

The Buddha's Daily Routine

as edited by

David Dale Holmes

Narada Maha Thera in *The Buddha and His Teachings* (1998) outlines the Buddha's daily routine:

“The Buddha can be considered the most energetic and active of all religious teachers that ever lived. The whole day He was occupied with religious activities except when attending to His physical needs.

“He was methodical and systematic in the performance of His daily duties. His inner life was one of meditation and was concerned with the experiencing of Nibbānic Bliss, while His outer life was one of selfless service for the moral upliftment of the world.

“Himself enlightened, He endeavoured His best to enlighten others and liberate them from the ills of life.

“His day was divided into five parts, namely, (i) The Forenoon Session, (ii) The Afternoon Session, (iii) The First Watch, (iv) The Middle Watch and (v) The Last Watch.

The Forenoon Session

“Usually early in the morning He surveys the world with His Divine Eye to see whom he could help. If any person needs His spiritual assistance, uninvited He goes, often on foot, some times by air using His psychic powers, and converts that person to the right path.

“As a rule He goes in search of the vicious and the impure, but the pure and the virtuous come in search of Him. For instance, the

Buddhas Of Daily Meditations

Marcel A. Müller



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