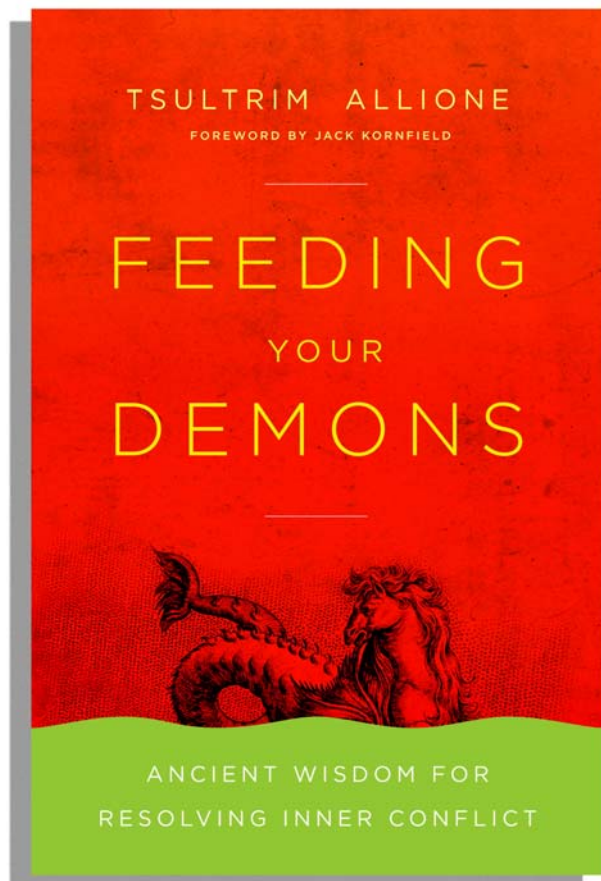


“A masterful job of translating ancient—and fascinating—methods to heal modern emotional troubles.”

—Daniel Goleman, author of *Emotional Intelligence*

# Feeding Your Demons: Weekend Retreat with Tsultrim Allione April 11 – 13, 2008



We all have our “demons”—fear, anxiety, depression, anger, addictions, and illnesses. Within the ancient teachings of Tibetan Buddhism there is a meditation for facing—and liberating—these demons which block us from awakening. The traditional Tibetan practice called Chöd (meaning “to sever”) was established by Machig Labdrön, a legendary female yogini nearly 1,000 years ago. By feeding and nurturing our inner demons, we are able to free ourselves from the battle within.

Tsultrim Allione, a highly trained Western Buddhist teacher and former Tibetan Buddhist nun, will present Machig’s revolutionary approach as a practical method to move from inner and outer struggle to non-duality. Drawing from Machig’s teachings, and based on Tsultrim’s new book, **Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict**, we will explore a five-step process to help you meet and release your own demons, transforming them into allies.

## Feeding Your Demons Retreat with Tsultrim April 11 – 13, 2008

- Friday, April 11, 7:45pm at the Exhale Spa in Venice Beach  
Register: 310.450.7676 or at the door; \$20 in advance, \$25 at the door; for more info: [www.exhalespa/venice](http://www.exhalespa/venice)
- April 12-13 at the Wright Ranch in Malibu  
Register: 970.731.3711 or [info@taramandala.org](mailto:info@taramandala.org); \$180

**The Fri Teaching is a prerequisite for Sat/Sun Teachings.**

**Tsultrim Allione** has been teaching internationally for more than thirty years in the Tibetan tradition. She is known as a profound and lucid teacher, bringing together psychological and spiritual insights. She is the founder of Tara Mandala Buddhist Retreat Center, and author of the classic book, *Women of Wisdom*. Her new book, *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*, was recently released by Little Brown and Co.

“Bringing the wisdom of Tibet straight into our daily lives, Tsultrim Allione shares the accumulated fruits of her own deep understanding, in a completely accessible way, taking the most profound insights and rendering them simply and straightforwardly without compromising them.”

—Mark Epstein, M.D., author of *Thoughts without a Thinker*



For more information about these and other retreats, please contact:  
Tara Mandala Tibetan Buddhist Retreat Center | Pagosa Springs, CO  
(970) 731-3711 | [info@taramandala.org](mailto:info@taramandala.org) | [www.taramandala.org](http://www.taramandala.org)