

THESE ARE OUR CHILDREN

Who Are the Indigo Children?

These are our children.

They are the **Indigo Children**.

They are called “Indigo Children” because the first person to identify them saw a deep blue, indigo color surrounding them.

So, Indigo Children has become the popular name for them.

More than 80% of the children now being born are Indigo Children.

Indigo Children are:

- highly intelligent, deeply intuitive, incredibly creative, full of energy;
- self-reliant, self-sufficient, have high self-esteem, and an almost-regal sense of entitlement.
- They usually “get it” before anyone else and have little patience for rules or authority, or “old” structures.
- They are “wise old souls,” with a keen sense of purpose and destiny.
- They carry with them eternal remembering, and hold a vision of joyful, harmonious perfection for themselves and for our world.

- They are immensely likable and endearing.

Indigos are being identified everywhere, and the recognition — and the celebration — of their presence on Earth is sweeping the world.

And, Also

And, also, so many Indigo Children seem:

- uneasy “in their skins;” uncomfortable in their lives; unhappy being here on Earth.
- They often seem as if they are in deep emotional pain, and, sometimes in high anxiety and distress.
- They often “act out,” and have trouble “fitting in” and “getting along” at home and at school.
- Taken to extremes, their internal anguish can “play out” in serious anti-social attitudes and behaviors, and, at worst, in children who do not know the difference between right and wrong.
- The children feel their own pain, but do not know how to cope.

When little ones tell their parents, “I don’t want to be here; I want to be dead,” their anguish is almost too much to bear.

Help!

Parents and grandparents, teachers, coaches, doctors and therapists, desperately want to help our children, but, frankly, it has been hard knowing how.

Many who have done the early work with the Indigo Children have worked at the rational, cognitive level, and have offered worthy and valuable suggestions about nutrition, vitamins, exercise, environment, and school advocacy.

Still, hundreds of thousands of our children have been labeled ADD and ADHD and ODD. And hundreds of thousands, perhaps millions, of our children are being given prescription drugs so that they will be easier to “manage” and “control.”

Spiritual Guidance Guides

Our Spiritual Guidance teaches that our children’s pain is at **the spiritual, emotional, energetic — soul — level.**

Their pain comes from their bewilderment and anguish at their separation from the Divine.

They are deeply wounded by the tremendous dissonance they feel between the perfection they inherently know, and the wildly imperfect world they experience here on Earth.

Our children’s pain is sourced in the World of Spirit.

And that is where it must be healed.

In Your Hands

If you are the parent of an Indigo, your child and you are not alone.

If you are an Indigo Adult — an Indigo older than 17 years old, who has carried the woundings of childhood into adulthood — you are not alone, either.

Your children — and you — do not have to live in emotional pain any longer.

There are now simple, yet profound, spiritual processes available so that your children and you can come into the fullness of your being, and affirm your vision of perfection for our world.

Healing is here!
The emotional pain and anguish
felt and experienced by
Indigo Children
and Adult Indigos
can now be spiritually healed.

Spiritual Healing

How does the healing take place?

For the sake of our children's healing, we enter into the World of Spirit.

We become aware and attuned to all the levels of existence beyond our current Earth-capabilities.

We give ourselves to knowing beyond what we know; seeing beyond what we see; hearing beyond what we hear; experiencing beyond what we experience.

In this World of Spirit, parents and children play little games that use words and movements that hold energetic power, that act on the spiritual — the soul — level in order to bring healing.

The little games are called “**YOUMEEES**,” because they are done between “you” and “me,” the parent and the child.

Each **YOUMEE** takes no more than two minutes to play.

The YOUMEE-healings are for children between the ages of seven and seventeen.

These healings “drain away” the energy from the emotional wounds, and without the energetic power to propel them, the woundings heal.

There are seventeen spiritual woundings that children can experience, and seventeen corresponding healing games to play. So, we call the processes “*The 17.*”

The 17

Spiritually Healing Children's Emotional Wounds

The spiritual healings work!

Parents report swift and dramatic changes in attitudes and behaviors. Children's emotional pain and spiritual angst diminishes, and their lives seem more comfortable and happy.

You can learn more about the principles of *The 17* in *The 17* section of this website, and you can learn to facilitate the process for your children in our book, *Spiritually Healing the Indigo Children (and Adult Indigos, Too!): The Practical Guide and Handbook*.

For Children Younger Than 7

What about children who are younger than age seven?

Parents say: "We understand that *The 17* is only for children from age seven to seventeen. But, my child is 2; my child is 3, 4, 5, 6. And I am sure that my child is an Indigo. He has all the characteristics; she is demonstrating so many of the Indigo behaviors; I know that he is in emotional pain; she says that she 'wants to be dead.' Can my child be helped? Isn't there any healing process for Indigo Children who aren't yet seven?"

Yes. There is a spiritual healing process for Indigo children from birth to age seven.

It is called:

GraceLight

Weaving Harmony for the Littlest Indigos

You can learn more about the principles of *GraceLight* in the *GraceLight* section of this website, and you can learn to facilitate the process for your children in our book, *Spiritually Healing the Indigo Children (and Adult Indigos, Too!): The Practical Guide and Handbook*.

For Children — and Adults — Older Than 17

What about people older than seventeen years of age — people who say: “What about me? I resonate completely with all the Indigo characteristics and feelings that you describe. The behaviors are very familiar. I would like a spiritual healing for myself. Yet, *The 17* and *GraceLight* are only for those up to age seventeen. Isn’t there a healing process for me too?”

Yes. There is a spiritual healing process for Adult Indigos — Indigo Children whose spiritual woundings of childhood went unhealed, and were carried over to adulthood.

