

Solo Abbreviated 5 Steps of Feeding Your Demons®

Nine Relaxation Breaths

Close your eyes and keep them closed as much as possible until the end of the process. You will be taking nine deep relaxation breaths.

For the first three breaths, breathe into any physical tension you are holding in your body; then, hooking that tension with the breath, release it with the out breath.

For the second three breaths, breathe into any emotional tension you are holding, notice where you are holding emotional tension in your body, then hooking that tension with the breath, release it with the out breath.

For the last three breaths, breathe into any mental tension or worries you are holding, notice where you are holding mental tension in your body, then hooking that tension with the breath, release it with the out breath.

Generating the Motivation

Generate a heartfelt motivation to practice for the benefit of yourself and all beings.

The Five Steps

Step 1: Find the Demon in Your Body

Decide which demon or god you want to work with. (In this text we use the word “demon” so make sure to exchange the word “demon” for “god” if you are working with a god).

Thinking about the demon you have chosen to work with, perhaps remembering a particular time or incident when it came up strongly, scan your body and locate where you are holding this demon most strongly in your body.

Notice the following:

- Where is the demon held in your body?
- What is its shape?
- What is its color?
- What is its texture?
- What is its temperature?

Now intensify this sensation.

Step 2: Personify the Demon

Now allow this sensation, color, texture, and temperature to move out of your body and become personified in front of you as a being with limbs, a face, eyes, and so on. (If an inanimate object appears imagine what it *would* look like if it *were* personified as some kind of animate being).

Notice the following about the demon:

- Size
- Color
- Surface of its body
- Density

- Gender, if it has one
- Its character
- Its emotional state
- The look in its eyes
- Something about the demon you did not see before

Now ask the demon the following questions:

What do you want?

What do you really need?

How will you feel when you get what you really need?

Switch places, keeping your eyes closed as much as possible.

Step 3: Become the Demon

Take a moment to settle into the demon's body and feel what it's like to be the demon.

Notice how it feels to be in the demon's body.

Notice how your normal self looks from the demon's point of view.

Answer the questions, speaking as the demon:

What I want is....

What I really need is....

When I get what I really need, I will feel... (Take note of this answer)

Now return to your original seat.

Step 4: Feed the Demon and Meet the Ally

4a: Feed the Demon

Take a moment to settle back into your own body. See the demon opposite you.

Then dissolve your body into nectar (or, if you are working with a demon that causes you to dissociate, instead imagine you are generating an infinite amount of nectar from your body). The nectar has the quality of the *feeling* that the demon would have when it gets what it really needs (i.e. the answer to the third question).

Notice the color of the nectar.

Feed the demon this nectar and notice how the demon takes it in.

Feed the demon to complete satisfaction. This can take some time. If the demon seems insatiable, imagine how it would look if it were completely satisfied.

4b: Meet the Ally

Notice if there is a being present after the demon is completely satisfied. If there is a being present in place of the demon, ask this being if it is the ally. If it is not, invite an ally to appear. Likewise, if there is no being present after feeding the demon to complete satisfaction, then invite an ally to appear.

When you see the ally, notice all the details of the ally:

- Size
- Color
- Surface of its body

- Density
- Gender, if it has one
- Its character
- Its emotional state
- The look in its eyes
- Something about the ally you didn't see before

When you really feel connected with the energy of the ally, ask these questions:

How will you help me?
How will you protect me?
What pledge do you make to me?
How can I access you?

Change places and become the ally. Take a moment to settle into the ally's body. Notice how it feels to be in the ally's body. Notice how your normal self looks from the ally's point of view.

When you are ready, answer the questions, speaking as the ally:

I will help you by...
I will protect you by...
I pledge I will...
You can access me by...

Return to your original seat.

Take a moment to settle back into your own body and see the ally opposite you. See the ally in front of you, look into its eyes, and feel its energy pouring into your body.

As you feel the energy of the ally coming into your body, it spreads all the way down to the soles of your feet, to your fingertips and throughout your whole body.

Now imagine that the ally dissolves into light. Notice the color of this light. Feel this light dissolving into you, integrating this luminosity into every cell of your body. Take note of the feeling of the integrated energy of the ally in your body.

Now you, with the integrated energy of the ally, dissolve.

Step 5: Rest in Awareness

Rest in the state that is present after the dissolution, just rest.

Pause until discursive thoughts begin again. Now gradually come back to your body recalling the feeling of the energy of the ally in your body.

Now as you open your eyes maintain the feeling of the energy of the ally in your body.

Feeding Your Demons® is a process created and developed by Lama Tsultrim Allione. © Tara Mandala

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