

MIT® Method

# Mit®

MIT® is a method to teach how the other people feel emotions and make them *audible* to everybody.  
MIT® means Improv Theatre Method.



## Concept

# We did it because we needed a tool always efficient.

We believe that the Improv Theatre study is a way. A way to understand deeply the other's feelings. A tool to cross any boundaries, ours in the first place.

We believe that starting from knowing the other's sensations through empathy we can make a real commitment and a better relationship with the other human being. It helps our evolution and healing the relationship of any age, cognitive behavior or language.

To create new extraordinary healthy patterns among colleagues, school friends, children, actors, we delivered a codified universal method.



## Listen



The path begins where us end. To listen (and we don't need just ears to do that) means take a ride outside from ourselves and start to perceive the other.

## Trust

The issue is always one: judgment. Our judgement against ourselves, at any age. It blocks us constantly, it separates us

from kindness or calm and create a lonely version of ourselves without breath and vision. The MIT® path it's the one where we



lose the judgement, trusting our resources, our intuitions and in the other's ones.

## Immagination

When you are able to put a person in a total different mind condition he detach from the limit: "I am not good enough". It doesn't matter how old are you. We can go everywhere together.

## Healing

How? Healing the other. Take care of the other. Feeling the other, staying close to him or her. You will become aware of the other's steps before of yours. You must create the most beautiful trip you can for the other person, taking good care of his or her needs, giving real value to his or her emotions, starting from his or her weakness. Why? Because taking care of the other people you stop to be judgmental about you and, at the same time, the others will do the same for you, they will take care of you in a way you didn't know it could be possible.



## Amazement

Being constantly amazed, second by second, about what you didn't know it could happen. Dreaming, come back to imagine, beyond your limits that are all based on the "no" experience: when we constantly say "no" to ourselves and to the other's needs we let the veil of censorship imposed by parents, friends, colleagues limits ourselves. The amazement is the most powerful fuel for happiness and beauty. Amazement to become amazing.

## Energy

It often happens that aggressiveness and violence start from a bad way to channel energy, struggling it. You need to dedicate yourselves to the path, you need to fill with everything. Our teachers are there to protect and guide you, channeling all of your energy through your real potential in the best way possible and giving you the best possible awareness.



# Understanding

Now you start to accept and understand every single part of the others, weakness and strong where you can make the difference. Completely surrounding the other people.



# Integration

*Different* is not a thing. Our way to perceive the different is a thing. In a path like that, *different* is just a word. You are working to break up all the barriers and walls to play passionately with your workgroup, your mates. How? Reading the barriers that the others have built among the years. It will be a real epiphany read clearly yours and it will be so liberating defeat them.

# Cooperation

After is everything begins. We terminate a version of ourselves for a brighter one. Here our work end, yours starts. You learned how to support the other and through him or her you cooperate not only during our experience together but in real life. At school, at home, at work, with friends and family and colleagues. You will be full of energy and in a very positive state of mind.