

Feeding Your Demons®

A Secular Compassion Practice

Developed by Lama Tsultrim Allione

Author of “Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict” (2008)

Programs and Sessions Offered by Beth Shekinah Terrence, MS

Certified Feeding Your Demons® Facilitator & Authorized Teacher

“Transformation becomes possible when we make the unconscious conscious.”

~ Carl Jung

Feeding Your Demons® is a potent compassion practice that can serve as a secular transformation tool for anyone, regardless of their religious affiliation or personal philosophy. This unique method offers a timeless doorway to healing and freedom.

- FYD draws on the ancient Tibetan Buddhist shamanic practice of Chod, meaning “severance”.
- Chod practice originated through legendary yogini, Machig Labdron in the 11th - 12th centuries.
- Machig was known for her depth of Buddhist scholarly knowledge and extensive recitation skills including the Prajnaparamita Sutra. She outshined many of the male teachers of her era.
- Lama Tsultrim, creator of Feeding Your Demons®, was the first American woman to be ordained as a Buddhist nun in 1970.
- In 2007, she was recognized as an emanation of Machig Labron.

WHAT ARE DEMONS?



“Feeding Your Demons takes a different approach inviting us to ‘feed not fight’ our demons”.

~ Lama Tsultrim Allione

Hearing the word “demon” may sound a scary, but it is something as human beings that we all face.

Demons are essentially anything that drains our energy or challenges us – from a physical illness or pain to difficult emotions, relationships or patterns that keep repeating over and over again, such as addiction or perfectionism.

Demons are our obsessions and fears, feelings of insecurity, chronic illnesses, or common problems like depression or anxiety. To varying degrees from mild discomfort to extreme distress, demons impact our lives and relationships. They limit our capacity to feel inner peace, connection and belonging.

In essence, demons have a power over us in some way. Our natural human tendency is to “battle our demons” or try to push them out or down. This approach rarely works! And, often in our ongoing struggles, we become resistant to our challenges, which can lead us into greater pain and suffering.

THE FEEDING YOUR DEMONS® PROCESS (Five Steps)

Feeding Your Demons® connects the wisdom of Tibetan Buddhism with the western concept of the psyche. It offers a way to address personal challenges, cultural issues, and the roots of our suffering. As a secular technique it uses five steps to nurture the parts of ourselves that we usually fight against, or what Jung referred to as the “shadow”. Feeding Your Demons® incorporates a variety of psychological approach styles such as Gestalt Therapy, Internal Family System, Voice Dialogue, Jungian Archetypal work, and Somatic Processes.



SCIENCE MEETS SPIRITUALITY

Recent research on Feeding Your Demons® is shedding light on benefits that Buddhist and meditative practitioners have long known. Insight from two recent studies suggest the following benefits:

- Decreases in stress symptoms
- Increases in self-compassion
- Reduction in anxiety, depression, and intolerance to uncertainty
- Increases in satisfaction with life (Goldin et al. 2023)
- Enhanced meaning-making
 - Realizing confidence and worthiness
 - Developing empathy and nurturing compassion
 - Expanding self-awareness, re-framing and creating new understandings about self in relationships to others (Eckman et al., 2022)
- Experiencing the Numinous
 - Feelings of awe and playful wonder of the natural world
 - Sensing nature as a source of healing and inspiration (Eckman et al., 2022)

Beth Shekinah Terrence, MS is a trained shaman, holistic transformation facilitator and recovery coach. She has been supporting others on the path of transformation, healing, and integration for over 28 years. Beth Shekinah holds extensive certifications in holistic modalities, and a Master of Science degree in restorative practices. Her passion is to help individuals, communities, and organizations to deepen connection, cultivate compassion, and experience awakening. Beth Shekinah a certified Feeding Your Demons® facilitator and authorized teacher. She is available for Holistic Shamanic Transformation & Feeding Your Demons Sessions virtually and in the MD/DC areas. Connect at <https://bethshekinah.com>.

Learn more about Feeding Your Demons® or order Lama Tsultrim Allione’s book at taramandala.org.