



**3-Pillars  
towards  
Greater  
Self Awareness  
for the  
Conscious  
Change maker**

**self awareness + self trust +  
inner knowing = healing**

**MAREN J MILLER LLC | LOVE BUBBLES HEAL**

*I am on a mission to empower conscious, reflective, change makers like you*

---

## Hey, I'm Maren.

Too many white folks struggle with knowing where to start and how to stay engaged.

Most lack the community, accountability, practice and exploration of various resources and frameworks to deepen understanding and move into life long commitment.

"I don't want to do it wrong.  
It's so overwhelming, Where do I even begin?"

I get it — I was in your spot. Angry at what I saw happening around me, but knowing my understanding was limited I believe there is deep generational work that is here for white folks, and if you are looking to tap in. I am here for it. For you.

That's why I help white folks to be honest and integrate all that they are learning, living and trying to make "right." In order to invite true depth and intimacy in, we must remain in humility of how we are showing up, knowing race is always present. Always.

And so it requires us to choose presence and choose everyday, to live in accountability, humility, curiosity. Instead of constriction, headlessness, denial, and conceit. It is an everyday choice in how we show up. It is on us.

To me there have been 3 pillars and emerging framework that have remained and stayed present throughout my self healing, identity, spiritual, anti racist, anti oppression unlearning and "work" to allow/surrender to my authentic self, self expression, and how I want to be of service and the world to be different because I lived in it...

Let's get started.



# Pillar 1: LOVE

The first of the pillars is LOVE

LOVE - Love is in this present (are) moment. Where am I now? Who am I? And what communication and conflict transformation skills do I need to develop? This pillar is about presence and practice.

*What are my patterns? How do those show up? Why? Where can I lean into the antidote of my enneagram number? Where might learning more about my astrology, human design, or even Meyers Briggs bring me closer to information of what is best for me? Where do I need to reckon with a white supremacy culture trait I've internalized around conflict or silence?*

This is where loving accountability lives. Where learning healthy coping and communication skills are necessary. Where we hold the tension of perfectly imperfect and a learning and practice stance. This is where we start to allow ourselves and others to be humans. Not the stories we've internalized.

*Where ARE we? Who am I? WHAT am I doing here? How do I communicate? With myself, with others, with spirit and my intuition.*

*Where is my next right step with what is here for me to hold around the privilege I embody in this body, and how do I navigate the nuance of different spaces and context in order to fully SHOW UP authentically with a more grown up nervous system?*

Under the umbrella of LOVE is where I learned about communication skills. What it is to be a listener and question asker. What does it mean to be someone who looks for racial narratives and dynamics in their life, and tries to do differently. Someone who cares about the affect of my words, body/identities, energy, actions have on others and this world.

To me this pillar has a hands and arms and open (softened) heart approach to new information, a relationship with cognitive dissonance and all the ways in which we can allow/adjust to change. To new ideas. Checking in with our values and beliefs. And to what is currently serving us. Or NOT serving us and ready to be evolved and pushed out the door.

## LOVE

### Communication (ARE)

MINDFUL INQUIRY/OPEN ENDED QUESTION  
CURIOSITY  
MANAGE REACTIONS OF OTHERS  
AUTHENTIC  
HUMILITY  
PERFECTLY IMPERFECT  
CAN COME BACK AND TRY AGAIN  
BOUNDARIES  
QUESTIONS  
LISTENING  
MIRRORING  
PRESENCE - PRESENT  
LOVING ACCOUNTABILITY  
COMMUNICATION  
CURIOSITY  
QUESTIONS  
SOFTEN  
HEART

*"Where is my next right step with what is here for me to hold around the privilege I embody in this body, and how do I navigate the nuance of different spaces and context in order to fully SHOW UP authentically with a more grown up nervous system?"*

### LISTENING STANCE & QUESTION ASKER

#### EXAMPLE

- 9 HEALTHY WAYS TO COMMUNICATE/MINDFUL INQUIRY
- CCAR PROTOCOL
- REVOLUTIONARY LOVE
- BB GROUP NORMS
- CIRCLE OF TRUST
- NON VIOLENT COMMUNICATION
- RESTORATIVE JUSTICE
- GOING AGAINST WHITE SUPREMACY TRAITS OF SILENCE

## BUBBLES

### Knowledge (BEEN)

HISTORY - PAST  
 TRUTH THAT HAS BEEN OMITTED  
 CONTEXT  
 SYSTEMS - 4 I'S OF OPPRESSION  
 START TO SEE PATTERNS/PREDICTABILITY  
 CREATION STORY OF WHITENESS  
 WHAT HAS BEEN GIVEN UP  
 FRAME OF REFERENCE  
 INTERSECTIONALITY  
 I DON'T KNOW WHAT I DON'T KNOW  
 CONSCIOUSNESS  
 MATRIX  
 SYSTEM  
 WAKE UP  
 BE/DO DIFFERENT  
 BUBBLES IN THE HALLWAY  
 HEAD

*In a sense, the battle is and always has been a battle for the hearts and minds of white people in this country. The fight against racism is not something we're called on to help people of color with. We need to become involved as if our lives depended on it because, in truth, they do."*

—Anne Braden

## Pillar 2: Bubbles

The second is Bubbles.

