

萬佛聖城地藏七時間表

EARTH STORE BODHISATTVA RECITATION SESSION
CITY OF TEN THOUSAND BUDDHAS

9/14 - - 9/19/09

Morning		A M
4:00 - 5:00	早課	Morning Recitation
5:00 - 6:00	拜願 / 打坐	Universal Bowing / Meditation
6:15 - 6:45	早齋 / 打坐	Breakfast / Meditation
7:00 - 7:50	地藏經 (上)	Earth Store Sutra Recitation (Volume I)
7:50 - 8:05	繞念	Walking Recitation
8:05 - 8:55	地藏經 (中)	Earth Store Sutra Recitation (Volume II)
8:55 - 9:10	繞念	Walking Recitation
9:10 - 9:35	坐念	Seated Recitation
9:35 - 10:00	止靜 / 回向	Silent Recitation / Transference
10:20 - 11:00	上供 / 回向	Meal Offering / Transference
11:00 - 11:50	午齋	Noon Meal
Afternoon		P M
1:00 - 2:15	地藏經 (下) / 繞念	Earth Store Sutra Recitation (Volume III) / Walking Recitation
2:15 - 2:40	坐念	Seated Recitation
2:40 - 3:05	止靜	Silent Recitation
3:05 - 3:30	繞念	Walking Recitation
3:30 - 3:55	坐念	Seated Recitation
3:55 - 4:20	止靜	Silent Recitation
4:20 - 5:00	往生堂回向	Transference in the Rebirth Hall
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)
Evening		P M
6:30 - 7:30	晚課	Evening Recitation
7:30 - 9:00	開示	Lecture
9:00 - 9:40	大回向	Great Transference