

彌陀七時間表

Amitabha Buddha Recitation Schdule

12/15~12/21/13

4:00~5:00am	早課	Morning Recitation
5:00~5:30am	念楞嚴咒	Recite Shurangama Mantra
6:15~6:45am	早餐	Breakfast for lay people and elderly
8:30~9:15am	彌陀經／繞念	Amitabha Sutra/Chanting while walking
9:30~9:45am	默念(靜坐)	Silent Recitation
9:15~9:45am	繞念	Chanting while walking
10:20~11:00am	上供／延生堂迴向	Meal offering/Long life Hall Transfer of Merit
11:00~12:00	午齋	Vegetarian Meal
1:00~1:45pm	彌陀經／繞念	Amitabha Sutra/Chanting while walking
1:45~2:00pm	坐念	Chanting while sitting
2:00~2:15pm	默念(靜坐)	Silent Recitation
2:15~2:45pm	繞念	Chanting while walking
2:45~3:00pm	坐念	Chanting while sitting
3:00~3:30pm	往生堂迴向	Rebirth Hall Transfer or Merit
3:30~4:00pm	大迴向	Great Transference of Merit
5:15~5:45pm	藥石	Evening meal for lay people and elderly
6:00~7:00pm	晚課	Evening Recitation
7:00~8:30pm	聽經	Evening Lecture
8:30~9:00pm	咒心	Heart Mantra