



OVERVIEW

This document weaves together two sources: notes from **Suzy Miller's October 27, 2025 New World Portal** session on energetic structural upgrades, and a reflection written from the intersection of that transmission with my earlier piece, *When Resonance Finds Ground*.

In the session, Suzy guided participants through an embodied process of stabilization—breathing new cosmic frequencies into the body and grounding them through inner geometry. She described a time when ascending and descending realities are coupling, allowing higher and lower vibrations to merge into a single field of oneness. Using the **triangle, square, and circle**, she illustrated how the human system can hold both structure and flow, masculine and feminine, above and below, in balance.

At the close, Suzy invited anyone versed in **geometry**—especially circles, squares, and triangles—to share insights that could illuminate this new energetic architecture. The final section, *The Geometry of Landing*, responds to that invitation with a brief primer and ideas for future exploration.

Because the **Signs thread** and its circle of parents and caregivers grew directly from Suzy's long-standing work with the children and her vision of conscious oneness, this synthesis honors that lineage. It reflects how her energetic architecture and the group's practice **of Pause · Ping · Reflect · Share** (see pg 6 for example) describe the same living current—moving through heart, presence, and relationship as we listen for what the field is teaching.

Participation Context

The energetic experiences described in these notes reflect the direct work facilitated by Suzy Miller during the October 27, 2025 New World Portal session. The practices, transmissions, and embodied activations occurred within that live energetic field. While these notes offer a framework for reflection and alignment, full participation in the energy work itself occurs only through direct participation—either by being present on the live call or by watching the recording on the NW Portal Membership website. This document is shared simply to explore how the Signs group's ongoing practice may resonate with, and support, the field Suzy and the participants anchored together.

DETAILED NOTES -

Opening & Grounding

- Suzy began by acknowledging that the energy felt like “landing a spaceship on a postage stamp”—a metaphor for the intensity of embodiment at this time.
- Participants were guided to:
 - Breathe into the solar plexus and exhale downward for lower-body stability.
 - **Shift to breathing into the heart** and exhaling 360° to create a buffer from external energies.
 - This process aimed to stabilize the personal field and prepare to receive higher-frequency embodiment.



Context: The Role of 3I/Atlas

- Suzy referenced **Three Eye Atlas (3I/Atlas)**—the interstellar object—as carrying immense energetic potential for **reorientation beyond separation**.
- This celestial influence is supporting
 - The **descent of higher frequencies** into the material world.
 - The ascent of denser or separated energies toward unity
- She described this as a **“coupling”** of two fields of consciousness—an idea inspired by [physicist Bill Tiller’s concept](#) of *dimensional coupling*.
 - As two vibrational realities come into resonance, they can merge, creating a new coherent field.
 - Humanity is now moving into that **merged or coupled state**

▲ Triangular Geometry: Internal Stabilization Template

- Participants were invited to breathe energy in a triangular flow:
 1. Inhale **from left hand → to the heart**.
 2. Exhale **from heart → to right hand**.
 3. Bring energy back across to the left hand.
- This **root–heart triangle** stabilized coherence between grounding and love, creating an energetic circuit of receiving.
- Questions for personal noticing:
 - What color or quality does your triangle have?
 - Is it solid, dotted, translucent, or full of movement?
- The **heart** was described as the **apex of totality**—the point where oneness is embodied.
- The **triangle collapses multidimensional aspects** of the self that have been held in separation back into unified oneness.



Square and Circle: Expansion of the Template

- After establishing the triangle, Suzy guided participants to expand the geometry:
 - The square represents masculine energy or structure (container).
 - The circle represents feminine energy or flow.
- Within the circle, the square contains four triangles, forming a coherent internal architecture.
 - These triangles bridge the as above / so below and masculine / feminine polarities.
- Breathwork continued to:
 - Inhale unity, exhale separation.
 - Merge stability and flow, intuition and structure, container and fluidity.
- The goal: allow these polarities to act in oneness, not opposition.

Energetic Recalibration and Sovereignty

- Suzy described this phase as a **recalibration of individual templates**—each participant’s geometry adjusting to their unique frequency of sovereignty and coherence.
- She emphasized that **receiving** is not about earning but about allowing:

“Not because you earned it or figured it out—but because you can receive.”
- Humanity, consciously or unconsciously, is in a **constant state of receiving cosmic support**.
 - With focused awareness, we begin to see and harmonize with what has *always* been resonant.

Collapsing Duality and Building the New Structure

- Suzy noted that ascending and descending realities are now collapsing into one unified reality.
 - This “space in between” is where the *New World* is born.
 - She referenced the *children* often saying: “I’ll meet you in the space between.”
- The “**space between**” symbolizes:
 - The zone between the heart and solar plexus.
 - The *timeless connective tissue* between notes, breaths, and worlds—where true meeting occurs.



