

## **Emotional First Aid for Anxious Indigos and Crystals**

Indigo and Crystal children and teens are highly aware, emotionally sensitive energy beings. They come into our world in an amazing assortment of different types and varieties but one characteristic which is similar is they are right brained dominant processors who feel their feelings intensely. In the last several years as I worked as a child therapist I have noticed an increase in the number of special children coming to my therapy practice with significant and at times overwhelming fears and anxieties. Some I have seen have separation anxieties, sleep challenges, school related phobias, performance anxieties, night terrors/nightmares, social awkwardness/shyness, panic attacks, or obsessive compulsive behaviors. Whatever the child or teen's presenting issues, it is important to explore the root causes of their problems as well as developing effective strategies for eliminating the troublesome thoughts and behavioral patterns.

Part of what creates problems for Indigos and Crystals is their very large energy field which creates heightened intuition or psychic abilities. They may be seeing frightening energetic beings from other dimensions or picking up psychic information which they don't know how to understand or deal with. Due to their large energy fields they may also be absorbing negative emotional energy from people around them which can sometimes make attending school or riding on a crowded school buses even more difficult and draining for them. Many times these highly sensitive children will come home from school so energetically charged that they will need to discharge the toxic energy before they can feel calm and present in their own skin. Wanting to fill up on junk food after school and huge temper outburst may be an indication that your child is either trying to numb out to their uncomfortable feelings or ineffectively discharge the confusing, negative energy.

Since these children are vibrating at a higher energy frequency, spending a lot of time in front of any kind of machine which is resonating with its own energetic frequency can also compromise the balance of energy within your child's body. In addition to picking up the EMF's (electro magnetic frequencies) your child's values and belief system are also influenced by the toxic diet of violence and mayhem on television and within some computer games. Many times I have had to clear out trauma memories from children who have been watching excessively violent movies which are creating vivid fears and nightmares. Supervising and limiting your child's television and video viewing and time with computer games and game boys may help to cut down on their anxieties and fears. It also helps

prevent children from numbing out to their anxious feelings by mindless TV and computer preoccupations.

Another factor which appears to contribute to children's anxious or fearful behaviors is hidden food or chemical sensitivities. As a young child my son became very irritable and anxious after ingesting peanuts or red food coloring. My daughter had a different reaction to some foods such as dairy and chocolate which affected her behavior by making her very uncooperative and prone to temper outburst. In my therapy practice have seen children whose anxious behaviors completely disappeared after changing their diet and eliminating the problem foods or chemicals from the environment. Many children's food and/or chemical sensitivities are never discovered leaving many parents to struggle with confusing behavioral or health related issues for their highly sensitive children.

Indigos and Crystals who experience trauma can also become overloaded with intense feelings and memories which may become stuck on the right side of the brain. When something traumatic happens to anyone the memories are stored on the right side of the brain as a chunk of information which still needs to be processed and restored rather than as bits of information which are collected when we think of something more positive. If the child is not able to process and work through the traumatic experience with their whole brain, it remains stuck on the right side of the brain waiting to be retriggered and experienced again and again. Without an experience which helps the left brain to help process the traumatic event rationally and to place it securely within the past, the child can feel overwhelmed by flashbacks and intense feelings which they are not able to release.

Many children will try to suppress trauma memories instead of processing them because they are so frightened of them. They erroneously believe that if they don't think or talk about the event, their bad feelings will go away. Unfortunately their childish minds often take on irrational beliefs which can cause further problems and anxieties which leads to more negative coping strategies. If your child has experienced something traumatic and has had a significant change in personality or behavioral patterns which have lasted more than 6 weeks, it may be wise to seek out a child therapist who is trained to use techniques such as EMDR (Eye Movement Desensitization & Reprocessing), one of many Energy Psychology Techniques or Play Therapy.

As parents of the new generation of sensitive energy beings we need to function as detectives searching for root causes of their energy disturbances. No longer can we ignore our children's subtle energy imbalances or expect that traditional medicine can fix their problems by

swallowing a pill. Parents also need to be mindful of their own emotional states which can be mirrored back to them through their children's behaviors.

## **Emotional First Aid for Anxious Indigos and Crystals**

If your child is upset, check your own energy! When you are energetically scrambled or stressed, they will be too. Take some time to calm or relax yourself and notice how this affects their energy. Hint: Do a **Hook Up** whenever you find yourself getting stressed or upset at your child. You will find your child will calm down much quicker and you will feel better too!

