

ID # _____

Thank you for participating in the Feeding Your Demons® study.

Your responses in this journal will help us assess the effects of the practice. Please enter your participant ID number above. You do not need to include your name. For the purposes of the study, any information you provide will be kept confidential, and will not be associated with your identity. Please do not write anything in the journal that is unrelated to the study.

At the end of the 30 day trial, we will be collecting these journals for analysis. If you would like to keep the journal after your information has been entered, we will make arrangements to return it to you.

Please note:

The meditation training is being supervised by Lopon Chandra Easton, who is a certified meditation instructor, and her trainees.

Participation requires that you commit to 15 sessions of meditation within 30 days. In addition, you will be asked to complete the online pre-training assessment, record your sessions in this journal, return the journal to the study team, and complete the online post-training and follow up assessments.

Participants who complete the study will receive a \$50 gift card.

If you have questions about any of the above, please contact the Principal Investigator
Philippe Goldin at pgoldin@ucdavis.edu.

Please fill in the craving scales and emotion grids immediately before and after each FYD session.
See examples:

No Craving | 1 | 2 | 3 | 4 | 5 | Deep Craving

Mark X on each scale and one dot on each grid (multiple examples are provided above).

The emotion grid is a 2x2 matrix with 'High Energy' at the top, 'Low Energy' at the bottom, 'Unpleasant' on the left, and 'Pleasant' on the right. Five states are plotted: 'Excited' in the top-right quadrant, 'Joyful' in the top-right quadrant, 'Content' in the bottom-right quadrant, 'Disappointed' in the bottom-left quadrant, and 'Agitated' in the top-left quadrant.

Begin each FYD session with the following exercise:

Nine Relaxation Breaths

Close your eyes and keep them closed as much as possible until the end of the process.
You will be taking nine deep relaxation breaths.

For the first three breaths, breathe into any physical tension you are holding in your body;
then, hooking that tension with the breath, release it with the out breath.

For the second three breaths, breathe into any emotional tension you are holding,
notice where you are holding emotional tension in your body, then hooking that
tension with the breath, release it with the out breath.

For the last three breaths, breathe into any mental tension or worries you are holding,
notice where you are holding mental tension in your body, then hooking that tension with
the breath, release it with the out breath.

Generating the Motivation:

Generate a heartfelt motivation to practice for the benefit of yourself and all beings.

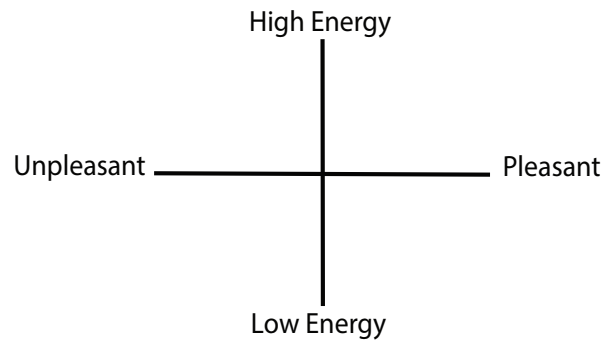
Session # _____ Date ____/____/____ Time ____:____ Participant ID # _____

Before you Begin:

Please use the scale to plot your current feelings of craving



Please use the grid to plot your current emotions



Practice the nine relaxation breaths (directions on page 2) then proceed with the 5 steps

Step 1: Find the Demon in Your Body

Decide which demon or god you want to work with. (In this text we use the word "demon" so make sure to exchange the word "demon" for "god" if you are working with a god).

Thinking about the demon you have chosen to work with, perhaps remembering a particular time or incident when it came up strongly, scan your body and locate where you are holding this demon most strongly in your body. Notice the following:

- Where is the demon held in your body?
- What is its shape?
- What is its color?
- What is its texture?
- What is its temperature?

Now intensify this sensation.

Step 2: Personify the Demon

Now allow this sensation, color, texture, and temperature to move out of your body and become personified in front of you as a being with limbs, a face, eyes, and so on. (If an inanimate object appears imagine what it would look like if it were personified as some kind of animate being). Notice the following about the demon:

- Size
- Color
- Surface of its body
- Density
- Gender, if it has one
- Its character
- Its emotional state
- The look in its eyes
- Something about the demon you did not see before

Now ask the demon the following questions:

What do you want?

What do you really need?

How will you feel when you get what you really need?

Switch places, keeping your eyes closed as much as possible.

Step 3: Become the Demon

Take a moment to settle into the demon's body and feel what it's like to be the demon.

Notice how it feels to be in the demon's body.

Notice how your normal self looks from the demon's point of view.

Answer the questions, speaking as the demon:

What I want is....

What I really need is....

When I get what I really need, I will feel...

Now return to your original seat.

Step 4: Feed the Demon and Meet the Ally

4a: Feed the Demon

Take a moment to settle back into your own body. See the demon opposite you.

Then dissolve your body into nectar (or, if you are working with a demon that causes you to dissociate, instead imagine you are generating an infinite amount of nectar from your body). The nectar has the quality of the feeling that the demon would have when it gets what it really needs (i.e. the answer to the third question).