This healing is called:

The Point of Essence Process

Pro-Claiming the Truth of Who You Are

You can learn more about the principles of *The Point of Essence Process* in the *Point of Essence Process* section of this website, and you can learn to facilitate the process for yourSelf in our book, *Spiritually Healing the Indigo Children (and Adult Indigos, Too!): The Practical Guide and Handbook*.

The Platinums

There is a special sub-category of Indigo:

**The Platinum Indigo Children and
Adult Platinums,**

Their Indigo-anguish is almost constant. For them, there are special, unique spiritual healings which are described in the book.

Indigo Healing

It might be supposed that engaging in any of the Indigo spiritual healing processes will result in a complete reversal of (perceived) negative behaviors.

In particular, most parents and teachers of Indigo Children hope that the healings will mean that children are easier “to manage” and “control” — that they will now behave in an “acceptable” manner.

The reality is that these three spiritual healings do not “pour” our children into socially acceptable “molds.” They are not a therapeutic alternative for the building of moral character, the teaching and modeling of ethical values, the constant involvement, continual care, and gentle discipline that show our children that we love them.

These three spiritual healings serve to soften — and, hopefully, remove — the pain and discomfort that Indigos feel in being who and what they are.

The healings make it possible for Indigos to live in this troubled and battered world without the constant suffering that comes from feeling different and isolated, without the constant anguish that being in this Earth-life, separated from the Divine, evokes.

These three spiritual healings are the avenues for Indigo Children and Adult Indigos to come into the fullness of their Indigo-ness.

Indigos who have experienced one of these three spiritual healings will be wiser, more insightful, more energetic, more precocious, than ever before. They will have less need and respect for rules and authority. They will have less tolerance for the mundane and the commonplace. They will not “suffer fools wisely.” And, most of all, their vision of perfection will be clearer and better articulated.

This reality may be uncomfortable for those who insist on holding on to the old forms and the old authoritarian structures.

But, this Indigo reality is very, very good for our evolving and transforming world.

Remember: the Indigos have come to this Earth to envision and embody the coming perfection of our world.

These three spiritual healings will open them to fulfill their mission.

We all would be wise to celebrate the fullness of their Indigo Beings, embrace them fully in their Indigo task, and follow them to the fulfillment of their Indigo vision.

Finding a Facilitator

The spiritual healing processes are best done guided by a Certified Facilitator whom we trained at The Soul Center for Spiritual Healing, because the Facilitator knows how to create and hold sacred space, to work gently and joyfully with parents and children, and to clearly and effectively give the instructions for each process.

If you would like to find a Facilitator in your area to make an appointment for a session, look at the “Find a Local Facilitator” section of this website.

Healing at Home

Yet, the number of Indigos — and the far-flung places in which they live — is much greater than even hundreds of Facilitators can serve.

The need of our Indigos is so great, and our reach is so limited.

So, happily, we are now able to offer our book, *Spiritually Healing the Indigo Children (and Adult Indigos, Too!)* as a practical guide and handbook for you to facilitate spiritual healing by yourself at home.

You can facilitate *The 17* for your own Indigo Children.

You can facilitate *GraceLight* for your young Indigo Children.

You can facilitate *The Point of Essence Process* for yourSelf.

This book tells you all you need to know about the principles of the three spiritual healings, and carefully, thoroughly, and with great honor and respect for your commitment to spiritual healing for your child and/or for yourself, takes you, step-by-step through the processes.

The essay, “Trailing Clouds of Glory,” which begins the first section of the book, describes our understanding of the identity, definitions, and characteristics of Indigos, and the principles of spiritual development and healing. **We invite you to read this essay before facilitating either *The 17*, or *GraceLight*, or *The Point of Essence Process*, since it provides the basic foundational information for all three processes.**

As you facilitate a process, please try to follow the instructions carefully. Yet, do not worry if you don’t understand the instructions fully, or if any instruction seems too complicated, or if you think you have made a mistake.

Your own Spiritual Guides are with you. They, like you, want healing for your children and for you. So, they will guide and protect you through the process.

And all is as it should be.

Perhaps your child — or you — will get the full effect of the healing.

Perhaps your child — or you — will get only partial effect of the healing.

Either way, it will be exactly what your child — or you — need at this moment in time.

All is perfect.

At Stake: Sky Blue

Our children are the foundation of our world; on them, the world stands.

For, only when our children's emotional wounds are healed, can our world move toward transformation and perfection.

That perfect world is envisioned as a place where, hand in hand, parents and children lead us away from hatred and bigotry, warfare and violence, toward a time of reconciliation and healing, transformation and transcendence; a time of decency and dignity, justice and compassion, good-will and gladness, harmony, peace, and love.

From a childhood game, we call the vision of that world, “Sky Blue.”

Why “Sky Blue?”

Do you remember playing hopscotch when you were young?

With chalk, you draw a formation of numbered boxes on the sidewalk.

The object of the game is to “hop” up those boxes and reach the very

top — which some people call “#10,” some people call “home,”
and some people call “goal.”

For some unknown reason, in Chicago, when we were growing up,
we called that ultimate box “Sky Blue.”

Sky Blue is the very best place you can be — the pinnacle of perfection.

The only way to reach Sky Blue is to invite our children — one by one; soul
by precious soul — into healing, so that our world can reach toward that best-of-
all-moments when joyful tranquility will envelop the universe; when there will be
peace in every home and love in every heart.

Your children are waiting.

They are counting on you.

Please embrace these Indigo-spiritual healings, and lead your children on the
journey to Sky Blue.