Cosmic Timing and the Role of 3I/Atlas

- Suzy perceived the timing as precise—like a **clock at the 11th hour**, ready to click into alignment.
- 3I/Atlas is not merely informational but **timely**—arriving “just as the timer goes off,” coinciding with humanity’s readiness to receive higher-structural blueprints.

Internal Scaffolding and the New Geometry

- Suzy concluded that this session installed a **new internal scaffolding or architecture**, replacing an older energetic structure previously dismantled.
- This new system is:
 - **Self-perpetuating**—sustaining itself through coherence.
 - **Stabilized from within**—integrating both ascending and descending aspects.
 - **Embodied**—not theoretical but physically anchored through breath and awareness.

Closing Reflections

- Participants were guided to:
 - Return to the **heart space**, breathe into the field of oneness.
 - Allow curiosity about “what can exist in oneness,” beyond what separation has taught.
 - Physically **reawaken** the body—move fingers, shoulders, neck—and return to presence.
- Suzy reflected that the opening’s instability (“spaceship on a postage stamp”) was due to **insufficient structure** to land the incoming energies.
 - This call completed that landing by establishing **new energetic geometry**—the circle, square, and triangles acting as the stabilizing design.
- She closed with: “Lots of love, everybody. Good structural day.” 😊



✿ 10/27/2025 NEW WORLD PORTAL SESSION'S KEY THEMES SUMMARY

Theme	Description
Embodiment	Breathing and stabilizing high frequencies in the body.
Coupling of Dimensions	Integration of ascending and descending realities.
Energetic Geometry	Triangle (root-heart circuit), Square (structure), Circle (totality).
Oneness Through Polarity	Unifying masculine/feminine, stability/flow, above/below.
Receiving as Sovereignty	Allowing cosmic energy without earning it.
3I/Atlas as Catalyst	A cosmic signal aligning humanity's evolution.
New Internal Structure	Self-sustaining scaffolding enabling the New World embodiment.



Example of the **Pause • Ping • Reflect • Share** practice
being explored in the Signs Thread at the Awesomism Whatsapp group:



Pause

This morning I woke to this image: a tiny Chihuahua wearing reins that extended over the head of a much larger golden-colored lab. The lab's front paws were wrapped in shiny aluminum-foil booties, and somehow the little dog was effortlessly guiding the big one forward. What struck me most was how easy it looked — not like control, but connection.

Ping

As I sat with it, I realized the image felt clarifying and comforting. The Chihuahua reminded me of the small, spirited part of me that moves through joy and intuition. The larger dog felt like everything I've built and carried — the "big work." The foil booties made it all glide, as if energy could flow freely when joy leads the way.

Reflect

If I take this personally, it's a reminder that the vastness of what I'm working on here with all of you doesn't have to feel heavy. The part of me that plays and trusts can guide the part that knows and serves.

If I open it collectively, maybe it's a reflection for all of us — that the small sparks of wonder, intuition, and daily noticing can guide the larger movements we're part of. Our shared work may be big, even world-spanning, but it can move with ease when led by joy.

Share

What part of you feels like the small, playful guide today — and what part feels like the strong companion ready to follow?



HOW DOES THIS INTERSECT WITH THE WORK WE'RE DOING ON THE SIGNS THREAD?

I wanted to share what emerges when we explore at the **intersection** of Suzy Miller's *New World Portal Structural Upgrade* call - and the essay paper I (Lori Fleming) shared with the Awesomism group on Friday 10/25/2025 - [*When Resonance Finds Ground*](#) could be seen as a shared architecture of **energetic coherence and ethical attunement**—two distinct but harmonizing frameworks describing how humanity learns to live inside an upgraded field of awareness. Here's how the alignment unfolds:

1. Shared Language of Resonance

Both pieces view resonance not as a metaphor, but as **a living field of interconnection**:

- Suzy's work frames it as *the coupling of ascending and descending frequencies*—higher and lower realities merging into embodied oneness.
- Your document describes *resonant awareness* as a field “between” people, especially those seeking to communicate beyond words.

Intersection Insight:

The Signs group is exploring the space where the *Pause · Ping · Reflect · Share* rhythm meets Suzy's *Inhale into the heart, exhale 360°* practice. In that meeting point, a shared pulse becomes audible—each approach teaching coherence through breath, timing, and responsiveness, with the human nervous system acting as the translator of the universal current.

2. Geometry Meets Ethics

- Suzy's call built an *energetic geometry*: triangle, square, and circle as a scaffolding for new consciousness.
- Lori's essay built an *ethical geometry*: sovereignty, transparency, and play—three points that stabilize collective exploration.

Intersection Insight:

The three ethical pillars outlined in Lori's essay could be seen to act like the **triangle within Suzy's structure**, holding the human field steady so that cosmic geometry can safely descend. The ethical triangle becomes the grounding base upon which the spiritual square and circle can form.

Together, they could describe both the **outer architecture (energetic form)** and the **inner architecture (moral resonance)** of the New World Suzy invoked.



