

Sutra Copying Experience

At Naritasan Shinshoji Temple, guests can take part in sutra copying (*shakyo*) on the first floor of the Heiwa Daito, Great Pagoda of Peace. A sutra is a religious text or excerpt from Buddhist teachings, and copying the text by hand is thought to heighten awareness as well as calm the mind. Traditionally people sat on the floor and copied sutras onto a sheet of blank paper. At Naritasan Shinshoji Temple, we have made the experience more accessible. You can sit on a chair and trace over the Chinese characters which are printed onto the page. In today's busy world, it is important to take the time to relax and recenter yourself, and copying a sutra is perfect to focus and settle the mind.