

# Longchen Nyingtik Preliminary practices breakdown

## 1 Outer preliminaries - 80 hours

The practices of outer preliminaries include contemplating the precious human life, impermanence and death, defects of samsara, infallibility of cause and effect - 20 hours of each.

## 2 Inner preliminaries

The practices of inner preliminaries include :

- Prostrations 110,000 repetitions
- Taking Refuge 110,000 repetitions
- Bodhichitta 110,000 repetitions
- Vajrasattva 110,000 repetitions
- Mandala. 110,000 repetitions
- Guru Yoga
- 10 million Guru Rinpoche (Padmasambhava) heart mantra recitations

The practices may be completed in full for each 110,000 repetitions of each discipline before starting the next discipline, or you can choose to split the disciplines into 4 cycles of x 27,500 for each discipline to complete 110,000 repetitions of each discipline.

## 3 Practices of the eight precepts

Practising the 8 precepts one day a month is advised - practise according to what is possible with your work and family circumstances.