

Indigo Energy

One overcast Los Angeles wintry day, I was invited for breakfast at my friend Sophia's house, and I was delighted to attend. She loves cooking and, frankly, I love eating. It was the perfect match to begin a busy week. The only "catch" was I needed to sample a variety of vegetarian food for her upcoming cookbook. No problem, I thought.

When I arrived at Sophia's townhouse, I knocked softly and her

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daughter, Daisy, opened the door. Daisy did not look happy and even had tears on her face. In that moment, I knew this breakfast was going to be about more than just food. I entered the house and found Sophia in the kitchen. She said, “Maureen, what am I going to do? Daisy refuses to wear anything but a princess dress to school, and it’s pouring outside. I will not let her wear a dress in this weather, catch a cold, and wind up being sick. It’s 48 degrees outside, and I just think it’s absurd of me to even consider letting her dress up like a princess.”

I nodded and said, “Let me talk to Daisy.” She said, “Go at it.” I went into Daisy’s bright pink preschool-aged room, and I smiled. Daisy was wiping the tears from her face, and told me how her mom just didn’t understand. Of course, this is the biggest complaint kids say about their parents; they just don’t feel they “get” them. So I said, “Help me understand.” Daisy said she was a princess and needed to feel like one!

After some more discussion, Daisy and I came up with an alternative plan to help her feel like a princess. She agreed that if she could wear a tiara, and carry her magic wand and princess pocketbook to preschool that day, then leggings would be okay with her. Wow, we negotiated a Plan B that met her mom’s wish for her to be warmer and Daisy’s need to feel like a princess all before 8 a.m.

Sophia was astonished. She never considered that Daisy would get unhooked, or there was an alternative option. She just shut down when her daughter defied her. But indigo children are often rebellious when triggered and their energy is angry. Within the pages of this book, I share with you how to get your kids from an energetic standpoint and help them navigate their way to greater success—for you, and for them.

Indigo Kids

“Indigos are all already aware they are different.”

—Nancy Tappe

Indigos are “highly sensitive with a warrior personality,” explained Doreen Virtue, author of *The Care and Feeding of Indigo Children*, in the documentary *The Indigo Evolution*. I wholeheartedly agree. Indigo kids are unique in the fact that they hold two opposing qualities simultaneously: high sensitivity and fierceness. So they are extremely sensitive like the “highly sensitive children,” as defined by Elaine Aron in her book, *The Highly Sensitive Child*, but what differentiates them is their personality. I prefer to use the concept of “the indigo personality” to capture their shared characteristics, such as:

- ⊃ Are highly creative.
- ⊃ Are extremely energetic.
- ⊃ Are gifted in certain areas (for example, mathematical genius, poor reading skills).
- ⊃ Have a need for fairness.
- ⊃ Prize honesty (almost above all else).
- ⊃ Feel equal to authority.
- ⊃ Hate rules.
- ⊃ Refuse to do certain things.
- ⊃ Want special treatment.
- ⊃ Are strong-willed.
- ⊃ Waver between grandiosity and low self-esteem.
- ⊃ May be prone to depression.
- ⊃ Have high sensitivity (sounds, smells, touch, sights).
- ⊃ Have sharpened intuition.
- ⊃ Doesn't respond positively to authoritative parenting.
- ⊃ Have built-in BS detector (immediately know dishonesty).
- ⊃ Tend to leave things incomplete.
- ⊃ Cannot be rushed.

- ⊃ May have fetish (for example, only wants to wear princess dresses).
- ⊃ Like playing alone (unless with other indigos).
- ⊃ Get “hooked” on things and can’t let go.
- ⊃ Are independent at times, clingy at other times.
- ⊃ Seek meaningful friendships.

Understanding the core characteristics of the indigo personality is very empowering. You no longer feel alone. Having worked with thousands of indigos, I can say that these attributes animate themselves differently in children but the indigo short summary is this:

- ⊃ High sensitivity.
- ⊃ Giftedness (in one area).
- ⊃ Incredible creativity.
- ⊃ Strong energy of defiance.
- ⊃ Inner motivation.
- ⊃ Intuitive intelligence (very high!).

