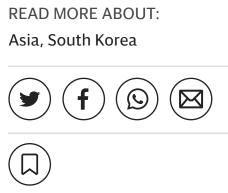
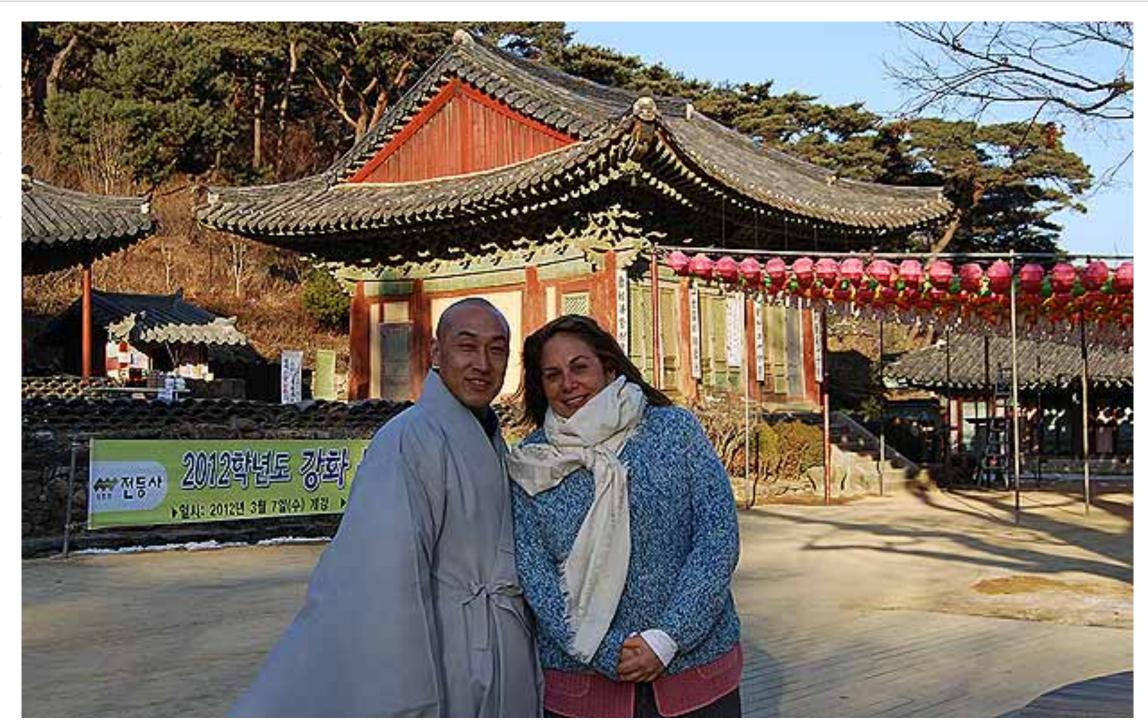


South Korea: finding sanctuary at a Buddhist temple

By Barbara\u2009\u2009Zitwer 28 April 2012 • 12:00am





temple-one620



Vintage Persian, Tribal and Geometric, Kilim Oriental Rugs. Bohemian, Shabby Chick Vintage Rugs

1800GetARug

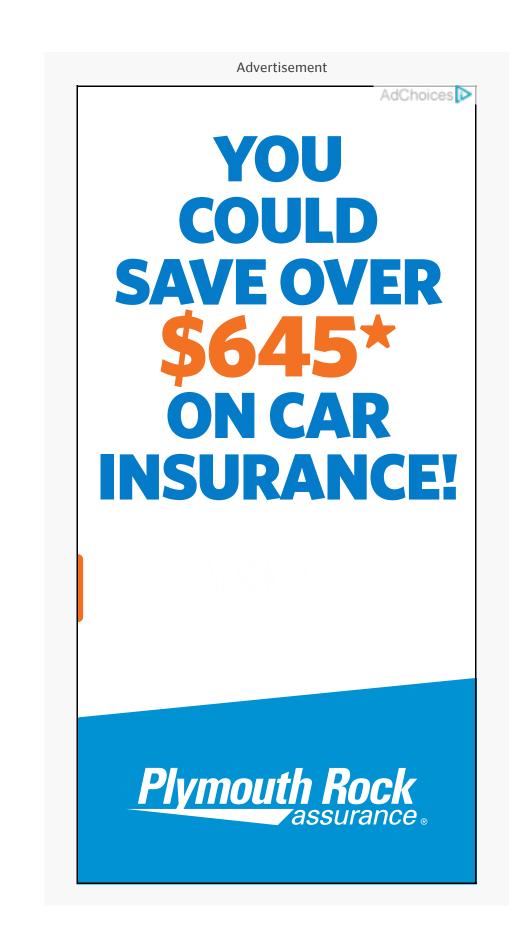
I discovered Templestay in South Korea quite by accident. I was in Seoul on business and, jet-lagged on my first night, I found myself watching the hotel television channel at 3am. I was mesmerised by an "infomercial" on something called Templestay, featuring a good-looking Western couple wandering around ancient temples in the Korean mountains. The voice-over was particularly soothing. I thought, "What's Templestay and how can I get there?"

