



“The heart of the person before you is a mirror.  
See there your own form.”

Shinto

Shinto, 500 BC, meaning “Way of the Gods” is the indigenous faith of the Japanese people. It has no written body of doctrine, yet it, along with Buddhism, remains Japan’s major religion and is still widely practiced today. Many followers of the Shinto tradition are involved in the “offer a meal movement,” in which each individual bypasses a breakfast once per month and donates the money saved to a charitable cause.