

For Goodness Sake

10157 Donner Pass Rd, Truckee CA 96161

Wednesday, April 29th
Call: 530-550-8981 to sign up
Noon to 2:00pm

Presents

Tsultrim Allione

“Feeding Your Demons”

Talk and book signing

Within the ancient teachings of Tibetan Buddhism lies a method for facing and dissolving our fears, illnesses and emotional stumbling blocks. **Best-selling author of Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict, Tsultrim Allione** will present a practical application of a revolutionary, loving approach developed by a legendary Tibetan yogini, Machig Labdrön, almost 1,000 years ago.

She will lead an **experiential 5-step process** that can help you meet and release what the Tibetans call 'demons'—the longings, fears, obsessions, illnesses and attachments we battle every day.

We will learn how our inner and outer demons can be seen, nurtured, and transformed into allies.

Through this process, we can foster compassion and love in place of fear and animosity.



Lama Tsultrim Allione was given the **Outstanding Woman in Buddhism award** for 2009 and was recognized as an emanation of Machig Labdrön at Machig's monastery in Tibet, Zangri Khangmar, in 2007.

She is known as a **profound and lucid teacher**, bringing together psychological and spiritual insights. She has been teaching internationally for more than 30 years and is the founder of Tara Mandala Retreat Center.

She will be signing books after the teachings.