

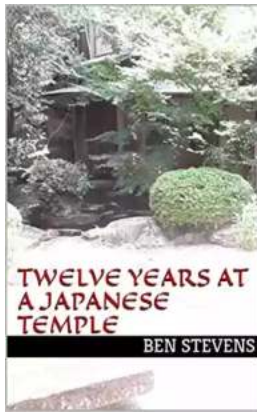
Twelve Years At Japanese Temple



Living in a Japanese temple is an experience like no other. For twelve years, I had the immense privilege of immersing myself in the serene and captivating environment of a traditional Japanese temple. It was a transformative journey that allowed me to witness the rich cultural heritage, spirituality, and daily rituals that are deeply ingrained in the lives of Buddhist monks and nuns.

Discovering the Hidden Gems

From the moment I set foot inside the temple, I was struck by the tranquility and exquisite beauty that surrounded me. The meticulous gardens, adorned with vibrant cherry blossoms, served as a constant reminder of the ever-changing nature of life. Every stone, every plant, seemed to breathe with a certain wisdom and grace.



Twelve Years at a Japanese Temple

by Ben Stevens (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 1600 KB

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Enhanced typesetting : Enabled

Word Wise : Enabled

Lending : Enabled

Print length : 167 pages

Screen Reader : Supported



As I embarked on this unparalleled adventure, I had the chance to explore the hidden gems that lay within the temple walls. The architecture was a testament to the remarkable craftsmanship of generations past. The intricate carvings on the wooden beams and the delicate paper screens depicting breathtaking landscapes were awe-inspiring, evoking a sense of reverence and admiration. Each day, I discovered something new, inspiring me to deepen my appreciation for the temple's cultural heritage.

Anchoring in Tradition

At the heart of the temple's daily routine were the rituals that emphasized mindfulness and harmony. Rising at dawn, the monks and nuns would gather in the main hall for morning prayers. The rhythmic chants and the sweet aroma of incense filled the air, creating an atmosphere of tranquility and serenity. These rituals provided a sense of grounding, allowing us to connect with our inner selves and find solace amidst the fast-paced modern world.

The temple community, with its distinct hierarchy and organizational structure, contributed to the sense of stability and discipline. Each task, whether it was cleaning the grounds or preparing meals, carried a sacredness that instilled a deep appreciation for even the most mundane activities. There was a profound beauty in the simplicity of our daily tasks, a beauty that resonated with the essence of Zen Buddhism.

Finding Inner Peace

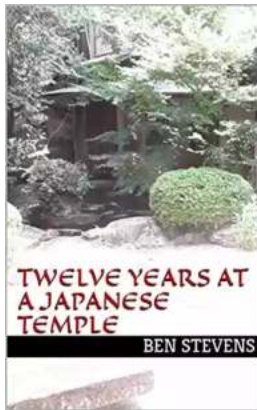
Living at the temple granted me the precious opportunity to delve into the teachings of Buddhism and embrace its philosophy in my daily life. The practice of meditation became an integral part of my routine, allowing me to cultivate a sense of inner peace and stillness amidst the chaos of the external world. Through meditation, I learned to observe my thoughts and emotions without judgment, thus gaining a deeper understanding of my true self.

The temple's surrounding nature further enhanced my spiritual journey. Taking solitary walks in the nearby bamboo forest, listening to the gentle rustling of leaves, and feeling the sunlight filter through the dense foliage, offered moments of profound connection with the natural world. Nature, in its simplicity and harmony, became a mirror for my own inner journey.

Inspiring Simplicity

Throughout my twelve years at the temple, I developed a deep appreciation for the simplicity and minimalism that permeated every aspect of the temple's existence. The living spaces were meticulously organized, with only the essentials occupying each room. The absence of clutter allowed for a heightened sense of clarity, both physically and mentally. This simplicity extended to the meals as well, where the focus was on nourishing the body and mind with wholesome vegetarian food.

My twelve-year journey at a Japanese temple has been a profound source of personal growth, serenity, and inspiration. Immersed in the beauty of the surroundings, anchored in the traditions, and guided by the wisdom of Buddhism, I found a deeper understanding of myself and the world around me. Living in a temple is an immersive experience that nurtures the heart, mind, and soul, leaving an indelible mark that lasts a lifetime.



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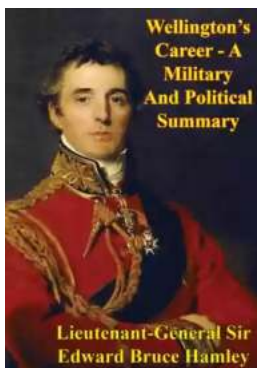
Twelve Years at a Japanese Temple — An account of an Englishman who for over a decade has worked and trained martial arts at a 16th century Buddhist temple in Nagasaki City, Japan. This book details his time there, but also describes (among many things) his experiences working variously as a male model, a barman at a 'gaijin bar' in Nagasaki's red-light district, and a business English teacher for Mitsubishi.

This is a searingly honest book about the highs — and lows — of living in the

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This is something quite different from your 'average' Japan book.

Previously released in 2012 under a different title, Twelve Years at a Japanese Temple is now completely updated with many more chapters, a different ending, and more. For anyone who has already downloaded this book, it should be automatically updated in your Kindle reader; there is no need to purchase it again.



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