

# 諏訪大社 下社秋宮

Guide of Suwa Taisha Shimosha Akimiya

# 境内ガイド

諏訪大社は長野県の諏訪湖周辺に4箇所の境内地をもつ神社。全国各地にある諏訪神社総本社であり、国内にある最も古い神社の一つとされています。

Suwa Taisha consists of four shrines in the vicinity of Lake Suwa, Nagano Prefecture. It is the headquarters of Suwa shrines, which are located throughout Japan. It is one of the oldest shrines in Japan.

## ① 御柱 Onbashira

寅年と申年の7年に一度行われる御柱祭（式年造営御柱大祭）で社殿の四隅に建てられる樅の巨木。大きなもので長さ17m、重さ10tを超え、山中から人力のみで神社まで運ばれ、建て替えられます。正面向かって右手前より時計回りに、一の柱、二の柱、三の柱、四の柱が建っています。

The Onbashira Festival is held every seventh year in the years of the Tiger and the Monkey. Onbashira refers to posts made from giant fir trees, which are stood up in the four corners of the shrine. One of the biggest is 17 meters long and weighs over 10 tons. They are dragged from the mountains to the site only by hand. Four Onbashira are stood up in each corner going clockwise beginning with the right hand corner near the front.

## ② 御神木 Goshinboku

秋宮では、宝殿の奥に立ツイチイの古木を御神体として祀っています。昔は自然信仰で大きな山・石・木を通し、神を崇拝しました。諏訪大社は古いお宮なので自然信仰がそのまま受け継がれて木が御神体となっています。

An old Japanese yew tree, which stands behind the Hōden, is revered as an object of worship. In the past, a big mountain, a rock and a tree were gods in nature worship. Since Suwa Taisha is an old shrine, nature worship continues and an old tree is sacred.

## ③ 宝殿 Hōden

御祭神である建御名方神と妃神・八坂刀売神の御霊代を祀ってあります。左右2つの建物は、7年に一度の御柱祭で1棟が建て替えられ、遷座祭が行われます。

The Takeminakata-no-kami and his wife the Yasakatome-no-kami are worshipped. There are two thatch-roof buildings called Hōden, one of which is rebuilt during each Onbashira cycle. Then there is the ritual called the Senzasai, in which the object of worship is installed from the other Hōden.

