

the care and feeding of indigo children

The Care and Feeding of Indigo Children: Nurturing Unique Souls

the care and feeding of indigo children is a topic that resonates with many parents, educators, and caregivers who find themselves raising children with extraordinary qualities. Indigo children are often described as sensitive, intuitive, and possessing a deep sense of purpose. Their unique traits can be both a blessing and a challenge, requiring a thoughtful approach to support their emotional, intellectual, and spiritual growth. Understanding how to nurture these exceptional individuals is essential to help them thrive in today's world.

What Are Indigo Children?

Before diving into the care and feeding of indigo children, it's important to clarify what this term means. Indigo children are believed to be a new generation of youngsters who carry a heightened level of awareness and empathy. They often display traits such as strong intuition, creativity, and a desire to challenge the status quo. Many parents notice that indigo children have a natural resistance to traditional authority and conventional schooling methods, which can sometimes lead to misunderstandings.

These children might also have a vivid imagination, a deep connection to nature, and an innate sense of justice. Recognizing these characteristics early on can help caregivers tailor their approach to meet the needs of indigo children effectively.

Understanding the Emotional Needs of Indigo Children

Emotional Sensitivity and Empathy

One of the hallmarks in the care and feeding of indigo children is recognizing their emotional sensitivity. These children often absorb the feelings of those around them, which can sometimes lead to overwhelm or anxiety. It's crucial to create a calm, supportive environment where they feel safe expressing their emotions without judgment.

Providing them with tools to manage stress, such as mindfulness exercises or creative outlets like art and music, can be incredibly beneficial.

Encouraging open conversations about feelings helps indigo children understand and regulate their emotional experiences.

Building Self-Esteem and Confidence

Because indigo children frequently question authority and social norms, they may feel misunderstood or isolated. Affirming their unique qualities and celebrating their strengths can foster a strong sense of self-worth. Positive reinforcement, rather than harsh criticism, supports their development and encourages them to embrace their individuality.

Offering opportunities for success in areas they are passionate about—whether it's science, art, or social causes—helps build their confidence and motivation.

Educational Approaches Tailored to Indigo Children

Alternative Learning Environments

Traditional classrooms can sometimes stifle the creativity and independent thinking of indigo children. Many thrive in alternative educational settings that emphasize experiential learning, flexibility, and student-led projects. Homeschooling, Montessori, Waldorf, or other progressive education models often align well with their learning styles.

In the care and feeding of indigo children, it's important to advocate for educational approaches that allow them to explore subjects at their own pace and follow their interests deeply.

Encouraging Critical Thinking and Creativity

Indigo children are naturally inquisitive and often question established beliefs. Providing opportunities to engage in critical thinking activities, debates, and creative problem-solving supports their intellectual growth. Encouraging them to pursue creative outlets like writing, painting, or music nurtures their imagination and emotional expression.

These activities not only enhance cognitive skills but also offer healthy ways to channel intense energy and emotions.

Physical and Nutritional Care for Indigo Children

Holistic Health Practices

The care and feeding of indigo children extend beyond emotional and intellectual support; it also encompasses physical well-being. Many indigo children are sensitive to their environment and may react strongly to certain foods, chemicals, or sensory stimuli. Incorporating holistic health practices can help maintain their balance.

Practices such as yoga, gentle exercise, and spending time in nature are highly beneficial. These activities ground indigo children, reduce anxiety, and promote overall wellness.

Nutrition Tailored to Their Needs

Nutrition plays a significant role in supporting the unique energy levels and sensitivities of indigo children. A balanced diet rich in whole foods, fresh fruits, vegetables, and healthy fats nurtures their body and mind. Some caregivers find that minimizing processed foods, additives, and sugar helps reduce hyperactivity and mood swings.

It's also valuable to introduce children to mindful eating habits, encouraging them to listen to their bodies and understand how different foods affect their energy and clarity.

Fostering Spiritual and Intuitive Growth

Encouraging Spiritual Exploration

Many indigo children exhibit a natural curiosity about spiritual and metaphysical subjects. Supporting this aspect of their development can be empowering. Whether through meditation, storytelling, or exposure to various spiritual traditions, allowing indigo children to explore their inner worlds helps them feel connected and understood.

