



Thrivng World Community TESTIMONIALS

"Over the past ten years or more my wife and I made many efforts to work out the major communication difficulties between us. Nothing helped.

Then we found Vika and since then have done two multi-week classes with her.

For the first time, we were able to begin to understand the roots of our communication challenges and specific ways to improve things for the better.

Vika's classes have made a huge difference in our lives and in our relationship.

I credit Vika and her valuable depth of insight to contributing greatly to saving our marriage. We look forward to doing more work with her." -- Will G., Attorney/Writer

"When people ask me about my life, close to top of the list of the good is my experience ... of our group. I even dropped out of my other group as it didn't have the depth of emotional contact that ours has.

Thank you so much for experiencing me the way that you do. I feel really touched by all that you share and so grateful to be part of our community.

It is your humanity, intelligence and vulnerability that keeps me coming each week. Your willingness to be 'imperfect' is a kind of game changer for me." -- Mr. M.R., retired therapist

"I highly recommend Vika's groups and individual coaching. She brings powerful insight and clear, grounded presence that encourages honesty, integrity, and depth.

I appreciate her ability to hear and track what I share, mapping and understanding the complex layers and threads. She offers clear witnessing, an invitation to go deeper, empathic understanding, and practical tools to address my issues.

Vika's compassionate presence lives alongside her laser-sharp skill and vision ... truly a gift for clients and group participants." -- Lena R. Ph.D., Vancouver, BC, Canada

"The material [wasn't new for me], but so much more accessible!" -A.D., Licensed Clinical Social Work with 15 years experience

"Thanks for all your support! I went to the doctor yesterday and my blood pressure was 110. It's usually up in the high 130s, and I'll bet that that low blood pressure has to do with being less distressed. Yay, and thanks!" -- Joe M., Independent NVC Trainer; Portland, OR

"I've found Vika and her work to be both mind-bogglingly effective and heart-opening. She's always authentic about her own humanity, and her uncanny ability to reach out to people, empathize with them, and connect deeply with them is unique in my experience.

The relationship coaching that she's done for my wife and me has opened up a new world of connection for us that I never dreamed possible.

The individual coaching that she's done for me has helped me to release shame and guilt as well as learn how to both maintain my boundaries and open up to other people more easily.

The Presence Practice Group that she's created is a wonderful opportunity to be held and heard lovingly by like-minded and like-hearted people in the community.

I heartily (pun intended) recommend everything she offers." -- David L., Music historian, Author, & Energy healer; Portland, OR, USA

"Vika Miller is a master communicator.

"I have expertise. [Vika has a masterful understanding](#) that aids me in raising the bar of awareness about what's really going for me -- what my most important values and concerns and opportunities are.

"She gets to the heart of the matter; every time. [Both my marriage and my business have benefited](#) a great deal from my coaching with her. And [the Thrive Roadmap seminar](#) knocked my socks off.

"I highly recommend this work." -- Tom Esch, President of [Esch Consulting, LLC](#), Minneapolis, MN

From [Our House of Portland](#) staff:

[Your facilitation was magical!](#) -- KJo

*We are excited to have a fresh new opinion on NVC -- new tools in our tool box. [Consensus is our new strategy to help the client we discussed, it's WORKING!](#) Major victory. Thank you.
-- Kim*

Thank you for your gifts! -- K

Thank you for sharing your talents and insight. -- Tim P.

"I appreciate what you're bringing to [Our House]. Looking forward to more!" -- Kristy Fleming, Director of Occupational Therapy, Our House of Portland, Portland, OR

"I'm teaching NVC and just saw your 'broken toe video' and found the metaphor very powerful. I enjoyed the video -- its clarity, use of regular language, and effectiveness in transmitting the idea that we can take responsibility for our reactions, without once naming 'responsibility.'

"Bravo! I hope our paths will cross. You inspire me." -- Ronnie, Buenos Aires, Argentina

"Your work in the world has improved (and continues to improve) my life and my world, and has improved the quality and direction of the work I do in the world as well. When I found the Presence Practice group listing while looking for an NVC practice group, I knew in my gut that I'd hit the jackpot. That pot of gold continues to enrich me and everyone I touch. Thank you.

I never imagined that community like this could be possible. It's so wonderful to have a place to go where I can be just who I am! Having this place to truly be my authentic self is causing me to be more my authentic self everywhere else. Thank you for helping me bring my true self to the world!

"I found the material much more applicable and much more practical and I gained MUCH more from [the Healthy Boundaries Program] than I had expected."

-- Lori L., Mediator, Facilitator, Herbalist, Tai Chi player, Washougal, WA, USA

"I always feel safe, seen and gotten with you! [Since our session] I had some new clarity and a major shift in ... my connection to my own power....

"I've been focusing on breaking up as the only way to remove myself from daily situations with my boyfriend that I'm not happy with. It dawned on me that I don't need to break up with him to remove myself from those situations. I can simply choose to communicate my need and do something else that better meets my needs at that moment.

