



## *How to Takigyō experience*

1. First, Change your cloth to a white clothing for Takigyō.
  2. Worship before entering the waterfall.
  3. Calm down and move to beneath a waterfall.  
(The coldness of water is various in every season.)
  4. Stand in front of the Waterfall, and enter into your shoulder.
  5. Try to hit the waterfall on your neck first. You will feel cold first but keep patience. But after one minute at least, you will get used to the coldness.
- Takigyō is a sacred training. We prepare a rental white clothing at Nissekiji Temple.