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## 留学のための基礎知識①—日本の宗教

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### I. 日本人の宗教の特色

(1) よく言われること・・・日本人は生まれた時は神道、結婚はキリスト教、死ぬときは仏教

There is a common saying: Japanese are "Born Shinto, Marry Christian and Die Buddhist."

⇒ We can say that the Japanese are tolerant of religions in general.

(2) 日本人にとっての神(八百万の神 *myriad deities*): 自然の到るところに神が宿り、森羅万象を司る。自然崇拝 (*nature worship*)

Ancient Japanese believed that nature was the place where deities lived and interacted heaven and earth. Today nature worship underlies Japanese religiosity, even though it is not as obvious as it was in ancient times.

(3) 日本語の「神」とは(広辞苑第 6 版他を参照)

⇒ *Kami* or Japanese deities are the spirits or phenomena that are worshiped in the religion of Shinto.

① 人間を超越した威力を持つ、かくれた存在。人知を以ってはかることのできない能力を持ち、人類に禍福(かふく)を降すと考えられる威霊(いれい)。人間が畏怖(いふ)し、また信仰の対象とするもの。

A concealed being which possesses powers that transcend those human beings. A power which is considered to possess abilities which cannot be grasped by human understanding and which determine the fortune or misfortune of human beings. Humans stand in awe of it, and it is the object of belief.

② 日本神話に登場する人格神。A god with individuality who appears in Japanese myth. \*1

③ 支配者、天皇。Great rulers. Emperor.

④ 神社などに奉祀される霊。A spirit enshrined by shrine, etc.

⑤ 人間に危害を及ぼし、怖れられているもの。㊦雷 ㊧虎、狼、蛇など

A being that causes harm to humans and is feared.

(a) Lightning and thunder. (b) Tiger, wolf, snake, etc.

⑥ キリスト教で、宇宙を創造して支配する全知全能の絶対者。上帝、天帝。

In Christianity, the creator and ruler of the universe, and absolute being which is omniscient and omnipotent. God. Lord of Heaven.

⇒ Shinto is the indigenous religion of Japan. Shinto is polytheistic and has neither a founder nor firm religious principles. Along with Buddhism, Shinto has exerted a strong influence on Japanese society, culture and art.

### \*1 神話 (mythology) が記す太古の神

古事記（712年に編纂）は現存する日本最古の歴史書で、天地の始まりと日本誕生にまつわる神話が記されています。イザナギノミコトと女神のイザナミノミコトが天に架かる橋の上から玉飾りのついた矛を海に差し入れ、引き出した矛先から滴り落ちる水で島を造りました。二人は島へ降りて行き、夫婦となりました。イザナミはさらに日本列島の島々を造り、多くの神々を産みました。しかし、火の神を産んだ時に体を焼かれて死んでしまいました。イザナギは深く悲しみ、妻イザナミを負って黄泉の国へ降りて行きました。見ないで欲しいという妻の頼みを聞かずに、イザナギは醜くなった妻の姿を見てしまいます。慌てて逃げ出しましたが、姿を見られて怒ったイザナミが追いかけて来ました。イザナギは何とか逃げきり、黄泉の国の出口に大きな岩をのせ、生者の世界と死者の世界の隔てをしました。その後、イザナギが黄泉の国で汚れた身を清めるとアマテラスオオミカミと、弟スサノオノミコトが生まれました。アマテラスは神道の神話において、中心的な役割を果たす神となって行きます。

The *Kojiki* (Record of Ancient Matters, 712) is the oldest existing chronicle of Japan. It records the mythology of the creation of heaven and earth and founding of Japan. It tells how the male deity Izanagi and the female deity Izanami stood on the Floating Bridge of Heaven and stuck the Heavenly Jeweled Spear into the ocean below the bridge. The water from that spear formed an island. On the island the two carried out the rites of marriage.

Izanami gave birth to the islands of Japan and their various deities. When she gave birth to the fire deity, she was burned and died. Deeply saddened, Izanagi followed her into the underworld, *Yomi no Kuni*, and found her in a terrible state. She pleads with him not to look at her. But he does, and out of shame and anger, she pursues him back to the entrance to the underworld. He barely escapes, then pushes a boulder across the entrance, separating the world of the living from the world of the dead. He carries out a purification rite which produces the Sun Goddess, Amaterasu, and her brother Susanoo. Amaterasu became the principal female deity of Shinto mythology.

## Ⅱ. 日本の仏教

### (1) 仏教伝来(公伝)

Buddhism was introduced to Japan through China and Korea in the 6<sup>th</sup> century and the form of the Buddhism was Mahayana (大乘仏教).

