ji.

Its principal image is Bishamonten, revered as the deity of fortune and victory in battle.

Known as “Tofuku-ji’s Bishamonten”, it stands guard over the temple’s northern gate, the direction traditionally considered inauspicious.



# What is Zazen?

*Zazen, or seated meditation,  
is the fundamental practice of Zen Buddhism  
— sitting with a straight posture,  
focusing the mind, and harmonizing body and spirit.*

*Three essential elements:*

- 1. Chōshin – Aligning the body*
- 2. Chōsoku – Regulating the breath*
- 3. Chōshin – Calming the mind*



# 明暗寺 善慧院

## | Myōan-ji Zen'e-in Temple



The head temple of the Fuke sect of Zen Buddhism.

Founded in 1335, it enshrines an image of Zen Master Kyotaku.



Renowned as the birthplace of the Komusō monks and as the central dojo of the Myōan school of shakuhachi.

# 石橋聲月 | Seigetsu Ishibashi

Master shakuhachi teacher at Myōan-ji, head temple of the Fuke sect.

Performs primarily in temple ceremonies, while researching the original solo repertoire of the shakuhachi and its spiritual connection to Buddhism.

Actively teaches worldwide, with students across Japan and overseas.



# 尺八の歴史 | The Shakuhachi

The shakuhachi is a traditional Japanese bamboo flute with a long and varied history.

The earliest type, the ancient shakuhachi (gagaku shakuhachi), came from Tang-dynasty China to Japan in the Nara period as a court music instrument, but disappeared by the 10th century.

In the 15th century, the hitoyogiri shakuhachi appeared, thriving among the samurai until it faded in the 19th century.

The modern Fuke shakuhachi, developed in late 16th-century Japan, is the style still played today.



## 虚無僧 | Who are the Komusō?

Komusō were monks of the Fuke sect of Zen Buddhism, introduced to Japan in the Kamakura period.

Wearing deep woven hats called tengai, they practiced Suizen—blowing the shakuhachi as a form of meditation to eliminate worldly desires and attain enlightenment—while begging for alms.

# 精進料理 | What is Shojin Ryori?

Shojin ryori is traditional Buddhist vegetarian cuisine, prepared according to monastic precepts that avoid killing and stimulating worldly desires.

No meat or seafood is used  
—only vegetables  
—reflecting the spirit of purifying both body and mind.



## The Five Reflections before a Meal (Gokan-no-ge):

1. Be grateful for the many hands and time that brought this food.
2. Reflect on whether one's conduct merits this meal.
3. Guard against greed, anger, and ignorance while eating.
4. See this food not as indulgence, but as medicine for body and spirit.
5. Resolve to eat in order to fulfill one's path.

## 矢尾治 | Yaoji

Founded in 1868, this long-established Kyoto caterer has served the head temples of many Buddhist sects for over 150 years.

Clients include: Nishi Hongan-ji, Kiyomizu-dera, Sennyu-ji, Myoho-in, Tofuku-ji, Nanzen-ji, Kennin-ji, Tenryu-ji, and Shokoku-ji.



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