



Emotional Mastery For Life



Ilene Dillon

Emotional Mastery: Thriving with Life's Built-in Navigation System

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Emotional mastery Master Ilene Dillon will help you turn your emotions from "tormentor" to "your mentor." E-motions are really energy in motion, and they are essential teachers in loving and befriending the one person you are certain to be sharing every moment of your life with – YOU!

– Steve Bhaerman aka Swami Beyondananda, comedian
Author (with Bruce Lipton) of *Spontaneous Evolution*



Signature talks

- How to Develop Lasting Mastery Over the Emotions that Arise in You
- Grow Yourself All the Way Out of Co-Dependence!
- Anger Can Kill You

Desperate to Have Answers about Why We Have Emotions, Whether We Can Really Get in Charge of Them and How, Ilene spent 50 years searching.

She found answers!

Taught to 1000's of California psychotherapy clients, class and speech attendees, Ilene is now a Recovered Angry Person sharing her profound, achievable method for mastering all emotions, life's built-in navigation system.

As Seen In: The Wellness Universe United Intentions Radio
[Check out my media page here!](#)

Offerings and Rates

Mastermind

1 Hour Workshop

Keynote

Call Ilene at 510-710-7056 for further information and rates.