

神隱高野山間

Spirited
Away

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在高野山區
聳立參天的
雪松森林
裡，前往寺
廟小鎮修身
養性，為疲
憊心靈尋找
一片淨土

Find rest for
your weary
soul amidst
soaring cedar
forests with
a spiritual
retreat at
the temple
village of
Mount Koya



在忙碌的現代生活裡，似乎很難找出片刻時間沉澱心靈，但在一些地方，例如日本高野山的佛寺區，就能滿足人們對冥想的需求。在過去的1,200年裡，這個古老小鎮隱身在大阪以南80公里處的知名高野山區，是日本佛教真言宗的聖地。在火供儀式、世界非物質文化遺產「和食」料理，以及最重要的——充分的寧靜、冥想與沉思時刻等承諾的誘惑下，我來到了高野山，同時將入住僧人所居住的寺廟。我聽說，這是最正宗的日本體驗。

大家都忘了說，搭乘火車從大阪到高野山下的這段旅程中，沿途也能欣賞到屏息美景。在接近目的地之前，火車蜿蜒通過山區，順著彎彎河流在隧道間穿梭。林木緊鄰著軌道生長，樹木的枝葉掃過金屬車頂與玻璃車窗，從右邊車窗往外一看，山林及蒼鬱綠意儼然構成一幅風景畫。抵達極樂橋車站後，轉眼間我就坐進了纜車，感動的眺望山下連綿起伏的翠綠山坡。

紀伊山地由古老的朝聖路線串連，能通往古代主要城市奈良與京都；聯合國教科文組織在2004年將紀伊山地三大聖地之一的高野山登錄為世界遺產，自此之後，觀光客人數持續穩定增加。纜車倏忽停下，我很快又搭上小鎮的區域公車，漂亮的傳統木造寺廟分布在小鎮裡，其中約有50間寺廟設有讓旅客投宿的宿坊。我這晚就打算住在已有千年歷史的惠光院；惠光院位在小鎮東邊，正對著知名奧之院表參道的入口。

田村信宏 (Nobuhiro Tamura) 是一位會說英語的僧人，他同時還身兼惠光院非正式的客戶經理，他在入口迎接我，一邊鞠躬並帶著微笑對我說，「請稱呼我阿信 (Nobu) 就可以了。」依照寺廟的禮儀，我脫掉鞋子，再穿上不甚合腳的寺廟拖鞋，跟著阿信在惠光院的眾多樓梯爬上爬下。一路上，我們經過許多長廊，長廊上盡是以精美日式拉門隔開的客房，拉門上彩繪著勇猛的獅子與老虎、長腳白鶴，以及日本四季的精緻裝飾。

「真言宗具有什麼不同於其他佛教宗派的特點？」當我們在長廊間往來移動時，我提出了這個問題。阿信熱切的對我說明，「在一些佛教分支裡，唯有死後才能到達覺知

或成佛。但在真言宗，人能即身成佛。方法很簡單，每個人都擁有佛心、佛性，同時也有邪惡的情慾。舉例來說，在路上看到垃圾時，你的念心會說：『不要管它，又不是我丟的』，佛心則會說：『把垃圾撿起來』。所以每秒每秒都要努力傾聽自己的佛心，最終將能到達覺知……在真言宗，我們將重心放在今世，而非來生。」

惠光院的房間簡約而古雅。我坐在房間內的檐廊，專注啜飲綠茶、小口品嚐日式和果子，抬頭一覽眼前寧靜寺廟庭院，頓時感到相當滿足。不過，還有覺知等著我去發現，因此我在傍晚時來到坐禪堂外排隊，準備展開我的打禪初體驗，希望能接觸到我的佛心。阿信發給賓客一張流程表，說明要採取的壯態與姿勢，以及最重要的打禪目的就是讓心靈完全淨空，接著就是30分鐘的寂靜冥想。

惠光院的晚餐準時在傍晚五點半開始供應，菜單是名列世界非物質遺產的「和食」。所有料理都使用在地的當季食材，並由寺廟的僧人精心烹調製作。傳統料理包括了高野豆腐，這是一種脫水凍豆腐；使用芝麻製成的滑膩胡麻豆腐；以蒟蒻芋根部製成的果凍；還有漬物，也就是日式醃菜。我在房間裡就可以享用他們送來的料理，每一道都注重養生，同時又極為美味。我發現，這正是吃得健康的真義。