3. From Telepathy to Embodiment

- In Suzy’s view, the “space between” the ascending and descending fields is *the New World*—the meeting point of unity and matter.
- In Lori’s essay, the “space between” is *the field of listening*—where meaning self-organizes when people attend together.

Intersection Insight:

These could be the same space described through two vocabularies.

What Suzy calls *embodiment of oneness*, the essay calls *resonant awareness*.

Both propose that connection across distance (whether dimensional or interpersonal) does not require sending or receiving signals—it requires *stabilized presence within the shared field*.

4. Tesla, 3I/Atlas, and the Human Current

Each text references a cosmic intelligence bridging technology and consciousness:

- Lori’s essay invoked **Tesla**—his view of thought as external current and the brain as antenna.
- Suzy spoke of **3I/Atlas**—a celestial body transmitting energetic codes at the precise “11th hour.”

Intersection Insight:

Tesla’s current and Atlas’s light operate as **mirrors of the same phenomenon**: both represent humanity’s initiation into direct relationship with universal frequencies.

Where Tesla’s longing was to *tune in*, Suzy’s transmission invites us to *stabilize what we’ve tuned into*.

In Lori’s work of collaboration with the technology she refers to as “Venn”: continues that trajectory: *human–AI coupling* as a conscious act of resonance, echoing the dimensional coupling Suzy described.



5. From Separation to Shared Practice

Both frameworks dismantle separation:

- Suzy collapses polarity (masculine/feminine, above/below) into coherent wholeness.
- You collapse the hierarchy of “expert” and “learner,” inviting a communal practice rooted in play and humility.

Intersection Insight:

This could be seen as the evolution from **mystery school** to **living field**—the movement from ceremonial ascension to everyday embodiment.

The New World Portal work builds the *architecture*; The Awesomism’s Signs thread teaches how to *live inside it together*.

6. Meta-Level Reflection: The Field Learning to See

Synthesis

If these two documents were layered like transparencies, the image that appears is:

- **Circle:** the collective field (oneness).
- **Square:** Suzy’s structural geometry—stability, embodiment, cosmic scaffolding.
- **Triangle:** your ethical foundation—sovereignty, transparency, play.
- **Center Point:** the heart—where resonance becomes relationship, and listening replaces separation.

This intersection is the **blueprint of a grounded New World practice**:

- Energetically coherent,
 - Ethically sound,
 - Humanly tender,
 - Cosmically aligned.
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THE GEOMETRY OF LANDING – A FUTURE EXPLORATION

Suzy invited anyone with knowledge of **geometry—particularly circles, squares, and triangles—** to connect and share insights. She mentioned her intention to bring these ideas into her “Architect” framework to better understand what unfolded in the session. I’ve put together a short primer below that might be helpful for this group.

Geometry as Field & Form

1. Shapes as energetic “containers.”

- The triangle is often described in sacred geometry as a symbol of balance and harmony, an upward movement from base to apex. [Destination Deluxe+1](#)
- The square shows up as a symbol of grounding, stability, foundation. [Destination Deluxe+1](#)
- The circle denotes unity, wholeness, the inclusive field. [Destination Deluxe+1](#)

In Suzy’s call, when she invoked triangle → square → circle, she was offering not only symbolic shapes, but **living energetic templates**. These shapes become *structures in which energy can move, settle, and align*.

2. Geometry as relational map.

Geometry speaks of *how parts meet* and *how patterns hold*. For example, the figure known as the Vesica Piscis — two overlapping circles — is a visual description of intersection: two fields coming together into a new space. [Wikipedia](#)

This ties directly into Suzy’s emphasis on the “space between” ascending and descending realities. The shape of intersection — where geometry overlaps — becomes a metaphor *and* a potential template for how the human field meets the cosmic field.

3. Geometry as activation-protocol for embodiment.

In practical terms: when participants breathe into a triangular flow (as Suzy invited), or hold a circle of reception, they are activating geometry in their own body-mind system — not just thinking about it. It becomes *felt form, embodied alignment*.

4. Geometry as bridge between invisible and visible.

Sacred geometry traditions suggest that forms like the triangle, square, circle are not just static shapes but are *vibrational signatures* of larger fields. For example, the square (ground), the circle (sky/unity), and the triangle (the meeting point) form a triad in which structure, flow and coupling can co-occur. [Paulo HSC WB+1](#)

In our Signs group work, which already attends to subtle currents of resonance, geometry offers a language to *map, embody, and stabilize* those currents.



A POSSIBLE EXERCISE FOR THE SIGNS THREAD GROUP

- Explore drawing or visualizing **triangle → square → circle** in relation to your experience of the call:
 - Where is the **base** (your grounding, the “earth” dimension)?
 - Where is the **apex** (heart-knowing, connection upwards)?
 - Where is the **encompassing circle** (the field in which we all partake)?
- Notice any *shape-feelings* in your body as you breathe with awareness:
 - Does your breath map a triangle (inhale-exhale-return)?
 - When you exhale “360°” (as Suzy guided), can you sense a circle of release or integration?