

萬佛聖城三週禪七時間表

THREE WEEKS CHAN MEDITATION SESSION
AT THE CITY OF TEN THOUSAND BUDDHAS

12/26/2010 - - 1/16/2011

Morning		A M	
2:30	起板	Wake-up	
3:00 - 4:00	打坐 (第 1支香)	Seated Meditation	(1st Sit Period)
4:00 - 4:20	跑香	Walking Meditation	
4:20 - 5:20	打坐 (第 2支香)	Seated Meditation	(2nd Sit Period)
5:20 - 5:40	跑香	Walking Meditation	
5:40 - 6:40	打坐 (第 3支香)	Seated Meditation	(3rd Sit Period)
6:15 - 6:45	早齋 (居士)	Breakfast (Laity)	
6:40 - 7:00	跑香	Walking Meditation	
7:00 - 8:00	打坐 (第 4支香)	Seated Meditation	(4th Sit Period)
8:00 - 8:20	跑香	Walking Meditation	
8:20 - 9:20	打坐 (第 5支香)	Seated Meditation	(5th Sit Period)
9:20 - 9:40	跑香	Walking Meditation	
9:40 -10:40	打坐 (第 6支香)	Seated Meditation	(6th Sit Period)
10:50 -11:30	午齋	Noon Meal	
Afternoon		P M	
12:00 - 1:00	打坐 (第 7支香)	Seated Meditation	(7th Sit Period)
1:00 - 1:20	跑香	Walking Meditation	
1:20 - 2:20	打坐 (第 8支香)	Seated Meditation	(8th Sit Period)
2:20 - 2:40	跑香	Walking Meditation	
2:40 - 3:40	打坐 (第 9支香)	Seated Meditation	(9th Sit Period)
3:40 - 5:00	放香	Break	
5:00 - 7:00	打坐 (第10支香)	Seated Meditation	(10th Sit Period)
5:15 - 5:45	晚餐 (居士)	Dinner (Laity)	
6:00 - 6:05	開放	Open	
7:20 - 8:00	開示	Lecture	
8:00 - 8:20	跑香	Walking Meditation	
8:20 - 9:20	打坐 (第11支香)	Seated Meditation	(11th Sit Period)
9:20 - 9:40	跑香	Walking Meditation	
9:40 -10:40	打坐 (第12支香)	Seated Meditation	(12th Sit Period)
10:40 -11:00	跑香	Walking Meditation	
11:00 -11:50	打坐 (第13支香)	Seated Meditation	(13th Sit Period)
11:50 -12:00	跑香及 三皈依	Walk and Three Refuges	
12:00	休息	Rest	

* 起香 Start : at 7:30 pm, Sunday, 12/26/2010

* 圓滿 Complete : at 9:20 pm, Sunday, 1/16/2011

** 男眾禪堂: 如來寺 Men's Side Chan Hall : Tathagata Monastery

** 女眾禪堂: 萬佛殿 Women's Side Chan Hall : Main Buddha Hall