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# Your Daily Practice

## Episode 54

### Feeding Your Inner Demons with Lama Tsultrim Allione

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We all have inner “demons” that we wish we could get rid of such as jealousy, anger, anxiety, addictions, and feelings of not good enough. What would happen if instead of fighting your demons you asked them what they really need? How can you transform your inner demons into allies? This week listen to the Feeding Your Inner Demons Meditation.

Try the 5 Steps to Feeding Your Inner Demons

#### Practices to try this week:

##### Step 1. Find the Demon:

Our inner demons are our fears, obsessions, and addictions we fight against. Identify one demon to work with and locate it in your body. What is its color, size, texture?

##### Step 2. Personify the Demon and Find Out What It Needs

Imagine the embodiment of this feeling and take it outside of your body so you can look at it. Imagine it has arms and legs and a face. What does it look like? Then ask it three questions:

- What do you want?
- What do you need?
- How will you feel if you get what you need?

##### Step 3. Become the Demon

Imagine switching places with the demon. Physically move to a new space and imagine you could step inside the demon's body and see yourself across the way. Respond to the three questions out loud.

- What I really want is...
- What I really need is...
- If I get what I need I will feel...



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#### Practices to try this week:

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

Go back to your space and imagine the demon before you. Imagine that the feeling that the demon wants is a substance. Feed your demon that substance until it is satiated. Allow your demon to dissolve and turn into an ally. Ask your ally 3 questions:

- How will you help me in the future?
- How will you protect me?
- What pledge can you make for me?

Switch places with your ally and embody the ally. See yourself across the way and answer the three questions you posed.

- I will help you in the future by...
- I will protect you by...
- I will pledge to you...

##### Step 5. Rest

Allow yourself and the ally to dissolve and rest in the spaciousness of the ground of being and loving awareness.