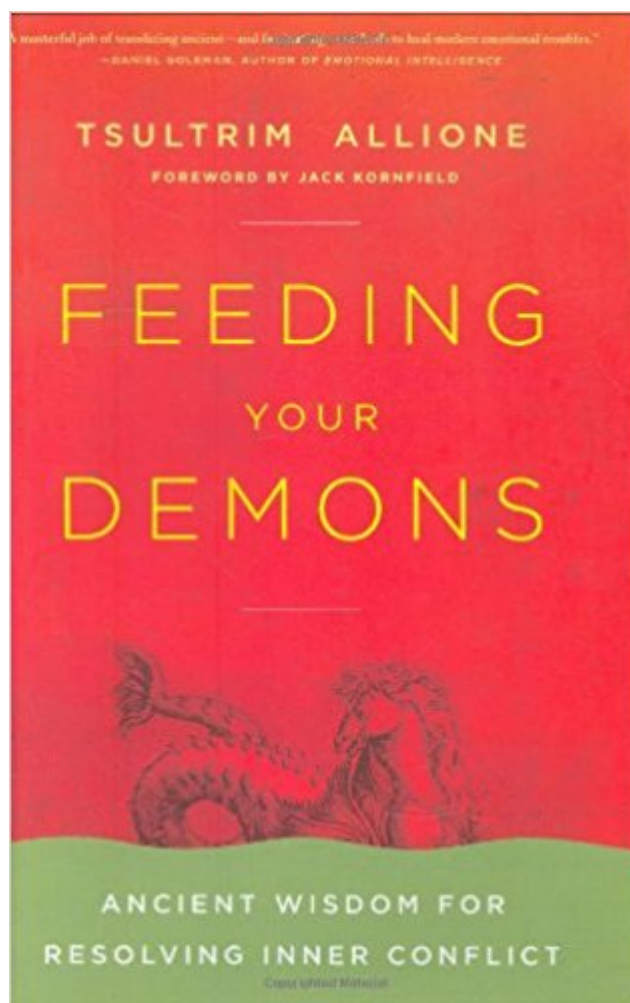


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# Feeding Your Demons: Ancient Wisdom For Resolving Inner Conflict



## Synopsis

Tsultrim Allione brings an eleventh-century Tibetan woman's practice to the West for the first time with **FEEDING YOUR DEMONS**, an accessible and effective approach for dealing with negative emotions, fears, illness, and self-defeating patterns. Allione—one of only a few female Buddhist leaders in this country and comparable in American religious life to Pema Chodron—bridges this ancient Eastern practice with today's Western psyche. She explains that if we fight our demons, they only grow stronger. But if we feed them, nurture them, we can free ourselves from the battle. Through the clearly articulated practice outlined in **FEEDING YOUR DEMONS**, we can learn to overcome any obstacle and achieve freedom and inner peace.

## Book Information

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## Customer Reviews

"Tsultrim Allione has performed a remarkable feat of cultural translation and offered the western world a new treasure. With exquisite detail and accuracy she shows us how we can transform the energy of addiction, shame, illness, anxiety, fear, and anger into the energy of liberation." -- from the forward by Jack Kornfield, author of *A Path with Heart*

"In *Feeding Your Demons* Tsultrim Allione offers us a powerful and transformative practice...one that can heal the deepest wounds and reveal profound spiritual truths. What is so striking is how, through her own tremendous clarity and heart, Allione brings this practice alive and renders it truly accessible. This book will serve all those who want to untangle the tangles with wisdom and love."—Tara Brach, author of *Radical Acceptance*

"Tsultrim Allione shows us what life could look like if we were not struggling, not hating

ourselves for our problems and frailties, but rather were relating to these challenges with awareness and compassion. She illuminates a clear and practical guide to transformation, based on her many years of exceptional meditation training."-Sharon Salzberg, author of *Lovingkindness: The Revolutionary Art of Happiness*"Feeding Your Demons is a bold, beautiful, and original work, a book that Carl Jung could only have dreamed of writing. Bringing the wisdom of Tibet straight into our daily lives, Tsultrim Allione shares the accumulated fruits of her own deep understanding. She does this in a completely accessible way, taking the most profound insights and rendering them simply and straightforwardly without compromising them. This is an extraordinary accomplishment, a gift to all who read it."-Mark Epstein, M.D., author of *Thoughts without a Thinker* and *Psychotherapy without the Self*"Feeding Your Demons offers an original and powerful approach to challenging the forces at work in the shadows of our psyche. Tsultrim Allione has done a masterful job of translating ancient-and fascinating-methods to heal modern emotional troubles."-Daniel Goleman, author of *Emotional Intelligence*