Bubbles is in the bubbling awareness and knowledge. What are you doing here? What don't I know? Where have I been? Why don't I know that? And where do I need to be more honest about truth and history? Of the United states? Of my family and lineage? Of my own experience in this world?

In order to move forward into something new, we must know where we have been. You don't know what you don't know. However, choosing to move away from willful ignorance and the denial of history and historical context that shapes racial dynamics in our world today, is a huge piece to white folks racial identity development.

One, to acknowledge and know the way race is present in today's systems, and social narratives, therefore in us.

And two, to build confidence (and get used to not knowing) around language, ideas, and ultimately mistakes. As well as the trap doors and distractions/patterns that confuse and keep white folks away from staying engaged. We've been carefully taught to want to stay away from the subject of race. The truth is hidden so that we stay complicit. And so we must let it be seen in order to release the tension and pop the bubble of lies.

### FIND, LISTEN TO & BELIEVE MULTIPLE PERSPECTIVES

#### EXAMPLE

- I KNOW, I DON'T KNOW (RACIAL CONSCIOUSNESS)
- LISTEN, LISTEN, LISTEN
- ARTICLES
- BOOKS
- PODCASTS
- MOVIES
- \*OTHER COHORTS OR WORKSHOPS LED BY WOMEN OF COLOR

## Pillar 3: Heal

The last and third pillar is Heal.

Heal, or self healing, (is) within your body. Your being. Your self. Where do I want to be? What do you want? And what is ready to be let go and named? What is familiar and how will I be and do differently?

As I continued to practice and build up my communication skills and ability to navigate conversations around systems of oppression, I also continued to consume content, and put myself in spaces where I grew in my knowledge, awareness of nuance, built relationships, witnessed multiple perspectives and storytelling and and leaned into humble confidence in my knowledge about intersectionality and the anti blackness/racist history of this country and the world.

In my experience, what has given me more confidence in my ability to navigate myself and others in this ongoing learning and journey has been multiple modalities of healing.

Trauma informed talk therapy, tapping, coaching, energy healing, energy reading, enneagram awareness.

Have all been ways for me to better know myself and my patterns. Ways to integrate and synthesize what I have learned, and give myself permission to always come back and try, try again. To come back to and stay open to the constant opportunities for new growth and understanding.

It has been compared to peeling layers of an onion. Peeling of layers of conditioning, in order to come back to our true authentic self, beyond past trauma and hurt. Beyond past denial and ignorance. Finding ways to continue to deepen in understanding that I am human and WILL make mistakes. But that I can learn, and choose to do differently. That I can over time build up my tolerance for discomfort, for making mistakes.

Which will only continue to build up my wall of capacity, brick by brick. Energy and somatic work can parallel Love and Bubbles towards deeper and faster healing. Healing moments that can reconnect me to self, my feelings, and ultimately closer to empathy and connection.

Being willing to engage with the question, how am I part of systems of oppression and what am I going to do about that today? What is my role, capacity, will, skill and ability to do something today? What is my next right step? What do I need? In order to stay in this for the rest of my life?

In a sad little twist, racial development is self development in many ways for white folks. Delving into my racial identity development has only opened me up to greater, and deeper healing. And continues to shine light in corners and cracks that still need my attention and due diligence to clean up.

### HEAL

#### Self (BE)

REGULATION

WINDOW OF TOLERANCE

HEALING TRAUMA

FEEL AND MOVE THROUGH - SHAME, BLAME, GUILT

KNOW YOUR STOPPERS AND WHAT KEEPS YOU FROM ENGAGING - FUTURE

PERSONAL

KNOW THYSELF

TRIGGERS

TRAUMA

PATTERNS

HOW DO I SHOW UP?

