

Experience Life in the Temple

At Keishinin Temple, visitors can experience the life of a Buddhist monk by staying overnight in the temple's dormitory. The fee is posted on the website.

The dormitory was built to house monks as they practice their faith and pursue enlightenment. Visitors can eat, sleep, bathe, pray, and take in the surrounding nature of Mt. Shichimen the way monks have done for centuries.

Bath House

After a long climb up Mt. Shichimen, visitors are invited to take a bath before dinner. Be sure to arrive between 3:00 to 4:00 p.m., as dinner is served around 5:00 p.m. The monks prepare the bath in advance. Soap and shampoo are prohibited at Keishinin to protect the environment and wildlife in the area; toothpaste is permitted. The bathing area has wash basins, two faucets, and a bath in which 2–4 people can comfortably soak.

Meals

Dinner and breakfast are included, as there are no nearby restaurants, shops, or vending machines in the area. One of the best parts of Keishinin's overnight experience is the traditional Buddhist meal. *Shojin ryori* became popular with the spread of Zen Buddhism in Japan during the Kamakura period (1185—1333). The food is prepared without meat, fish, or animal byproducts.

The meals at Keishinin also reflect a simple lifestyle, but are delicious, especially after the long hike up Mt. Shichimen. Dinner is usually served around 5:00 p.m. and breakfast at 6:30 a.m.

Rooms

Keishinin has a variety of rooms available. Depending on the number of people in a group and their preferences, guests will be assigned to a specified room. In some cases, guests may be asked to share a room.

The rooms are basic, with tatami mats lining the floors and sliding doors separating the rooms. Since the lodgings were first used as a dormitory for monks, there are no locks on the doors and the baths and toilets are common use.

Instead of an individual futon, guests sleep on one large futon that spans the entire length of the room. Each person is given a pillow and a designated spot on the futon.

Please note that the futon are soft but are only 2 to 3 centimeters thick.

Morning and Evening Services

The evening service begins at 7:00 p.m. Before the evening service, at around 6:30 p.m., visitors may explore the temple and Keishinin's small museum of Buddhist relics.

In the morning, the monks awaken guests by beating large taiko drums at 4:00 or 5:00 a.m., depending on the season. The morning service begins at 4:30 or 5:30 a.m., again depending on the season. Before the service begins, head to the outlook to watch the sunrise with Mt. Fuji in the distance.