

萬佛聖城地藏七時間表

EARTH STORE BODHISATTVA'S RECITATION SESSION
AT THE CITY OF TEN THOUSAND BUDDHAS

9/2 – 9/7/2024

Morning		A M
4:00 - 5:00	早課	Morning Recitation
5:00 - 6:00	拜願	Universal Bowing
6:00 - 7:00	打坐 / 自修	Meditation / Self-Study
7:15 - 8:00	地藏經 (上) / 不繞念	Earth Store Sutra Recitation(Roll I) / NO Walking Recitation
8:00 - 9:00	地藏經 (中) / 繞念	Earth Store Sutra Recitation(Roll II) / Walking Recitation
9:00 - 9:30	坐念	Seated Recitation
9:30 - 10:00	止靜 / 迴向	Seated Recitation / Transference
10:20 - 11:00	上供 / 延生堂迴向	Meal Offering / Transference in the Long Life Hall
11:00 - 11:50	午齋	Lunch
Afternoon		P M
1:15 - 2:00	地藏經 (下) / 繞念	Earth Store Sutra Recitation (Roll III) / Walking Recitation
2:00 - 2:30	坐念	Seated Recitation
2:30 - 3:00	止靜	Silent Recitation
3:00 - 3:30	繞念	Walking Recitation
3:30 - 4:00	坐念	Seated Recitation
4:00 - 4:30	止靜	Silent Recitation
4:30 - 5:00	往生堂迴向	Transference in the Rebirth Hall
5:00 - 6:30	工作 / 自修 / 打坐	Work / Self-Study / Meditation
Evening		P M
6:30 - 7:30	晚課	Evening Recitation
7:30 - 9:00	開示	Lecture
9:00 - 9:40	大迴向	Great Transference