It turns out that Templestay was devised by the Korean Cultural Organisation as a way for foreigners coming to the 2002 World Cup to gain experience and knowledge of Korean culture and Buddhism. Templestay programmes are now offered at more than 50 different Buddhist temples in various parts of the country, so whichever temple you visit, you will find similar programmes on offer: a four-hour programme for a oneday visit, an overnight visit or a weeklong stay, from around £25 a night. Crucially, the temples also offer translators.

I chose the Jeondeungsa Temple in Incheon. This is the oldest temple in Korea, said to have been built by three sons of the founder of the first Korean kingdom of Gojoseon as a shrine to their family ancestors. Conveniently for me, the 1,700-year-old temple was only an hour and a half by car from Seoul.

Located on the top of Mt Jeongjoksan, Jeondeungsa comprises 10 wooden buildings of various architectural styles, from the first dynasty to the mid-Joseon Dynasty. Colourful and perfectly preserved delicate carvings and 800-year-old paintings decorate each building.

But though the temple does feel like a museum, it isn't just an ancient treasure – it houses a thriving, working Buddhist temple, complete with internet connection and a drinks vending machine.



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It was mid-January and I was the only guest. Most temples provide special uniforms for visitors, so dutifully I put on the large quilted pink vest and purple balloon temple pants. After dropping my bags in my traditional Korean-style room, complete with mattress on the heated floor and parchment windows, I wandered around the grounds with my camera.

I was just appreciating the utter joy of some much-needed solitude when a man's voice called out, "Would you like me to take your picture?" Behind me was a Korean man who had come to pray at the temple.

Everything was so clean: from the mountain air to the spring water that flows from stone fountains and tastes better than any fine wine from Bordeaux. And this, combined with some vigorous hiking and quiet meditation and reflection, contributed to the best nights' sleep I have had since I was a child.

Each temple offers an early-morning chanting ceremony at 4am, Zen meditation during the day, a tea ceremony and conversation with a monk, community work, hiking and participating in evening prayers.

You can do as much or as little as you like. Even though there is electricity, it's a good idea to leave electronic communication devices turned off. They aren't forbidden but the point of getting away, after all, is getting away.

I was determined to hear the early morning service, which began at 3.30am, and asked my translator to make sure I awoke in time. I sat in the small, quiet temple and observed two monks bowing and chanting and three lay workers performing the 108 deep-bow ceremony which took place after the service. I made an attempt myself but was only able to perform a few deep bows.

"I felt like a hippo trying to dance Swan Lake. I must be getting old," I lamented to the young translator sitting next to me. "It is very difficult to do the deep bows; one must practise for many years," she assured me. "My knees still hurt me, too." I watched as an elderly woman bowed with such ease and rhythm and I realised that there was hope for me.

Later, I was invited to take tea with a monk, just the two of us and the translator. At one point, I got rather upset as I talked about my husband's successful liver transplant a year and a half before, and how stressful it had been. The monk didn't miss a beat. Before hearing my translated words, he changed the topic and said emphatically, "We're happy now." I was wasting precious moments of the present. "Yes, of course! We are very happy now," I said. I think of that conversation often and it helps me every single day now that I am home.

There was another benefit of my Templestay. One of the rules of the temple is that you must eat everything on your plate and wash it up yourself. I am a WeightWatcher and have a constant battle to lose or maintain my weight. To my delight, the vegetarian temple food was not only sufficient but I lost 5lb without thinking about or counting calories.

So I returned from my Korean Templestay a happier, more relaxed and, yes, a slimmer version of my former self.

• 'The J M Barrie Ladies' Swimming Society' by Barbara J Zitwer is published by Short Books (£7.99)

GETTING THERE

Lufthansa (0871 945 9747; lufthansa.com) flies to Seoul from £903 return in May. You can take a bus to the Jeondeungsa Temple on Ganghwa Island from Seoul's Sinchon Bus Terminal, reached via Exit 7 of Sinchon Station, Line 2.

