



**秀峰禪院**  
**Su Bong Zen Monastery**  
修行功課迴向表  
The Practice Dedication Form

請將每日所做的功課記錄下來，並於每月月底以電郵或WhatsApp交回寫字樓。  
 Please note down your daily practice into this form and send by e-mail / WhatsApp by end of each month.

姓名 Name					法名 Dharma Name			
日期 Date	念誦 (遍數) Chanting ( No.)			禮佛 Bowng	禪坐 Sitting Meditation	禪院活動 Practicing	其他 Others	
	佛號 Mantra	大悲咒 Great Dharani	心經 Heart Sutra	(次數) No.	(分鐘) Minutes	1次/星期 1Time/Week		

**願以此功德迴向** May the merit of practice be dedicated to

修行功課迴向表  
The Merit Practice Form

請將每日所做的功課記錄下來，並於每月月底以電郵或WhatsApp交回寫字樓。  
 Please note down your daily practice into this form and send by e-mail / WhatsApp by end of each month.



# 秀峰禪院

## Su Bong Zen Monastery

姓名 Name		法名 Dharma Name					
日期 Date	念誦 (遍數) Chanting ( No. )			禮佛 Bowling	禪坐 Sitting Meditation	禪院活動 Practicing	其他 Others
	佛號 Mantra	大悲咒 Great Dharani	心經 Heart Sutra	(次數) No.	(分鐘) Minutes	1次/星期 1Time/Week	

願以此功德迴向 May the merit of practice be dedicated to :