

# Feeding Your Demons - Demon Tracking Form

Name:

Date:

Demon #:

Partner or Solo:

Demon Name:

Type of Demon:

Begin with Relaxation Breaths and Motivation

1. Find the demon in your body:

Where is it held in your body?

Sensation:

Color:

Texture/Shape:

Temperature:

2. Personify the demon:

What does it look like?

Color:

Skin texture:

Gender:

Size:

The density of its body:

Its emotional State:

The look in its eyes:

Something about the demon you didn't notice before:

3. Become the demon:

How does it feel to be in the demon's body?

What I want from you is...

What I need from you is...

When my need is met I will feel...

4a. Feeding the demon: The nectar of:

What is the nectar like?

What happens to the demon as you feed it?

How does it look when it is completely satisfied?

4b. Meeting the ally:

If there was a figure at the end of feeding the demon what did it look like?

Was it the ally?

If there was no remaining figure that was the ally what did the invited ally look like?

How do you feel when you become the ally?

I will help you by...

I will protect you by...

My pledge to you is...

You can gain access to me by...

5. Rest:

What is your experience after the ally dissolves into you and you dissolve into emptiness?

After-thoughts, associations and realizations:

Dedication of Merit



PO Box 3040 | Pagosa Springs, CO 81147 | 970-731-3711 | [info@taramandala.org](mailto:info@taramandala.org)  
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*Feeding Your Demons is a process created and developed by Lama Tsultrim Allione. Please do not teach this method to others without express written permission from Lama Tsultrim Allione and Tara Mandala.*