

Extended Ally Tracking Form for Feeding Your Demons®

Name:

Ally:

Date:

Partner or Solo:

Step 1: Invoke the presence of the ally

Notice again the details of the ally:

- size
- color
- surface of its body
- density
- gender, if it had one
- its character
- its emotional state
- the look in its eyes
- something about it you did not see before

Step 2: Ask the ally a question

What was your question?

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

How did it feel to be in the ally's body?

How did your normal self look from the ally's point of view?

What was the reply to your question?

Step 4: Return to your original seat

You may continue to ask questions of the ally, switching places each time until the process feels complete.

Question:

Reply:

Question:

Reply:

Question:
Reply:

Repeat as many times as you like, asking questions.

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

What color was the light when the ally dissolved? How did it feel going into your body?

Step 5: Rest in Awareness

What was your experience of dissolving and resting?

How did it feel when you came back into your body with 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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