



萬佛聖城觀音七時間表

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

7/14 - - 7/19/2025

Morning AM		
4:00 – 5:00	早課	Morning Recitation
5:00 – 6:00	拜願	Bowing
6:15 - 7:00	打坐 / 自修	Meditation / Self-Study
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 / 回向	Walking 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	Lunch
Afternoon PM		
1:15 - 2:30	普門品 / 繞念	Universal Door Chapter / Walking Recitation
2:30 - 3:00	坐念	Seated Recitation
3:00 - 3:30	止靜	Silent Recitation
3:30 - 4:00	繞念	Walking Recitation
4:00 - 4:30	坐念	Seated Recitation
4:30 - 5:00	往生堂回向	Transference in the Rebirth Hall
5:00 – 6:30	工作 / 自修 / 打坐	Work / Self-Study / Meditation
Evening PM		
6:30 - 7:30	晚課	Evening Recitation
7:30 - 9:00	開示	Lecture
9:00 - 9:40	大回向	Great Transference