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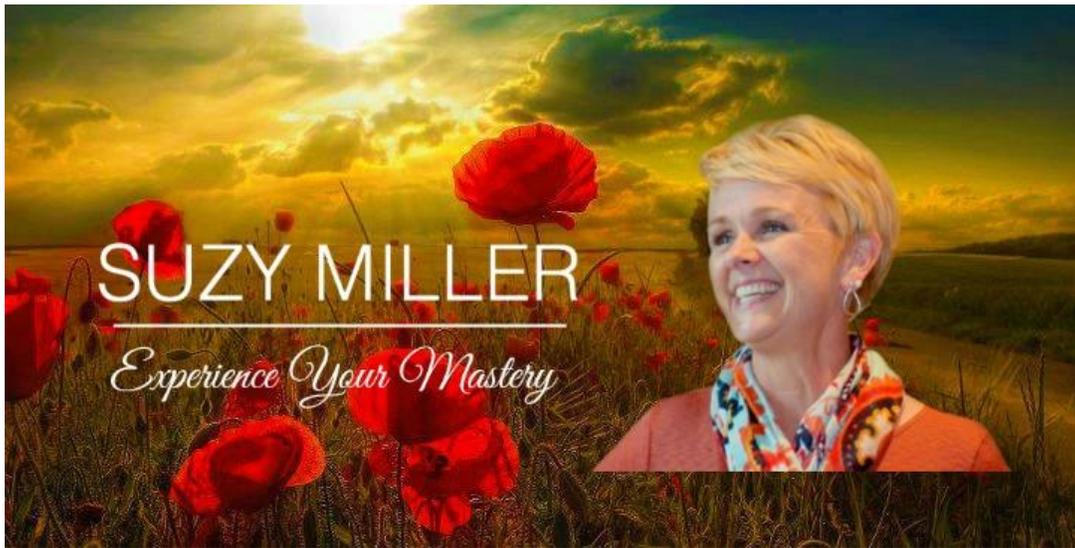
## BEING PRESENT—A NEW WAVE IN EDUCATION By Suzy Miller, M.Ed.

I have spent the last several weeks talking about and attempting to be fully present in the various aspects of my daily life. Because so much of my life revolves around children, I have had almost constant opportunities to practice this

presence with them. My first interesting observation was that it is so much easier for me to be fully present with a child than with most adults, and of the adults that I could easily be fully present with, I noticed that they, too, had a child-like quality to them. Children are naturally fully present. I am sure that is why it feels so good to watch them play and enjoy themselves. However, not everyone finds it easy to be fully present with the children in their care. The real truth is that many find it hard to be fully present—period. This is not a skill we are taught as children and it is not the experience that many children have, and yet it is the one thing that is needed. We do not have to be perfect as parents, teachers, daycare providers etc. We need only be present.

What I noticed in my own little experiment over the last few weeks is that when I was fully present with the children that I came across, they offered me insights and awareness that I had not experienced before. In the same moments we seemed to become more of who we each were individually while at the same time being so fully connected to each other that there was a feeling of functioning as a unit. We were in sync. There was sacredness to the space that I found myself in with them and a connection that seemed deeper than the “energetic” experiences I had had with children up to this point. The space of being fully present to whatever is occurring in the moment seemed to create a level of trust and mutual appreciation—a love.

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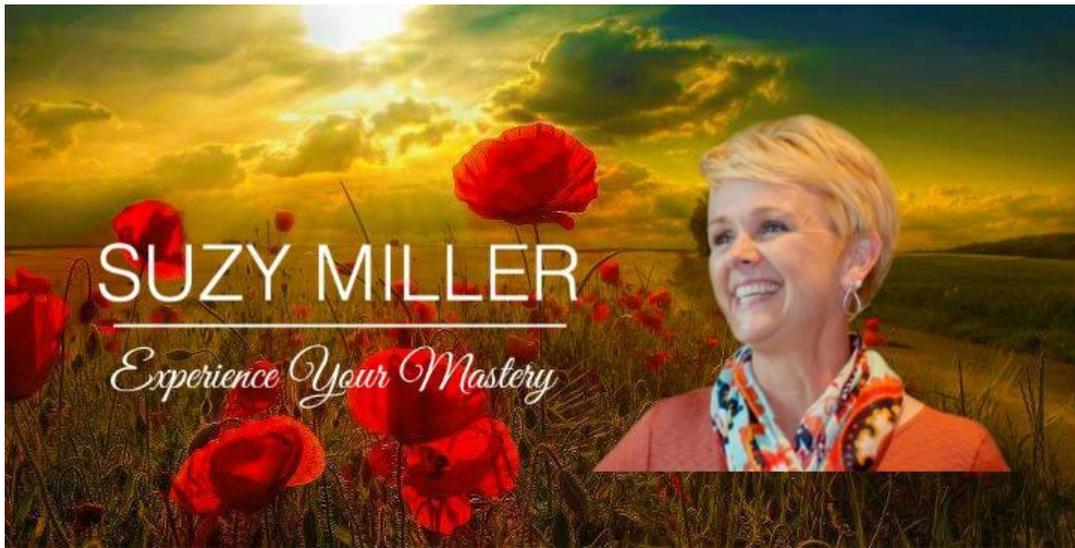
I experimented with various children. I practiced being present with 30 teenagers during an energy awareness session. I practiced with the children in the Autism classroom that I consult to. I practiced with 120 children aged two to five years at the local YMCA's. The same thing happened each time. There was a deep sense of connection, trust and allowing.

