

*Foreword by*  
**JACK KORNFIELD**

# *Feeding your Demons*

*Ancient Wisdom  
for Resolving Inner Conflict*



*Tsultrim Allione*

# Feeding Your Demons Ancient Wisdom For Resolving Inner Conflict

**Nityda Gessel**



## **Feeding Your Demons Ancient Wisdom For Resolving Inner Conflict:**

**Feeding Your Demons** Tsultrim Allione, 2009-02-11 Struggling with depression anxiety illness an eating disorder a difficult relationship fear self hatred addiction or anger Renowned Buddhist leader Tsultrim Allione explains that the harder we fight our demons the stronger they become If we want to liberate ourselves from the fight once and for all we must reverse our approach and nurture our demons This powerful five step practice forms a strategy for transforming negative emotions relationships fears illnesses and self defeating patterns This will help you cope with the inner enemies that undermine your best intentions By recognising your demons giving them form and feeding them you can free yourself from the battle Enriched with detailed examples to show how others have transformed their demons Feeding Your Demons will give you remarkable new insight into the forces that threaten to defeat you along with the tools to achieve inner peace

*Feeding Your Demons* Tsultrim Allione, 2014-05-21 Outlines an accessible five step program for treating an array of conditions related to negative emotions in a guide that combines Buddhist philosophies with Western techniques to address such issues as weight gain depression and addiction **Feeding Your Demons** Tsultrim Allione, 2024-09-24 With exquisite detail shows us how we can transform the energy of addiction shame illness anxiety fear and anger into the energy of liberation Jack Kornfield author of *A Path with Heart* Are you wrestling with your demons Struggling with depression anxiety illness an eating disorder a difficult relationship fear self hatred addiction or anger Renowned American Buddhist leader Tsultrim Allione explains that the harder we fight our demons the stronger they become If we want to liberate ourselves from the fight once and for all we must learn to nurture our demons In *Feeding Your Demons* Allione adapts the revolutionary wisdom of Tibet's greatest female spiritual master for the first time providing a powerful method for coping with our inner enemies Based on a simple yet effective five step practice *Feeding Your Demons* outlines a strategy for transforming negative emotions and self defeating patterns By recognizing your demons giving them form and then feeding them you can free yourself from the battle And the paradigm shift from fighting to feeding demons can apply not only to your personal challenges but also to the challenges of the world at large Enriched with detailed examples *Feeding Your Demons* will give you remarkable new insight into the forces that threaten to defeat you along with the tools to achieve inner peace A powerful and transformative practice one that can heal the deepest wounds and reveal profound spiritual truths 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 Sharon Salzberg author of *Lovingkindness The Revolutionary Art of Happiness* **Wisdom Rising** Lama Tsultrim Allione, 2018-05-01 Through her own story of loss and spiritual seeking paired with mandala meditations and rituals bestselling author of *Feeding Your Demons* Lama Tsultrim Allione teaches you how to embody the enlightened fierce power of the sacred feminine the tantric dakinis Ordained as one of the first Western Buddhist nuns and recognized as a reincarnation of a renowned eleventh

century Tibetan yogini Lama Tsultrim nonetheless yearned to become a mother ultimately renouncing her vows so she could marry and have children When she subsequently lost a child to AIDS she found courage again in female Buddhist role models and discovered a way to transform her pain into a path forward Through Lama Tsultrim's story of loss and spiritual seeking paired with her many years of expertise in mandala meditation you will learn how to strengthen yourself by following this experiential journey to Tantric Buddhist practice The mandala was developed as a tool for spiritual transformation and as you harness its power it can serve as a guide to wholeness With knowledge of the mandala of the five dakinis female Buddhist deities who embody wisdom you'll understand how to embrace the distinct energies of your own nature In *Wisdom Rising* Lama Tsultrim shares from a deep trove of personal experiences as well as decades of sacred knowledge to invite you to explore an ancient yet accessible path to the ability to shift your emotional challenges into empowerment Her unique perspective on female strength and enlightenment will guide you as you restore your inner spirit leading you toward the change you aspire to create in the world