When I was told early on that I beat to my own drummer I took it in stride. Now, I realize that I was merely beating to an indigo drum—which is unique, unusual to the mainstream, and deeply powerful as a force for change. Indigos see, feel, and experience life

differently than their more mainstream counterparts. They tend to have an unusually high level of creativity, sensitivity, giftedness, and angry energy to channel.

This angry or warrior energy that defines many indigos isn't a bad thing. It is the energy that breaks down broken systems (think: public school systems) and creates better ways of doing things. Of course, the challenge is to raise indigo kids to use their incredibly sensitive, highly responsive, and fierce energy as force for good.

Parenting indigos, especially if you aren't "indigo-like," can be a real challenge. Over the years, I have had countless clients come to me because one parent was indigo-ish and the other thought his or her child was just given to them by Martians. They just didn't get it. Usually it started out like: "What is going on with my child? She's as sweet as pie one moment, and then next it's a full-blown tantrum."

So I usually had parents detail the itty-bitty things of their parent-child interaction, and I served as the bridge to translate from indigo to adult. Then, they'd have an "a-ha" and say, "Oh my—*that's* what was going on." As soon as you know the energetic triggers of indigos you can stop bumping into them unknowingly and experiencing such upset all around (more about that in Chapter 2).

Jamal's Journey

One of my first Los Angeles child clients was a 5-year-old named Jamal. His mom, Lisa, contacted me because she discovered Jamal was actually highly sensitive. One instance stood out for her.

Jamal was attending a private kindergarten in Los Angeles, and he was the only African American in his grade. One school project was to bring in a baby photo and post it on the wall, where all the kids got to guess “who’s who.” Jamal *knew* this wasn’t going to work out for him. Jamal is very observant and aware of life, including his ethnicity, and that this was an unfair game. He told his teachers. Mrs. Smith, his main teacher, said she would work on making it fair. So she printed out famous baby photos of African Americans and decided to add them to the game. On the day of this game, all Jamal’s peers picked him out first and he got *really* upset. Jamal began crying and left the classroom, refusing to return. He said, “Mom, tell everyone it’s not fair and that’s why I am so upset.”

Jamal was clear from the beginning he disliked this game, felt unheard, and had a sense that it wasn’t going to work for him. His teacher, from her “older perspective,” couldn’t really understand how to create an effective solution. Ultimately, Jamal got triggered by the unfairness of this situation and couldn’t contain

his emotions. Indigos as a whole cannot ignore their emotions but must learn effective outlets for them. Jamal fits the indigo profile to a “T,” with his high sensitivity, strong emotions, and warrior energy standing up for what he saw as an injustice. He refused to go back into that classroom and Lisa picked him up.

Unique to Indigos

Unique to indigos are their mindset and nuanced way of being in the world. Some of these characteristics are minor, and, well, others—they are big ones. I am going to share some of them here, and we’ll continue to unwrap them throughout the chapters. I begin with the one that impacted Jamal:

Indigos cannot ignore their emotions.

Indigos cannot suppress their feelings. Other generations and types of children can easily ignore someone’s comments, push down their hurt feelings, and learn how to move throughout the world without feeling a thing. This isn’t possible for an indigo (exception: if they are medicated). Indigo kids are divinely designed to feel their feelings and let them out. This is where most parents struggle the most. They are unsure of what emotionally is occurring with their children and especially in the early years when crying seems to be an everyday occurrence.

Indigos will always let you know how they feel. They may cry, scream, and talk back to you until they learn better ways of channeling their energy—but one thing is for sure: Your indigo child isn't burying his or her emotions.

One other thing that Jamal highlights for me is this:

Indigos' primary intelligence is intuitive.

Indigos trust themselves. They know when something is right and will stand up for what they believe in time and time again. It's this indigo energy that will change many of our broken systems of government, education, and healthcare, for example, into something better. It's not to say that indigos aren't highly intelligent in the traditional sense, but they do follow their intuitive urges primarily.

Intuitive intelligence is information gained through insight. It is that "feeling" to turn right and then you bump into your best friend. Indigos have a sharpened sense of intuition and reliance upon it. Actually, everyone is intuitive when they are born, but indigos aren't able to easily "shut it off" the way many other people can. It is their primary mode of information gathering and what they trust the most.