Parents can introduce simple daily rituals, such as gratitude practices or quiet reflection time, to nourish their children's spiritual awareness.

Trusting Intuition and Inner Guidance

Indigo children often have strong intuitive abilities. Encouraging them to trust their instincts and inner guidance is a vital part of their care. This can be done by validating their feelings, encouraging self-expression, and providing opportunities for them to make choices independently.

By fostering their intuitive skills, caregivers help indigo children develop resilience and confidence in navigating life's challenges.

Building Supportive Relationships

Open Communication and Active Listening

A cornerstone in the care and feeding of indigo children is cultivating open lines of communication. These children need to feel heard and respected. Practicing active listening—giving full attention without immediate judgment or correction—strengthens the trust between caregiver and child.

Regularly checking in about their thoughts and feelings creates a safe space for honest dialogue and emotional connection.

Connecting with Like-Minded Communities

Indigo children often benefit from engaging with peers and adults who share similar values and perspectives. Finding or creating supportive communities—whether through local groups, workshops, or online forums—can provide a sense of belonging and validation.

These connections help indigo children feel less isolated and more confident in their uniqueness.

Practical Tips for Parents and Caregivers

- **Observe and Adapt:** Pay close attention to your child's reactions and preferences, adjusting routines and environments to suit their needs.
- **Encourage Creativity:** Provide materials and time for artistic expression, as this can be a vital outlet for indigo children.
- **Set Clear Boundaries with Flexibility:** While indigo children may resist rigid rules, consistent and respectful boundaries offer necessary structure.
- **Promote Nature Time:** Regular outdoor activities help ground their energy and foster a connection to the earth.

- ****Practice Patience:**** Understanding that indigo children process the world differently encourages compassion during challenging moments.

The care and feeding of indigo children is a dynamic journey, one that invites caregivers to embrace flexibility, empathy, and openness. By nurturing their emotional depth, intellectual curiosity, physical health, and spiritual awareness, we can help these remarkable children flourish and make meaningful contributions to the world around them.

Frequently Asked Questions

Who are indigo children and what makes their care unique?

Indigo children are believed to be a group of children with special, sometimes supernatural traits, such as heightened intuition and sensitivity. Their care is unique because it often involves nurturing their creativity, emotional depth, and need for understanding, rather than conventional disciplinary methods.

What are effective strategies for supporting the emotional needs of indigo children?

Effective strategies include active listening, validating their feelings, providing a calm and supportive environment, and encouraging open communication. It's also important to respect their individuality and offer opportunities for creative expression.

How can parents and caregivers foster the creativity and intuition of indigo children?

Parents and caregivers can foster creativity and intuition by encouraging imaginative play, artistic activities, mindfulness practices, and allowing the child to explore their interests freely. Creating a non-judgmental atmosphere helps indigo children trust their instincts and express themselves.

What role does education play in the development of indigo children?

Education plays a crucial role by providing stimulating and flexible learning environments that cater to indigo children's unique learning styles. Alternative education approaches, such as Montessori or Waldorf methods, often better support their creativity, critical thinking, and emotional intelligence.

How can caregivers manage behavioral challenges commonly seen in indigo children?

Caregivers can manage behavioral challenges by using positive reinforcement, setting clear but flexible boundaries, and avoiding punitive measures. Understanding the underlying emotional or sensory needs and addressing them through empathy and support is key to effective behavior management.

Additional Resources

The Care and Feeding of Indigo Children: A Professional Exploration

the care and feeding of indigo children has become a topic of growing interest within alternative education circles, psychological communities, and among parents seeking to understand unique child development profiles. While the term "indigo children" originated in the 1970s and gained popularity in the 1990s, it continues to spark debate regarding its validity and applicability. This article provides an analytical overview of the concept, exploring the purported traits of indigo children, practical considerations for caregivers, and the implications of adopting such a framework in child-rearing and education.

