

FREE FOR YOU



## OUR CHILDREN AS GUIDES TO INNER CONSCIOUSNESS

By Suzy Miller, M.Ed.

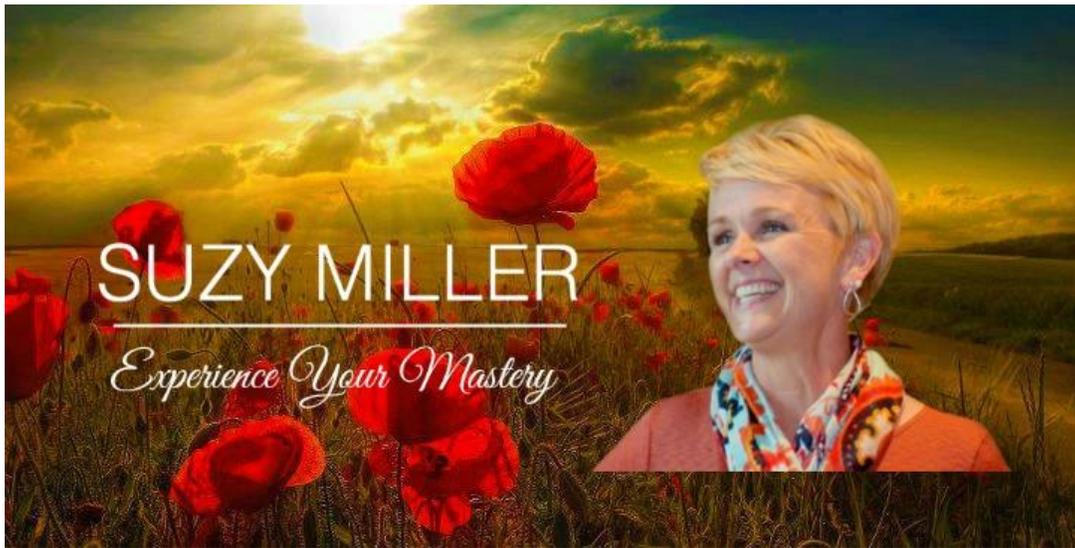
For years now we have heard terms like Indigo, Crystalline, Star Children and the like. We have been advised regarding how to work with these children, what gifts they are bringing and how to advance their skills. We have heard about the trials and blessings of raising these conscious children. Lately, however, I have been feeling the need to take a step back from all

the information and get back to basics, both with my clients and my own four children. In the process, I have been asking myself this question: “Regardless of who these children are, where they come from or what their abilities are, how can everyone involved learn and grow consciously from these relationships?”

A parent can gain all kinds of information from inner and outer sources regarding the multidimensional aspects of their children. Yet when it boils right down to it, unless that information makes their daily interaction with that child more conscious, then maybe it wasn't really that helpful. What if there was no one out there to give us any information about our children? What if there were no labels to describe and no checklist of characteristics to consider? This is all really a trial and error experience anyway, not unlike the one our parents experienced as they tried to raise us. We may be more conscious and more aware of various levels of functioning, but if we are simply judging ourselves by new and more aware standards, then it seems we may be missing something important.

What if all there was, was the interaction between the parent and the child? Where would that take us? I still feel that our children are here to bring awareness and healing

