



Shugendo: The Way of the Mountain Monks

Shokai Koshikidake

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The white-clad wandering Japanese Yamabushi monks are mysterious, mystical figures, Known for their magical abilities and contact with supernatural spirits and deities. Far away from civilization they practice their methods of training called Shugendo (magical powers through trial). These secret methods of spiritual attainment involves meditation training, sutras, pilgrimage and hardships that most mortals couldn't bear. Standing under freezing waterfalls, walking on hot coals, fasting for days on end, learning to overcome the pain of chili and mustard smoke in confined spaces. The monks are known for amazing feats such as being able to sit in a cauldron of boiling water, run up ladders made of sword blades and being able to spend up to 7 days without food or water, or walk for 1000 days without a rest. They are said to be able to travel in the spirit to different realms. The Yamabushi live in total harmony with nature and with the spirits of nature called Kami.

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