*Feeling Wisdom* Rob Preece, 2015-01-13 A psychologist and longtime practitioner of Tibetan Buddhism shows how emotions relate to spiritual practice that our feeling life is truly at the heart of our awakening The realm of emotion is one of those areas where Buddhism and Western psychology are often thought to be at odds Are emotions to be valued examined worked with as signs leading us to deeper self knowledge Or are they something to be ignored and avoided as soon as we recognize them Rob Preece feels that neither of those extremes is correct He charts a path through the emotions as they relate to Buddhist practice showing that though emotions are indeed skandhas elements that make up the illusory self according to the Buddhist teaching there is a good deal to be learned from these skandhas and paying attention to their content contributes not only to psychological health but to deep insight into the nature of reality He draws on his own experiences with emotions and meditation through both his training in Tibetan Buddhism and psychotherapy to show how working with emotions can be a complement to meditation practice

*Inner Spark* Kristin Vikjord, 2020-09-17 *Inner Spark* is a book that will help you move through difficult times and remind you of your own greatness Deepak Chopra Kristin Vikjord presents a practical toolkit of exercises to help find regain and nurture your inner spark Drawing on her experiences as a Clinical Psychologist and yoga and mindfulness facilitator Kristin combines these complementary integrative therapies for a book that has the scientific mind of a psychologist and the heart and soul of yoga teacher In *Inner Spark* Kristin offers practical activities and explains how pathways in the brain work showing how and crucially why it's important for anyone navigating a difficult time physically or mentally to have a toolkit for reconnection Kristin Vikjord has effectively harnessed the long Scandinavian winters to stoke her own inner spark and created this guide that will help readers embrace the challenges of modern life from burnout to navigating new parenthood Where psychological insight meets day to day wellbeing Stylist

***The Recognition Sutras*** Christopher D Wallis, 2017-10-06 One thousand years ago in the valley of Kashmir a great Tantric master named Kshemaraja wrote his masterpiece the

Pratyabhijnahrdayam which means The Essence of the Recognition Philosophy This text was a concise primer written to introduce spiritual seekers to the Recognition philosophy in less formally philosophical more approachable language What Kshemaraja created turned out to be one of the world s great spiritual masterpieces breathtaking in its brevity but stunning in its power It came to be considered equivalent to scripture itself by later generations because of its undeniable inspiration This book expounds the subtleties of this spiritual and philosophical classic One of the most powerful and revelatory spiritual masterpieces of world history the Pratyabhijnahrdayam is one of the primary sources for the study and practice of nondual Tantrik Yoga and it has never been accurately translated or fully explained until now     Embodying Tara Chandra Easton,2023-12-12 Realize the power of Tara the Buddhist goddess of compassion within yourself in this modern guide to her 21 forms Explore down to earth meditations and stories of real women who embody Tara s qualities Tara the Buddhist goddess of compassion can manifest within all of us In this illustrated introduction to Tara s twenty one forms respected female Buddhist teacher and practitioner Dorje Lop n Chandra Easton shows you how to invite Tara s awakened energy to come alive in yourself through insight into core Buddhist concepts and teachings meditations mantra recitations and journal exercises The relatable stories from Buddhist history and the author s personal reflections will give you the tools to live a more compassionate life befriend your fears and overcome everyday challenges Find out how important women and movements in modern history have achieved this through their own embodiment of Tara s enlightened activities The stories of Jane Goodall Nawal El Saadawi Oprah Winfrey Vandana Shiva Black Lives Matter Me Too and others will inspire you to bring these aspects of Tara into the world in creative and socially conscious ways for the benefit of all     *The Inner Marriage* Elliott Saxby,2022-11-08 How to integrate and evolve your inner masculine and feminine Explains polarity work as a tool to heal trauma become less judgmental and develop a more integrated relationship with ourselves and others Explores 44 common traits of mature and immature masculine and feminine expressions explaining how to evolve unhealthy expressions into healthy ones Offers simple yet profound methods for evolving your inner masculine and feminine as well as healing the shadow Polarity work allows us to balance evolve and integrate the masculine and feminine energies within our personality to create an inner union that supports the release and transformation of trauma on the cellular and soul level It is a holistic practice that leads to the embodiment of both what we choose and who we really are Fusing ancient Vedic knowledge and Western psychology with Tantric and Taoist wisdom Elliott Saxby offers simple yet profound methods for evolving our inner masculine and feminine as well as healing the shadow side of these expressions The Inner Marriage explores sexuality and desire through polarity work and the need to realign our physical mental and emotional bodies to generate power through our sexuality Using the polarity framework in relation to universal laws this practical guide off ers maps and exercises that invite us to evolve harmonize and integrate opposing energies An invaluable tool in integrative and non dual therapy and the development of emotional intelligence     **The Stress Prescription** Elissa Epel, PhD,2022-12-27 A