Jamal was governed by his intuitive intelligence when he walked out of his classroom. He trusted his

inner knowingness. It was this inner wisdom coupled with his need for honesty that upset him so much. Said simply:

Indigos need integrity.

Indigo kids have a built in dishonesty detector. They know if someone isn't honest and cannot bear it. It doesn't matter if the "dishonest party" is their principal or parents; it just simply goes against the grain of who they are. So they stand their ground and "call out" whoever is being dishonest—like what Jamal did regarding that game.

Collectively indigos have come to shift the consciousness on the planet from dishonesty to honesty. They are Truth teachers. Sometimes this means challenging authorities and doing things differently. Jamal just couldn't pretend the game was okay and "fit in" with the other children. He needed to stand up for Truth.

Sensitive Sam

One sunny afternoon in December, I got a call from a distressed dad. Glenn said to me, "I just realized my son, Sam, is a highly sensitive boy. I read your article on *Psychology Today*, and he fits the profile to a T. He also has been bullied in school and is hurt beyond words. Sam's upset not only by his bully, but all his

supposed ‘friends’ that stood by and did nothing. He refuses to return to school and has made the scariest statement to us. Sam said, ‘I will kill myself if you take me back to that school,’ and that’s why I am calling you. What do I do?”

Sam’s story isn’t a unique one. Over the years, I have gotten countless calls from parents whose children have mentioned suicide. I take every call seriously. With that said, I calmed Glenn down to realize his son was safe and we needed to keep him safe. That was priority number one, as well as getting him proper assistance with his incredibly deep emotions and learning new skills for how to handle them.

Glenn was quiet and realized that his son was safe. I supported his and his wife, Meg’s, decision to take Sam out of school. He never fit into his new school and had been struggling socially from the very start. Academically, Sam is actually quite gifted, scoring at a 12th-grade reading level in fifth grade and slightly below grade level in mathematics. This giftedness in one area and deficiency in another is also common among indigos; they are patterned for a unique purpose that isn’t represented by traditional schooling systems.

It was fortunate that Glenn and Meg could take Sam out of his school and provide him a personalized

educational program. Obviously, this isn't what every family could do, but there are always answers; sometimes we just need to get really creative to surface them. Then I also helped Sam personally as Meg and Sam came to visit me for a three-day intensive program where I taught Sam to:

- ▷ Manage his emotions.
- ▷ Think differently.
- ▷ Speak respectfully.
- ▷ Connect healthfully with others.
- ▷ Make “smart” choices.

One more complaint that Glenn and Meg had was that Sam sassed them back. Indigos have no problem standing up for themselves, speaking their Truth, and letting their emotions out. As I mentioned earlier: **Indigos must express their emotions.** One of our big roles as parents and guides to indigos is to help them express their emotions (energy in motion) in ways that are skillful versus damaging (more in Chapter 3).

Over the following few months, I continued to provide support to Sam on Skype as he learned how to manage his high sensitivity better. I also helped Meg and Glenn see Sam's perspective on a number of common indigo challenges, such as: *Why does my son play alone most of the time? Do we force him to play*

baseball? Is a gifted program good for him; he already walks around like royalty? Do we just let him refuse to do certain things? Are we enabling him? Punishment doesn't seem to work; what is going on?

Spotting an Indigo

Indigos cannot suppress their emotions, they often refuse to do certain things, and they have a unique perception of the world. They want to make a difference and will not tolerate anyone who is coming from the old energy of doubt, limitation, greed, and dishonesty. Many indigo kids in elementary school settings even appear differently because, as I mentioned earlier, they are beating to their own indigo drum:

- ↳ Poppy, age 13, is a funky dresser with lipstick, earrings, bangles, Madonna-like skirts, and leggings. She just transferred to a new school for eighth grade because her old teacher “spoke meanly to her” and school was boring. Poppy is highly intelligent, although she does get caught not paying attention. (We’ll talk more about distraction and how these kids energetically are dialed-into another dimension in Chapter 4.)
- ↳ Anthony, age 9, is a creative-looking boy with thick glasses (for which he gets teased

by kids), an Atari t-shirt, self-made leather necklace, and worn jeans. He loves movies, and has already created storyboards for his first film (think: child prodigy), although Anthony has gotten teased for his thick glasses and unique style.

