

The City of Dharma Realm

Daily Schedule

Morning	
3:30	Wake Up
4:00 - 5:00	Morning Recitation
5:00 - 6:00	Universal Bowing
6:00 - 7:00	Meditation
6:00 - 6:30	Breakfast
7:00 - 8:00	Classes / Community Service
8:00 - 10:30	Community Service
10:30 - 12:00	Meal Offering / Lunch
Afternoon	
12:30 - 2:00	Great Compassion Repentance
2:00 - 2:30	Shrungama Mantra Recitation
2:30 - 5:00	Community Service
5:00 - 5:30	Dinner (Laity)
Evening	
6:00 - 7:00	Evening Recitation
7:00 - 8:30	Lecture
8:30 - 9:00	Mantra Recitation
10:30	Lights Out
Special Ceremonies on Saturday	
8:30 - 10:00 A.M.	Shrungama Mantra Recitation
2:00 - 3:00	Great Compassion Mantra Recitation
Sunday	
8:00 - 10:00 A.M.	Shrungama Mantra Recitation /Great Compassion Repentance
Meal Offering Ceremony starts at 9:50 AM on the 1st and 15th of the Lunar month	