Understanding the Concept of Indigo Children

The notion of indigo children refers to a purported group of children who possess special, sometimes supernatural traits or abilities. Coined by Nancy Ann Tappe, a parapsychologist, the term originally described children believed to have indigo-colored auras, symbolizing heightened intuition, creativity, and a distinct sense of purpose. Proponents assert that these children challenge established norms, exhibit strong-willed behavior, and have advanced cognitive or emotional capacities.

From a scientific standpoint, however, the concept lacks empirical validation. Critics argue that the traits attributed to indigo children—such as high sensitivity, intelligence, and rebelliousness—are common variances in child behavior and personality. Still, regardless of scientific consensus, the framework has influenced parenting styles, educational approaches, and holistic care methods.

Key Traits and Characteristics

Descriptions of indigo children often include:

- Strong sense of self and purpose

- Resistance to authority and conventional rules
- High empathy and sensitivity to others' emotions
- Creative and intuitive thinking
- Advanced verbal skills and intelligence
- Difficulty conforming to traditional education systems

These characteristics overlap substantially with traits observed in gifted children, children with attention deficit hyperactivity disorder (ADHD), or those on the autism spectrum, leading to some confusion in diagnosis and care.

Practical Considerations in the Care and Feeding of Indigo Children

While the scientific community remains skeptical, many parents and educators report that recognizing and accommodating the unique needs of so-called indigo children leads to more positive developmental outcomes. The care and feeding of indigo children, in this context, involves a combination of emotional attunement, tailored educational strategies, and nutritional support aimed at optimizing cognitive and physical health.

Emotional and Psychological Support

Indigo children are often described as emotionally intense and deeply empathetic. Caregivers must employ patience and understanding to nurture these qualities without overwhelming the child. Consistent routines, open communication, and validation of feelings are essential.

Research into child psychology highlights that emotionally sensitive children benefit from environments that foster emotional intelligence and resilience. Incorporating mindfulness techniques, therapy, or counseling can help manage stress and behavioral challenges, which are sometimes misconstrued as defiance.

Educational Approaches

Traditional education systems may not adequately address the learning styles of children labeled as indigo. Many exhibit a dislike for rote memorization or authoritarian classroom environments. Alternative educational models such

as Montessori, Waldorf, or project-based learning may better serve their intellectual and emotional needs.

Individualized education plans (IEPs) and collaboration with educators can help create stimulating and flexible learning experiences. Encouraging creative expression through arts, music, or technology aligns with the innovative tendencies often attributed to indigo children.

Nutritional Aspects and Physical Health

The phrase "feeding" in the care and feeding of indigo children extends beyond metaphorical nourishment, encompassing dietary considerations that support brain function and overall well-being. Balanced nutrition rich in omega-3 fatty acids, antioxidants, and vitamins is critical, as these nutrients contribute to cognitive development and emotional regulation.

Some caregivers advocate for diets low in processed sugars and artificial additives, citing anecdotal improvements in behavior and concentration. While clinical evidence remains inconclusive, optimizing diet as part of a holistic care plan is a low-risk, potentially beneficial strategy.

Challenges and Critiques in the Framework of Indigo Children

Despite its popularity in some circles, the indigo children paradigm faces substantive criticism. From a clinical perspective, the risk of misdiagnosis is significant. Labeling a child as indigo can lead to overlooking medical or psychological conditions that require professional intervention.

Additionally, the framing may inadvertently encourage a fixed mindset, where children are seen as fundamentally different and thus separate from their peers. This can affect social integration and self-esteem. Caregivers must balance the recognition of unique traits with fostering inclusivity and adaptability.

Comparative Analysis with Related Concepts

It is instructive to compare indigo children with related child development classifications:

- **Gifted Children:** Identified through standardized testing, gifted children demonstrate above-average intellectual abilities. Unlike the indigo concept, this classification is more data-driven.

- **Children with ADHD:** Exhibit hyperactivity, impulsivity, and attention difficulties. Some behaviors overlap with indigo descriptions but require clinical diagnosis and treatment.
- **Highly Sensitive Children (HSC):** Characterized by heightened sensory processing and emotional responsiveness.

