

Helpful Indigo Information©

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1) Indigo children come into this world with a feeling of **high self-regard** and a **sense of entitlement**. They may think of themselves as your equal rather than a child and will expect to be treated with **respect** at all times.

2) Indigo children are **emotionally sensitive**. They feel their feelings intensely and may struggle with anxieties, depression or temper rages. They have large energy fields and often will mirror the energy of people around them. Help them develop an awareness of their unique energy body, learn to balance and protect it and learn tools and techniques for managing their big emotions. 10 Steps for Calming Your Child's Energy is an article from my web site that may be a helpful resource for parents. (www.energyconnectiontherapies.com)

3) Indigos have **difficulty with absolute authority** and will be offended by coercion or manipulative tactics. They often rebel against being told what to do instead of being given choices. Be flexible yet clear about what your limits are. To avoid endless discussions, let them know what is and is not negotiable.

4) All Indigo children are bright **right brained/kinesthetic learners** who have a different brain organizational pattern. Many Indigo children can process at a faster rate than an adult, like to multi-task, and perform better with a challenge. Some Indigos have learning difficulties when they have developed neurotoxins or are stuck in a stress mode due to rigid, left brained teaching methods.

5) Indigo children tend to be **very intuitive** and **can read feelings** but not necessarily understand them. They can size people up and know when someone isn't being honest with them. Being open and honest with an Indigo child and appropriately explaining feelings builds trust and feelings of safety.

6) Indigos have **unique gifts and abilities**. They may be very creative artistically, musically or be very technologically advanced. They learn computer technology easily and intuitively and quickly become proficient using it. It is important to protect them from becoming hooked on energy draining electronic games.

7) Indigo children are more **energetically sensitive** and may be prone to **food or chemical sensitivities**. They may be more reactive to unhealthy diets, environmental pollution and emotionally toxic environments. They also may have intuitive or psychic perceptions, sense energy around them or see auras or energy beings.

8) Indigo children have an **independent spirit** and usually prefer to be nonconformist leaders, not followers. They often sense they are different from others and may have trouble feeling like they fit with their peers.

9) Indigo children often have an **enhanced consciousness** and may be more **spiritually minded**. Sometimes they may talk about seeing angels enjoy meditation or have an understanding of God which is beyond their years.

10) Indigo children have **great potential** for good but **may sabotage themselves** and become negative due to reversed polarity. If their polarity remains flipped, negative behavior and poor choice making will be the pattern leading to conflicts, depression, or severe anxieties. It is important to teach them to balance polarity.

11) Indigo children are like **finely tuned instruments** who may have their brain waves scrambled and energy systems disrupted by Electromagnetic Frequencies (EMF). EMF are generated by cell phones, computers, TV's, appliances, microwaves, electronic games or play station, etc. These children especially need time out in nature to recharge and balance their energy batteries.

Resource Guide for Indigo & Crystal Kids

Carroll, Lee & Tober, Jan, (1999). The Indigo Children. Carlsbad, CA: Hay House.

Dosick, Wayne & Dosick, Ellen, (2004). Spiritually Healing the Indigo Children (And Adult Indigos Too!), San Diego, CA: Jordre Publishing.

Virtue, Doreen, (2001), The Care & Feeding of Indigo Children, Carlsbad CA: Hay House.

Virtue, Doreen, (2003), The Crystal Children. Carlsbad, CA: Hay House.

Virtue, Doreen, (2005), Indigo, Crystal and Rainbow Children, Live lecture.

Yordy, Jan. (2003), Indigo Child, The Next Step in Evolution, DVD/video

Web Sites

Information about Indigo children: www.Indigochild.com

Jan Yordy's web site with information: www.energyconnectiontherapies.com

Integrated Centre for Optimal Learning: www.ICOLsolutions.com

Brain Gym: www.braingym.org

Right Brained Learners: www.visualspatial.org

Association for Comprehensive Energy Psychology: www.energypsych.org

Emotional Freedom Technique (EFT): www.emofree.com

To help children with trauma, EMDR Association: www.emdria.org