

Stephen Manuel Dharma Résumé

Continuous daily practice (every day): White Tara, Guru Yoga, Chenrezi, Judé Lhanga, Shadrupa six-arm mahakala

RETREAT PRACTICE

- 6-month ngondro retreat KDOL, Saltspring Island, BC 1990(?)
- 3-year, 3-month retreat KDOL, Saltspring Island, BC 1991-1995
- Numerous one-month and two-month solitary retreats Senge Ling, Nelway, BC
- Several one- and two-month retreats at Gampo Abbey, NS

FORMAL STUDY

- As part of, and leading up to 3-yr, 3-mo retreat.
- Many small, non-accredited courses and teachings from various Rinpoches and dharma center teachers.

Alas, I haven't yet taken up formal philosophical training.