Understanding these distinctions aids caregivers in crafting appropriate support systems and seeking professional guidance when necessary.

Integrating the Care and Feeding of Indigo Children into Modern Parenting

Parents interested in the care and feeding of indigo children often prioritize creating nurturing, flexible environments that emphasize emotional honesty, creativity, and holistic health. While embracing the indigo label can provide a framework for understanding a child's behavior, it is essential to maintain a balanced approach grounded in evidence-based practices.

Collaborating with pediatricians, educators, and mental health professionals ensures that any developmental or behavioral issues are appropriately addressed. Furthermore, fostering social skills and peer relationships remains pivotal to healthy development.

Supporting Autonomy and Growth

Indigo children are frequently described as autonomous and purpose-driven. Encouraging decision-making, problem-solving, and leadership opportunities helps cultivate these traits productively. Structured freedom—allowing children to explore interests within safe boundaries—can enhance motivation and self-confidence.

Community and Peer Interaction

Social engagement is vital for emotional development. Group activities, team sports, and community projects provide outlets for indigo children to channel their energies constructively and develop cooperation skills.

Final Reflections on the Care and Feeding of

Indigo Children

The care and feeding of indigo children invites a nuanced conversation that intersects spirituality, psychology, education, and nutrition. While the concept itself remains controversial and lacks definitive scientific backing, the emphasis on recognizing and nurturing individuality aligns with progressive child development philosophies.

For parents and caregivers, the central challenge lies in discerning which aspects of the indigo framework can be integrated into a comprehensive approach that respects both the child's uniqueness and empirical knowledge. This balanced perspective can foster environments where all children, regardless of labels, are empowered to thrive.

[The Care And Feeding Of Indigo Children](#)

the care and feeding of indigo children: *The Care and Feeding of Indigo Children* Doreen Virtue, 2001-05-29 Indigo children are bright, intuitive, strong-willed, and sometimes self-destructive individuals. They are often labeled (and misdiagnosed) as having ADD or ADHD because they won't comply with established rules and patterns; and they may exhibit behavioral problems at home and at school. In *The Care and Feeding of Indigo Children*, Doreen Virtue, Ph.D., explores the psyche of these special kids and offers alternative solutions to Ritalin based on her extensive research and interviews with child-care experts, teachers, parents, and the Indigo Children themselves. Read the accounts of these remarkable children as they explain why they act-out, are aggressive or withdrawn; and what they want from the adults in their lives. You'll also be fascinated by the psychic experiences that these kids have had in their lives so far. This is a groundbreaking book that can positively affect the ways in which you interact with your child, altering the shape of their future in miraculous ways.

the care and feeding of indigo children: *The Cultural Construction of Monstrous Children* Simon Bacon, Leo Ruickbie, 2020-09-30 *The Cultural Construction of Monstrous Children* raises important questions at the heart of society and culture, and through an interdisciplinary, trans-cultural analysis presents important findings on socio-cultural representations and embodiments of the child and childhood. At the start of the 21st, new anxieties constellation around the child and childhood, while older concerns have re-emerged, mutated, and grown stronger. But as historical analysis shows, they have been ever-present concerns. This innovative and interdisciplinary collection of essays considers examples of monstrous children since the 16th century to the present, spanning real-life and popular culture, to exhibit the manifestation of the Western cultural anxiety around the problematic, anomalous child as naughty, dangerous, or just plain evil. The book takes an inter- and multidisciplinary approach, drawing upon fields as diverse as sociology, psychology, film, and literature, to study the role of the child and childhood within contemporary Western culture and to see the historic ways in which each discipline intersects and influences the other.

