

萬佛聖城觀音七時間表

Daily Schedule for Gwan Shr Yin Bodhisattva Recitation Session at the City of 10,000 Buddhas

10/29 - - 11/3/2012

Morning		AM
4:00 – 5:00	早課	Morning Recitation
5:00 – 6:00	拜願	Bowing
6:15 – 6:45	早齋 / 打坐	Breakfast / Meditation
7:15 – 8:30	普門品 / 繞念	Universal Door Chapter / Walking Recitation
8:30 – 9:00	坐念	Seated Recitation
9:00 – 9:30	止靜	Silent Recitation
9:30 – 10:00	繞念 / 迴向	Walking Recitation / Transference
10:20 – 11:00	上供 / 延生堂迴向	Meal Offering / Transference in the Long Life Hall
11:00 – 11:50	午齋	Lunch
Afternoon		PM
12:45 – 2:00	普門品 / 繞念	Universal Door Chapter / Walking Recitation
2:00 – 2:30	坐念	Seated Recitation
2:30 – 3:00	止靜	Silent Recitation
3:00 – 3:30	繞念	Walking Recitation
3:30 – 4:00	坐念	Seated Recitation
4:00 – 4:30	止靜	Silent Recitation
4:30 – 5:00	往生堂迴向	Transference in the Rebirth Hall
5:15 – 5:45	晚餐 (居士)	Dinner (Laity)
Evening		PM
6:30 – 7:30	晚課	Evening Recitation
7:30 – 9:00	開示	Lecture
9:00 – 9:40	大迴向	Great Transference