



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**

7/27 - - 8/1/2026

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