



## **Understanding the Emotional Experience of the Children By Suzy Miller**

The emotional experience for these energetically sensitive kids is complicated. The energy of emotion is the first and sometimes the only experience with which these children can connect in the physical realm. Emotion is subtle enough to be accessible to their awareness, and yet, the emotional energy of the collective is, in many cases, too challenging, too


convoluted or too harsh to invite them into a deeper connection to this world.

If I were to ask you to explain the state of your own emotions, you might say “what emotions?” meaning that they are suppressed and thus unfamiliar to you. Or you might say, “One minute I am up, and the next minute I am down,” indicating that your emotional body may be controlled more by external influences than by choices that you are making internally. If you have awareness of your emotions without judgment of them, you might say that you are happy when you are happy, and sad when you are sad. However, to be aware of our feelings is far from the norm, and if aware, we often find ourselves in judgment of what we are feeling.

Most adults have a precarious relationship to emotions because we were taught that some emotions are good and others are bad, and thus, we suppress the “bad” ones and don’t know what to do with the “good” ones.

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Our emotional bodies also hold collective trauma that has been perpetuated throughout the human condition. Given that these children “pick up” this energy and naturally attempt to transmute it by mirroring it through words, behaviors, sounds and/or physical movements, many have an adverse reaction to the people, environments, and experiences in which they find themselves. It is much easier for them when they do not have to process other people’s lack of emotional awareness.

A coherent emotional and sensory experience is mandatory to invite these children to deeper levels of participation in the human experience. However, as stated earlier, many adults are so disconnected from their feelings that they are unaware of what messages they are sending out. When around energetically sensitive children, anything that you send out will be mirrored back consistently. The children have often stated that they do not care how you feel, they care that *you know* how you feel. It’s important to them that you know how you feel because if you do, they do not need to act it out on your behalf.

Most parents and professionals who contact me regarding the children do so because of behaviors that they perceive as challenging. Most assume that we need to “fix” those behaviors. It can be surprising to learn that these children mirror emotional energy and, thus, we have to address our own emotional patterns as part of their integration. Since no one grows or changes in isolation, it is important to at least see the whole family’s emotional patterning as part of the child’s integration process. We will address this further in the Mirroring module.

As souls who naturally provide one opportunity after another to love ourselves beyond what we have loved before, these children find emotional energy very challenging and typically act out if someone is trying to “fix” them without taking a look within first. This is not because they are attempting to punish those around them; it is because their presence invites higher orders of love.

I also want to make it clear that these children are not doing this consciously. They are simply highly sensitive souls who are swimming in the emotional soup of their environments. Unlike those with less sensitivity, every emotion that they have picked up energetically from conception on will be reflected back one way or another as a means of clearing these emotional patterns from the lineage of the family!

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The children informed me years ago that autism (and its challenging symptoms) will continue to exist as a condition until the base frequency of humanity is love, appreciation, and acceptance. Before we can understand and support the balance of the children's emotional bodies, we first have to understand our own emotions. This requires a deep dive!

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