

## Feeding Your Demons: Demon Tracking Form

Name:

Date:

Demon #:

Partner or Solo:

Demon Name:

Type of Demon:

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

Where was it held in your body?

- shape
- color
- texture
- temperature

### Step 2: Personify the Demon

What did the demon look like?

- size
- color
- surface of its body
- density
- gender, if it has one
- its character
- its emotional state
- the look in its eyes
- something about it you did not see before

### Step 3: Become the Demon

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

How did your normal self look from the demon's point of view?

What were the answers to:

*What I want is...*

*What I really need is...*

*When I get what I really need, I will feel...*

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

#### 4a. Feed the Demon

The nectar had the quality of...

What color was the nectar?

What happened to the demon as you fed it?

How did it look when it was completely satisfied?

#### 4b. Meet the Ally

Was there a being present when the demon was completely satisfied?

If so, was it the ally?



Therapy for Inner Well-Being  
and Interpersonal Success

What did the ally look like?

- size
- color
- surface of its body
- density
- gender, if it has one
- its character
- its emotional state
- the look in its eyes
- something about it you did not see before

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 were the answers to:

*I will help you by...*

*I will protect you by...*

*I pledge I will...*

*You can gain access to me by...*

What was your experience when receiving the energy of the ally?

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 then 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  
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