

# Feeding Your Demons®: Extended Ally Process

## **Nine Relaxation Breaths**

Take the same breaths as when you do all five steps.

## **Generating the Motivation**

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

### **Step 1: Invoke the presence of the ally**

Call on an ally you have met in a previous process and with whom you would like to have further communication. Let the ally appear before you.

Notice again the details of the ally: its size, color, the surface of its body, its density, gender, character, emotional state, and the look in its eyes. Notice something about the ally you did not see before.

### **Step 2: Ask the ally your questions**

Ask the ally anything you are wondering about; these questions can be as broad or specific as you like.

### **Step 3: Take the seat of the ally and answer the question**

Once you have asked the question, switch places and take the seat of the ally.

Take a moment to settle into the ally's body. Notice how it feels to be in the ally's body. How does your normal self look from the ally's point of view?

After settling into the ally's body, answer the questions, speaking as the ally.

### **Step 4: Return to your original seat**

You can continue to dialogue with the ally in this way asking as many questions as you like.

When you are finished return to your original position for the final time, take a moment to feel the help and protection that the ally has offered 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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**MACHIG PUBLICATIONS**

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