The trip to Ganghwa Town takes about an hour and 10 minutes. From Ganghwa Terminal, take a bus bound for Jeondeungsa Temple. Get off at the last stop.

Alternatively, you can rent a private taxi for about £50 from the centre of Seoul. There are two types of taxis in Korea: first class and second class. There is virtually no difference in comfort but a big difference in cost: the second-class taxis are half the price.

TEMPLE STAYS

Reservations can be made at templestay.com and the website offers detailed information about different itineraries and programmes at each temple throughout the country. The cost is around $\pounds 25$ - $\pounds 40$ a night, which includes all meals. You can also visit any Buddhist monastery free if you don't want to participate in a Templestay programme, and many local visitors come for holidays and family days with children and grandparents.

THE INSIDE TRACK

The temple provides bedding and uniforms but bring extra clothes, toiletries and hiking boots, especially if you visit in the autumn or winter. Wear wool and layers of clothes as the weather goes from extremely cold at night to sunny and warm in the afternoon, depending on the location. Note that the temples are not heated or airconditioned.



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Communal showers and bathrooms are clean and adequate; but don't expect a " luxury spa" experience. Bring your own soap and towels.

It is required that you take off your shoes before entering each building, so bring sturdy slippers or loafers - easy to take off and put on.

Bedtime is early but there is electricity in all the rooms, so you can read. Be prepared to share a room with a stranger, if the Templestay is crowded.

Cameras are allowed and you can photograph almost everywhere in the grounds.

Children are allowed all the time, but there are special programmes for families which you can find out about from each temple.

THREE TOP TEMPLES

Mihwangsa Temple

Located at the tip of South Korea and 1,300 years old. The Buddhist paintings date from 1342 and are hung outside the temple hall for large outdoor ceremonies. The magnificent Dadohae Sea and the West Sea are visible from the gardens and the sunsets over the water make this temple a spectacular location.

Seonunsa

Seonunsa means "hidden spring" and according to legend, the most famous calligraphers of the Joseon Dynasty painted some of their best illustrated books in this temple.

Golgulsa

An awe-inspiring place, with its 12-ft stone Buddha sculptures dug into a 100-ft-high limestone cliff. The image of Buddha is seen from the highest spot on the rock face and the temple itself is in a cave.

What to avoid

Don't leave bookings to the last minute because there is limited space and you need to make sure that a translator is available.

Don't compare yourself to other practising Buddhists, who can easily perform the 108 deep bow ceremony or other rigorous rituals. Just do what you can and what you feel like doing. It's not a competition.

Templestay food is nutritious and plentiful, so don't sneak in chocolate and biscuits. Part of the purpose of the visit is to "cleanse" the body as well as the soul.

Once at the temple, there are no shops so don't bank on buying any necessities. Take everything with you.

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9/10 Telegraph expert rating	9 /10 Telegraph expert rating
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FROM [€] 240 ^{per night}	FROM £152 ^{per night}
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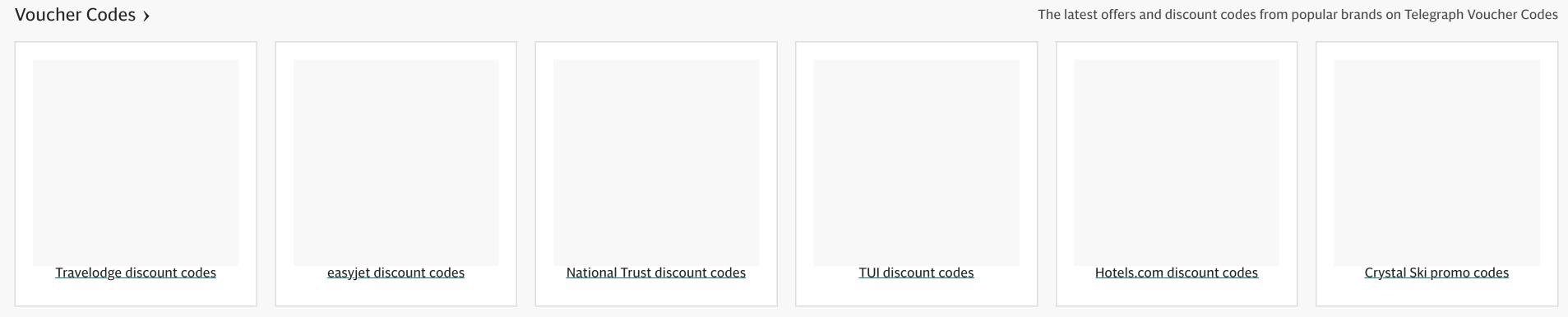


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