the care and feeding of indigo children: *The Indigo Children* Beth Singler, 2017-09-18 The Indigo Child concept is a contemporary New Age redefinition of self. Indigo Children are described in their primary literature as a spiritually, psychically, and genetically advanced generation. Born from the early 1980s, the Indigo Children are thought to be here to usher in a new golden age by changing the world's current social paradigm. However, as they are paradigm busters, they also

claim to find it difficult to fit into contemporary society. Indigo Children recount difficult childhoods and school years, and the concept has also been used by members of the community to reinterpret conditions such as Attention Deficit Hyperactive Disorder (ADHD) and autism. Cynics, however, can claim that the Indigo Child concept is an example of special snowflake syndrome, and parodies abound. This book is the fullest introduction to the Indigo Child concept to date. Employing both on- and offline ethnographic methods, Beth Singler objectively considers the place of the Indigo Children in contemporary debates around religious identity, self-creation, online participation, conspiracy theories, race and culture, and definitions of the New Age movement.

the care and feeding of indigo children: The Indigo Children Lee Carroll, Jan Tober, 1999-05-01 A must for the parents of unusually bright and active children! The Indigo Child is a boy or girl who displays a new and unusual set of psychological attributes, revealing a pattern of behavior generally undocumented before. This pattern has singularly unique factors that call for parents and teachers to change their treatment and upbringing of these kids to assist them in achieving balance and harmony in their lives, and to help them avoid frustration. In this groundbreaking book, international authors and lecturers Lee Carroll and Jan Tober answer many of the often-puzzling questions surrounding Indigo Children, such as: · Can we really be seeing human evolution in kids today? · Are these kids smarter than we were at their age? · How come a lot of our children today seem to be “system busters”? · Why are so many of our brightest kids being diagnosed with Attention Deficit Disorder (ADD)? · Are there proven working alternatives to Ritalin? Throughout this work, Carroll and Tober bring together some very fine minds (doctors, educators, psychologists, and more) who shed light on the Indigo Child phenomenon. These children are truly special, representing a great percentage of all the kids being born today on a worldwide basis. They come in “knowing” who they are—so they must be recognized, celebrated for their exceptional qualities, and guided with love and care.

the care and feeding of indigo children: The Complete Idiot's Guide to Indigo Children Carolyn Flynn, Wendy H. Chapman Dir. MA Ed, 2007-08-07 Forget the Age of Aquarius and hang on tight . . . The term “Indigo Children” entered the lexicon in 1982 when psychic and author Nancy Ann Tappe talked about the coming Indigo Age in her book, *Understanding Your Life Through Color*. In this guide, the authors explain why Indigo Children require lots of attention: they tend to think holistically and intuitively, and they process emotions differently. Parenting these high-level children is a challenge, and their years in school may be challenging. • Articles about the Indigo phenomenon have appeared in newspapers throughout the U.S. and as far away as Russia over the last few years, including one in the *New York Times* (1/06) • Author Wendy H. Chapman is considered one of the foremost experts on Indigo Children

the care and feeding of indigo children: The Indigo Children Ten Years Later Lee Carroll, Jan Tober, 2009-01-15 Join the original authors of *The Indigo Children* ten years later for a profound and frank discussion these special children—why they do what they do and what we can do to help them *The Indigo Children*? Oh yeah . . . I know about them! Wasn't there a movie about that? They're those special kids who do psychic things and who have dark blue auras, right? If that's your take on the Indigos, then you really need to read this book. The Indigo Children are not super-psychic kids with dark blue auras. In fact, the Indigo moniker has nothing to do with auras or being psychic. Some of these teenagers are actually the ones who are strapping on bombs and bringing guns to school, so you can see that the subject here is far more profound than the sensational hype that often accompanies it. This book is all about the children of our planet, what really might be happening with them, why they do what they do, and what we can do to help them and our educators survive all this. In addition, the Indigos are slowly beginning to join the work force (gasp)! After all this time, what do some in higher education say about these kids? What do industry leaders say? Humanity is evolving, so you should definitely be aware of what these individuals are saying. It's time to stop the circus that has been created around this subject and get down to finding out how to help these children survive an earth they don't understand . . . or perhaps it's just you they don't understand. . . . Join the leaders of education and industry who speak

out in this book for a peek into the real issues surrounding the Indigos, and perhaps the future of humanity!

