

Seven Principles for Parenting Awesomism Kids

Created by Suzy Miller, Offered by Awesomism Practitioners



Coherence: Your Turning Point *By Suzy Miller M.Ed.*

What is coherence? Webster's definition of coherence is a systematic or logical connection or better said, the integration of diverse elements or relationships.

Coherence as explained by Dr. William Tiller, physicist and long time researcher in the area of human intention as a means to change physical reality, explains that there are many types of coherence

Tiller explains that there is individual coherence, indicating that you the person have a degree of inner self-management of your physical, emotional, mental and spiritual actions and they are in harmony with each other most of the time.

There is also group and or paired coherence, where the unique qualities of various people work in harmony with each other instead of against each other. I describe at length the process of coherence between a parent and child in the this Pure Presence All About the Kids Episode.

(LINK: <http://suzymiller.com/podcast/29-coherence/>)

To be brief, coherence between parent and child can be created based on a common intention where both bring their unique awareness and experience to the journey toward that intention.

Over the years I have witnessed parents who are very successful in parenting their energetically sensitive children and did so with a lot of ease, grace and joy (once they had reached acceptance, that is).

There were also, more often than not, parents who were suffering with their children.

Those parent who have a deep sense of personal

THE COPYRIGHT TO THIS ARTICLE IS OWNED BY SUZY MILLER AND BLUE STAR EDUCATION AND RESEARCH LLC, AND IS PROTECTED BY COPYRIGHT CONVENTION. THIS MATERIAL IS PROVIDED EXCLUSIVELY FOR PARENT EDUCATION BY AWESOMISM CERTIFIED PRACTITIONERS. IT IS NOT TO BE REPRODUCED OR SHARED WITH OTHERS WITHOUT THE WRITTEN PERMISSION OF SUZY MILLER.

yourbestlife.org

Ego says, "Once everything falls into place, I'll feel peace."
Spirit says, "Find your peace, and then everything will fall into place."

-Marianne Williamson

Seven Principles for Parenting Awesomism Kids

Created by Suzy Miller, Offered by Awesomism Practitioners



selfawareness and management (coherence) were the ones that were able to move into acceptance with greater ease.

Self---management usually is not simply an energetic awareness of self but must include the ability to use that awareness to manage their lives. This means that the tools we use to know ourselves are only as good as our ability to use them when we need them in our daily lives.

For example many use some form of meditation to grow into a greater sense of self---awareness and management, but if we are unable over time to apply that inner balance to our life challenges, then that practice is not yet supporting us in creating greater coherence.

Often people do find some type of meditation, contemplation or movement effective in building inner self---awareness. This is because all of these methods create a space from our day---in and day--- out experiences. When given the space to see things from a higher vantage point, we avail ourselves of new perceptions. A new perspective gives us the opportunity to handle a real life challenge in a brand new way, thus creating a new experience!

When building coherence with another it is optimal that they are also working toward this awareness within themselves, however in the case of parent and child, coherence can be as simple as being on the same page with your focus.

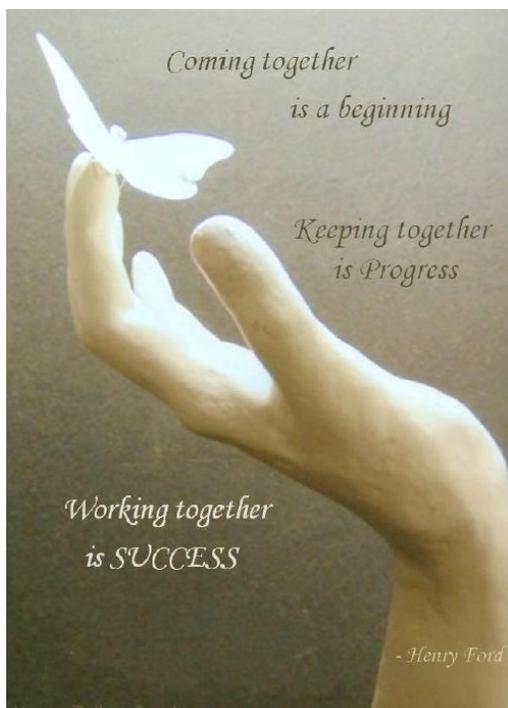
If you have a child who is energetically sensitive, they most likely have a very different view of reality. Their goal in this life may be to express themselves in a particular way or experience the world beyond what is typical. We know that is their intention because that is 'what is'. That is what they are doing.

Seven Principles for Parenting Awesomism Kids

Created by Suzy Miller, Offered by Awesomism Practitioners



If we as a parent are willing to develop acceptance or coherence with what is, then we will not try to change our children. We will not try to make them what we want them to be or force them to experience life through our lens, but instead will use their way of being to continue to grow our own inner self awareness. With this as your intention, your child becomes a catalyst for your own self--- awareness or growth.



Your ability to self manage is actually developed by the trial and error experiences of interacting with your energetically sensitive child.

In coherence, the goal is not to change the outer world to make it what you need it to be to feel good, but to feel balanced regardless. So in this case, our children's experiences become full with the potential for self --- awareness.

Some experiences will make you feel great, others will make you uncomfortable and many will test your limits. It is not your reaction or response to these experiences that matter, but what you become aware of because of them. Your own inner awareness (each "aha" moment) is actually what creates real change in your relationship with yourself and your child.

Our willingness to be in coherence with what is, allows these moments to occur. If we are pushing against an experience we are not working with it. If we are not working with what is, we are not in coherence with the experience and if we are not in coherence with it our intention will be out of alignment with the change that is possible.

Seven Principles for Parenting Awesomism Kids

Created by Suzy Miller, Offered by Awesomism Practitioners



Take an Action: *Review where you feel coherent with your life and notice the ease available in those aspects of your experience.*