吃飽喝足，等到夕陽西下後，我已準備好要展開知名的奧之院表參道夜遊。穿好保暖外衣與靴子，我跟著阿信與其他住客一同穿越馬路，來到長1.9公里墓園入口的一橋。奧之院內共有超過20萬座墓碑，最早的可追溯至11世紀，這是日本最大的墓園。這裡不僅安葬了多位天皇、封建時代武士領主與其他重要人物，也是尋常百姓的最後安息之處。

阿信告訴我們，「只要喜歡弘法大師的哲理，就可以選擇在這邊安葬。不管是基督徒或佛教徒都可以，我們不會在意。當然，



順時針從左上至下
客人在用餐時間享用道地的和食料理；客人可以參與早晨的祈禱祭；高野山的幡龍庭是日本最大的岩石花園；奧之院的燈籠堂內掛了一萬多個燈籠；高野山的每一間寺廟都有獨特的建築特色
開闢路徑 高野山的寺廟被一棵棵千年雪松包圍著

This spread, clockwise from top left UNESCO-listed washoku ryori is served during meal times; visitors are welcome at the daily morning prayer services; Koyasan's Banryutei rock garden is Japan's largest; more than 10,000 lanterns hang in Torodo Hall, the Okunoin cemetery worship hall; each temple in Koyasan has its own unique architectural elements
Opening spread Thousand-year-old cedar trees surround Koyasan's temples





來到
高野山，
享受在人間
淨土神遊
太虛的美妙



上 夜裡，奧之院墓園內的小徑由一排排閃閃發光的燈籠點綴著
下 高野山的五十多家寺廟都可以讓遊客投宿
對頁 壇上伽藍由弘法大師所建造，裡頭的根本大塔曾經是真信宗的主要訓練道場，也被稱為宇宙的象征

Top Glowing lanterns line the paths of Okunoin cemetery at night

Bottom More than 50 of Koyasan's temples can accommodate guests overnight

Facing page Sitting with the Danjo Garan, the first site built by Kobo Daishi, the Konpon Daito was formerly the central training dojo for Shingon Buddhism and was referred to as a representation of the universe

國籍也完全不重要。」同時，他向我們指出弘法大師的陵墓位置。弘法大師又稱為空海，是佛教真言宗的八位創教者之一，他在西元816年創立了高野山的研修社團；據傳他在數千年前的西元835年入定之後，至今仍持續在打獨處禪，直至今日，高野山的僧人仍每天為空海送餐兩次。

我們順著看似永無止盡的步道前行，經過布滿青苔的高大墓碑、透出微弱光線的石燈籠、拱狀的鳥居，以及戴著紅圍兜、手上拿著要給亡靈的貢品與貢錢的地藏小王。四周的氣氛寧靜、平和安詳。

阿信一邊帶領我們走過墓園，一邊提出真言宗的基本教義，還說了讓所有人毛骨悚然的當地民間傳說。其中有個傳說特別不同，是關於墓園中央的一個小水井。

「往水井裡頭看時，應該都能在水面上看到自己的倒影，但若是有人什麼都看不到，這就代表他會在三年內過世。」阿信輕笑著說，「大家記得等到明天白天再回來這裡試試好嗎？」即使通過了水井的測試，走在墓園裡共43階的「覺鑿坂」時，還是要留意腳下的每一步。當地人相信，萬一不小心在覺鑿坂跌倒，壽命就只會剩下三年。還好，最後我們所有人都小心翼翼的成功返回了惠光院。

儘管聽了讓人發毛的傳說故事，我卻睡得很安穩，醒來時還欣賞到燦爛日出，天空更輝映成一片桃色與粉紅色。我早起是為了參加兩個早上的儀式，祈禱祭及護摩祈禱（火供），而惠光院是高野山區唯一一間天天進行護摩祈禱的寺廟。

