**Feeding Your Demons: Demon Tracking Form**

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

Demon #: Click or tap here to enter text. Partner or Solo: Click or tap here to enter text.

Demon Name: Click or tap here to enter text. Type of Demon: Click or tap here to enter text.

**Step 1: Find the Demon in Your Body**

Where was it held in your body? Click or tap here to enter text.

* shape Click or tap here to enter text.
* color Click or tap here to enter text.
* texture Click or tap here to enter text.
* temperature Click or tap here to enter text.

**Step 2: Personify the Demon**

What did the demon look like? Click or tap here to enter text.

* 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.
* gender, if it has one Click or tap here to enter text.
* its character Click or tap here to enter text.
* its emotional state Click or tap here to enter text.
* the look in its eyes Click or tap here to enter text.
* something about it you did not see before Click or tap here to enter text.

**Step 3: Become the Demon**

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

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

What were the answers to:

 *What I want is…* Click or tap here to enter text.

 *What I really need is…* Click or tap here to enter text.

 *When I get what I really need, I will feel…* Click or tap here to enter text.

**Step 4: Feed the Demon and Meet the Ally**

**4a. Feed the Demon**

The nectar had the quality of… Click or tap here to enter text.

 What color was the nectar? Click or tap here to enter text.

 What happened to the demon as you fed it? Click or tap here to enter text.

 How did it look when it was completely satisfied? Click or tap here to enter text.

**4b. Meet the Ally**

 Was there a being present when the demon was completely satisfied? Click or tap here to enter text.

 If so, was it the ally? Click or tap here to enter text.

What did the ally look like? Click or tap here to enter text.

* 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.
* gender, if it has one Click or tap here to enter text.
* its character Click or tap here to enter text.
* its emotional state Click or tap here to enter text.
* the look in its eyes Click or tap here to enter text.
* something about it you did not see before Click or tap here to enter text.

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 were the answers to:

*I will help you by…* Click or tap here to enter text.

*I will protect you by…* Click or tap here to enter text.

*I pledge I will…* Click or tap here to enter text.

*You can access me by…* 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.

How did it feel going into your body? Click or tap here to enter text.

**Step 5: Rest in Awareness**

 What was your experience of dissolving and then resting? Click or tap here to enter text.

How did it feel when you came back into your body with the energy of the ally in your body? Click or tap here to enter text.

***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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