## ④ 幣拝殿 Heihaiden

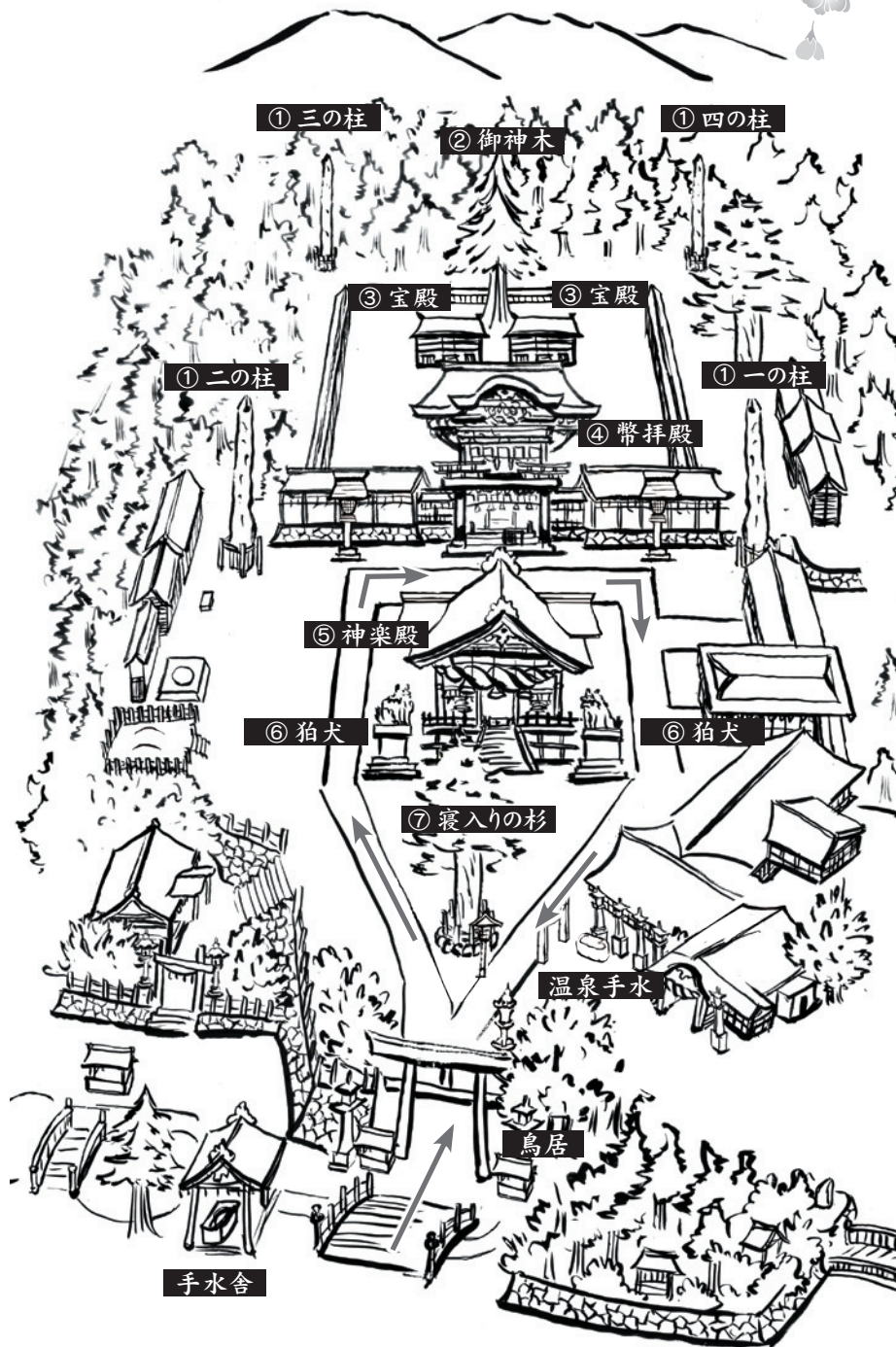
参拝者が参拝したり、神職が祭祀を行ったりする建物です。1781年（安永10年）に建立。1983年に神楽殿と共に国の重要文化財に指定されました。

This building serves as a hall of worship for priests to perform various rituals. It was built in 1781. In 1983 it was designated as an Important Culture Property along with the Kaguraden.

## ⑤ 神楽殿 Kaguraden

神様に雅楽や舞を奉納したり、祈願を行う建物です。1835年に立川流の宮大工、二代立川和四郎富昌により建てられました。正面に飾られる大きな注連縄は長さ13m、出雲大社型では日本一の長さと言われています。

This is a hall for traditional dance and music dedicated to the Kami. It was built in 1835 by Tatekawa Washiro II, Tomimasa, a shrine architect. His school of architecture was called Tatekawa. A large decorative rope known as shimenawa is hung above the entrance of the hall. It is 13 meters long and the largest such shimenawa of the Izumo Taisha style in Japan.



## ⑥ 狛犬 Komainu

狛犬は原村出身の彫刻家 清水多嘉示の作。高さ1.7m、青銅製では日本一の大きさと言われています。

They are lion-shaped guardian dogs sitting in a pair at the left and right sides. The guardian dogs in Akimiya were sculpted by Shimizu Takashi from Hara Village. They are 1.7 meters tall and said to be the biggest komainu made of bronze in Japan.

## ⑦ 寝入りの杉 Neirinosugi

樹齢600年以上とも言われる大きな杉の木。丑三つ時になると枝を下げて寝入りいびきが聞こえ、子供に木の皮を煎じて飲ませると夜泣きが止まるといわれています。

This is a big cedar tree that is more than 600 years old. It is said to sleep at midnight lowering its branches. Putting your ear against the trunk, you can hear the tree snoring. If you steep some barks of this tree in hot water and have a child drink it, the child is said to stop crying at night.