UNLEARNING

PEEL LAYERS

SOMATICS

ENERGY

NERVOUS SYSTEM

MIND - BODY - SPIRIT

GUT

*Finding ways to continue to deepen in understanding that I am human and WILL make mistakes. But that I can learn, and choose to do differently. That I can over time build up my tolerance for discomfort, for making mistakes.*

**RECONNECT, RE ENGAGE, RECLAIM, RESTORE**

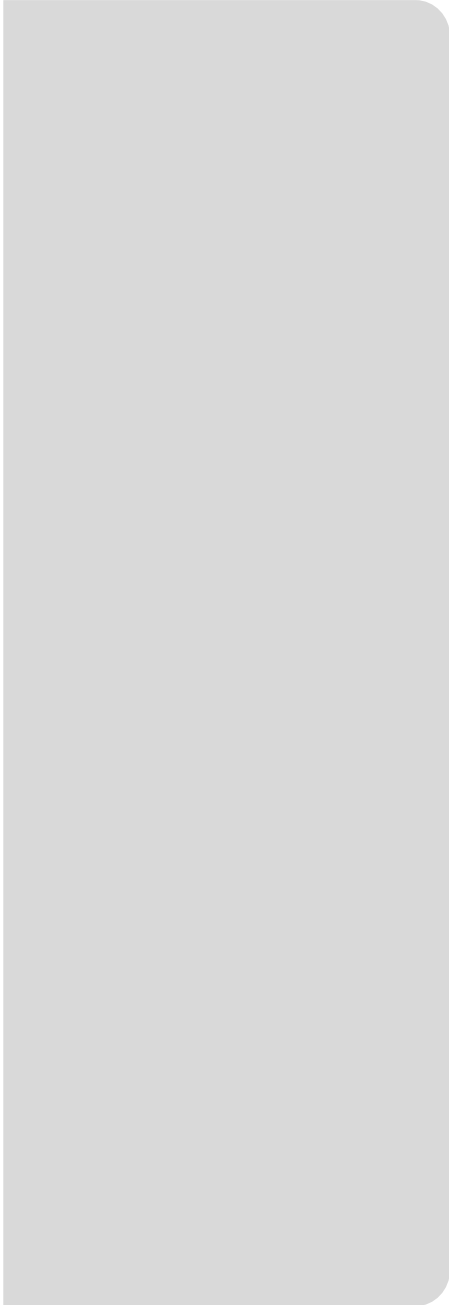
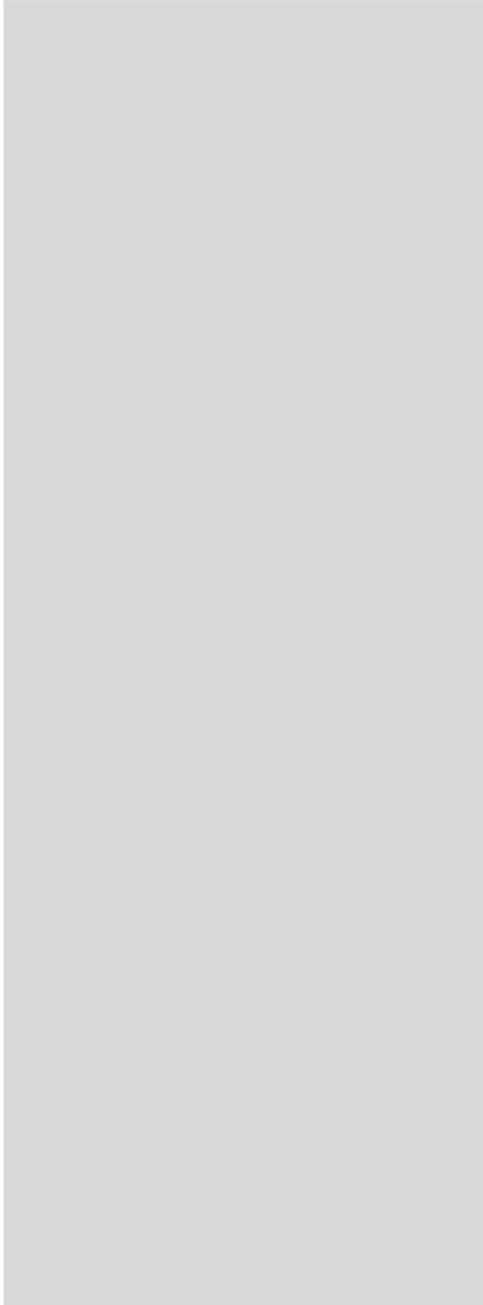
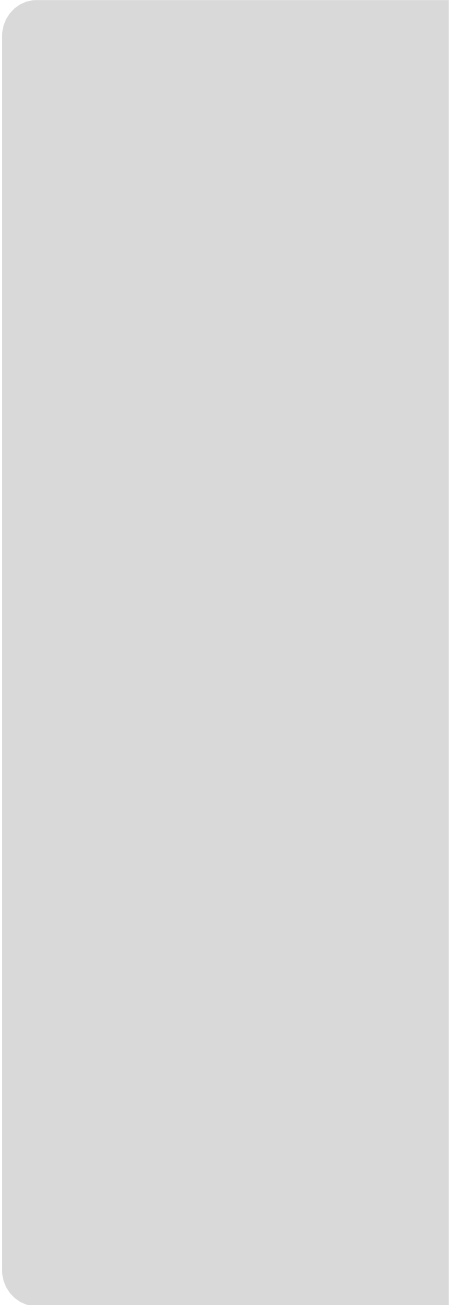
#### EXAMPLE