### **Hook Up**

- 1) Cross your feet at your ankles
- 2) Hold your arms straight out in front of you with back of hands facing each other, thumbs down
- 3) Cross one hand over the other & place palms together & clasp fingers.
- 4) Bend elbows and fold hands in and up until they are resting comfortably on your chest.
- 5) take a big breath in while placing the tip of the tongue against the top of the palate behind the front teeth.
- 6) When you exhale, relax the tongue in the mouth.
- 7) Hold this position until you notice a calming sensation inside. (It can take a minute or two).
- 8) Relax and uncross hands and feet.
- 9) Touch the finger tips of one hand against the finger tips of the other and notice the energy where they meet. Hold for at least 30 seconds. (The energy may feel hot, tingly or like it is vibrating, humming or throbbing)
- 10) When your child asks you what you are doing, tell him/her that it is a way to calm down. Ask them if they would like to join you!

### **Tip Two:**

This technique usually will help a child relax and calm down when they are upset, scared or about to have a temper meltdown.

## **Taming the Dinosaur**

- 1) Rub your hands together quickly to collect energy in your hands.
- 2) Take both of your hands and place close to your child's head near each of his ears. Without touching the child's body, sweep around his ears & down the side of his head, neck, shoulders and arms and off his hands. Your hands are working like a magnet to pull down and release over – energy from your child's body.
- 3) This motion probably needs to be repeated 3 to 5 times until the child visibly calms down.
- 4) Some gentle words which recognize his upset and let him know that it is ok to have what ever feelings he has, may be helpful for the child.
- 5) Parents can also do this to themselves to help relax and calm their own over-energy!

Simply take one hand at a time, cross over to the opposite side of your head and sweep down your neck, arms and off of the fingers. Remember to take some slow deep breaths as you release your over - energy.

### **Tip Three:**

Sedating Triple Warmer is another powerful way of calming down a child's over energy. If this procedure is done once or twice a day for three to four weeks, you literally can reset a child's nervous system into a calmer mode.

### **Sedating Triple Warmer**

- 1) While the child is calm and sitting or lying down in a relaxed position, hold the front of her knee and the back of her elbow on the same side of the body. You may feel the energy tingling as it moves down the leg to the ground. Is your child able to feel the energy moving too?
- 2) When the 1st side feels like it is finished (it could be 5 minutes or more), switch to the opposite elbow and knee and repeat the same procedure
- 3) Next move so you can hold the child's little indentation on the outside of the baby toe with one of your index fingers. Using your other index finger hold the spot where the child's 4<sup>th</sup> and 5<sup>th</sup> fingers join the hand (right where the V is located). You can hold these points about the same amount of time as the elbow and knee points. This is repeated on both sides until all four points are finished.

Hint: This is a relaxing activity to do as your child is going to sleep. It really can help them fall asleep faster plus reprogram their nervous system at the same time.

### **Tip Four:**

Have the child use the karate chop with an affirmation to help shift her out of a negative or uncooperative state. Energetically this is known as being psychologically reversed. When anyone's energy is reversed we literally will do the opposite of what would help us or we make choices which sabotage our best interest.

### **Karate Chop with Affirmation**

- 1) If the child will cooperate, have them tap the outside part of the hand against the outstretched palm of the opposite hand in a (gentle) karate chop motion. While tapping, have the child say some version of the following:
  - a) "Even though I am feeling upset right now, I am a super kid!"
  - b) "I like myself & I'm ok even though I have this \_\_\_\_\_ problem." (anger, sadness, fear, upset, etc.)
  - c) "Even though I am feeling like a bad kid right now, I love & totally accept myself!"
- 2) Repeat the tapping and affirmation out loud three times pausing to take a deep breath in between each affirmation and tapping sequence.

3) If the child has trouble saying the affirmation and doing the tapping, do it for them on your own body. Set your intentions for their highest good.

### **Tip Five:**

Have your child think of a place where he feels calm, peaceful and relaxed. This safe place can be real or an imaginary place. (Check to make sure there are no negative memories associated with it.) When you first talk about the safe place, it helps if the child is relaxed and in a positive state of mind.

### **Safe Place with a Butterfly Hug**

- 1) Have your child describe a peaceful, calm place in as much detail as possible. (Sometimes I have the child draw their safe place.)
- 2) Is this calm, peaceful place inside a building or outside in nature?
- 3) While they are picturing this special place, taking some slow deep breaths and feeling the calm, relaxed feelings inside their body, have them cross their arms over their chest and lightly tap their finger tips on their upper chest until they feel totally calm and relaxed. This gentle tapping process is called a Butterfly Hug.
- 4) Whenever they are feeling agitated or upset, remind them of their special peaceful place. Have them picture the safe place in their heads and then do a Butterfly Hug to feel better! Some children like to draw their Safe Place.

### **Tip Six:**

Another way to help your child relax and let go of tension or uncomfortable thoughts or feelings is to hold their positive points on their forehead. The reason it works so well is because it is a neurovascular point which improves circulation and helps to bring the blood flow back into the thinking part of the brain. If you want to make it even more powerful, you can have the child do a hook up while you are holding these points.

