Turn your inner demons into friends with a simple process developed by Lama Tsultrim Allione. Demons are energies we experience every day, such as fear, illness, depression, anxiety, trauma, relationship difficulties, and addiction. Feeding demons with compassion resolves inner conflict and frees up new energy and insight. Tens of thousands of people in countries around the world have found this practice to be effective and transformative.

This retreat is open to all. It is also a first step towards certification for facilitators and healing professionals.

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