

# 2020-06-20 殊胜日共修流程

- 20:30 上师唱诵

- 八吉祥颂、怀业祈祷文，百字明

## • 21:00 念诵

课前念诵 <https://www.youtube.com/watch?v=epdNwsk0HSw&list=PL7aUyQTIJqAjC4U5Dw7WN-cgAtneQVRYn>

上师念诵释迦牟尼佛心咒108遍

<https://www.youtube.com/watch?v=febNBjdLWgY>

全知麦彭仁波切祈祷颂 (PDF)

上师念诵除疫莲师心咒108遍 [https://www.youtube.com/watch?v=dLEo60g5Eis&feature=emb\\_logo](https://www.youtube.com/watch?v=dLEo60g5Eis&feature=emb_logo)

金刚七句观修100遍 [https://www.youtube.com/watch?v=xe7b4\\_oYQpo&list=PL7aUyQTIJqAjSW\\_G2G3eiR2sTw\\_OJmfk2](https://www.youtube.com/watch?v=xe7b4_oYQpo&list=PL7aUyQTIJqAjSW_G2G3eiR2sTw_OJmfk2)

普贤王如来愿文念诵 (汉文) (PDF)

课后念诵 <https://www.youtube.com/watch?v=WO8zg3F8vgk&list=PL7aUyQTIJqAibh3sbve6Sa8JNKzdA8oP->

- 22:20 打坐观修 寿命无常

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=HLJPb3uUsYU&list=PL7aUyQTIJqAj8Dt1h8E6IOEX3PFS1gpBQ)

[v=HLJPb3uUsYU&list=PL7aUyQTIJqAj8Dt1h8E6IOEX3PFS1gpBQ](https://www.youtube.com/watch?v=HLJPb3uUsYU&list=PL7aUyQTIJqAj8Dt1h8E6IOEX3PFS1gpBQ)

- 23:30 菩提洲共修

<http://www.ptz.cn/study/live.html>

- 普贤王如来愿文念诵（藏文）

- 0:30 打坐观修 因果不虚

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=HLJPb3uUsYU&list=PL7aUyQTIJqAiy3qluQC-qsd599odkwYC9)

[v=HLJPb3uUsYU&list=PL7aUyQTIJqAiy3qluQC-qsd599odkwYC9](https://www.youtube.com/watch?v=HLJPb3uUsYU&list=PL7aUyQTIJqAiy3qluQC-qsd599odkwYC9)

- 1:50 上师念诵八吉祥颂、怀业祈祷文
- 龙多仁波切念诵招福仪轨

<https://www.youtube.com/watch?v=8SW9xCKUKtE>

<https://mp.weixin.qq.com/s/BrwFPZ6NzatAJCmINDdUnA>

- 2:15 回向(普贤行愿品+愿海精髓)

<https://www.youtube.com/watch?v=iEZegVxKbAI>