坐在寺廟廳堂裡，處在僧人的頌經聲、敲擊太鼓與其他樂器所產生的共振效果裡，圍繞在我四周的能量無可比擬；「南無大師遍照金剛（向偉大師尊表達敬意，光輝燦爛的金剛鑽）」的經文反覆唸頌，而據說擁有強大淨化心靈效果的聖火，就在身旁熊熊燃燒。持續敲擊的太鼓、不動明王的祈禱文，以及竄升空中兩公尺的熊熊火燄，在在彷彿都成就了一次讓我渴望能天天體悟，並感覺心跳加速，狂喜莫名的深刻體驗。

在享用簡單但豐盛的素食早餐後，我外出欣賞這塊人間淨土的其他美景。我就這樣帶著素顏、穿上輕便服裝，將日常生活的壓力遠遠拋到九霄雲外，體會許久未曾有過的平靜感，隨著再次眺望山區美景，逐漸神遊太虛之中。❶

Finding time for moments of contemplation can be difficult in today's busy, modern life, but there are some places, like the Buddhist temple community of Mount Koya, that demand for them. For the last 1,200 years, the ancient village known to the Japanese as Koyasan, which is wedged in the mountains, 80km south of Osaka, has served as the headquarters of Shingon Buddhism in Japan. I've been lured here by the promise of fire ceremonies, world-heritage cuisine, and most importantly, plenty of contemplative moments while staying overnight in a temple. This, I am told, is one of the most authentic Japanese experiences possible.

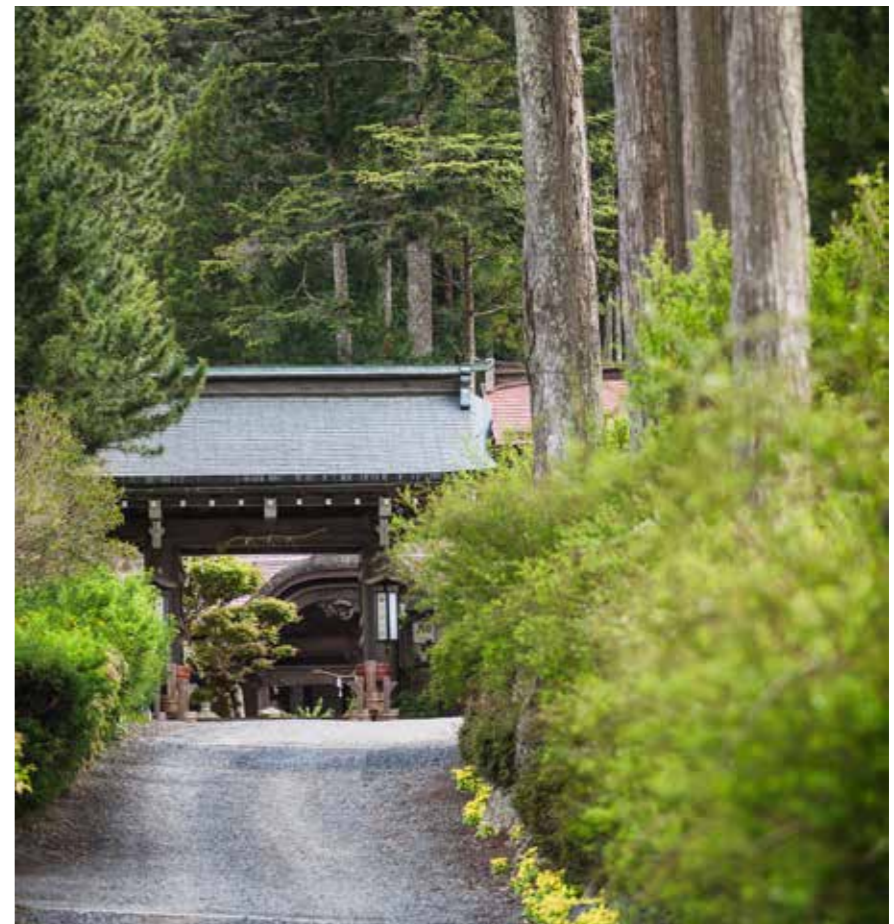
What I wasn't told, was how breathtakingly beautiful the train journey from Osaka to the base of Mount Koya is – the mountains and lush greenery form a gorgeous evolving landscape painting through the window on my right. I reach Gokurakubashi terminal station and a cable car ride later, I'm on a bus that is weaving its way through a village dotted with beautiful, traditional, wooden temples. My roof for the night is the 1,000-year-old Eko-in, located on the east end, opposite the entrance of the renowned Okunoin cemetery.

