

萬佛聖城觀音七時間表

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

10/13 -- 10/18/08

Morning		A M
4:00 – 5:00	早 課	Morning Recitation
5:00 – 6:00	拜 願 / 打 坐	Bowing / Meditation
6:15 – 6:45	早 齋 / 打 坐	Breakfast / Meditation
7:00 – 8:20	普 門 品 / 繞 念	Universal Door Chapter / Walking Recitation
8:20 – 8:45	坐 念	Seated Recitation
8:45 – 9:10	止 靜	Silent Recitation
9:10 – 9:35	繞 念	Walking Recitation
9:35 – 10:00	坐 念 / 回 向	Seated Recitation / Transference
10:20 -10:50	上 供 / 延 生 堂 回 向	Meal Offering / Transference in the Long-Life Hall
11:00 – 11:50	午 齋	Noon Meal
Afternoon		P M
1:00 – 2:20	普 門 品 / 繞 念	Universal Door Chapter / Walking Recitation
2:20 – 2:45	坐 念	Seated Recitation
2:45 – 3:10	止 靜	Silent Recitation
3:10 – 3:35	繞 念	Walking Recitation
3:35 – 4:00	坐 念	Seated Recitation
4:00 – 4:25	止 靜	Silent Recitation
4:25 – 5:00	往 生 堂 回 向 / 繞 念	Transference in the Rebirth Hall / Walking Recitation
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