

Overview of the Hours of LNN Practice

For the Ngondro Gar, the practice of the Longchen Nyingtik Ngondro is calculated to require 2258 hours, which is a little over three years if you practice two hours daily. The hours of required practice are as follows:

Practices of the LNN	Hours
Outer General Preliminaries	
1. Precious Human Rebirth	14
2. Impermanence and Death	14
3. Karma	14
4. Defects of Samsara	14
5. Benefits of Liberation	14
6. Attending a Spiritual Master	14
7. Shamatha	14
Uncommon Inner Preliminaries	
1. Refuge and Prostrations	360
2. Bodhicitta	360
3. Vajrasattva - outer	300
4. Vajrasattva - inner	60
5. Mandala Offering	300
6. Kusali Mandala Offering	60
7. Guru Yoga: Seven Line Prayer	120
8. Guru Yoga: Seven Branch Offering	120
9. Guru Yoga: Short Supplication	120
10. Guru Yoga: Mantra	300
11. Guru Yoga: Empowerments	60
Total	2258