



# What is "Goshuin"?

A Goshuin is a special stamp or seal given to visitors of Shinto shrines or Buddhist temples in Japan as proof of their visit

**Purpose of Visiting:**  
 At shrines (Shinto), people give thanks or make wishes.  
 At temples (Buddhist), people listen to teachings and offer prayers.



**Goshuin are NOT a stamp rally.**  
 They are proof that you have respectfully visited the shrine or temple. Receiving a Goshuin without praying first or before your visit is considered bad manners

## What is included in a Goshuin?

The name of the main deity or Buddha

(and/or the name of Shrine or Temple.)

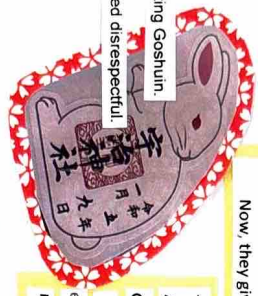


The date of your visit

A seal/stamp of the temple or shrine



Today, Goshuin come in seasonal editions and artistic designs



A Goshuincho is a special book for collecting Goshuin. Using ordinary notebooks is often considered disrespectful.



Bringing a Goshuincho

1. Visit first, then request a Goshuin  
 \* Follow Shrine/Temple instruction if given.
2. Offering : Usually 300 - 500 yen (~ \$2 - 4 USD)  
 \* Called Hatsuho-ryo, an traditional offering, not a fee. Long ago, people gave rice to the deity. Now, they give money instead, to show respect and thanks.

Tips : Use small coins.

At most shrines and temples in Japan, Goshuin are usually paid for in cash only.

In other words, credit cards and electronic payments are generally not accepted



## History and Background

Origin: Nara and Heian periods (8th-12th century)

Originally, visitors received a document called **Nokyō-uke Tori-no-Kakibuke** when offering hand-copied Buddhist scriptures at temples.

**Buddhism in Japan.**

Early Japan had **Shinbutsu-shūgō**, the blending of Shinto and Buddhism, so worship practices often overlapped.  
 Buddhist chants were sometimes performed in shrine grounds.

**Edo Period (1603-1868):**

Pilgrimages became popular among ordinary people, such as visits to **Ise Shrine** or the **Saigoku 33 Kannon Pilgrimage**.

Goshuin began including **dates and handwritten temple/shrine names**, not just stamps.

Modern Era:

## Goshuin as Culture and Tourism

Collecting Goshuin has become a popular hobby and cultural practice, and it is also a tourist attraction. With the development of transportation, pilgrimage trips and collecting stamps became more common.