"This was so empowering to me and gave me such a sense of freedom! I have been stuck in the other mindset for quite some time; having a shift in perspective was a long time coming.

"I can still consider over time if it's the right partnership for me. In the meantime, I feel like I have my power back!"

"I'm very grateful." -- P.S.K., Portland, OR, USA

*"It's so, so powerful for me to do [Compassionate Noticing]. I'm usually on such alert mode, and **with this practice I relax in a way that's almost impossible for me to do on my own.***

I have such a feeling of wellness afterwards, like a glow. This feels amazing, it works!

Thank you SO much, this is so healing for me." -- Christina C., Portland, OR, USA

*"I really value time for self reflection, as well as meeting with others to connect and support personal growth. Compassionate Noticing meets both these needs for me. **I have a chance to go from overwhelm to almost instantly relaxed.***

*"I'm also grateful to be using it regularly now with my wife, to deepen our relationship. It's a simple, effective well-being practice, **we look forward to tapping into it for the rest of our lives!**" -- Chris V.S., Portland, OR, USA*

***"Thank you so much for [Presence Practice] group last night. It was so healing for me!! I'm so glad you are in the work you are in -- so magical! Maybe we can try and do a phone session during one of the weeks when I'll miss group."** -- Lucy B., Portland, OR, USA*

"Your The Power of Noticing: Reactiving vs. Choosing article was very touching and insightful for me. [A]nother person also referred to it as very powerful. I have sent it on to interested others! Thanks for collecting your thoughts and sharing them with us!!!" -- Elaine Hultengren, Independent NVC Trainer

"You are a gift and an inspiration." -- JHB, Portland, OR, USA

"The gift that Vika brings has altered the path of my life.

On New Year's Day 2016 I was wondering what it would be like to continue sitting in the freezing cold wind, fall asleep and just pass from hypothermia. Thankfully I called a friend that day, and found Vika a couple months later.

While my life now isn't all roses all the time, I have a solid community to lean on whenever I'm blue and no longer wish to just disappear from the planet.

I am a calmer person, my mood pendulum no longer swings terribly out of my control, and I can associate patterns, moods and emotions with feelings and needs.

I'm accepted and celebrated for who I am in the Thriving Life community, wherever I happen to be that particular day. I have allies, and tools to thrive with." -- K.H., healthcare professional, Portland, OR

"I've been following NVC for several years because it meets my need to improve my communication skills that I found very lacking during my encounter with cancer 30 years ago.

[NVC Essentials] ... is the best blog I've read that summarizes the complications that emerge like ping pong balls between care-receivers and care-givers, when illness intervenes in a family that never communicated effectively in the first place." -- Orla N.

"I just wanted to say thank you for providing and holding a space that has been instrumental in my personal growth during the past several months.

There is a new sense of calm inside me, where before (I now realize) there was only shame and resentment.

I have a new excitement and curiosity for myself, and I'm so grateful for the support I get within the Presence Practice community." -- Kevin F., Portland, OR, USA

"[Compassionate Noticing] meditation helps me understand the feelings and needs that can be hidden behind the words others say." -- Aurelien C., Portland, OR, USA

"I love your vision, your commitment to creating a world that thrives together harmoniously, and to being so authentic about it." -- Greg R., Oahu, Hawaii, USA

"Vika Miller is one of the most gifted, talented, and personally authentic people I have ever known.

Perhaps because she has done her own inner work at the deepest levels, she has a rare, astonishing knack for sharing advanced psycho-neurological information in easily-understandable, practical, and deeply empowering stories, characters, tools, and practices.

She listens from a very deep and present level. I recommend her at the highest levels as teacher, coach, or mentor."

-- Jeffrey Jeanetta-Wark, MA., LICSW, Holistic Psychotherapist, [Center for Integrated Well-Being](#), Minneapolis, MN

"I just want to say how much I respect you and your constant striving to be as good as you can in this lifetime.

I appreciate how you try so hard not to ever speak with people from anger and you're always helping others to reach their potential in loving communication.

You are a gift to this world and I'm honored to support you along your path." -- A.K.

"I was dealing with a shattering relationship challenge, and I needed to know I wasn't crazy. I was grasping for sanity, clarity, validation that what was going on wasn't healthy. Vika provided very concrete images and examples that describe what happens inside us – from the ethereal to specific handholds – that make sense ... and work!"

-- Becky H., Retired Teacher

“I wanted a place ... with no dehumanization of others who aren’t on the journey. I got validation that I’m not crazy -- I’m not the only one who knows that humanity is joyful, hopeful, easy, we’re all interconnected. This is a place of shared humanity, where we can learn to stop making life so hard! Being with people willing to do the work is what makes it EASY. It’s our birthright to THRIVE ... without the torture. [Here I got belonging, connection, and the freedom to be myself.](#)”

– Jenna P., Meditation Specialist and University Teacher
