

Arubekiyowa

This wooden tablet written by Myoe (1173–1232) lists the various routines and regulations of monastic life. The tablet goes into meticulous detail, reflecting Myoe's strict adherence to etiquette and ritual. The title, *Arubekiyowa*, means "Do what should be done."

The first of the three sections stipulates when a priest should do certain things each day, such as meditating, reciting sutras, and studying scriptures. The second section covers etiquette in the temple study hall, and the final section describes what to do in the Buddha altar hall.
