**Feeding Your Demons®**

**Practice Log**

**Practice Requirements to Complete the**

**FYD Online Certification Program**

**FYD Online Level**

No Prerequisites

**FYD Online Level II**

**Secular Track**

* 50 Solo Demon Feedings
* 15 Partner Demon Feedings
* Plant a Tree
* 15-60 min 5 days per week of mindfulness meditation recommended

**Buddhist Track**

* 50 Solo Demon Feedings
* 15 Partner Demon Feedings
* 80 hours of Prajñaparamita meditation
* Plant a Tree

**FYD Certification Level**

With the start of the Certification Level you will have to have completed the following prerequisites

*in addition* to your practices submitted for FYD Online Level II:

* 4 more Solo Demon Feedings
* 39 more Partner Demon Feedings
* 10 special Facilitator Tracking Forms to be completed with 10 volunteers who have never experienced the FYD process before
* 10 Solo Extended Ally processes
* 10 Partner Extended Ally processes

For all processes done with partners (FYD or Extended Ally) tracking forms from both partners equal

one partner work process.

**Please note that there are additional prerequisites for Kapala Training Level III** [**(read here)**](https://www.taramandala.org/programs/feeding-your-demons/training-tracks-and-paths-for-certification/kapala-training/)

**Solo Demon Feedings**

* 50 needed for FYD Online Level II
* additional 4 needed for the FYD Certification Level or Kapala Training Level III
* Please also keep all your tracking forms as you will need them for exercises in FYD Online Level II

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| ***#*** | ***Date*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
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| ***#*** | ***Date*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
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| ***#*** | ***Date*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
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**Congratulations! You have completed the Prerequisites for**

**FYD Online Level II / Kapala Training Level II**

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| ***#*** | ***Date*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
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**Congratulations! You have completed the Prerequisites for**

**FYD Certification Level / Kapala Training Level III**

**Partner Demon Feedings**

* 15 needed for FYD Online Level II
* additional 39 needed for the FYD Certification Level or Kapala Training Level III
* Please also keep all your tracking forms.
* Please use the A and B fields to fill out the details for both your own and your partner’s process.

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *1*  *A* |  |  |  |  |  |
| *1*  *B* |  |  |  |  |  |
| *2*  *A* |  |  |  |  |  |
| *2*  *B* |  |  |  |  |  |
| *3 A* |  |  |  |  |  |
| *3 B* |  |  |  |  |  |
| *4 A* |  |  |  |  |  |
| *4 B* |  |  |  |  |  |
| *5 A* |  |  |  |  |  |
| *5 B* |  |  |  |  |  |
| *6 A* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *6*  *B* |  |  |  |  |  |
| *7*  *A* |  |  |  |  |  |
| *7*  *B* |  |  |  |  |  |
| *8*  *A* |  |  |  |  |  |
| *8 B* |  |  |  |  |  |
| *9 A* |  |  |  |  |  |
| *9 B* |  |  |  |  |  |
| *10 A* |  |  |  |  |  |
| *10 B* |  |  |  |  |  |
| *11 A* |  |  |  |  |  |
| *11 B* |  |  |  |  |  |
| *12 A* |  |  |  |  |  |
| *12 B* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *13*  *A* |  |  |  |  |  |
| *13*  *B* |  |  |  |  |  |
| *14*  *A* |  |  |  |  |  |
| *14*  *B* |  |  |  |  |  |
| *15 A* |  |  |  |  |  |
| *15 B* |  |  |  |  |  |

