



The Ancient Capital Kamakura Offers Zazen-kai for Non-Japanese

古都・鎌倉で開かれる外国人向け座禅会

In 1253, when Kamakura (present day Kamakura City) was still Japan's capital, the Kenchoji Temple of the Rinzai school of Zen was founded. "Zen," which teaches universal acceptance, arrived from China and spread across Japan. TAKAI Shoushun, Kenchoji's present Chief Priest, considers that, as one of its functions, the temple must spread the message of Zen to the world. With that goal in mind, he is offering "zazen-kai" (a Zen meditational retreat) in English for non-Japanese.

鎌倉（現在の神奈川県鎌倉市）に都があった1253年、臨済宗建長寺は建てられた。すべてをあるがままに受け入れる心「禅」が中国からここに伝わり、日本各地に広まった。宗務総長を務める高井正俊さんは、禅を世界に向けて発信することが寺の役割のひとつと考え、一般の外国人向けに英語による座禅会を開いている。

Takai says that "Zazen-kai for non-Japanese," which started last April, is held once every three months. He adds that "Kamakura is a historical city and there are many temples and other things to see. It is also rich in nature with the Bay of Sagami and the surrounding mountains. It is a popular sightseeing spot not only among Japanese, but also among non-Japanese tourists. If you are coming to Kamakura, I strongly suggest that you experience zazen."



TAKAI Shoushun
高井正俊さん

昨年4月に始まった「外国人のための座禅会」は現在、3カ月に一度行われている。「鎌倉には歴史があり、お寺など見どころもたくさんあります。相模湾があり、山々にも囲まれており自然も豊か。日本人だけでなく、外国人観光客にも人気です。鎌倉に来られたら、ぜひ座禅を

Note

In 2010, Zazen-kai in English will be held on Sept. 8 and Dec. 15.

While the kanji writing of zazen in this article is 座禅, it can often be found written as 坐禅 at many Japanese temples, including Kenchoji.