

雪山寺大悲咒三法會行程表			
Schedule of 3-Day Great Compassion Mantra Recitation			
July 3 rd (Fri) ~ July 5 th (Sun), 2026			
50924 Index-Galena Road, Index WA 98256 Tel: 425-999-1553			
Date/Time	7/3 (Friday)	7/4 (Saturday)	7/5 (Sunday)
3:30am	起板 Wake up morning call		
4:00-5:00am	早課 Morning Recitation		
5:00-5:30am	楞嚴咒 (3 遍) Shurangama Mantra (3X)		
5:30-8:00am	打坐 Meditation		
6:00-6:30am	早餐 Breakfast		
7/3/2026 (Friday)	誦普賢行願品 <i>The Chapter on the Practices and Vows of Samantabhadra Bodhisattva Recitation</i>	誦普賢行願品 <i>The Chapter on the Practices and Vows of Samantabhadra Bodhisattva Recitation</i>	7/5/2026 Sunday 12:30pm~ 清潔會場 cleaning
灑淨 Purify the Boundary			
8:00-8:30am	8:00-8:40am	8:00-8:40am	
7/3/2026 (Friday)	大悲咒繞念	大悲咒繞念	
誦普賢行願品 8:40-9:20am	Great Compassion Mantra	Great Compassion Mantra	
<i>The Chapter on the Practices and Vows of Samantabhadra Bodhisattva Recitation</i>	Walking recitation	Walking recitation	
	8:50-9:10am	8:50-9:10am	
9:30-9:50am 大悲咒繞念	9:10-9:30am	9:10-9:30am	
Great Compassion Mantra	坐念 Sitting recitation	坐念 Sitting recitation	
Walking recitation			
9:50-10:10am	9:30-9:50am	9:30-9:45am	
坐念 Sitting recitation	止靜 Silence recitation	止靜 Silence recitation	
10:10-10:30am	9:50-10:10am	9:50-10:40am	
	繞念 Walking recitation		
止靜 Silence recitation	10:10-10:30am	開示 Instructional Talk	
	坐念 Sitting recitation		
10:45am	午供及午餐 Meal offering & Lunch		
1:20-1:50pm	誦普賢行願品 <i>The Chapter on the Practices and Vows of Samantabhadra Bodhisattva Recitation</i>		
1:50-2:20pm	大悲咒繞念 Great Compassion Mantra		
	Walking recitation		
2:20-2:40pm	坐念 Sitting recitation		
2:40-3:00pm	止靜 Silence recitation		
3:00-3:20pm	繞念 Walking recitation		
3:20-4:10pm	開示 Instructional Talk		
5:00-5:30pm	藥石 Dinner		
6:30-7:30pm	晚課 Evening		
7:30-8:30pm	開示 Instructional Talk		
8:30-9:00pm	咒心 Mantra Heart		
9:00-10:30pm	自修 Self-study		
10:30pm	熄燈 Lights out		