

# 萬佛聖城觀音七時間表

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

3/16 -- 3/21/09

<b>Morning</b>		<b>AM</b>
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
<b>7:00 – 8:20</b>	<b>普門品 / 繞念</b>	<b>Universal Door Chapter / Walking Recitation</b>
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 / <b>Transference</b>
<b>10:20 -10:50</b>	上供 / 回向	Meal Offering / <b>Transference</b>
11:00 – 11:50	午齋	Noon Meal
<b>Afternoon</b>		<b>PM</b>
<b>1:00 – 2:20</b>	<b>普門品 / 繞念</b>	<b>Universal Door Chapter / Walking Recitation</b>
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
<b>4:25 – 5:00</b>	往生堂回向 / 繞念	<b>Transference in the Rebirth Hall</b> / Walking Recitation
5:15 – 5:45	晚餐 (居士)	Dinner (Laity)
<b>Evening</b>		<b>PM</b>
6:30 – 7:30	晚課	Evening Recitation
7:30 – 9:00	開示	Lecture
<b>9:00 – 9:40</b>	大回向	<b>Great Transference</b>