preeminent expert sheds light on how to handle the daily hassles of life It s not just a manual for managing stress it s a toolkit for preventing it Adam Grant 1 New York Times bestselling author of Think Again From world renowned psychologist and New York Times bestselling author Dr Elissa Epel a simple yet powerful plan to turn your stress into your strength in just seven days We can t avoid stress But we can embrace it and transform it Whether we re facing deadlines difficulties with family or friends personal crises or just the uncertainty of the world stress is the ocean we swim in Even our negative thoughts can trigger our body s stress response so we rarely experience periods of ease and deep restoration In *The Stress Prescription* Dr Epel distills decades of research infused with wisdom into a practical yet transformative seven day plan of science based techniques that can help you harness stress through more positive challenge and purpose The seven day prescription will lead you through these exercises Day 1 Things Will Go Wrong And That s All Right Day 2 Control What You Can And Put Down the Rest Day 3 Be the Lion Day 4 Train for Resilience Day 5 Let Nature Do the Work Day 6 Don t Just Relax Restore Day 7 Start Full End Full Dr Epel shows us how we can stress better by training our minds and bodies to shift towards a flexible beneficial stress response that can actually enhance health You will develop a more robust mindset build the resources you need to turn stress into strength and fill your days with more joy connection and ease *Negotiating the Inner Peace Treaty* Chelsea Wakefield LCSW,2012-02-15 A real gift to anyone interested in finding out more about the many selves that make up our Inner Cast of Characters Clear thoughtful and lyrical it guides the reader along the fascinating journey of self discovery providing support and practical suggestions along the way Hal Stone PhD and Sidra Stone PhD Creators of Voice Dialogue authors of *Embracing Our Selves* *Embracing Your Inner Critic* *Partnering* and *The Shadow King* *Negotiating the Inner Peace Treaty* inevitably leads to greater peace and productivity in the outer world as well The exercises and insights offered here are profound clear and attainable for anyone I am particularly impressed with how this book presents a view of Jungs archetypes that is lucid moving and transformative Jeremy Taylor D Min Unitarian Minister author of *Dream Work* and *Where People Fly* and *Water Runs Uphill* This creative work presents a lucid practical set of tools for those not formally trained in Jungian psychology who seek to come to peace with the inner turmoil that fragments our lives Her clear presentation of shadow and dream work are very helpfull highly recommend it Keith Parker PhD Jungian Analyst author of *Seven Cherokee Myths* Chelsea Wakefields work moves us beyond wounds of the past expanding our potential for love and intimacy Here is a guide that is both visionary and integrative Gina Ogden PhD LMFT Author of *The Heart and Soul of Sex* and *Return of Desire* **The Buddha Is Still Teaching** Jack Kornfield,2011-08-30 When the Buddha set in motion the wheel of Dharma he knew that the teaching he gave was inexhaustible that every future generation would find its own skillful ways to convey it to the hearts and minds of those ready to hear *The Buddha Is Still Teaching* is testimony to the fulfillment of that promise today The selections it contains from today s most highly regarded contemporary Buddhist teachers bring the Dharma eloquently to life for us in our own time place and culture They demonstrate that two and a half