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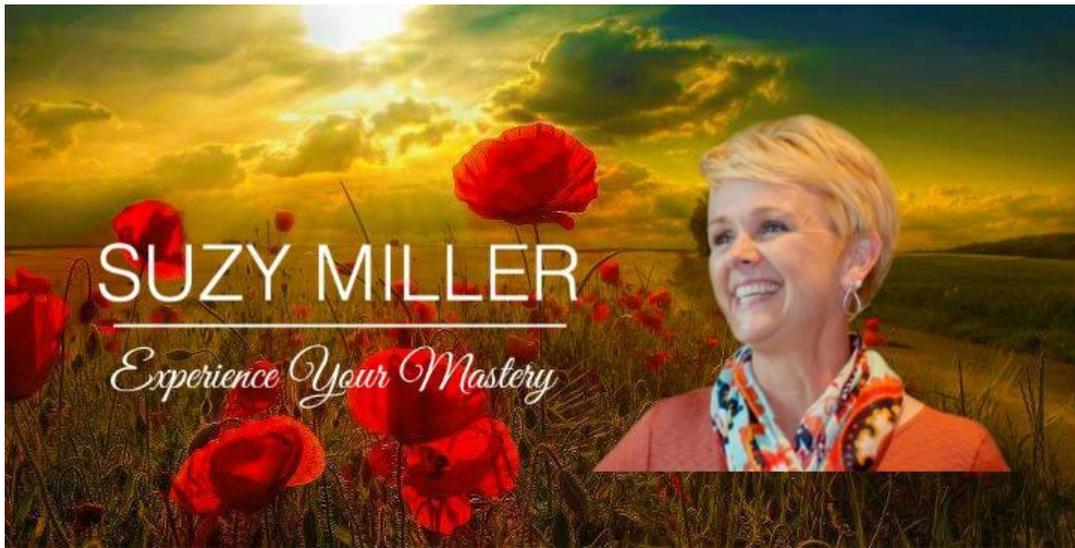
to those whom they encounter, but those they encounter also offer healing and awareness to our children. This is a two-way street. We are in relationship with these children and, yes, they are gifted, yes, they are unique and, yes, they are aware. Let us also remember that we are all gifted, unique and aware to a greater degree than we once were.

The basic law of the universe, the law of attraction, dictates that like energy attracts like energy. Even as the vibration of our planet is increasing, we still by law call out for certain relationships to gain inner awareness. What better way to grow in awareness of self than through the gift of a child? The parent/child relationship is by far one of the most profound relationships we experience in life. Maybe it is not the child that is Indigo, Crystalline, Star or the like, but it is the energy of the relationship that more accurately holds those characteristics.

Perhaps, because the relationship is more conscious, more conscious awareness is available to all involved. If everyone in the relationship is to feel empowered, they first have to know that they are not separate in the process; one is not more aware and the other less aware in all areas. One is not always the giver and the other the taker. Relationships are always about giving and receiving, ebbing and flowing, and allowing both. I really cannot buy that these children come to us simply to help us grow. We are gifting them with awareness as well. Our empowerment comes by staying in our awareness of self. When this giving and taking is working, our relationships are smooth and there is mutual appreciation. When these relationships are difficult and bring about pain, there are some adjustments to be made. Discomfort appears simply as a signal that an awareness adjustment is needed. The wonderful thing about this discomfort is that as soon as the appropriate awareness has been reached the problem ceases to exist. Let me give you an example: About three and a half years ago, I was newly divorced and had just moved from Maine to Arizona. I had my two youngest children living with me and the two eldest lived with their father.

Day in and day out for about two weeks, the two living with me would fight and yell and come to me to resolve the conflict. I was really getting agitated by the constant bickering

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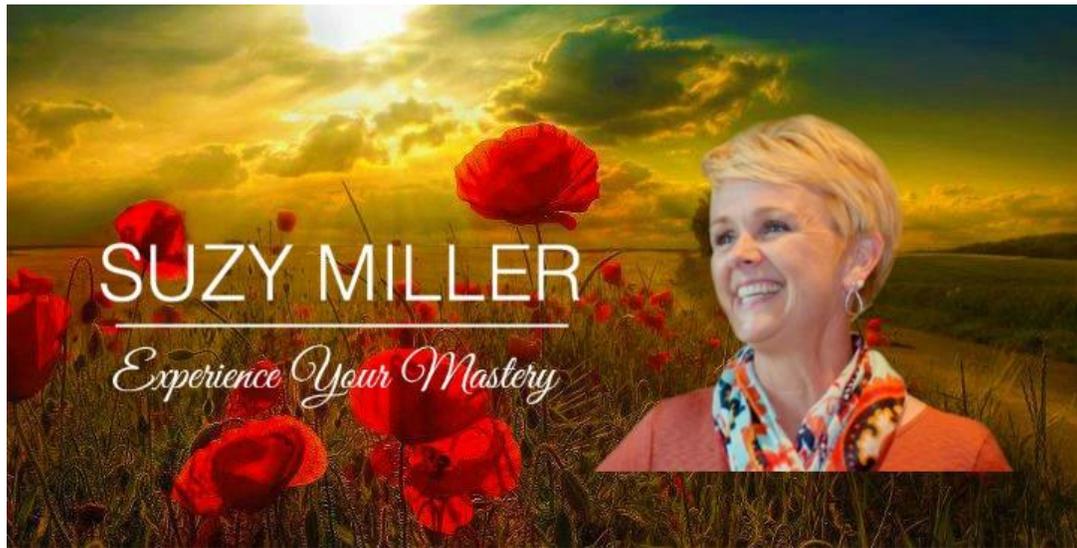
and I went into a bit of guilt about having divorced, thinking maybe they would be better adjusted if I was still married. (That thought was more annoying, however, than listening to them bicker... so I decided to step back and listen to them.) One of the girls was basically saying, "Oh poor me, you don't love me. Why won't you play with me?" The other was saying, "I'm not listening to anything you say and you can't make me do anything I don't want to do. I don't have to love you." As I listened, it occurred to me that they were representing two parts of me that were arguing. One child was reflecting my "poor me" side and the other was reflecting the "no one can tell me what to do" side. When I could acknowledge that they were reflecting me arguing with me, when that awareness was conscious, they stopped. The very next day they were best friends again. Perfectly fine!

