

[PDF] Feeding Your Demons: Ancient Wisdom For Resolving Inner Conflict

Tsultrim Allione - pdf download free book



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Description:

Review "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*

About the Author 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*.

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