

萬佛聖城萬佛寶懺時間表

Daily Schedule for 10,000 Buddhas Repentance at the City of Ten Thousand Buddhas

4/16 - - 5/8/2016

Morning		AM
4:00 – 5:00	早課	Morning Recitation
5:00 – 6:00	打坐	Meditation
6:15 – 6:45	早齋 / 打坐	Breakfast / Meditation
7:00 – 7:50	拜佛 (第一支香)	Bowing (1st period)
7:50 – 8:05	休息	Break
8:05 – 8:55	拜佛 (第二支香)	Bowing (2nd period)
8:55 – 9:10	休息	Break
9:10 – 10:00	拜佛 (第三支香)	Bowing (3rd period)
10:20 – 11:00	上供 / 回向	Meal Offering / Transference
11:00 – 11:50	午齋	Lunch
Afternoon		PM
1:00 – 1:50	拜佛 (第四支香)	Bowing (4th period)
1:50 – 2:05	休息	Break
2:05 – 2:55	拜佛 (第五支香)	Bowing (5th period)
2:55 – 3:10	休息	Break
3:10 – 4:00	拜佛 (第六支香)	Bowing (6th period)
4:00 – 4:15	休息	Break
4:15 – 5:00	往生堂回向 / 大回向	Transference in the Rebirth Hall / The Great Transference
5:15 – 5:45	晚餐 (居士)	Dinner (Laity)
Evening		PM
6:30 – 7:30	晚課	Evening Recitation
7:30 – 9:00	聽經	Lecture
9:00 – 9:30	咒心	Mantra Recitation