



萬佛聖城觀音七時間表

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

11/3 - - 11/8/2025

Morning AM		
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 - 8:30	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 迴 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