- Abraham, aged 10, is another indigo kid who is very skinny, has glasses, is extremely creative, and is very interested in fish (it's his fetish). Abe is also scared easily, even at his age, and very sensitive to input from others (how they talk to him, and so forth). When his fifth-grade class (all boys) had his first sex education talk, he left the room and went into the bathroom to throw up. It was just too much for him. (He'll probably look back and laugh someday!)

Of course these are all different examples of indigos who have crossed my path recently, but I wanted to give them more texture and make these ideas come alive for you. Seeing as I have loads of indigo energy I usually don't find them problematic, although they can have many problems if their energy isn't properly channeled. Some common issues are:

- Video game addiction.
- Violence.

- ⊃ Bullying others.
- ⊃ Addiction (as they grow).

Understanding that indigo kids have this intense and sensitive energy is a core component to figuring out how to raise them with more ease. I can remember my early childhood and now looking back—holy moly, how did my mom do it? I was defiant and quick to point out the inconsistencies in their parenting approach, as well as jumping in by age 7, counseling my father.

One of the biggest gifts I ever got from my father was when he told me he *knew* that I was a counselor because I was born doing it. As little as I was I could help him feel better, show him the bigger picture (my mom was under considerable stress), and help him do breathing exercises—even in second grade. My mom always told me, “You are an old soul” because I was born counseling.

Indigos are often wise beyond their years. They have access to their inner wisdom, and many don’t shut off this connection. It comes out as their intuitive intelligence, too. Perhaps you’ve had that experience with your indigos where you wonder, *How profound for them to say that. How did they know that? Who told them that?*

Some indigos are even gifted with the ability to predict events, commune with deceased loved ones (spirit realm), and other psychic gifts. Just because children are “spotted” as indigo doesn’t mean they have these abilities of telepathy or spirit communication, but many highly sensitive and intuitive kids do. They also have that very real decision to “shut it off” or accept it as a gift like others they have been given.

Whether you adhere to the idea that indigos can be more intuitive or potentially tuned into a multidimensional reality isn’t the subject of this book, although I wanted to mention it. I have personally had too many other worldly experiences and miracles in my life to ignore the Truth that there is a very real world beyond our physical eyes.

Energy

“Energy is the essence of life.”

—Oprah Winfrey

Years ago, I was interviewed on Blog Talk Radio’s “Everything is Energy” program and I had that “a-ha” that everything—absolutely everything—we do with our children is communicated energetically. For example, you might recall a time when you were frustrated (angry energy) and your indigo tuned into your energy as well as served it back tenfold.

Our indigos understand the world energetically and respond in kind every time. They are foremost vibrational beings and connect naturally to the world of energy.

So what exactly is energy? Energy is the power and life force within us. It cannot be seen by most people but is real. Our energetic bodies hold our thoughts, feelings, and experiences that send non-verbal messages to others about what's going on with us in that moment. You probably can recall meeting someone with very "up" energy; he or she was "on top of the world" with good energy. You read that energy. Everyone can do it.

Scientists look at energy slightly differently than us metaphysicians. They look at it as the ability or capacity to perform work. It can be units of energy, like heat, electrical, chemical, and so on. I see the human body as an electrochemical system and doctors do the same. They measure your electrical energy (think: EKG) and brain chemistry (think: brain scan) to find out how units of energy are working in the human system.

Everything is really energy. In my private practice, I work mainly with indigos to overcome obstacles and balance their energies. I perform energy healing sessions called Reiki, an ancient Japanese technique to

“tune up” their energetic system. I have been drawn to this practice because it helps unlock stuck energies that have manifested in the lives of indigos as anxiety and depression (among other things).

The Energy Body

You’ve surmised by now we are not just flesh and bones. We actually have an energy body that regulates our inner energy. Our energy body is inside of the physical body, and also extends many feet outward. The physical body and energy body work together to produce optimum health.