It didn't matter whether I was chasing a child down the hallway, singing and dancing with them, quietly reading them a story or offering them my awareness about the principals of energy and multidimensional reality. The result was the same: a deep connection that was filled with possibility, potential and transformation.

I began to wonder why we don't teach this one simple skill to those that work with children. We can get so caught up in what has to be achieved in any given day that rarely are we fully present with anyone. We rush our children from here to there; we have a set of structured activities that we must complete within a certain period of time. We move from one moment to the next barely recognizing that the person with whom we are interacting is a beautiful child, full of insight, awareness and new perspectives. As we keep pace with the social norm, the educational requirements and the seemingly endless barrage of conflict in our lives, rarely do we stop long enough to just allow the sacredness of the moment. What are we missing? More importantly what are children missing by growing up in cultures that believe it is more important to do or have than to simply be?

Presence can be so easy to practice with children. It's even easier to be aware of with a baby. I think it is worth practicing and even when you think you are fully present, practice some more. Create the space for potential without the need to figure out the answers, to be right or to know what is next. Create the space to allow your child to show you their full potential and to feel the connection of deep awareness. See the positive effect that your presence has on every child you interact with. See the benefit that it has on you.

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What better model to provide for our children than to be fully present? What better precedent to set than to establish deep in their psyche that they deserve nothing less than to be received by the full presence of another? Have fun practicing. Have fun watching the miracles that occur right before your eyes and most of all enjoy the full potential of that connection.

## **ABOUT SUZY**

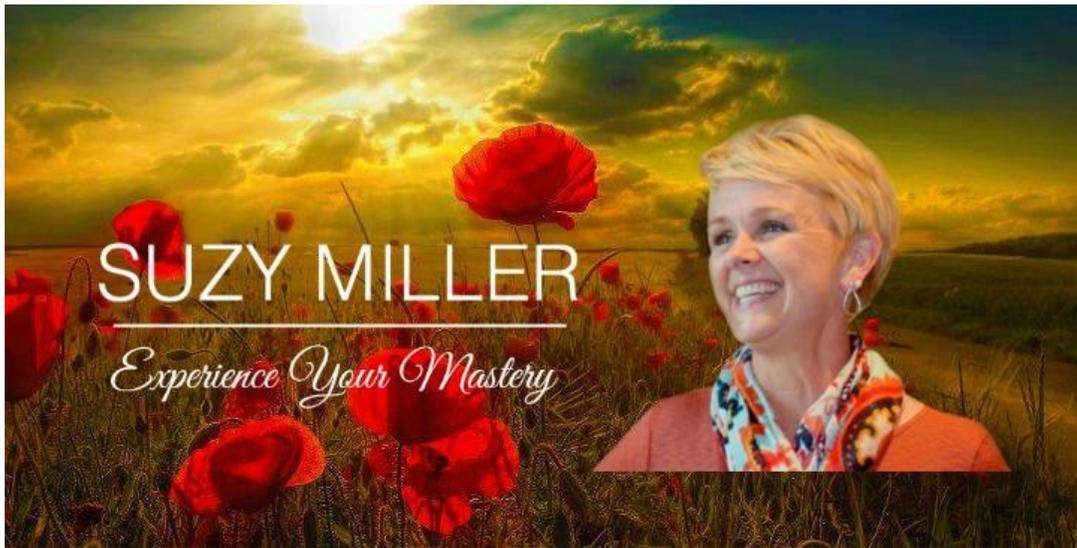
Visionary speaker, author, telepathic communicator, multidimensional seer and founder of the groundbreaking Awesomism Practitioner Process, Suzy Miller is a former Pediatric Speech-Language Pathologist, with a Masters in Education, and a Certificate of Clinical Competence. She pioneered a shift in the perception of autism from an individual “disorder” to a collective revolution in human consciousness and has been playing in the field of leading edge consciousness ever since.

Throughout her long career, Suzy has collaborated as effectively with psychologists, social workers, mainstream educators and medical professionals as she has with leading edge scientists, metaphysicians, healers and new thought leaders. Her experience and expression of consciousness is effortlessly applied in the appropriate “dose” to anyone seeking her insights.

Suzy collaborated with Dr. William Tiller, Professor Emeritus Stanford University, and featured physicist in the movie “What The Bleep” spearheading The Autism Intention Healing Experiment, which to this day provides an ongoing coherent intention to support the integration of children diagnosed with autism.

The Awesomism Practitioner Process, educates parents and professionals around the world regarding their own mastery as well as the spiritual gifts of our newest populations, demonstrating directly how increased consciousness is what is needed to support the integration of this population. Suzy has personally facilitated the growth and mastery of over a hundred practitioners located in at least 15 different countries. She

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continues to explore the furthest reaches of consciousness and how it can be applied not only to our newest populations but to all aspects of the human condition.

Suzy is a lifelong student of consciousness itself and currently offers her awareness, experiences and support through private sessions, workshops, articles, and live events! From awareness to mastery to avatar, Suzy is interested in supporting the integration of the broadest scope of your being with the most natural aspects of your humanity. You can reach Suzy at [suzy@suzymiller.com](mailto:suzy@suzymiller.com).

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