millennia have done nothing to diminish the freshness of the Buddhist teachings or their universal applicability to our lives Contributors include Ajahn Chah Charlotte Joko Beck Sylvia Boorstein Tara Brach Pema Chodron the Dalai Lama Ram Dass Mark Epstein Norman Fischer Natalie Goldberg Joseph Goldstein Dilgo Khyentse Jack Kornfield Noah Levine Stephen Levine Sakyong Mipham Sharon Salzberg Suzuki Roshi Robert Thurman Thich Nhat Hanh and Tulku Thondup To learn more about the author visit his website at [www.jackkornfield.org](http://www.jackkornfield.org)

**Standing in the Fire** Roger Schwarz, Larry Dressler, 2011-08-19 Standing in the Fire offers a set of self directed principles and practices that enable facilitators and human resource personnel to keep their emotional balance no matter how overheated things threaten to become in the workplace

***The Subtle Art of Caring*** River Wolton, 2023-11-14 An inspired guide to sustaining compassion The Buddha taught the practices of loving kindness compassion empathetic joy and equanimity These guide us in cultivating positive emotions and minimising harmful ones Poet writer activist mentor and Buddhist teacher River Wolton gives new life to these teachings as resources for a life in which compassion for self and others are mutually sustaining Beautifully illustrated and with exercises meditations and reflections

**EMDR in Family Systems** Diana Mille, 2017-12-06 EMDR in Family Systems provides clinicians with a clear account of the EMDR process and a comprehensive step by step approach to healing trauma through integrating EMDR with other therapeutic tools The book provides a unique protocol utilizing numerous evidence based diagnostic assessments in depth psychoeducation on attachment issues Internal Family Systems therapy and mindfulness and Metaframeworks a Family Systems modality as a model to enhance EMDR Filled with a wealth of information on the latest clinical studies on topics from the neurobiology of trauma to the effectiveness of mindfulness practices in EMDR this book will open up a host of productive new avenues for EMDR therapists to pursue with their clients

**The Art & Science of Meditation** Lisa Erickson, 2020-08-08 Refine and Inspire Your Meditation Practice Featuring hands on exercises to make your meditation more effective as well as science based advice for using it in your daily life The Art Science of Meditation takes your practice to the next level This vital resource provides ways to overcome common obstacles easy to understand explanations of classic spiritual texts guidance on choosing meditation teachers and retreats and much more Lisa Erickson presents practical in depth information drawn from both historical sources and contemporary scientific research Explore ways to enhance your journey through each chapter s integration tools and contemplation methods Discover how to achieve mystic states meditate on the sacred feminine and find the best modality for you Easy to personalize to your own needs this book helps you truly unite your life and meditation practice

**Embodied Self Awakening: Somatic Practices for Trauma Healing and Spiritual Evolution** Nityda Gessel, 2023-09-12 An offering to be with and to turn toward the feelings from which we instinctively recoil We have learned how to suppress our pain and deny its presence but when we fight against our internal turmoil glimmers of peace are short lived Rejecting our suffering is not a sustainable solution because trauma is held in the body In this book Nityda Gessel invites readers on a journey toward lasting freedom with insights and experiential

