



## **Accepting Your Child as They Are By Suzy Miller**

In his book, “Power Versus Force,” David Hawkins calibrated levels of human consciousness through muscle testing. His extensive research demonstrates that nothing can begin to change in any life situation until one moves into acceptance. He equates the level of acceptance with the emotion of forgiveness (that means forgiveness of your child and YOURSELF) and with the process of transcendence.

I have witnessed thousands of families as they have attempted to come to grips with the uniqueness of their children. In some cases, parents have received a devastating diagnosis for their child. In others, the parents had a child who experiences the seen and unseen worlds in a way that pushed the parents toward new realities, potentials, and possibilities. In either case, acceptance is the beginning of integration.

Acceptance is not simply neutrality toward the experiences of your child, nor is it just a willingness to allow the child to experience the world as he/she does without judgment.

True acceptance can take a while, especially as it requires a level of personal forgiveness.

Acceptance may be easier if your child’s expression of energetic awareness offers you and/or the world a profound and life-enhancing perspective.

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For example, one family I worked with had a child who was initially non-verbal, but began to communicate using augmentative communication. This child revealed that not only had he been aware of his home life experience throughout his life, but he was also aware of higher states of consciousness and could, in a very real way, express what he knew to be true about peace, love, and the challenges of the human condition.

That said, if your child is expressing his or her awareness in a way that challenges your belief system, you may move into the need to have their reality proved to you before you move into acceptance.

For example, there is a young boy in Ireland who was experiencing recurring awareness of a past life. He clearly and confidently shared with his parent's information about his previous family, including where he had lived and how he had died! His parent's religion did not accept reincarnation as a possibility and, thus, hearing their child speak in this way was extremely challenging to their perceived reality. His parents were only able to shift into acceptance of his story after they had begun to follow up on some of the information the child had provided. Even so, it took an actual visit to the place he had described before they could finally accept both his remembrance of a past life and his truth as valid.

In both cases, everyone's lives changed in the moment acceptance was reached.

A child's level of energetic sensitivity/awareness takes on a whole new meaning when that sensitivity winds up as a "medical" diagnosis of ADD, ADHD, Autism or Bi-Polar. For most parents, these diagnoses send them into blame, either of themselves or the projection of blame to someone outside of themselves. Questions such as, "Why us?" "What went wrong?" and "What did I do to deserve this?" are all common. These questions throw many parents into "fix it" mode in an attempt to get that terrible feeling of self-blame to go away.

Acceptance is ALWAYS worth working towards, even though, for some, it may become part of a lifelong pursuit. Acceptance comes and goes in waves, and a moment of it can bring about the most profound, albeit often temporary, connections between yourself and your child. I have watched acceptance work in the following miraculous ways:

- Children who were non-verbal began to speak when their parents finally accepted that the way they were already communicating was perfect for them.

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- ➤ Behaviors that were challenging ceased the moment the parent identified what was being mirrored back to them.
  - ➤ Children who were unwilling to share their profound experiences of dark and/or light energy were grateful to share their awareness with their parent.
  - ➤ Medical conditions such as headaches and back trouble related to self-blame began to reverse as acceptance was reached.
  - ➤ Families used to dysfunctional interactions have been put back together and become more loving and supportive.
  - ➤ Breakdowns became breakthroughs in self-acceptance and compassion.
  - ➤ Children have been empowered by a parent who believes in them and

accepts their experiences to support others having similar experiences. When we want “what is” to be different, we suffer! It’s that simple. When we are pushing against “what is” in any way shape or form, we suffer.

There are many great books available that speak to this issue and provide real insight to being okay with ‘what is.’ Three that I especially recommend are: “Loving What Is” by Byron Katie, “Falling into Grace” by Adyashanti, and “The Power of Now” by Eckhart Tolle.

Getting to acceptance is not necessarily easy, but nothing of real significance can change until a certain degree of acceptance is attained.

Acceptance can be reached before you stop wishing that things could be different. Acceptance does not require you to throw your hands up in the air and say, “things will never change so why try?”

Acceptance is the acknowledgment that things are as they are in this moment. Acceptance says, “This is my current life experience and it can be an opportunity even though I do not understand why or how.”

This attitude toward life does two things:

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It acknowledges your ability to be with all of your creations, and it creates the space for change. (The caveat here is that if you try to DO acceptance and expect change, nothing changes. When you truly reach acceptance, everything changes.)

And that is how you know when you have reached acceptance: THINGS CHANGE, awareness emerges, and a greater sense of ease returns. Acceptance is an inside job. It is a state of mind and attaining it does not require anyone or anything else to change outside of you.

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