Since that time I have loved using my relationships with others, especially my children, as a way to bring self-awareness. It became a game, which at the best of times helps me see the conflict as a gift and at the worst of times has me calling for a sitter and a big space between them and me. One of the major gains that I have noticed over the last several years is that as our children become more conscious and as our relationships with our children become more conscious, we are all gaining awareness without the need for so much discomfort.

As parents become more authentic, children have the capacity to remain true to themselves, and as the children remain more authentic, they raise the bar again on the parent's awareness of self. The cycle goes on and on until the day comes when we have a highly conscious society here all beings co-journey in mutual respect and understanding of the growth potential available just by enjoying each other's company.

I never liked the idea of being here on this earth to learn lessons, but I do like the idea of being here to have the opportunity to gain more conscious awareness of self. It is clear that we are now in this beautiful cycle of expanded consciousness. As the children are more conscious, they more clearly reflect the issues at hand and as the parents are more conscious, they more clearly engage with the issues at hand.

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Parents, please do not assume for even a moment that your children are reflecting your “issues” only. This works both ways. Remember, in relationships this is a two-way street. You can always tell for whom awareness has the potential to be gifted to, by whom is having the biggest reaction to the exchange. In other words, whomever is reacting has the potential to gain awareness in the exchange.

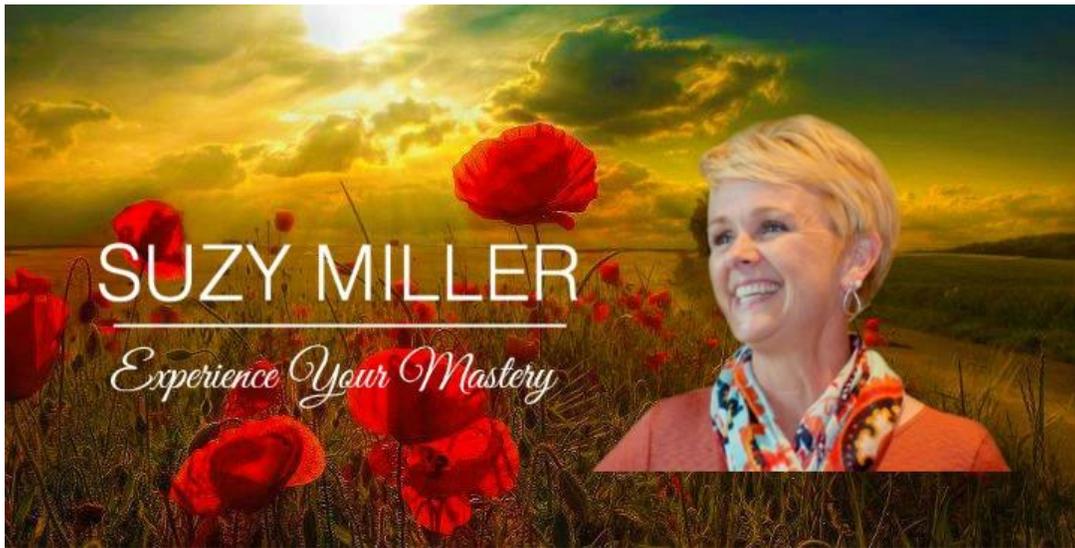
The ability to self-reflect comes in strong here. Most children have not been taught this skill. Some come in knowing it and some need to be taught this by a caring adult. Likewise, there are still many adults that never learned this skill; therefore, they are sent children that may cause them to reflect.

