



### Sakamoto in the Temple Falls

The frigid water brings me *here*.  
I will stand here until my mind is clear.  
The chanting focuses me. It enters deep  
into the chambers of my heart,  
which flowers like a fountain.  
Now the waters of life surround me.  
Now the waters of inspiration pour  
like liquid light into the crown of my head.

Perhaps here, in the midst of such cold  
and sound, I will learn to be present  
on the Earth. Perhaps now, standing still  
on the icy stone, I will find myself *here*,  
opened and aware, soaked to the bone  
in the All-at-once, ear to the One Still Space  
that's *there* in the shattered thunder  
of the falling water.

Michael Miley

“To focus the mind and increase awareness of self, Shingon Buddhists like Souei Sakamoto practice *takigyo*, chanting for hours while standing in frigid waterfalls at the Oiwasan Nissekiji Temple in Toyama, Japan.”

—Photo and quote from page 31 of the March 2005 issue of *National Geographic*.