

SUSIE'S FAMILY STORY

by June.w



Christmas Eve of 2020.

A book was born to be,

Inspired by the warmth of Christmas cheer,

Susie's family came to me.

I hope this story spreads joy and light,

To children far and near,

Bringing love and warmth to every heart,

A gift throughout the year.

-June W





PART.010

SEASON 1, EPISODE 7: TANYA'S MUSICAL MEDITATION

Tanya started the conversation with a warm-up exercise, a form of Musical Meditation. However, her focus was on discussing how Susie could ensure her and her baby's safety over the next six years. She emphasized the importance of taking action rather than just receiving advice.

Tanya proposed a pact: starting every Saturday at noon, she would share knowledge and skills related to children's safety and well-being. In return, Susie needed to promise to apply this knowledge in her life.

Susie agreed to the pact and began discussing her concerns. She mentioned feeling unsafe due to economic uncertainties caused by the pandemic. Tears welled up in her eyes as she spoke about the challenges she and her family were facing.

Tanya reassured Susie, highlighting that their goal was to ensure the safety and well-being of children worldwide under the age of six. She stressed the importance of practical application and informed Susie that the courses were free but limited in capacity.

Susie asked if she could call Tanya "T," to which Tanya readily agreed, showcasing her easygoing nature.

Tanya explained that the courses aimed to minimize harm to 200 million preschool children globally by providing training to parents and young children. She emphasized that they would work together to create a healthier and safer environment for children.

They delved into the concept of safety and how it related to comfort and security. Tanya shared a thought experiment, imagining going back in time when humans hunted for food and had a stable environment. The discussion emphasized that safety provided a comfortable state of being.

The next three months would cover various safety topics, including preparations for the arrival of Susie's child and legal skills that would be beneficial in advocacy.



The conversation shifted to what made Susie feel unsafe. She shared her economic concerns and the fear of contracting the virus due to her work. Tanya encouraged her not to think negatively and explained that security came from both physical and psychological sources.

As the day progressed, Tanya asked Susie about her New Year's resolutions. They discussed the importance of self-security and meditation as ways to create a sense of safety within oneself.

Tanya provided Susie with a valuable gift: a notebook for setting goals and wishes. She encouraged Susie to write down her aspirations and feelings, promising to reconvene next week.

Susie was delighted with her first gift of the year, and she couldn't wait to start using the notebook.

