

**Getting Started with the Longchen Nyintik Ngondro:
Suggested Practice Order for Ngondro Gar Students**

Expelling the stale air

Shamatha meditation (about 5 minutes)

Blessing the speech

Slokas of devotion from the Lama Yangtik: "Through your kindness...". (Note: this can be omitted if you are on the half-hour track.)

Supplication to Invoke the Mind of the Glorious Guru

Contemplation (14 hours each) of

1. Precious Human Rebirth
2. Impermanence and Death
3. Karma
4. Defects of Samsara
5. Benefits of Liberation
6. Attending a Spiritual Master
7. Shamatha meditation practice

Recite the "The Excellent Path To Enlightenment" (also called the "Short Khyentse Ngondro") from beginning to end.

Conclude your session with a dedication prayer such as

By this merit, may all beings obtain omniscience;
May it defeat the enemy, wrongdoing;
From the stormy waves of birth, old age, sickness and death;
From the ocean of samsara, may all beings be free.