



## About Sanshoji



### History and Origin

Sanshoji (三松寺) was first built during the Nara period (645-795) in 785 on the site of Tomio (富雄) in Nara Prefecture. It was founded at the order of Fujiwara no Otomuro (藤原乙牟漏), Empress of Emperor Kanmu (桓武天皇), in order to wish for all the people in the country to have abundant life.

During the Edo period, the temple was reconstructed in 1639 on the hill in modern-day Sichijo (七条) as a memorial temple for Matsushita Shogen (松下将監), the chief minister of the Yamatokoriyama Clan.

The principal object of worship at this temple is Shaka Munibutsu (釈迦牟尼仏).

The temple had contributed to the local area as a teyakoya (寺子屋), a temple school in the Edo period.

The Dojo (officially called 大和青少年文化研修道場), built in 1974 next to the main building, holds many activities as zen meditation, aikido (self-defense derived from judo), kendo (Japanese fencing), karate, shodo (calligraphy), and sado (tea ceremony). The Dojo has now become a distinguished presence in place of Nanto Buddhism by reaching for the answer to the question "how to be yourself in life."

### Zen Dojo

Let's be friends with the big Daruma!

The wind blowing inside Sanshoji purifies your heart.

Rediscover yourself and grow a caring heart  
by participating in zen meditation.

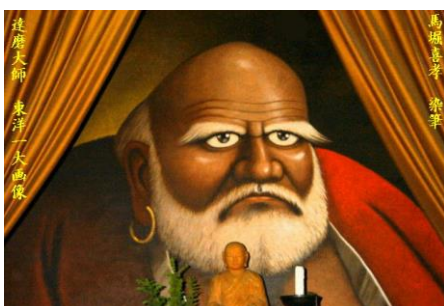


### Daruma Daishi

Daruma was a southern Indian priest who was the 28th patriarch of Buddhism and is said to be the founder of the Chinese Zen. He is famous for having done zazen (seated meditation) for 9 years in Shaolin temple.

Look at the overwhelming insights of Daruma in the painting in Zazendo! This giant painting was done by the late painter Yoshitaka Mahori, who drew the portrait of Shotokutaishi on the old 10,000 yen bill.

He was impressed by the former chief priest at Sanshoji doing mendicancy for the construction of the dojo and drew this great painting. Before colors were added, the chief priest wrote tens of thousands of donators' names.



## Main Hall

The principal object of worship of the main hall is the Buddha.  
It is also dedicated to Monjubosatsu (right) and Fugenbosatsu (left).  
Around them are Jurokurankan and Gohyakkurankan.



## Kaisando (Founder's Hall)

This hall is dedicated to the successive chief priests of Sanshoji.  
On the first floor, Soukeimonjubosatsu is enshrined. On the second floor,  
Dogen Zenji, who founded Eiheiiji, is enshrined.



## Kannondo

This hall is a charnel house  
dedicated to Juichimenkannon.



## Tearoom

This tearoom was built by Yanagisawa Gyozan,  
the lord of Yamatokoriyama Castle.



## Zazen (Seated Zen Meditation)

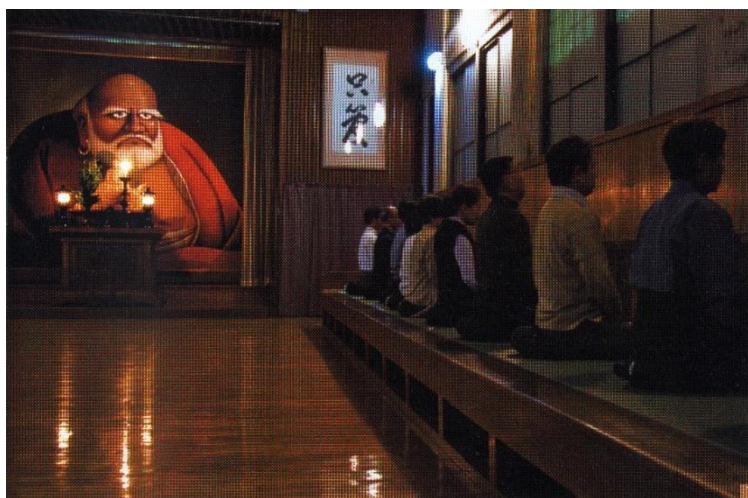
Zazen (坐禪) is the practice of seated meditation, originated from Zen Buddhism. Zen Buddhism is a school of Mahayana Buddhism. It focuses on practice and experience of meditation over scholarship or study in order for one to reach enlightenment. Zen makes people be able to see the truth of things, and by sitting down (doing zazen), they have a stable and relaxed posture and are able to balance their body and mind.

