

CLASS 2

Be the change

**Consultation
MasterClass**

 **timely** × *Dario*



LONELINESS

1 in 4 are affected
by mental illness.

8.6 million adults
have suicidal
thoughts.

Suicide is the 3rd
leading cause of
death (age 15-19)



People of colour
have less access
to care.

Children with
anxiety disorders
least likely to
receive treatment.

1 in 30 experience
PTSD.

There's a vacuum inside some of us, and we believe that with "things" the feeling of loneliness will disappear.

But it doesn't disappear for most:

- Even when we are not hungry, we eat.
- We buy things we really don't need.
- We waste time watching TV series.
all to try to avoid suffering.

This is why we consume so much....

This is due to our "home" (us) being neglected.

Set yourself free as it's a practice of freedom....



LONELINESS

When we say something that up lifts us we
are feeding love and compassion.

When we speak in a way that causes tension
and anger we are nourishing suffering.

We all have a choice on how we want to live.

We need to observe and not absorb by being
present and think with compassion.

What you read, write and say can help you
feel nourished.

Love = Nourishing



NOURISHMENT

Loving yourself is the basis for compassion.

Compassion arises when you understand your suffering.

It's a beautiful practice of awakening.

When you are listening, you're producing more compassion inside yourself.

You are always protected by your compassion.



COMPASSION

A predator is a deeply unhappy person.

Some people stockpile hurt by packing down the pain until the body cannot take any more.

If you lead from hurt and smallness, you have no self-worth.

Whatever you fight strengthens and whatever you resist persists.

What stands in the way becomes the way.



PREDATOR

DEEP LISTENING



? I'm a failure ?

life is hopeless

I can't handle this!

Bills

? **BE QUIET!**

Family

So many things to do ?

Leave me alone

? No one cares

Life is hopeless **Stop**

?

DEEP LISTENING

Listening with purpose



Selective listening



Active listening



Empathetic listening

Deep listening will bring you closer to people

We have to seek to understand, to be understood.

If we can understand our clients suffering, we can help them.

From now on say to clients:

**“I want to
understand
you more.”**

When we listen with compassion our clients will be open to share.

Deep listening is a wonderful practice
that will change your life for the better.



DEEP LISTENING

Mind care is like our skin. It protects us.

We have to protect ourselves and bring joy
to ourselves and others.

Mind care is about bringing your attention
to what is going on in you and around you.



MIND CARE

Self-talk is running commentary of what you perceive.

Stop thinking and talking and just be in the present moment.

This gives us the space to listen to others.

If you can't communicate with yourself,
how can you listen to others?

When you produce a thought, only you are responsible for it.



OVER THINKING

If you speak through your heart, love is in your voice.

Choose your words carefully for each person you communicate with and speak gently, this will nourish the other person.

My question is: do you communicate in low or high resolution?

Train yourself to be a better communicator with deep listening and loving speech so we can heal the world one client at a time.



LOVING SPEECH

A close-up, profile shot of a woman with long, wavy blonde hair. She is looking towards the left. A hand is visible in the foreground, holding a dark blue spray bottle and spraying a fine mist of product onto her hair. The background is bright and out of focus, showing some greenery.

CLASS 3

Ego

**Consultation
Masterclass**
Dario Cotroneo

WEDNESDAY 21ST OCTOBER
9AM BST. 7PM AEST. 9PM NZT