

## Seiraian

Seiraian is a sub-temple dedicated to the founding abbot of Kenchoji Temple, Lanxi Daolong (1213–1278). It doubles as a Zen training monastery where novice monks live and study, and is strictly off-limits to the public.

Beyond this gate are the monastery's main hall (*hondo*), dining hall (*jikido*), Zen meditation hall (*zendo*), and founder's hall (*kaisando*) where Daolong is enshrined.

The monks' training takes at least three and a half years to complete. It includes studying Zen texts, practicing meditation, and keeping to a strict diet of rice, miso soup, and pickled vegetables. The meditation hall is used for sleeping as well as for seated meditation, and each monk is allotted a single tatami mat.