



liveschool
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KMM 2016: SESSION 4 - The Darling Machine!

SESSION PLAN

PART 1	- Recap	2 mins
PART 2	- Do you get 'angry'?	3 mins
PART 3	- Quadrant of Mastery and Relationships.	5 mins
PART 4	- Two simple CARING steps.	17 mins
PART 5	- Can you think about anyone who is SUFFERING?	5 mins
PART 6	- Autographs Please!	5 mins
PART 7	- Weight of the Earth.	1 mins
PART 8	- BRAIN TATTOOS	2 mins

PART 1 - Recap



PART 2 - Do you get 'angry'?

How many of you get 'angry'?

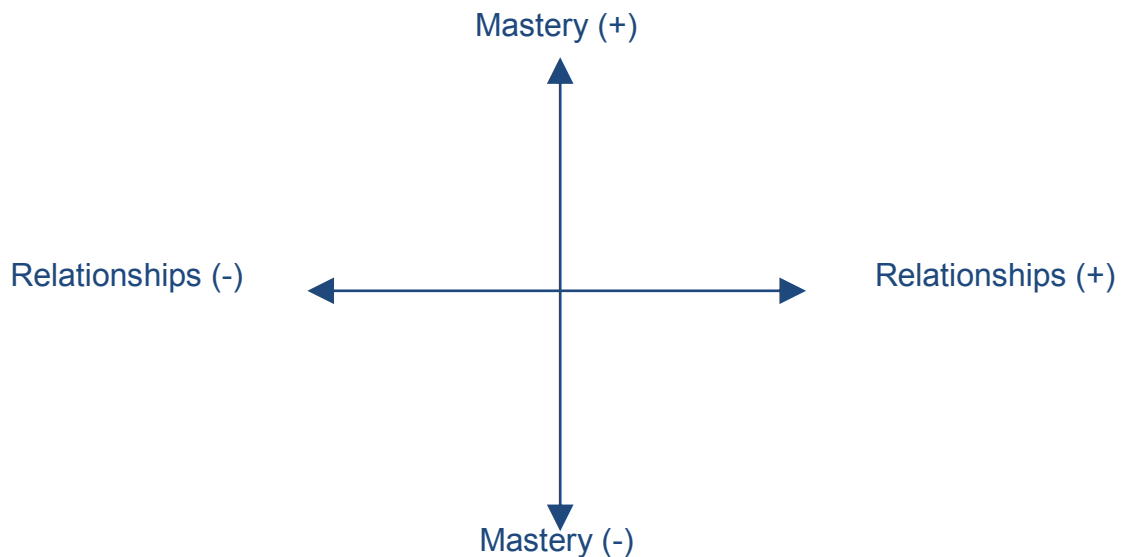
- a) Never
- b) Rarely
- c) Regularly
- d) Always Angry

Can you name 3 people you care about?

Who gets most angry at you?



PART 3 - Quadrant of Mastery and Relationships.



The first three sessions have been about mastery!

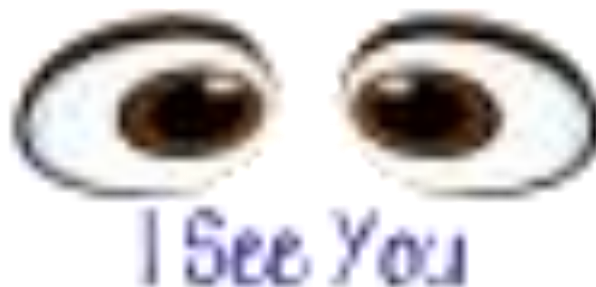
1. Self - Belief
2. Communication
3. Discipline + Goals

This session is about "relationships". The core of relationships is CARING.

PART 4 - Two simple CARING steps.

Part 4A - I SEE YOU. (Not the hospital wala)

7 mins



1. A person with negative emotions is going through a lot of suffering. Without suffering, negative emotions are not possible.
2. Story from LSM to be read out. (<http://bit.ly/LSM-Dada-Vaswanis-question>)
3. Can you see through their behavior and SEE / FEEL the pain?

Part 4B - What is causing the pain?

7 mins

The Darling Machine

- I. I need your help.
- II. I love you.
- III. When they see that you SEE, they believe you CARE.



Part 4C - Caring must be decisional and not just emotional pampering.

3 mins

1. It must be firm motivational and inspiring in a POWERFUL way.
2. It is ALWAYS people first.

PART 5 – Can you think about anyone who is SUFFERING?

What will you do about it?

At least 5 examples

PART 6 - Autographs Please!

One day when you are famous, this will be worth millions. This is my retirement plan.





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PART 7 - Weight of the Earth.

The earth weighs 5,972,000,000,000,000,000 tons only.

Don't make it heavier by adding heaviness to the heart. Let's make it lighter by CARING.

PART 8 - BRAIN TATTOOS