When you do zazen, you will need a quiet place to sit down and a zafu (folded cushion). Once you find a suitable place, you sit down with your legs folded. As you fold your legs, put the left foot on the right thigh and the right foot on the left thigh. You will need to straighten the back and support the upper body with your knees and buttocks. Once you have a proper posture, breathe slowly and deeply through the nose.

Learning the Buddhism is learning yourself.

Freedom and hearthealing silence

Let's grow a peaceful heart!



## Private Zazen Practice (Explain how to do and Seated Zen Meditation)

Teach you about the posture, mindset and tips for Zazen.

After explanation of Zazen, seated in front of big oil painting of Bodhidharma who is the founder of Zen philosophy.

This session takes about 90min-120min.

The fee

¥2000 for each person.



## Regular zazen practice

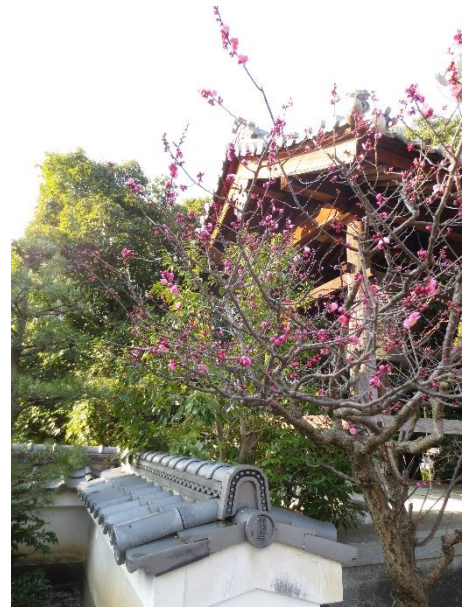
### Every Saturday

- 18 : 30 Reception
- 19 : 00 Zazen (1st time)
- 19 : 40 Kinhin (walking meditation)
- 19 : 50 Zazen (2nd time)
- 20 : 30 cleaning up and dismiss

The fee is up to you to decide.

※We teach the procedure for zazen to beginners 15 minutes prior to the start.

Chair zazen is available.



## New Year's Eve All Night Zazen Practice

Every New Year's Eve December 31st 22:00~January 1st 4:00

12/31 22:00 Start zazen (1st time)

22:40 End zazen

Toshikoshi soba (1st floor calligraphy room))

23:10 Start zazen (2nd time)

23:50 End zazen

1/1 0:00 Start zazen (3rd time)

Listen to the bell rang 108 times at the midnight of new year's eve.

0:50 Walking meditation

1:00 Start zazen (4th time)

1:50 End zazen

2:00 Start zazen (5th time)

2:50 End zazen

3:00 New Year's praying Celebration drinking

The fee is up to you to decide.



**Address:**

〒630-8053

1-26-10 Sichiho, Nara-shi, Nara Prefecture

Phone: 0742-44-3333

Fax: 0742-44-3334

Directions

By car: Parking for 40 cars

Please park large-sized buses at the Sanshoji parking lot and walk about 10 minutes.

By train: From Osaka/Kyoto

Transfer at Kintetsu Seidaiji Station

Use Kintetsu Kashihara Line

Get off at Kujo Station

Walk 10 minutes

By taxi: Get off at Kintetsu Nishi no Kyo Station

