

## Indigo Children, the Next Step in Human Evolution

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There is a new type of child with distinct characteristics which therapist, teachers and other professionals working with children are increasingly recognizing. These children are more highly evolved with an expanded consciousness, sensory awareness and are intuitive, creative thinkers. Because they are right hemisphere dominant they tend to think in a nonlinear, holistic way grasping the meaning and significance of information quickly. This style of thinking creates a child who can think outside of the box and who may not easily conform to rules and regulations he/she sees as non productive.

Approximately four years ago I read my first book on Indigo children and was surprised to notice that many of the typical characteristics of an Indigo child resonated with how I had experienced my daughter. The more I read and understood about these children, the more I recognized the many Indigo children I was currently working with in therapy. Since that time I have had many amazing teachers but my most significant teachers have been my own son and daughter who are both beautiful Indigos in their early 20's.

Learning that my gentle, artistic son was also an Indigo was an important lesson in helping me recognize the many flavors and varieties of Indigos. While there is incredible variation in Indigos themselves, there also are some similarities which help to pick out these special children. Here is a brief summary of some of the frequent characteristics that I have seen and experienced:

- May be strong-willed, independent thinkers who prefer to do their own thing rather than comply with authority figures/parents
- Have a wisdom and level of awareness and caring beyond their youthful experience
- Traditional parenting and discipline strategies don't appear effective with these children. If you try to force an issue, a power struggle is the typical outcome
- Energetically Indigos are vibrating at a higher frequency so they can get scrambled by negative energy (human or machine)
- Emotionally they can be very reactive and may have problems with anxieties, depression or temper rages if not energetically balanced
- Are creative right brained thinkers but may struggle to learn in a traditional left brained school system
- Often Indigos are diagnosed as having ADD/ADHD since they appear impulsive (their brain can process information faster) and they require movement to help keep them better focused
- Indigos are very intuitive (often psychic) and may see, hear or know things that seem unexplainable
- Indigos tend to be more visual, kinesthetic learners so remember best what they can picture in their brain and create with their hands
- Indigos have more problems with food and environmental sensitivities since their system is more finely tuned
- When their needs are not met, these children appear self centered and demanding although this is not their true nature

- These children have incredible gifts and potential but may be shut down when not properly nurtured and accepted

In therapy I often have Indigo children referred because they are having trouble managing their emotions. Some come because of anxiety problems and may have developed obsessive compulsive behaviors or suffer from panic attacks. Others appear to be significantly depressed and may be self harming or talk about not wanting to live any more. Some Indigo children are brought because they have anger and rage problems which have no reasonable explanation and can be very frightening to parents. Another group of children come to therapy because they are very bright children but are struggling to learn in traditional ways. Frequently these children have very low self esteems and will give up on trying to complete their school work.

For many people it may appear confusing that all of these different emotional or learning problems are connected to a new type of child. The way I have begun to make sense of their extreme difficulties is to look at what is happening to these children at the energetic level. As mentioned previously Indigo children are vibrating at a higher energy frequency pattern. For people who see energy, this vibrational pattern is often seen as an Indigo color in their aura and also within their physical body. This higher vibration creates differences in the way their body and brain function.

All of the Indigo children I have met are right brained thinkers. When stressed these children develop a brain organizational pattern which shuts down the logical, rational thought processes and increases the emotional reactivity. Depending on the child, this could be acted out as anger, sadness or fears and anxieties. How the parents/teachers respond energetically will either help the Indigo to regain their balance and control or to escalate out of control. Once emotionally triggered, it can take a significant time for this sensitive child to regain composure. Some children eventually become stuck in a perpetual negative energetic state known as psychological reversal.

Functioning in this stress mode where the child is literally thinking with half of his brain's capacity also contributes to learning blocks since the child is not able to adequately access the left, language/communication hemisphere of the brain. The left side of the brain is also the executive control center of the brain so is vital in helping children control impulses and maintain focus. It is interesting to note that many Indigo children are being diagnosed with ADD/ADHD and placed on Ritalin or some other form of medication. Perhaps we need to work more at repatterning the brain (Brain Gym) to facilitate shifting out of an inefficient, stressed brain organizational pattern instead of medicating them to cover up their symptoms.

Not every child with emotional, learning problems or ADHD is an Indigo child but it may be helpful when working with children in therapy to consider whether they contain a lot of these Indigo characteristics. Understanding some energy basics and being able to detect when a child is energetically unbalanced may be especially helpful in therapeutic work with these new Indigo children. It is important to teach the Indigo child and their parents energy balancing techniques and how to get the body out of the stress mode. Grounding the child's energy as well as teaching them protection techniques so they don't take on negative energy is also extremely helpful for these sensitive energy beings.

In therapy I often encounter parents who are struggling to understand and parent this new type of child. Some parents are frightened by behaviors they don't understand

or find themselves locked in power struggles with their strong willed child. Indigo children are here to help change outdated systems and relationship patterns and require us to interact with them in new and creative ways. Parents of these powerful, spirited beings need support and insights to let go of traditional ways of parenting to develop more respectful, cooperative relationships. Taking time to explain things to Indigos plus really listening to why something is important to them enhances our awareness of their thinking process and deeper purpose. Flexibility, openness and honesty are other qualities which enhance the development of relationships which nurtures the soul of the Indigo child.

One of the most important things we can do as therapist is to educate ourselves about this new type of child who is here to help bring in a new age of peace and love. There are currently five books, numerous web sites as well as a new video called Indigo Child, the Next Step in Evolution. The video contains interviews with parents, educators and the Indigo children themselves which will inform and enlighten those who come in contact with these special beings. To learn more about Indigo children or to purchase the video, you can visit [www.energyconnectiontherapies.com](http://www.energyconnectiontherapies.com) and follow the instructions.