

## **Feeding Your Demons® : Extended Ally with Journey Tracking Form**

**Name:** Click or tap here to enter text.

**Ally:** Click or tap here to enter text.

**Date:** Click or tap here to enter text.

**Partner or Solo:** Click or tap here to enter text.

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

Notice again the details of the ally:

- size: Click or tap here to enter text.
- color: Click or tap here to enter text.
- surface of its body: Click or tap here to enter text.
- density: Click or tap here to enter text
- smell, if it had one: Click or tap here to enter text.
- sounds, if it made any: Click or tap here to enter text.
- gender, if it had one: Click or tap here to enter text.
- the look in its eyes: Click or tap here to enter text.
- its emotional state: Click or tap here to enter text.
- its character: Click or tap here to enter text.
- something about it you did not see before: Click or tap here to enter text.

Notice the environment the ally is in:

- Kind of place: Click or tap here to enter text.
- Feeling: Click or tap here to enter text.
- Place you've been?: Click or tap here to enter text.
- On earth/another dimension: Click or tap here to enter text.
- Time period: Click or tap here to enter text.
- Country: Click or tap here to enter text.
- Smells: Click or tap here to enter text.
- Sounds: Click or tap here to enter text.

### **Step 2: The ally takes you on a journey**

Notice what the path is like and how it changes as you proceed. Do you notice any smells or sounds? What is the feeling in the environment? Click or tap here to enter text.

Notice the special place:

- Where it is: Click or tap here to enter text.

- Qualities of the place: Click or tap here to enter text.
- Time of day: Click or tap here to enter text.
- Temperature: Click or tap here to enter text.
- Smells: Click or tap here to enter text.
- Era: Click or tap here to enter text.
- Feeling: Click or tap here to enter text.
- Remind you of anywhere you've been before: Click or tap here to enter text.

Why has the ally brought you here and what does this place mean to you? Click or tap here to enter text.

**Step 3: Ask the ally your question(s):**

Question 1: Click or tap here to enter text.

Question 2: Click or tap here to enter text.

Question 3: Click or tap here to enter text.

**Step 4: Take the seat of the ally and answer the question(s):**

How did it feel to be in the ally's body? Click or tap here to enter text.

How did your normal self look from the ally's point of view? Click or tap here to enter text.

What was the reply to your question(s)?

Answer 1: Click or tap here to enter text.

Answer 2: Click or tap here to enter text.

Answer 3: Click or tap here to enter text.

Was there a follow-up question and answer? Click or tap here to enter text.

Question: Click or tap here to enter text.

Answer: Click or tap here to enter text.

**Step 5: Return to your original seat**

Notice the details of the ally's gift Click or tap here to enter text.

What is the meaning of the gift? Click or tap here to enter text.

What is the feeling of the gift inside you? Click or tap here to enter text.

What was your experience when receiving the energy of the ally? Click or tap here to enter text.

What color was the light when the ally dissolved? Click or tap here to enter text.

What is the feeling of the integrated energy of the ally in your body?

**Step 6: 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?

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