practices that marry the wisdom of Buddhist psychology yogic teachings and Indigenous understanding with somatic psychotherapy and neuroscience When we heal our actions and attitudes are not hijacked by our nervous systems as easily We begin to feel more comfortable in our bodies more at peace awake and free With Gessel s invitation readers will learn to look out into the world and see more than their own trauma reflected back *Mala of the Heart* Ravi Nathwani, Kate Vogt, 2015-07-20 This collection of timeless poetry celebrates the eternal spiritual truth within each heart Since ancient times this hidden essence has been symbolized by the number 108 There are 108 earthly desires 108 human feelings 108 delusions 108 beads in the traditional meditation mala and 108 sacred poems in this anthology Filled with crystalline wisdom from the great poets sages saints and mystics this selection of poems is a collective expression of universal heart filled wisdom The poems span a wide range of cultures and civilizations from India to Europe Japan and the Middle East and each one offers a unique perspective about the path to awakening Some of the poems express belief in a higher being Some convey instantaneous awakening Others lead the reader down a disciplined path of contemplation Ordered according to a broad interpretation of the heart centered chakra model these remarkable poems guide the reader toward realization and offer timeless jewels of insight to spark awakening and enrich spiritual practice *Dakini Power* Michaela Haas, 2013-04-09 Pema Ch dr n Joan Halifax and ten other female Tibetan Buddhist teachers share inspiring personal stories revealing how we can embody Buddhist wisdom and overcome everyday challenges What drives a young London librarian to board a ship to India meditate in a remote cave by herself for twelve years and then build a flourishing nunnery in the Himalayas How does a surfer girl from Malibu become the head of the main international organization for Buddhist women Why does the daughter of a music executive in Santa Monica dream so vividly of peacocks one night that she chases these images to Nepal where she finds the love of her life in an unconventional young Tibetan master The women featured in *Dakini Power* contemporary teachers of Tibetan Buddhism both Asians and Westerners who teach in the West have been universally recognized as accomplished practitioners and brilliant teachers whose life stories demonstrate their immense determination and bravery Meeting them in this book readers will be inspired to let go of old fears explore new paths and lead the lives they envision Featured here are Jetsun Khandro Rinpoche *This Precious Life* Dagmola Sakya Princess in the Land of Snows Jetsun Tenzin Palmo Diane Perry *Into the Heart of Life* Pema Ch dr n Deirdre Blomfield Brown *When Things Fall Apart Start Where You Are* Khandro Tsering Ch dron late aunt of Sogyal Rinpoche author of *The Tibetan Book of Living and Dying* Thubten Chodron Cherry Greene *Buddhism for Beginners Taming the Mind* Karma Lekshe Tsomo Patricia Zenn *Buddhism Through American Women s Eyes* Chagdud Khadro Jane Dedman P howa *Commentary Life in Relation to Death* Sangye Khandro Nanci Gay Gustafson *Meditation Transformation and Dream Yoga* Roshi Joan Halifax *Being with Dying* Lama Tsultrim Allione Joan Rousmani re Ewing *Women of Wisdom Feeding Your Demons* Elizabeth Mattis Namgyel *The Power of an Open Question*

**Beyond** Tiffany Hopkins, 2025-06-10 A twist of fate changed the life of author Tiffany Hopkins forever in the midst of her



fast paced career in the big city she unexpectedly inherited a cottage in America's oldest intentional Spiritualist community. The little town of Lily Dale in upstate New York is wholly comprised of people who believe in talking to the dead, drawing an average of 20,000 tourists every year. These seekers come to experience the practice of spirit communication, booking sessions meeting one on one with mediums and fully immersing themselves in the otherworldly atmosphere of this rare and wonderful town. After learning how to be a medium, Hopkins began focusing on normalizing talking to the dead, getting the word out about the practice of embodied mediumship, the art of connecting with the self to hear from the other side, which offers potent expansion to anyone willing to be curious about the world beyond the veil. Beyond encourages readers to increase their powers of empathy, intuition and imagination to inspire creativity, heal body and mind and even create community and find their way to like minded souls. In addition to a step by step guide to the basics of mediumship, Hopkins includes prompts and exercises for developing skills like discernment and boundaries, assuming trance consciousness to create in a state of flow and working with others in collaborative circles to pool ideas and receive more nuanced feedback from the universe. Readers will come away with a fresh appreciation for this world, both physical and metaphysical, and an exciting new way to approach their life by strengthening all six of their senses.

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