\* 上座部仏教/小乗仏教 (Theravada or Hinayana Buddhism)

### (2) 仏教を一口で言えば (In a nutshell, what is Buddhism?)

In Buddhism, by learning the teaching of the Buddha and awakening to the truth concerning the universe and human beings, anyone is said to be able to become a Buddha. Yet in Christianity, Judaism and Islam, believers are encouraged to devote themselves to unique, absolute deity, but human beings cannot become deity.

### (3) 日本の仏教の大きな特色

①神仏習合 (syncretism of Shinto and Buddhism) というシンクレティズム(the phenomenon of syncretism) が8世紀ごろから起こり、神社や寺で神と仏が一緒に祀られる。平安時代の本地垂迹説 (theory of original prototype and local manifestation, original essence, descended manifestation)による裏付け。それは、Shinto deities are manifestations of the Buddhas and Bodhisattvas of Buddhism.ということ。

### ②鎌倉新仏教

It was in the Kamakura period that Buddhism in Japan came into full flower. The forms of Buddhism that emerged at that time – Pure Land, Zen, and Nichiren – were largely responsible for the dissemination of Buddhist beliefs and practices throughout Japanese society. We can call this “Kamakura Buddhism” as “Japanese Reformation”.

\* お釈迦様の誕生日は？ 灌仏会 (花祭 The Flower Festival)

「天上天下唯我独尊」(In heaven and on earth, I alone am honored. )

### (4) まとめ

Basically Japanese are not exclusive when it comes to religion. So the Japanese do not feel anything odd about paying a visit to a shrine when a child is born, holding a wedding in Christian style, and having a Buddhist funeral. They see no conflict in this at all.

Participating in these various “religious” events does not require a commitment to a particular belief or to particular religion. You simply ask for help, benefit or protection or express gratitude by means of prayer, ritual, chanting or visiting a place of worship. Throughout history, Japanese have done this. They are simply maintaining that tradition.

### Ⅲ. お参りの仕方と宗教を語る上でのマナーと英語表現

★初詣とは・・・What's "*Hatsumode*" ?

It's when you visit a shrine on new years.

Japanese people have a custom of visiting shrines on New Year's Day. It's called "*Hatsumode*".

#### ①お参りの作法：

\* お寺では合掌(the significance of joining hands)・・・仏になる願いの象徴。

When we join our hands, the right hand represents Buddha, while the left hand signifies humans. The original meaning of this hand formation is the wish that we will become Buddhas in the future.

\* 神社では拍手(clapping hands)・・・感謝や喜びを表わす。

- a) Throw a coin or coins to the offertory box in front of you.
- b) Ring a bell if there is one.
- c) Make two deep bows.
- d) Make two loud claps of the hands at chest height.
- e) Pray with hands together.
- f) Make a final deep bow.

#### ②宗教を語る上でのマナー・英語表現

質問 "What's your religion/denomination?"

“What’s your denominational preference/ affiliation?”

“What’s your religious belief?” ”What’s your faith?”

**\* 宗教に関心のない場合**

I have no particular denominational preference. I don't go to church.

I don't have a specific religion.

I'm not a religious person.

I'm an atheist.・・・これを言う米国人も時にいるが、我々はやめた方が賢明。

I'm a spiritual agnostic. (不可知論者) これも後で突っ込まれる恐れあり。

**\* 仏教徒であると伝える**

I'm a Buddhist.

Buddhism originated in India in the 6<sup>th</sup> century BC.

Buddhism was introduced into Japan in 538 (some say 552) .

Buddhism has exerted a strong influence on Japanese society, cultures and art.

**\* 神道信者であると伝える。**

I'm a Shintoist.

**\* 仏教、神道も信奉している。**

I practice aspects of both Buddhist and Shinto faiths.

**\* キリスト教徒であると伝える**

- ・ I'm a Christian. I'm a Catholic / a Protestant (a Methodist/ a Baptist/ a Lutheran).
- ・ Christianity in Japan is among the nation's minority religions. Around 1 percent of the population claims Christian belief or affiliation.
- ・ Christianity was introduced to Japan by Roman Catholic Jesuit missionaries who arrived in Kagoshima in 1549.
- ・ Christianity has exerted a strong cultural influence in Japan since the late 19<sup>th</sup> century through the establishment of missionary schools and the introduction of Western scholarship, but Christians as a religious group account for no more than about one percent of the entire population.
- ・ The founder of Doshisha, Joseph Hardy Neesima, embraced the Christian beliefs of the Protestant Congregational Church in the New England region of North America.

＝英語で日本の宗教を語る上での参考図書＝

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