**Congratulations! You have completed the Prerequisites for FYD Online Level II / Kapala Training Level II**

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *16*  *A* |  |  |  |  |  |
| *16*  *B* |  |  |  |  |  |
| *17*  *A* |  |  |  |  |  |
| *17*  *B* |  |  |  |  |  |
| *18 A* |  |  |  |  |  |
| *18B* |  |  |  |  |  |
| *#* | *Date* | *Partner* | *Demon* | *Ally* | *Notes (optional)* |
| *19*  *A* |  |  |  |  |  |
| *19*  *B* |  |  |  |  |  |
| *20*  *A* |  |  |  |  |  |
| *20*  *B* |  |  |  |  |  |
| *21 A* |  |  |  |  |  |
| *21B* |  |  |  |  |  |
| *22A* |  |  |  |  |  |
| *22 B* |  |  |  |  |  |
| *23 A* |  |  |  |  |  |
| *23 B* |  |  |  |  |  |
| *24 A* |  |  |  |  |  |
| *24 B* |  |  |  |  |  |
| *25 A* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *25*  *B* |  |  |  |  |  |
| *26*  *A* |  |  |  |  |  |
| *26*  *B* |  |  |  |  |  |
| *27*  *A* |  |  |  |  |  |
| *27 B* |  |  |  |  |  |
| *28 A* |  |  |  |  |  |
| *28 B* |  |  |  |  |  |
| *29 A* |  |  |  |  |  |
| *29 B* |  |  |  |  |  |
| *30 A* |  |  |  |  |  |
| *30 B* |  |  |  |  |  |
| *31 A* |  |  |  |  |  |
| *31 B* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *32*  *A* |  |  |  |  |  |
| *32*  *B* |  |  |  |  |  |
| *33*  *A* |  |  |  |  |  |
| *33*  *B* |  |  |  |  |  |
| *34A* |  |  |  |  |  |
| *34 B* |  |  |  |  |  |
| *35 A* |  |  |  |  |  |
| *35 B* |  |  |  |  |  |
| *36 A* |  |  |  |  |  |
| *36 B* |  |  |  |  |  |
| *37 A* |  |  |  |  |  |
| *37 B* |  |  |  |  |  |
| *38 A* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *38*  *B* |  |  |  |  |  |
| *40*  *A* |  |  |  |  |  |
| *40*  *B* |  |  |  |  |  |
| *41*  *A* |  |  |  |  |  |
| *41 B* |  |  |  |  |  |
| *42 A* |  |  |  |  |  |
| *42B* |  |  |  |  |  |
| *43 A* |  |  |  |  |  |
| *43 B* |  |  |  |  |  |
| *44 A* |  |  |  |  |  |
| *44 B* |  |  |  |  |  |
| *45 A* |  |  |  |  |  |
| *45 B* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *46*  *A* |  |  |  |  |  |
| *46*  *B* |  |  |  |  |  |
| *47*  *A* |  |  |  |  |  |
| *47*  *B* |  |  |  |  |  |
| *48 A* |  |  |  |  |  |
| *48 B* |  |  |  |  |  |
| *49A* |  |  |  |  |  |
| *49 B* |  |  |  |  |  |
| *50 A* |  |  |  |  |  |
| *50 B* |  |  |  |  |  |
| *51 A* |  |  |  |  |  |
| *51 B* |  |  |  |  |  |
| *52 A* |  |  |  |  |  |

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| ***#*** | ***Date*** | ***Partner*** | ***Demon*** | ***Ally*** | ***Notes (optional)*** |
| *52*  *B* |  |  |  |  |  |
| *53*  *A* |  |  |  |  |  |
| *53*  *B* |  |  |  |  |  |
| *54*  *A* |  |  |  |  |  |
| *54B* |  |  |  |  |  |

**Congratulations! You have completed the Prerequisites for**

**FYD Certification Level / Kapala Training Level III**

**Extended Ally Solo sessions**

* 10 needed for FYD Certification Level or Kapala Training Level III
* You can do them with or without the Journey.

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| ***#*** | ***Date*** | ***Ally*** | ***Journey*** | ***Notes*** |
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**Extended Ally Partner sessions**

* 10 needed for FYD Certification Level or Kapala Training Level III
* You can do them with or without the Journey.

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| ***#*** | ***Date*** | ***Partner*** | ***Ally*** | ***Notes*** |
| *1*  *A* |  |  |  |  |
| *1*  *B* |  |  |  |  |
| *2*  *A* |  |  |  |  |
| *2*  *B* |  |  |  |  |
| *3*  *A* |  |  |  |  |
| *3*  *B* |  |  |  |  |
| *4*  *A* |  |  |  |  |
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| *5*  *A* |  |  |  |  |
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| ***#*** | ***Date*** | ***Partner*** | ***Ally*** | ***Notes*** |
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| *8*  *A* |  |  |  |  |
| *8*  *B* |  |  |  |  |
| *9*  *A* |  |  |  |  |
| *9*  *B* |  |  |  |  |
| *10*  *A* |  |  |  |  |
| *10*  *B* |  |  |  |  |



**January 2021**