English-speaking monk,

Nobuhiro Tamura, who doubles as the unofficial guest manager, greets me at the entrance with a bow and a smile, "Please call me Nobu." I remove my shoes and slide into a pair of temple slippers, before following Nobu up and down the many stairways of Eko-in and bypassing many beautifully-painted fusuma (vertical, rectangular, sliding panels) that depict wild beasts, long-legged cranes and delicate foliage.

"What distinguishes Shingon from the other forms of Buddhism?" I asked as we shuffled from one passageway to the next. Nobu eagerly launches into an explanation, "In some branches of Buddhism, you can only reach enlightenment, or become Buddha, after you are dead. But in Shingon Buddhism, right now you can become Buddha, while you are living in this body.

"How, is very simple. You have Buddha mind, Buddha nature, and also evil passions – everyone has both. For example, when you find garbage on the street, your lazy mind says, 'oh leave it, it's not mine,' but your Buddha mind says, 'pick it up.' So you need to make an effort every second to listen to your Buddha mind, and then you'll reach enlightenment... In Shingon buddhism we focus on life now, not



投宿寺廟 小提醒 TEMPLE STAY TIPS

1 務必要在玄關脫掉鞋子，並穿上公用拖鞋在寺廟內活動。
Always remove your shoes at the genkan (traditional Japanese entrance hall) and put on communal slippers to wear around the temple.

2 開關拉門與紙門時動作要溫和，而且不要靠在門上。因為拉門與紙門作工精細，很容易破損，特別是使用和紙（半透明紙張）與木框製成的紙門。Be gentle when handling the sliding doors – fusuma and shoji – and do not lean on them as they are delicately made and easily broken, particularly the latter, which is made of washi (translucent paper) and wooden frames.

3 穿浴衣時，要留意左襟蓋在右襟上，因為右襟在上在日本是亡者的穿法。穿著浴衣可以自由地在寺廟內外活動，但不能進入坐禪堂、祈禱室與火供廳，進入這些場所時應穿著一般服裝。
Wrap your yukata (casual Japanese robe) with the left side over the right – right over left is for when dressing corpses. The yukata can be worn within the temple premises except within the meditation hall, prayer room and fire ceremony room – normal clothing should be worn instead.



上 站在繪有猛虎的日式拉門前的，正是惠光寺負責接待客人的田村信宏對真
上 寺廟的房間大多可讓客人眺望花園美景，優美而寧靜，給客人一個更完美的高野山體驗
下 奧之院是高野山最神聖的地方之一，在白天和夜晚都適合參觀

Above Nobuhiro Tamura, who takes care of all Eko-in guests, standing in front of a fusuma painted with a ferocious tiger Facing page
Top Temple guest rooms usually have lovely garden views, adding to the peaceful and tranquil experience visitors seek in Koyasan
Bottom Okunoin cemetery is one of Koyasan's most sacred sites and should be visited both in the day and night

after death.”

My room is simple and quaint, and I'm quite content to focus on the now – sipping green tea and nibbling on *manju* (a sweet bean-paste treat) on the veranda of my room that overlooks one of the tranquil temple gardens. However, there's enlightenment to be found, so I head for my first real shot at Buddhist meditation, hoping to connect with my own Buddha mind. Nobu gives guests a rundown on the position and posture to adopt, and most importantly the purpose of mind – which is to be completely clear, before leaving us to 30min of meditative silence.

Dinner is served at 5.30pm on the dot at Eko-in and on the menu is World Heritage-listed *washoku ryori* (traditional food of Japan). Everything is made from local, seasonal ingredients and carefully prepared by the monks on temple grounds. Typical dishes include *koya-dofu*, a type of freeze-dried tofu; smooth, creamy *goma-dofu*, made from white sesame seeds; and *tsukemono*, Japanese pickled vegetables. Multiple delicious courses are served to me in my

room and this, I realize, is the definition of healthy eating.

