

Feeding Your Demons: Demon Tracking Form

Name:

Demon #:

Demon Name:

Date:

Partner or Solo:

Type of Demon:

Begin with Relaxation Breaths and Motivation

Step 1: Find the Demon in Your Body

Where is it held in your body?

- sensation:
- color:
- texture/shape:
- temperature:

Step 2: Personify the Demon and Ask It What It Needs

What does it look like?

- color
- skin surface
- gender, if it has one
- size
- its emotional state
- the look in its eyes
- something about the demon you didn't see before

Step 3: Become the Demon

How does it feel to be in the demon's body?

What I want is...

What I need is...

When my need is met I will feel...

Step 4: Feed the Demon and Meet the Ally

4a. Feeding the Demon

What is the nectar like?

The nectar of:

What happens to the demon as you feed it?

How does it look when it is completely satisfied?

4b. Meeting the ally:

If there was a figure at the end of feeding the demon what did it look like?

Was it the ally?

If there was no remaining figure that was the ally what did the invited ally look like?

How do you feel when you become the ally?

I will help you by ...

I will protect you by ...

My pledge to you is ...

You can gain access to me by ...

Step 5: Rest In Awareness

What was your experience when receiving the energy of the ally?

What was your experience of dissolving into emptiness?

After-thoughts, associations and realizations:

Tara Mandala | PO Box 3040 | Pagosa Springs, CO 81147 | 970-731-3711 | info@taramandala.org

Feeding Your Demons is a process created and developed by Lama Tsultrim Allione. Please do not teach this method to others without express written permission from Lama Tsultrim Allione and Tara Mandala.

July 10, 2010