the care and feeding of indigo children: Contemporary Esotericism Egil Asprem, Kennet Granholm, 2014-09-11 The study of contemporary esoteric discourse has hitherto been a largely neglected part of the new academic field of Western esotericism. Contemporary Esotericism provides a broad overview and assessment of the complex world of Western esoteric thought today. Combining historiographical analysis with theories and methodologies from the social sciences, the volume explores new problems and offers new possibilities for the study of esoterica. Contemporary Esotericism studies the period since the 1950s but focuses on the last two decades. The wide range of essays are divided into four thematic sections: the intricacies of esoteric appeals to tradition; the role of popular culture, modern communication technologies, and new media in contemporary esotericism; the impact and influence of esotericism on both religious and secular arenas; and the recent 'de-marginalization' of the esoteric in both scholarship and society.

the care and feeding of indigo children: The Energetic Keys to Indigo Kids Maureen Dawn Healy, 2013-09-23 In *The Energetic Keys to Indigo Kids*, Maureen Healy tackles the subject of indigo children from a whole new vantage point: energy. Aimed at healers, stay-at-home moms, and parents who are struggling to understand the unique qualities of their indigo children, the book covers such topics as: How indigo energy works How indigos heal The keys to indigo success You will learn to see indigos from an energetic perspective—how they think, how they make decisions, what they need, how they heal, and what triggers them the most—as well as how to get them back on track, prevent meltdowns, and, ultimately, see them succeed. *The Energetic Keys to Indigo Kids* is a groundbreaking book that reveals how these new children operate in the world. You'll learn more about your child's energetic system, including how his/her chakras operate differently. Along with this insightful information, Maureen also provides practical tips based on her real-life work with indigo kids worldwide. She shares how to help them manage their energy better, heal from emotional upheavals more completely, and create more harmony in their lives. Maureen shares real stories of her clients, their experiences and how they found more success with their highly sensitive, stubborn, and even defiant indigo kids.

the care and feeding of indigo children: Awaken Your Indigo Power Doreen Virtue, Charles Virtue, 2016 The generation of Indigo—the bright, intuitive, strong-willed children born from the mid-1970s on—are now adults, and they have seven empowering lessons to teach! Doreen Virtue and her Indigo son Charles Virtue (co-authors of the *Indigo Angel Oracle Cards*) explain the Indigos group purpose of bringing truth and integrity to our planet, and show how this new energy is beneficial to us all. In this book part 'survival guide' for Indigos, part teaching manual for non-Indigos to decode what's driving these gifted youths and learn from their positive example Doreen and Charles discuss how all of us are able to awaken our Indigo Power. You will be inspired to: - Harness the Indigo intensity for positive healing purposes - Overcome fears related to being assertive and authentic - Superpower your life by hearing, speaking, and living your inner truth Whether you're an Indigo yourself or a parent, friend, or caretaker of one, *Awaken Your Indigo Power* will usher in new levels of understanding, peace, and purpose in your life.--

the care and feeding of indigo children: New Religions Eugene V. Gallagher, Lydia Willsky-Ciollo, 2021-02-15 A valuable resource for students and general audiences, this book provides a unique global perspective on the history, beliefs, and practices of emergent faith communities; new religious traditions; and religious movements worldwide, from the 19th century to the present. *New Religions: Emerging Faiths and Religious Cultures in the Modern World* provides insightful global perspectives on the emergent faith communities and new traditions and movements of the last two centuries. Readers will gain access to the information necessary to explore the significance, complexities, and challenges that modern religious traditions have faced throughout their history and that continue to impact society today. The work identifies the themes and issues that have often brought new religions into conflict with the larger societies of which they are a part. Coverage includes new religious groups that emerged in America, such as the Seventh-day

Adventists, the Latter-day Saints, and the Jehovah's Witnesses; alternative communities around the globe that emerged from the major Western and Eastern traditions, such as Aum Shinrikyo and Al-Qaeda; and marginalized groups that came to a sudden end, such as the Peoples Temple, Heaven's Gate, and the Branch Davidians. The entries highlight thematic and broader issues that run across the individual religious traditions, and will also help students analyze and assess the common difficulties faced by emergent religious communities.

