

## To Attend Kapala Training Level II

(To be completed between Kapala Training Level I and before Level II)

- ▼ Students must have completed a total of **65 Demon Feedings** and bring records of this work to the Kapala II Retreat with Lama Tsultrim:
  - 50 Demon Feedings are to be done alone
  - 15 Demon Feedings are done with a partner (a bit of clarification: being the witness and then being the active partner in a single session equals one demon work, so two forms are filled out for each partner work)
- ▼ Plant a **tree** or sponsor a tree planting

## To attend Kapala Training Level III

(To be completed between Kapala Training Level II and before Level III)

- ▼ Students will have completed an **additional 43 Demon Feedings** for a grand total of 108 Demon Feedings. This includes the required 65 that were completed to attend Kapala II. Students should bring their records of all 108 Demon Feedings to Kapala III.
  - 4 more Demon Feedings are to be done alone
  - 39 with Demon Feedings are done with a partner (a bit of clarification: being the witness and then being the active partner in a single session equals one demon work so two forms are filled out for each partner work).
- ▼ Students will have successfully completed the **Three Yana Retreat** with Lama Tsultrim, all three Yanas are offered each summer at Tara Mandala. Students may do the Three Yanas all at once (as a month-long retreat) or they may attend the Yanas (in order) over different summers.
- ▼ Students will maintain a **daily practice** of at least one of the following practices: Lama Tsultrim's Prajña Paramita practice, "Transmitting the Meaning of the Mother" practice, or the Machig Guru Yoga from Karma Chagme. The transmissions and teachings of these practices are offered throughout the Kapala Training process.
- ▼ Students will have attended a **Chöd retreat** with Lama Tsultrim.



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