

# The Bell

## Defeated Sanity

Endless quest for enlightenment  
Driven to extremes to become one with the exalted - reach immortality

Stemming from Shingon doctrines  
Bizarre customs emerge  
Practice of living embalmment baffling  
Uninitiated minds

Persevere to preserve... (Your earthly vessel)  
Your earthly vessel becomes a monument of spiritual sublimity..

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(Sublimity) achieved through acts of self-denial  
Endurance beyond humanity

Stage 1  
Meditation beneath icy waters  
Self imposed hardships to drain body fat  
Merciless reduction of food intake  
Deprived of all earthly pleasures

Stage 2  
Bark and roots, your sole nutrition  
Toxic substances cause rapid loss of body fluids, vomiting  
Arsenic ingestion corrupts  
The little meat left on your bones

Stage 3  
Encased alive in your tomb  
Engrossed in spirituality  
The bell rings for 13 days  
(Until) silence signals transformation

Strengthened through excruciation  
Body fat extermination  
Deliberate contamination  
Flesh now unfit for consumption

Tormant choked through meditation  
Locked tight in Lotus position  
Successful mummification  
Postmortal idolization

Sacred site of admiration  
A dead body's exhibition  
Visitors confronted with greatness