

# Guidelines for Feeding Your Demons® with a Partner

To provide a safe and supportive container for our partner work we ask that everyone be aware of the following guidelines:

- The role of the guide is to witness and hold an empathetic nurturing space for your partner. It is not to give advice or be a therapist.
- Stick to the “Abbreviated Version of the Five Steps of Feeding Your Demons® for Partner Work,” don’t change the wording, give advice during the process, or ask additional questions.
- Guide your partner based on the “Abbreviated Version of the Five Steps of Feeding Your Demons® for Partner Work” *not* from the “Tracking Form” because it doesn’t have all the necessary instructions and may cause confusion.
- Only fill out the “Tracking Form” *if* you feel comfortable writing while leading with “Abbreviated Version of the Five Steps of Feeding Your Demons® for Partner Work” and your partner requests it.
- Confidentiality – don’t discuss anything about the process, the content, or your partner after the practice session has ended.
- Do not bring up your partner’s process with them afterwards, even as a joke, unless your partner brings it up and wants to talk about it.
- In general when being a witness, keep your eyes open and on the person you are guiding the whole time. Follow attentively where they are in the process and adjust your questions to the information already given by your partner if necessary (i.e. If they’ve already said that it’s a little girl, you can omit the question about the gender).
- Make sure you know whether your partner is working with a god or a demon before you start so that you know which word to use when referring to it. In the “Abbreviated Version of the Five Steps of Feeding Your Demons® for Partner Work” we use the word “demon,” so make sure you replace it if your partner is working with a “god.”
- Remember that they should not be talking to you at any point in the process; they are either saying what they’re noticing or talking directly to their demon or ally. Also avoid phrasing that emphasizes your personal presence, i.e. instead of “*Can you tell me what you see?*” opt for “*What do you see?*”

## Specific Guidelines for the Five Steps

### Preparation

If your partner is working with a demon in a relationship, remind them that the demon is the feeling they have about the relationship, not the other person. If they are working with a demon dream figure, they would work not with the dream figure but with the feeling that arises in relation to that dream figure. For example if a monster is chasing them in a dream, they work with the fear that comes up in them as the demon not the monster.

### Step 1: Find the Demon

Pay strong attention to what they are saying and remember to write down the characteristics your partner describes so that you can repeat the characteristics back to them in the next step.

### Step 2: Personify the Demon

Repeat back to them significant things to remember; for example, when they are moving the energy out of their body, repeat the shape, color, and texture of the energy. Remember to use their exact

words if you are repeating back to them something they have said. Do not interpret their words or substitute your own words that you think are more or less the same.

### **What if they are having a hard time personifying the demon/god in front of them?**

- Suggest that they make a gesture with their hands to help them feel the energy moving out of their body and into the space in front of them.
- Or you can suggest that they imagine what the feeling would look like if it were personified as a being in front of them with a face, eyes, and limbs.

### **What do you do if an inanimate object appears?**

- If they say an inanimate object appears, suggest that they imagine what it would look like if it were personified as an animate being.
- For example: If they say, "My demon is a blank wall." then you say, "If that wall was a being with a face, arms, and legs etc. what would it look like?"

### **What if the demon appears not personified, but as an inanimate being?**

You can do the same if they can't see certain things. For example:

- Partner: "It doesn't seem to have eyes." Witness: "If it did have eyes, what would they look like?"
- Or: Partner: "I can't see its face." Witness: "If you could see its face, what would it look like?"

## **Step 3: Become the Demon**

### **What if my partner struggles to become the demon/god?**

- Encourage them to feel free to make a gesture, expression or position that helps them embody the energy of the demon/god.

### **What if the answer to the third question is not a feeling?**

- The answer to the third question, "When I get what I really need, I will feel..." should be a concise description of a feeling or quality, which will be visualized in the form of nectar in step four. Therefore, if your partner says something too vague or complex at first you may want to ask further until they reach a clearly defined quality/feeling.
- Example: Partner: "I'll feel like I'm dancing around in a meadow in spring." Your partner may add: "I'll feel happy and free." In that case they'll feed the demon the nectar of happiness and freedom.
- However, if they only say the first line and don't add a feeling, you may wish to ask, "*And how will that feel?*" until they get to a quality/feeling that is specific enough and can be visualized more easily in the form of a nectar.
- If the feeling is a negative such as, "I won't feel trapped." Ask in positive language, "*How will it feel not to be trapped.*" This is important because it is hard to work with negative language when feeding the demon. The answer in this case might be, "I will feel free."

## **Step 4: Feed the Demon and Meet the Ally**

- **\*If your partner is working with an issue that makes them dissociate**, do not ask them to dissolve their body into nectar. Instead say:  
"*Imagine that you generate an infinite amount of nectar from your body that has the quality of \_\_\_\_\_.*" Fill in the blank with the answer to the third question, i.e. the feeling the demon would have when it gets what it really needs. Then proceed with Step 4.
- **If you are working with a child** do not ask them to dissolve their body into nectar. Instead say:

*“Imagine that you generate an infinite amount of nectar from your body that has the quality of \_\_\_\_\_.”* Fill in the blank with the answer to the third question, i.e. the feeling the demon would have when it gets what it really needs. Then proceed with Step 4.

### **What if the demon seems insatiable?**

- When they are feeding the demon, give them time, but if it takes a very long time you can ask, *“Is the demon completely satisfied?”* If the demon seems insatiable, or if your partner is stuck in some other way, you can help them with the question, *“How would the demon look if it were completely satisfied?”*
- Or in case your partner is not sure whether the demon is completely satisfied, you can say, *“Ask the demon if it is completely satisfied.”* Depending on the answer they get from the demon, move on to the next step or keep feeding until the demon is completely satisfied.

### **Ending the process after the demon feeding without the Ally Step.**

- If your partner wishes, you can finish the process once the demon is completely satisfied, without working with the ally. This should come from your partner, not be suggested by you. To do this, once the demon is completely satisfied, dissolve any remaining figure into light.

Then say: *“Now dissolve your own body, and rest in the state that is present after the dissolution.”* (Pause)

*“Just rest.”* (Pause). Give them time here. When it feels like your partner has really rested in openness, then say: *“Now gradually come back to your body and open your eyes.”*

### **What if my partner struggles to see the ally?**

- If your partner struggles to see the ally clearly or if it’s an inanimate object, remember you can ask, *“If you could see the ally more clearly, what would it look like?”* Or *“What would it be like if it were an animate being?”*
- **What if my partner sees an inanimate object, like a tree, as their ally?**

Ask, *“If this tree were to become a personified being, what would it look like?”* And proceed from there.

### **What if my partner struggles to become the ally?**

Encourage your partner to feel free to make a gesture, or take the posture of the ally that helps them embody the energy of the ally. Always encourage your partner to feel the energy of the ally in their body.

### **Step 5: Rest in Awareness**

Make sure to allow time here, but also be aware of your partner’s body language. If they begin to move or open their eyes, then begin to transition them back to the presence of the ally energy in their body.

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