With belly full, and the sun behind mountain tops, I am ready for the famous night tour of Okunoin cemetery. Nobu leads us across the road to the entrance of the 1.9km graveyard at *ichi-no-hashi* bridge. Housing more than 200,000 tombstones dating as far back as the 11th century, this is Japan's largest cemetery. It is the final resting place of many – emperors, feudal Japanese samurai lords, and other significant figures, as well as ordinary people. It's most famed resident is Kobo Daishi, the eighth patriarch of Shingon Buddhism who founded Koyasan's seminary community in 816. Known also as Kukai, he is said to still be in solitary meditation in his mausoleum ever since entering into eternal prayer thousands of years ago in 835 and food is still brought to him twice a day.

We follow the seemingly never-ending walkway past tall, moss-covered tombstones, dimly-lit stone lanterns, arching *tori* gates, and red-bibbed *jizo* statues holding food and money offerings for the spirits. The ambience is quiet, still, and peaceful. While Nobu guides us through the cemetery, he throws in basic teachings of Shingon Buddhism and shares about the local folklore such as the belief that if you trip or fall on the *kakubanzaka*, the graveyard's set of 43 steps, you will die within three years. We all make a point to tread gingerly back to Eko-in's safe abode.

Despite the spooky stories, my sleep is peaceful and I manage to rise early to attend the two morning rituals, the prayer service, and gomakito, the fire ritual –

Eko-in is the only temple in Koyasan to perform this daily.

There is nothing quite like the energy that surrounds you while you are seated in a temple room filled with the synergy of chanting monks, striking drums and other percussion instruments, as “*Namu Daishi Henjo Kongo*” is chanted over and over again and a consecrated fire, which is said to have a spiritually and psychologically cleansing effect, burns next to you. The constant beating of *taiko* drums, chanting of the mantra of Acalanatha, and roaring flames dancing in the air makes for a profound experience, one I wish I could experience every morning.

After a simple vegetarian breakfast, I set out to see the other sights of this ethereal realm, Buddha mind at the ready. Happily make-up free, casually clad, and a million mental miles away from the stresses of daily life, I feel a long-forgotten sense of peace as I gaze out once more at the mountainous vista and drift off into a daydream. ❶



旅遊資訊

復興航空提供每天兩班航班從台北（桃園）飛往與大阪。從大阪關西機場搭乘南海電鐵抵達天下茶屋站，再轉乘高野線到離高野山最近的高樂橋車站。詳細班表請參閱復興航空網站。

FLIGHT INFORMATION

TransAsia Airways flies twice a day between Taipei (Taoyuan) and Osaka. From the airport, take the Nankai Railway to Tengachaya station and transfer to the Nankai Koya Line to Gokurakubashi station, the closest station to Koyasan. The journey is approximately two hours. Please refer to our website for details.

フライト情報

トランスアジア航空は、台北（桃園）＝大阪（関西）線を毎日2便運航しています。関西国際空港から高野山までは南海本線で大阪方面に向かい、天下茶屋駅で南海高野線に乗り換えて高樂橋駅まで約2時間です。詳しくはトランスアジア航空のウェブサイトをご覧ください。

www.tna.com.tw

天と地のはざままで

大阪から南に80km。緑豊かな紀伊山地にある高野山は、約120軒の寺院が建ち並ぶ真言宗の本山だ。多くの人々が心の平穏を求めてこの地を訪れ、僧侶の生活ぶりに触れながら座禅や朝のお勤めに参加する。仏事の予備知識がなくとも、僧侶たちが親切に指導してくれるので心配はいらない。僧侶たちと同じ精進料理を食べるのも楽しみのひとつだ。身体を内側から元気にしてくれるヘルシーなベジタリアンフードである。

高野山に行ったら、ぜひ奥之院の墓地を訪ねてみよう。ここは日本最大の墓地として知られ、真言宗の開祖である弘法大師と空海の御廟を含む20万基以上の墓がある。弘法大師は835年以来ずっと生きて瞑想を続けていると信じられており、1日2回の食事が届けられる儀式「生身供」も見もの。杉の巨木を横目に全長2kmの墓地を歩けば、ここでしか味わえない厳かな静寂で心が満たされるだろう。