Tsultrim Allione was one of the first Western women to be ordained as a Tibetan Buddhist nun. She is considered an authority in the world of American religious life, recognized as an emanation of Machig Labdrön by the resident Lama at Zangri Khangmar, and chapters have been written about her in several books. Allione is the founder and director of Tara Mandala, a retreat center in Colorado and the author of the classic *Women of Wisdom*.

This book presents a fascinating approach for dealing with the things in your life that make you feel like you have no control. This unique approach comes from a rare Buddhist practice and teaches you how to reduce the power of your demons by embracing them or literally feeding them. It spooks me slightly at how well it works. I don't yet know whether the demon(s) ever leave or if we simply learn how to listen to them when they are telling us about something we need or need to know. I didn't give it five stars only because I simply could not follow all of the instructions. I may have become overloaded. Perhaps that is my rating for myself. Sometimes I felt as if the author was wandering, but I will re-read the book again soon. I'll return to the process when I have fully absorbed what I learned in the first round. The premise of the book, although alien to our culture, provides a very effective approach for dealing with your "demons" when you actually follow the instructions and honor your own discoveries.

Love this book. The healing exercise really works for me. I use feeding your demons along side

other healing exercises, as I have found it wise to have more than one healing method in your back pocket to carry around with you where ever you go. I like how the author starts out by telling the story of how she discovered the exercise and when it started to work for her, giving examples along the way. The author then takes you step by step how to do the exercise and has you ask yourself questions to help you along. She then goes on to describe some of the most common demons. This is just a wonderful book. I am thrilled that I got this book in hardcover so can last for years to come.

Great book. I practised her technique and I did notice the difference in feeling and energetically. Identifying fears helps target and get rid of them. This meditative Buddhist technique worked great for me.

This book on the practice of ChÃ¶d is a good one for an uninitiated student of Tibetan Buddhism. It will be helpful to understand the practice of meditation and to have a basic education in the three turnings of the wheel of dharma. As with all disciplines, the more invested and educated the practitioner can become, the greater the rewards. The story of Tsultrim Allione's life and her research into female Buddhists is inspiring. As Buddhist practice is established through lineage, her work has deep significance for women interested in developing a spiritual connection to their wise mother ancestors.

This book was suggested by a friend who attended a seminar on the subject. The book is an excellent presentation for those who have difficulty addressing powerful distractions in their personal lives that interfere with the quality of their day to day living. The exercises become a tool that leads one through the steps that addresses life long unsolved conflicts. Because of the book I will attend a weeklong seminar on developing the skills of Feeding Your Demons at Taramandala in Colorado.

This book is excellent. Clearly written, practical, and detailed instruction. Feeding my demons has resulted in more freedom from conditioning than I would have thought possible. Highly recommend it.

This book offers a profound approach to resolving that with which we struggle inside (and outside too). I have been working with this process--so clearly explained by the author--and have found it to be extremely effective. The premise is simple: anything you fight and/or banish to your shadow will just find ways to haunt you even more, so why not find a way to provide it with the attention and

compassion it really needs. This process has helped me to resolve and transform some deep-seated fears and issues. If peace begins within, this book goes a long way towards helping change what is frustrating in the world. I give it my highest recommendation.

I feel as if I have found the long searched-for wisdom that could heal the world. Imagine that, instead of spending so much psychic and physical energy trying to "win" or "defeat" a problem in your life, you could embrace the issue and simultaneously resolve the conflict while gaining the very power that it wielded over you for so long. If we could see and relate to our demons as the friends that they really are, then we can do so with issues between ourselves and the world as well. This book, and the philosophy it proscribes, while originated by a Buddhist nun, transcends all theologies. The approach is not a quick-fix, but practicing it leaves one feeling energized and light.

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