No matter who is offering what to whom, you can be sure that the universe has brought about a perfect match and the universe could not care less about who is gaining awareness and who is offering it in any given situation. The situation is simply perfect for awareness to occur.

I still love my multidimensional sight and the ability to see things from many vantage points. It is a gift that I bring to all my relationships and interactions. I am still occasionally curious about where my children are from and what extraordinary skills they possess. It seems that as the girls and I mastered some of the basic levels of awareness, we were able to see more subtle levels of awareness and gain clarity thereby increasing our consciousness. It also seems that my multidimensional sight may have been a gift needed or cultivated so that I could see the various levels of potential in relationships. Maybe this was all about seeing that at some level of awareness; we are all working as ONE for the benefit of ONE and there is nothing else but ONENESS. I can see that each relationship has the potential to bring that awareness into clarity.

Just like everything else, there is a vast expression of parent/child relationships. None of the relationships are better or worse than the other, but all are exactly what holds your personal potential for expanded consciousness. Our children are capable now of reflecting the most subtle levels of our consciousness because we were conscious

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enough to give birth to such DIVINE reflections of self, and the planet as a whole was conscious enough to provide a playground for such a DIVINE exchange of energy.

## **ABOUT SUZY**

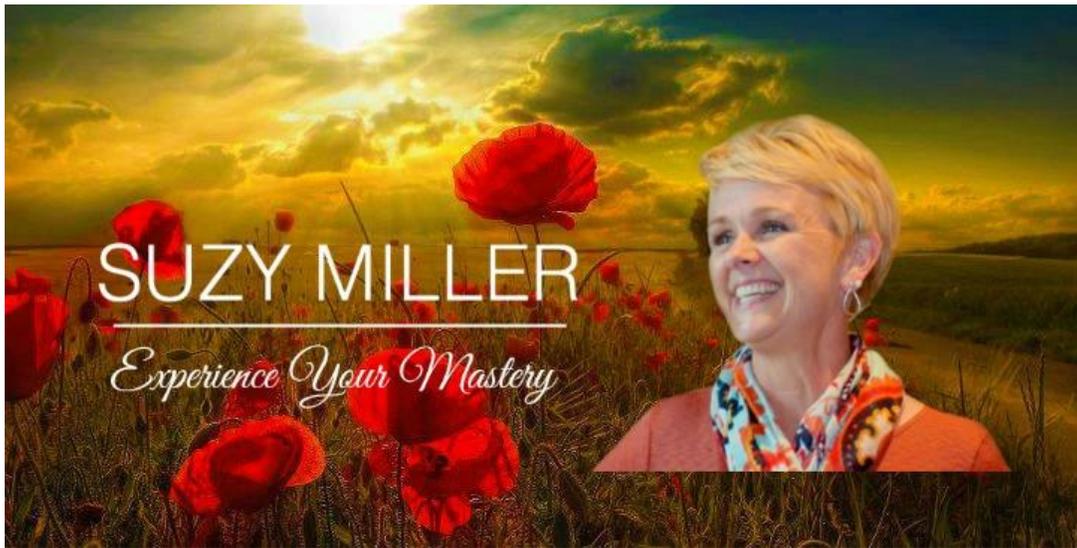
Visionary speaker, author, telepathic communicator, multidimensional seer and founder of the groundbreaking Awesomism Practitioner Process, Suzy Miller is a former Pediatric Speech-Language Pathologist, with a Masters in Education, and a Certificate of Clinical Competence. She pioneered a shift in the 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 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.

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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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