

## **Stephen Manuel's Qualifications for Entering the Sopa Choling Retreat**

The Sopa Choling three-year retreat requirement is to have finished Kagyu Ngondro and received Vajrayogini empowerment. I have finished Kagyu Ngondro more than once, and have received Vajrayogini empowerment from Bokar Rinpoche. Therefore, I completely satisfy the qualifications for the retreat.