Notice the color of the nectar:

Feed the demon this nectar and notice how the demon takes it in.

Feed the demon to complete satisfaction. This can take some time. If the demon seems insatiable, imagine how it would look if it were completely satisfied.

4b: Meet the Ally

Notice if there is a being present after the demon is completely satisfied. If there is a being present in place of the demon, ask this being if it is the ally. If it is not, invite an ally to appear. Likewise, if there is no being present after feeding the demon to complete satisfaction, then invite an ally to appear.

When you see the ally, notice all the details of the ally:

- Size
- Color
- Surface of its body
- Density
- Gender, if it has one
- Its character
- Its emotional state
- The look in its eyes
- Something about the ally you didn't see before

When you really feel connected with the energy of the ally, ask these questions:

How will you help me?
How will you protect me?
What pledge do you make to me?
How can I access you?

Change places and become the ally. Take a moment to settle into the ally's body. Notice how it feels to be in the ally's body. Notice how your normal self looks from the ally's point of view.

When you are ready, answer the questions, speaking as the ally:

I will help you by...

I will protect you by...

I pledge I will...

You can access me by...

Return to your original seat.

Take a moment to settle back into your own body and see the ally opposite you. See the ally in front of you, look into its eyes, and feel its energy pouring into your body. As you feel the energy of the ally coming into your body, it spreads all the way down to the soles of your feet, to your fingertips and throughout your whole body. Now imagine that the ally dissolves into light.

Notice the color of this light:

Feel this light dissolving into you, integrating this luminosity into every cell of your body. Take note of the feeling of the integrated energy of the ally in your body. Now you, with the integrated energy of the ally, dissolve.

Step 5: Rest in Awareness

Rest in the state that is present after the dissolution, just rest.

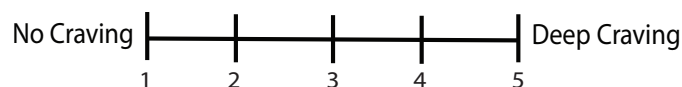
Pause until discursive thoughts begin again.

Now gradually come back to your body recalling the feeling of the energy of the ally in your body.

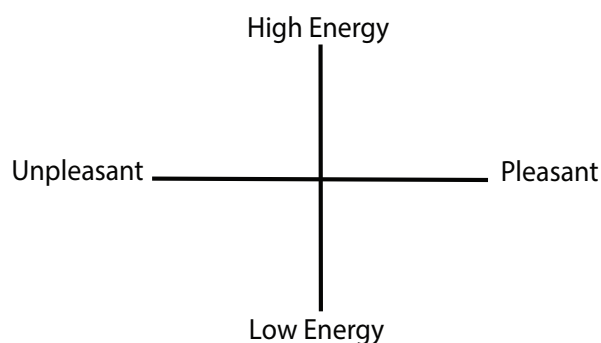
Now as you open your eyes maintain the feeling of the energy of the ally in your body.

**Immediately after
you finish:**

Please use the scale to plot your current feelings of craving



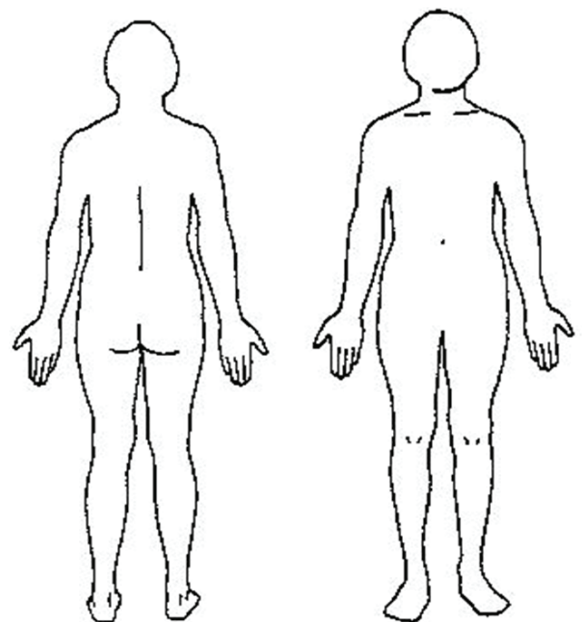
Please use the grid to plot your current emotions



Instructions: Please take from 5-15 minutes to respond to the questions below immediately after your session. You can write as much as you would like but please provide at least two sentences per question. For the first questions write with as much detail as possible about what you saw, thought, felt, do not analyze, just the facts of what happened. In the last question you can reflect, analyze and consider what this experience means for you.

1. Please provide a brief overview of what happened in your session.
2. In more detail describe the demon, what did it look like, what did you feel and think seeing it?
3. In more detail describe the ally, what did it look like, what did you feel and think seeing it?

4. Please draw on the body image where you felt sensations as you saw the demon and the ally.
5. How do you make sense of that, what did you discover, what was new, what was familiar?



6. What, if anything, do you want to carry forward in to your life from this session?