

## Sutra Copying

Saihoji offers visitors the opportunity to experience Buddhist rituals before entering the gardens, most frequently through the copying of Buddhist sutras, a practice known as *shakyo*.

Visitors sit inside the elegant Main Hall and use a “brush-pen” to trace the characters of a Buddhist sutra written faintly on a pre-prepared template. This approach means that even those with little or no experience of writing Japanese script can participate. To the left of the sutra is a space to write your name, nationality and wish for the future.

The ritual is traditionally seen as an opportunity for self-reflection and for attaining a state of mental well-being. When the visitor offers their completed *shakyo* to the main hall’s principal image of worship—Amida, the Buddha of Infinite Light—they receive the Buddha’s blessing. This practice is the perfect way to foster an enlightened and mindful state before strolling through Saihoji’s tranquil gardens.

Sutra copying is offered during visits to the temple between mid-March and early January.