



問：佛制比丘初夜經行坐禪，中夜稍息，後夜經行坐禪，各為何時？

宣公上人：天開始黑，六點至十點為初夜，十點至兩點為中夜，兩點至六點為後夜。

Question: The Buddha instructed the bhikshus to practice walking and sitting meditation during the first part of the night, to rest during the middle part of the night, and to practice walking and sitting meditation during the last part of the night. What are the times for those?

Venerable Master Hua: From six o'clock to ten o'clock, when the sky begins to darken, is the first part of the night. From ten o'clock to two o'clock is the middle part of the night, and from two o'clock to six o'clock is the last part of the night.