

21~29/11/2009 彌陀七時間表

AMITABHA BUDDHA RECITATION SESSION Daily Schedule

灑淨日 Boundary-purifying Day: 21/11/2009 (週六 Saturday)

12:30 ~ 1:30 pm	報到 Check In
2:00 ~ 4:45 pm	懺悔發願/講解規矩及八關齋戒 Repentance & Making of Vows / Instructional Talk on regulations and Eight Pure Precepts
5:10 ~ 5:40 pm	晚餐 Dinner
6:00 ~ 6:50 pm	晚課 Evening Recitation
7:00 ~ 8:30 pm	開示 Lecture
8:30 ~ 9:00 pm	灑淨 Purifying the Boundary
9:10 ~ 10:20 pm ※	自修(禮佛) Self Practice (Bowing)
10:30 pm	安板 Lights Out

第一天 First Day: 22/11/2009 (週日 Sunday)

3:30 am	起身 Wake up
4:00 ~ 5:00 am	早課 Morning Recitation
5:00 ~ 5:50 am	拜願 Universal Bowing
6:10 ~ 6:40 am	早齋 Breakfast
7:00 ~ 8:15 am	傳八關齋戒 Transmission of Eight Pure Precepts
8:20 ~ 9:40 am	蓮池讚/阿彌陀經/敬禮48大願/彌陀大讚/彌陀讚 Lotus Pool Praise / Amitabha Sutra / Bowing to 48 Vows / Amitabha Praise
9:40 ~ 10:40 am	繞念 / 坐念 / 止靜 (重複各20分鐘) Walking / Sitting / Silent Recitation (repeat 20 minutes each)
10:40 am ~ 10:30pm	行程如同 Schedule same as 23/11/2009 ~ 28/11/2009

圓滿日 Day of Completion: 29/11/2009 (週日 Sunday)

3:30 am	起身 Wake up
4:00 ~ 4:20 am	蓮池讚/阿彌陀經/彌陀讚 Lotus Pool Praise / Amitabha Sutra and Praise
4:20 ~ 6:20 am	繞念/坐念/止靜 Walking / Sitting / Silent Recitation (重複各20分鐘) (repeat 20 minutes each)
6:20 ~ 6:40 am	繞念 Walking Recitation
6:40 ~ 7:20 am	早齋 Breakfast
7:20 am	迴向功德 Transference of Merit

第二至第七天 2nd to 7th Day:

23/11/2009 (週一 Monday) ~ 28/11/2009 (週六 Saturday)

3:30 am	起身 Wake up
4:00 ~ 4:20 am	蓮池讚/阿彌陀經及讚 Lotus Pool Praise /Amitabha Sutra & Praise
4:20 ~ 6:20 am	繞念/坐念/止靜 Walking / Sitting / Silent Recitation (重複各20分鐘) (repeat 20 minutes each)
6:20 ~ 6:40 am	繞念 Walking Recitation
6:40 am	早齋 Breakfast (自己默念臨齋儀及結齋)(Everyone recites silently by yourself the “Meal Offering Chant (<i>lin zhai yi</i>)” and “Mantra & Verse to end the Meal”)
6:40 ~ 7:40 am	坐念(禮佛) Sitting Recitation (Bowing)
7:40 ~ 10:40 am	繞念/坐念/止靜 Walking / Sitting / Silent Recitation (重複各20分鐘) (repeat 20 minutes each)
10:40 am	午齋 Lunch (自己默念臨齋儀及結齋)(Everyone recites silently by yourself the “Meal Offering Chant (<i>lin zhai yi</i>)” and “Mantra & Verse to end the Meal”)
10:40 ~ 11:50 am	坐念(禮佛) Sitting Recitation (Bowing)
11:50 ~ 12:25 pm	繞念/坐念/止靜 Walking / Sitting / Silent Recitation
12:30 ~ 2:00 pm	開示 Lecture
2:00 ~ 2:20 pm	蓮池讚/阿彌陀經/彌陀讚 Lotus Pool Praise / Amitabha Sutra and Praise
2:20 ~ 6:15 pm	繞念/坐念/止靜 Walking / Sitting / Silent Recitation (重複各20分鐘) (repeat 20 minutes each)
6:20 ~ 7:20 pm	開示 Lecture
7:20 ~ 8:10 pm	繞念/坐念/止靜 Walking / Sitting / Silent Recitation
8:10 ~ 9:15 pm	西方發願文/大回向 A Vow to be reborn in the west /Great Transference
9:15 ~ 10:10 pm ※	自修(禮佛) Self Practice (Bowing)
10:30 pm	安板 Lights Out

※參加者須利用自修時間，每日禮佛至少三百拜。

Participants should use the Self Practice period everyday to bows at least 300 times to the Buddha.