the care and feeding of indigo children: Indigo Celebration Lee Carroll, Jan Tober, 2001-10-01 By now, tens of thousands of readers have enjoyed our book *The Indigo Children*. The book not only stirred the interest of many people throughout the world with respect to the profound change in consciousness being manifest in these special kids, but it also taught parents, teachers, and caregivers how to interact with these very special Indigo children. So, what do you do with thousands of letters and comments from parents and others about their Indigo experiences? Well . . . you write another book! *An Indigo Celebration* is a group of stories, articles, and additional insights into the Indigo child phenomenon. Although we will undoubtedly be writing more academically oriented Indigo books down the line, we wanted to stop for a moment and celebrate these kids—how they think, how they act, and what they're bringing to our lives. This book is not only meant to entertain, but also to inspire, teach, and provide meaningful insights. Indigo children are part of the positive transformation and shift of the new millennium—and this celebration of them is one we hope you will share in.

the care and feeding of indigo children: The Power of Being Different - Embrace Your Uniqueness Regina Norlinde, 2008-10 Now that the Law of Attraction is becoming well known and practiced globally, it appears that humanity is expanding to a new belief system that unlike before, is based in our heart, our passion, our feeling and love. During times of changes of any kind the question of Who am I? is brought to our awareness. One way or another, eventually inventory of our life is required to better understand different parts of it or altogether. This book offers you a way to explore your true self through stories and exercises. Author's hope is that it awakens different aspects of your true self and leads you to recognize and experience the power of your uniqueness as well as embrace it. All of us deserve to be in touch with our true self and this is what leads us to live the life of our dreams. The main intention for this book is to encourage you to be true to yourself, accept and love yourself! May it help you on your journey!

the care and feeding of indigo children: THE PSYCHIC CHILDREN - Dolphins, DNA and the Planetary Grid Hugh Newman, 2007-12-02 Hugh takes us on an adventure from the heights of Glastonbury Tor, to the pyramids of Guatemala and the volcanoes of Hawaii. After meeting some Indigo children on the spring equinox in Hawaii, Hugh was initiated into working on the planetary grid system that included decoding the mysteries of the dolphins and the changes that are happening within our DNA. The adventure includes revelations about galactic alignment 2012 and a coming shift in consciousness, which the children all know about. Join Hugh on this journey as he unlocks the secrets, one by one. Includes a comprehensive nutritional health guide for Indigo children. I am certainly impressed by the eclectic nature of the material and the skill with which you have integrated the often complex subjects to reveal the greater picture now unfolding - SIMON PETER FULLER: author of 'Rising out of Chaos'.

the care and feeding of indigo children: The Crystal Children Doreen Virtue, 2003-06-01 Crystal Children reflect the new generation that has come to the Earth plane after the Indigo Children. They are approximately ages 0 through 5, although some members of the first wave of Crystal Children are as old as 7. These children are like Indigos—highly psychic and sensitive—but without the dark edge and the anger energy. The term Crystal Children is already taking hold worldwide, and people everywhere are talking about these special kids. Since Doreen is the only researcher who is publicly giving speeches on the subject, her audiences have been asking her for a book on the topic. It's a natural sequel to her book *The Care and Feeding of Indigo Children*. As babies, Crystal Children may take longer than normal to begin talking. They are highly telepathic, and their tuned-in mothers communicate with them nonverbally. Because they're so sensitive, the

Crystal Children babies may fuss and cry a lot in crowded places. They're also very fond of nature. Doreen once watched one Crystal Child walk from tree to tree, giving each one a big hug. Crystal Children are beautiful inside and out, like magnificent little high-priests and priestesses. One look in their eyes, and you'll recognize Divine love and wisdom. Their auras are bright, radiant, and opalescent—they seem to glow from the inside! They talk about past lives, distant galaxies, and profound insights concerning peace and love. Most Crystal Children's parents are aware that their kids are special, and they're thrilled to be parenting such delightful children. The book includes many interviews with Crystal Children, their parents, and teachers. It discusses parenting and teaching methods that are essential to keeping these children happy and healthy, and how to avoid pitfalls that could spoil their special gifts.

