

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