### **Holding Positive Points**

- 1) Rub your hands together briskly and then shake them off to gather the energy into the hands.
- 2) Place your finger tips lightly on your child's positive points above their eyebrows. The positive points are located directly above each eyebrow and below the hair line. (You can also use the whole hand on the forehead with another hand placed at the back of the head just above where the skull meets the neck. This covers the fear points at the back of the head and sets up an energy resonance between the 2 hands.)
- 3) I usually ask the child to think about what ever is upsetting them or making them feel stressed. This usually takes about a minute or more.
- 4) Remember, having the child do a hook up while holding these points makes this and even more powerful exercise.
- 5) If the child will not cooperate to do this procedure, then set an intention to do it for your child while completing it on yourself.

### **Tip Seven:**

Locking in the positive energy of the heart is another way to clear negative energy from the body's nervous system and increase positive loving energy.

### **Heart Lock In**

- 1) Tell your child that you are going to teach them how to make the loving positive feelings of their heart bigger. Explain that a "Heart Lock In" is like opening a door inside their heart to allow more sunshine and love in.
- 2) Have the child close their eyes and focus on their heart center while they think about something that makes them feel happy or loved. Have them place their hand on their chest when they feel those loving feelings there.
- 3) Now have them image that they have a key and can open up their heart to let in more light and love. Can they image their breath is going slowly in and out through the door in their heart?
- 4) When their loving heart energy has increased, have them think of someone they would like to send some positive loving energy to. When they are ready, they can send out a bubble of loving energy to the person they are thinking of. Can they feel the doorway of their heart open even wider as they send out positive loving energy? What color was the bubble of loving energy they sent out? Is there anyone else they would like to send loving energy to?
- 5) Playing happy, positive music while the child is sending out loving energy adds a nice touch. Suggest that the child may want to continue to send out loving happy energy to different people or places. It is also fun to send loving energy back and forth between the two of you throughout the day!
- 6) After they are finished, talk to them about what they noticed happening while they did this "Heart Lock In" activity. Usually there will be an increase in their positive, loving feelings.

### **Tip Eight:**

Whenever your child needs an energetic shift, water can provide a nice soothing effect. Whether it is a swimming pool, lake, a sink full of soapy water, a relaxing bubble bath or a sprinkler on a hot afternoon, it will provide a release of the negative energy from their body. To further enhance the release of negative energy add ¼ to ½ cup of Epsom salt to their bath water. It cleanses their aura and helps with the energetic shift. A few drops of lavender oil also adds a nice scent to the bath and calms the central nervous system.

Making sure your child has enough water to drink is another way to help your child stay emotionally balanced. (Pop, juice & milk can't replace the body's need for water!) Water is a great stress buster and helps the brain work more efficiently.

### **Tip Nine:**

**Aromatherapy** or **Bach Flower Remedies** are another way to reprogram the body's electrical system. One Bach Flower remedy which helps a child/adult calm down is called Rescue Remedy. (This homeopathic remedy can be found at your local health food store or from a naturopath.) Simply placing 4 drops on the tongue or in a small

glass of water or juice can help ease the child into a more calm and relaxed state (without side effects).

Rescue Remedy is made from the essence of six English wildflowers: Impatience, Star of Bethlehem, Cherry Plum, Rock Rose, Clematis and Crab Apple. These 6 essences are blended into a solution of grape alcohol which quickly disperses the healing energy to the body.

### **Tenth Tip:**

Children are endowed with wonderful and creative imaginations. When children are upset or agitated, it may be helpful for children to image what their personal guardian angel looks like. Is it male or female? Is it large and powerful or small, agile and quick? Does it have a name and distinct personality? Is it someone they know who has already died? When they have had a chance to visualize their guardian angel, have them draw a picture of it or find something which can represent it. I like to anchor the child's sense of safety and protection by having the child do a Butterfly Hug while they picture their guardian angel watching over and protecting them. Parents may want to tell their child that they can call on their guardian angel whenever they need help or to feel safe. Some parents may want to teach their child to pray for their angel to help them whenever they need him/her.

## **Angels and Fairies**

- 1) Discuss with your child the concept of a guardian angel who looks after them and protects them.
- 2) Encourage your child to visualize what their angel may look like. Is it male or female? Is it powerful and strong or small and quick? Does it have a name and distinct personality? Is it someone they know who has already died?
- 3) Have the child draw a picture of what they think their guardian angel looks like and then install the image more deeply by using the Butterfly Hug while they look at their picture or imagine their angel.
- 4) Have the child think about a problem situation and then do the Butterfly Hug. How does their angel help them with the situation?
- 5) If the child has other situations where they would like to feel the presence of their angel, just have them picture it in their head and process with another Butterfly Hug. Angels can be especially comforting as your child is trying to get to sleep!
- 6) Let your child know that they can call on their angel whenever they need to feel safer or work out a problem.