**Extended Ally Tracking Form for Feeding Your Demons**®

Name:       Date:

Ally:       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***

***Please do not teach this method to others without express written permission from Lama Tsultrim Allione and Tara Mandala.***



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PO Box 3040 Pagosa Springs, CO 81147

970-731-3711 info@taramandala.org © Tara Mandala