

PARTNER WORK

Abbreviated Version of the 5 Steps of Feeding Your Demons®

Preparation

Begin by asking your partner if they know what demon or god they would like to work with. They don't need to tell you what it is unless they want to, but they need to know themselves. It can be simply a physical sensation if they can't articulate what it is. Ask if it is something that causes them to feel spacey or dissociate; if so, follow the directions in Step 4 of the "Guidelines for Feeding Your Demons® with a Partner."*

Italics indicate what you say to your partner. All other instructions are in plain text and do not need to be read aloud to your partner.

Nine Relaxation Breaths

Close your eyes and keep them closed as much as possible until the end of the process. (You may need to remind your partner of this periodically if they open their eyes).

We will begin by taking some deep relaxation breaths.

First breathe into any physical tension you are holding in your body, then hooking that tension with the breath, release it with the out breath. (Watch them take three breaths).

Now 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. (Watch them take three breaths).

Now 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. (Watch them take three breaths).

Generating the Motivation

Generate a heartfelt motivation to practice for the benefit of yourself and all beings. (Pause and generate this motivation with your partner).

The Five Steps

Step 1: Find the Demon in Your Body

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. Nod when you have located the demon in your body.

Once your partner nods, ask these questions, allowing them time to answer each one:

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

After they've answered the questions say:

Now intensify this sensation. (Pause)

Step 2: Personify the Demon

Now allow this (repeat the shape, color, texture, etc...) to move out of your body and become personified in front of you as a being with limbs, a face, eyes, and so on. Nod when you see the demon in front of you.

Once they nod, ask these questions, allowing them time to answer each one:

- *What size is it?*
- *What is its color?*
- *What is the surface of its body like?*
- *What is its density?*
- *Does it have a gender?*
- *What is its character like?*
- *What is its emotional state?*
- *What is the look in its eyes?*
- *Notice something about it that you didn't see before.*

Now ask the demon the following questions one by one after me.

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. Nod when you are in the body of the demon. (Wait for the nod).

How does it feel to be in the demon's body? (Wait for their answer).

How does your normal self look from the demon's point of view? (Wait for their answer).

Now answer the questions, speaking as the demon. I will say the beginning of each answer, then you repeat the beginning and complete the answer.

What I want is....

What I really need is....

When I get what I really need, I will feel... (Witness: 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. Nod when you are back in your own body and see the demon in front of you. (Wait for the nod).

Now dissolve your body into nectar that has the quality of _____ (This is the answer to the third question i.e. the feeling the demon would have when it gets what it really needs).

Notice the color of the nectar. (Pause)

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

An infinite supply of nectar flows to the demon and nurtures it to complete satisfaction.

Nod when the demon is completely satisfied. (Pause, this may take some time).

4b. Meet the Ally

Once the demon is completely satisfied and your partner has nodded ask:

Is there a being present now that the demon is completely satisfied?

If they say there is a being present then ask: *Are you the ally?*

If it replies that it *is* the ally, continue with the questions below.

If it replies that it *is not* the ally or if *there is no being* present after the demon has been fed to complete satisfaction, then say:

Now invite the ally to appear. Nod when you see the ally.

After they nod, ask these questions, allowing them time to answer each one:

- *What size is it?*
- *What is its color?*
- *What is the surface of its body like?*
- *What is its density?*
- *Does it have a gender?*
- *What is its character like?*
- *What is its emotional state?*
- *What is the look in its eyes?*
- *Notice something about it that you didn't see before.*

Now ask the ally these questions. Repeat the questions out loud one by one after me.

How will you help me?

How will you protect me?

What pledge do you make to me?

How can I access you?

Now switch places.

Take a moment to settle into the ally's body. Nod when you feel you are in the body of the ally. (Wait for the nod)

How does it feel to be in the ally's body? (Wait for their answer).

How does your normal self look from the ally's point of view? (Wait for their answer).

Now answer the questions, speaking as the ally. I will say the beginning of each answer, you repeat the beginning and then complete the answer.

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

Now return to your original seat.

Take a moment to settle back into your own body and to see the ally opposite you. Nod when you are back in your own body. (Wait for the nod).

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. (Pause)

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. (Pause)

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. (Pause)

Just rest. (Pause). Give them time here. When it feels like your partner has really rested in this openness, then say:

Now gradually come back to your body recalling the feeling of the energy of the ally in your body. (Pause)

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

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

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