- THERAPY
- COMMUNITY CARE LIKE PRESENCE
- TALKING TO A ACCOUNTABILIBUDDY
- SHARE YOUR RACIAL AUTOBIOGRAPHY WITH SOMEONE
- RETURN TO YOUR PREP
- ENERGY HEALING
- BODY WORK
- TRAUMA WORK
- REVOLUTIONARY LOVE

LOVE

BUBBLES

HEAL



*Ready for a next right step, support towards a more authentic you?*

---

## Work With Me 1:1

Most white folks conflate anti-racism work with performance and band-aid, fast and easy solutions.

The coaching I offer is a space to unlearn lessons and layers. It is the new way of leadership and business coaching. Where naming white body supremacy and all its forms, within us and around us, is the way to build capacity and grounded roots in how to be in this world.

Awareness is something I value, and I support folks who are open to individual identity exploration, including racial identity development.

Here's what you can expect...

- Loving Accountability
- Mirroring and reframing
- Lots of question asking
- A space to be uncomfortable and hold nuance and tension and all the messiness

And so much more

You are not alone, and do not have to continue alone. We need each other.

Book a call with me today to discuss

[BOOK A CALL](#)



“

I was searching for a spiritual/business coach who made it clear of their commitment to anti-racism and dismantling white supremacy. And I found Maren! Thank goddess! While no white person can be/should be/is an expert in anti-racism work, it is essential that more white folks in spirit-centric roles engage in and commit to understanding the responsibility we have for the power we unjustly hold in this world. And Maren held space for that.

Our monthly sessions have been a boon throughout 2020. I left each session with a deeper commitment to and understanding of my role in a complex world, the many ways white supremacy, power, privilege, and oppression can and do play out w/in me, and a more embodied connection with spirit. Maren's abilities to deeply listen and to offer perspective are profound, often leading to a big smile on my face or a stillness I must sit with a bit and ponder.

I am grateful to have found her, to have worked with her, and to sing her praises.

-Meesh Deyden (@meesh\_makes)

”

“

Maren made me feel seen, heard, and gave me permission to be in process. Coaching with Maren gave me mindsets, tools, and resources that I'll be able to use for the rest of my life. It was incredible to have an advocate and guide that's walked in similar spaces before me.

-Carin Huebner.

”

“

“Maren is a brilliant and gifted coach. In my business she has helped me get responsible for my identity...she's caused huge breakthroughs in our clients particularly, white women...who have had transformation's inside of confidence in their ability to act powerfully as entrepreneurs in a way I've never seen...so if you are considering doing work with Maren, I'd say do it. Do it now. Do it frequently. You'll be amazed at what this woman can do for you and your people.”

– Nate Lappegaard, from Kite + Dart

”

*Love Rock Reading*

*The horizon leans forward.  
Offering you space to place new steps of  
change.  
adrienne maree brown,  
emergent strategy*



How do you want the world to be different because you lived in it?

Let's chat to see how we can work together to become, emerge and vision what could be. For ourselves and for the world.

**BOOK A CALL**