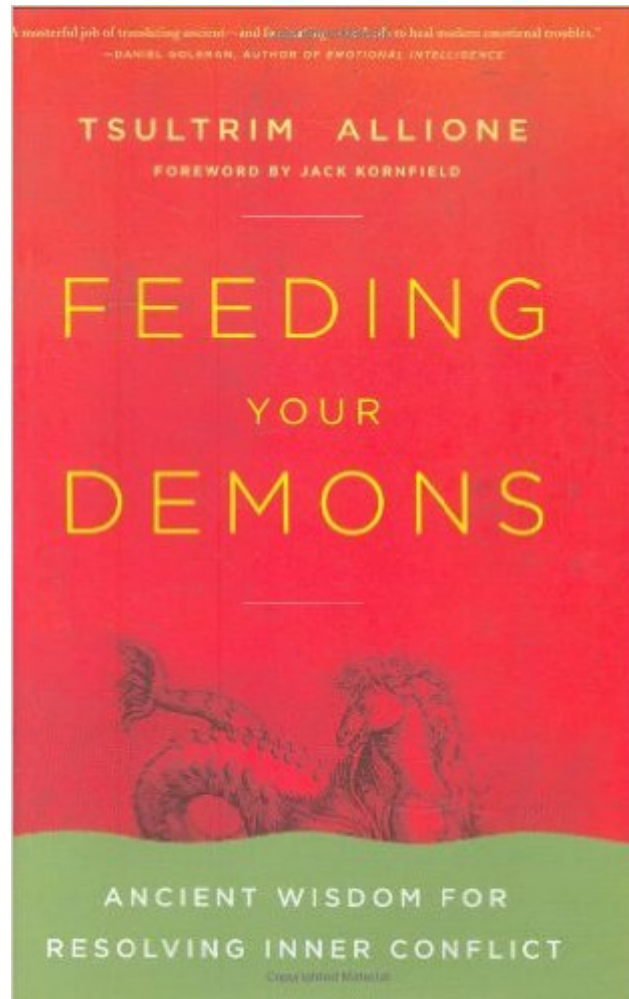


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# Feeding Your Demons: Ancient Wisdom For Resolving Inner Conflict



## 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

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.

Reviewed by Vicky Burkholder on 07/08/2008 Tsultrim Allione was one of the first Western women to

be ordained as a Tibetan Buddhist nun. In this book, she presents an eleventh-century woman's wisdom to non-Buddhists in simple, easy to understand language that anyone can follow. According to Tsultrim, we can all overcome whatever demons are causing chaos in our lives, whether they be weight, illness, anger, or whatever. By following her five steps, we can supposedly overcome these problems. In the first part of the book, we are given an overview of Tultrim's life - her journeys into spiritualism, her marriages and divorces, her children, her tragedies and her triumphs. It is an interesting biography, if somewhat brief. But this book isn't supposed to be a biography - and it's not completely. The next section delineates the five-step program to overcoming whatever ails you. It is clearly written and easily understood. The third part of the book deals with specific types of demons. Each demon - illness, fear, addiction, abuse, etc. - comes with case studies allowing you to read about people who faced these problems and overcame them. Each one is different, and interesting to read. The last section of the book gives you information on how to deepen your work. In the grand publishing segment that encompasses self-help books, this is one of the more interesting ones I've read. It is brief, to the point, easy to understand, easy to follow and deals with problems that plague almost all of us. Does it work? I'll have to get back to you on that. But I can't see where there's any harm in trying. If nothing else, you've spent some time meditating and that's always a good thing. If you're into spiritualism, Buddhism, or any of the mediating practices, definitely pick this one up. If you're just into reading about obscure spiritual readers, this would be a good buy.

#### 4.5 Books

I found this book to be incredibly powerful and transformative. A captivating and smooth read with a great message. The technique outlined in the book is simple yet profound, and was really effective for me. I highly recommend this book to anyone interested in shedding old patterns and becoming happier in general (and who isn't!).

In "Feeding Your Demons" Lama Tsultrim Allione presents a brilliant practice that encourages relaxation of inner or outer conflict. Other reviewers have noted how the practice brings what is in the shadow to light and compassionately provides what is needed. What they haven't highlighted is that the practice also evokes a state of physical, psychological, and spiritual relaxation and that these moments of relaxation are an ideal doorway to use to enter into the practices of your own tradition. Because the Feeding Your Demons practice is not doctrinal, it can be effectively used by anyone to release tensions, creating fruitful ground for prayer, meditation, or self-inquiry. "Cutting Through Fear" presents an earlier version of the process that Lama Tsultrim has continued to refine in "Feeding Your Demons." In contrast to the earlier cd, in her recent book Lama Tsultrim has

distilled the ancient practice into its essence, removing its Tibetan imagery. The benefit of discarding the Tibetan wrappings, though some will miss them, is that the golden essence of the practice is now easily understood by Westerners. In addition, Lama Tsultrim has added something that she did not include in "Cutting Through Fear," the empowering step of allowing or asking for an ally to emerge. In sum, in its new Western clothing "Feeding Your Demons" offers a practice that anyone can use in the service of wholeness and holiness.

This is indeed a well written book, with a clear and simple method for addressing one's demons. The method is quite effective. My one problem with the book, and it is a major one, is the author's lack of credit to the Western authorities from whom she borrowed. First, there is lack of credit to Carl Jung for the author's borrowing of his "Active Imagination" techniques. Second, no references at all to Fritz Perls' "Empty Chair" techniques used in this book. Third, the author made no acknowledgement of her use of Genograms ( called Demon mapping by the author ) when a pioneer of the use of Genograms to map family legacies is Monica McGoldrick who is alive and well, and still practicing in New Jersey. Fourth, the author references western scientific research on Mind/Body medicine but if you rely on the author's bibliography it does not exist. The author points only to Buddhist traditions for further study. There are western methods just as effective and more flexible than the process suggested in this book. For those interested in exploring a western oriented method I suggest "The Inner Guide Meditation" by Edwin Steinbrecher

Lama Tsultrim Allione has masterfully adapted the ancient Tibetan practice of chod and its powerful gift of transformation so simply and directly that it will serve those who might be drawn to the book's evocative title, while also providing support and a fresh approach to long time spiritual practitioners. Simple, concise and carefully honed through Tsultrim's own many years of practice, this book and the practice which it transmits is a liberating gift for all those whose lives are devoted to freedom. Blessings and Gratitude...

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