the care and feeding of indigo children: *AMT Conference Manual 2003* Alex Kent, Susan Courtney, 2003-06 Contains papers from workshops presented at the Third European Energy Therapies Conference, held in August, 2003. The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches. In August, 2003, an extraordinary group of people met to learn and share their knowledge, expertise and energies at the Third European Energy Therapies Conference. The manual contains papers from workshops presented at the conference, giving readers the opportunity to learn the latest in this exciting field and share the flavour of this gathering.

the care and feeding of indigo children: The Encyclopedia of Religious Phenomena J Gordon Melton, 2007-09-01 An inspiring and fascinating look at people's religious experiences and beliefs. Visions of Mary and glimpses of God. Miraculous apparitions witnessed by hundreds in parking lots, along freeways, and at the world's holiest sites. Weeping statues, exorcisms, near-death experiences, mystical labyrinths, and more than 250 other unusual and unexplained phenomena, apparitions, and extraordinary experiences rooted in religious beliefs are explored in The Encyclopedia of Religious Phenomena. J. Gordon Melton, the Distinguished Professor of American Religious History at the Institute for Studies of Religion, Baylor University, takes readers on a tour among angels, Marian apparitions, and religious figures such as Jesus, the Buddha, Muhammad, and Tao Tzu. Melton reports on dreams, feng shui, statues that bleed, snake handling, speaking in tongues, stigmata, relics—including the Spear of Longinus and the Shroud of Turin—and sacred locales such as Easter Island, the Glastonbury Tor, the Great Pyramids, Mecca, Sedona, and much more. Each entry includes a description of a particular phenomenon and the religious claims being made about it as well as a discussion of what scientists say about it. Transcending the mundane, the entries take no sides on who is right or wrong: the journey is the experience and the experience is the journey. This fascinating encyclopedia is illustrated with 100 pictures and includes a detailed index and additional reading recommendations. It lets you experience the marvels of weeping statues and icons; exorcisms and ecstasy; the grilled cheese sandwich kit for making your own Virgin Mary image; and so much more.

the care and feeding of indigo children: A Fresh Cup of Counseling Thomas L. Norris, 2021-11-12 Today's counseling clients want more than traditional therapy. They want something new, bold, and effective, and A Fresh Cup of Counseling serves just that. While the power of clinical applications in spiritual counseling has long been discussed by field experts, little has been written about the subject—until now. Packed with theoretical and practical knowledge about this power, the book offers a breakthrough guide to spiritual counseling with ideas, training, and real-life case studies for students and professionals alike. Written by Rev. Dr. Tom Norris—a spiritual counselor and Universalist minister with fifty years of experience in social work, psychotherapy, group therapy, marriage and family therapy, and hypnotherapy—this book is a treasure trove of contemporary clinical and scientific knowledge, starting from a purely psychosocial and psychological perspective and diving into the evolution of the spiritual therapeutic discipline. In the process, it pulls from Buddhist, Judeo-Christian, Native American, Islamic, Yin Yang, Neopagan, Shamanic, Hindu, and other religions, using their practices and ideals (from past lives and chakra balancing to meditation and Ultraterrestrials) to demonstrate the power of spirituality in the holistic

healing process. The result? A dynamic psycho-spiritual expedition that helps counselors and their clients unleash positive, lasting transformation.

the care and feeding of indigo children: Go Forward Fearlessly! Cornelia Ward, 2014-01-17 Yikes! Change Can Be Scary! At the age of fifty, I was deeply depressed and no longer able to work fulltime due to health problems. I was working in a stressful job. My father had recently died. I had just sold my home and moved to a new one. In addition, I was navigating sometimes turbulent waters as a single parent of two teenagers. Today, I am completely healthy, happily self-employed, and enjoying my life. How did I get here? By using the tools in this book! In these pages you will learn simple, practical, and spiritual techniques to: Fall back in love with your life and become truly happy Overcome your fears so you can move forward Kick-start your life purpose Prosper during major life changes and global shifts Create a lasting formula for navigating personal transitions

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