

# Spiritual Guidance from a Monk

“Omamori” Amulet-Making and Meditation in a Private Temple Hall

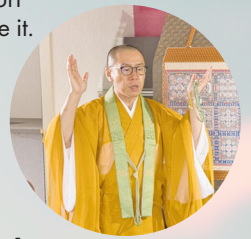
**December 5 Thu, 16 Mon, 19 Thu 13:00-16:00**



## Personalized Amulet Crafting with the Head Priest

In this workshop, you will have the rare opportunity to create your own “omamori” amulet, learning directly from the head priest about its history and how to create it. Write your wish on a “gomagi” prayer stick and create a unique amulet, filled with your personal hopes and prayers. By crafting your own amulet, you will gain insight into Japanese faith and craftsmanship, and experience a calming and refreshing moment for your mind.

\*It will not be held on the 16th.



## Meditation in a Sacred Building Not Open to the Public

You will have exclusive access to the “Tokondo” Eastern Golden Hall, currently closed to the public, with a personal tour led by a monk from Kohfukuji Temple. Through the monk's guidance, you will discover the temple's structure, learn about Buddhist history, and understand the proper etiquette for worship. Then, in this private temple setting, you will learn how to sit with correct posture and practice Buddhist meditation techniques to calm your mind. By regulating your breath and mindset, this experience will provide an opportunity to refresh your spirit—an experience that can only be had on this specific day and in this unique location.

Joining only one experience is possible!

Sample Travel Plan

13:00

Meet in front of the “Nan-endo” Southern Round Hall for a general introduction, followed by a guided tour of Kohfukuji Temple using the Kohfukuji Temple Tourist Visual Guide

14:00

Exclusive experience at the “Tokondo” Eastern Golden Hall



15:00

“Omamori” amulet-making workshop



16:00

End of the tour

¥4,000~ per person

January event preview

## Visit and Bell Ringing Experience

Every day, the bell of Kohfukuji temple rings out at set times—morning, noon, and night—marking the passage of time for the local community for over a thousand years. This tour offers a rare opportunity to personally strike this historic bell. As you ring the bell at 6 PM, you will not only experience a piece of Kohfukuji's long and rich history, but also create a truly memorable moment.



## Inquiry, Application

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Application, Details



## About Kohfukuji Temple

Kohfukuji Temple, established in 710, is the main temple of the Hosso sect of Buddhism and has played a significant role in Nara's history and culture. It houses many Buddhist treasures, including the Ashura statue, and features the Chukondo (Central Golden Hall) with exquisite architecture. The temple's five-story pagoda and gardens showcase seasonal beauty, symbolizing harmony with nature.