Around the world healers and teachers discuss how vital the energy body is. It is commonly believed that energy moving freely is the cause of health, and disrupted energy leads to physical, emotional, and mental upsets. This is my experience, too—especially with indigo kids.

Subtle energy is called chi in Chinese traditions and prana in Sanskrit (meaning life force). Chi also moves throughout the body in known pathways, and they are:

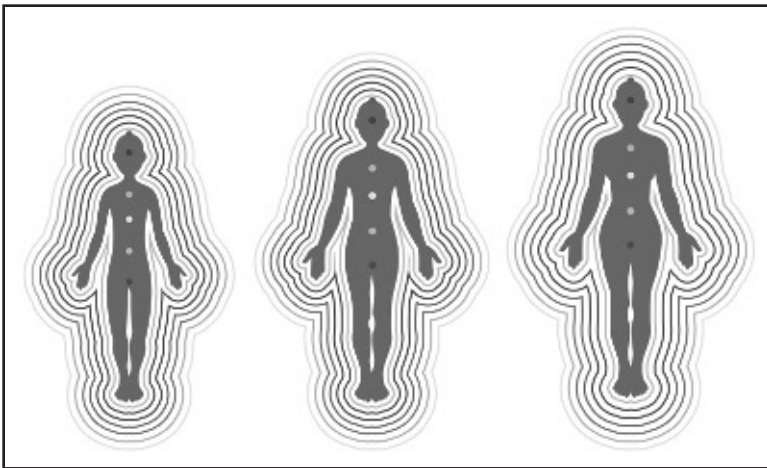
- **Chakras** (energy centers). These are the energy centers of our body that distribute energy from the universal energy field

to specific regions of the body to keep us healthy. Chakra is a Sanskrit term meaning “wheel,” and there are seven main chakras or spinning energy wheels within the physical body and extending outward. There are also 21 minor ones.

- ↳ **Meridians** (channels). Meridians are energy lines that run throughout the body and are correlated to specific physical functions. For example, the heart meridian runs up the right arm and around the heart then down the left arm. One symptom of a heart attack (energy blockage) is pain in the arm. From an energy perspective this makes perfect sense, because it is along the heart meridian. The physical body has 20 meridian lines and approximately 400 acupuncture points along those lines.
- ↳ **Aura** (energy field). This is the energy body extending outward from the physical body; it is typically egg shaped. There are seven main layers to this energy field, and they are correlated to the seven main chakras. Clairvoyants can see this energy field naturally and others can learn how to.

When chi is flowing properly it flows to all the vital tissues and organs of the body, supporting their operations. When chi has been disrupted then there can be problems with some of the organs, tissues, and systems of the body. Therefore the proper working of chi in the body is essential to your indigo kids' health.

The Indigo Aura



Aura illustration.

Auras surround living things. They are the energetic fields that surround plants, pets, and people among other things. What clairvoyants see naturally is the band of light surrounding those things and specifically our children.

Our indigos actually got the name indigo because the predominant color of their aura is associated with the sixth chakra of intuition. Many parents and children have one primary color in their auric field.

Most importantly, it is helpful to know that:

- ↳ Auras can protect children.
- ↳ Auras can also contain leaks, holes, and stuck energies (see Chapter 4).
- ↳ Indigos' auric health is important.

In this book, I share more information as the nature of the indigo energy system and how to help your indigos protect their aura. The aura can be an energetic shield to negative, harmful, and draining influences, or it can be like a leaking boat. It also filters information for them, and serves as a way for them to attract things into their life like nice friends. We'll work together to make sure your indigo's aura is strong and healthy.

Energy Centers

“Our chakras, as core centers, form the coordinating network of our complicated mind/body system.”

—Anodea Judith

Energy centers of the indigos, like for all of us, are the chakras. They, however, have different energy

and thus operate their chakras slightly differently. As we will shortly learn, they have a tendency to be ungrounded and operate from the higher chakras versus lower ones. I'll come back to this point and help you throughout this book ground their energy better, and help them regulate it and use it to see more earthly success.

We focus on the main seven chakras in this book. The concept of energy and chakras is more complex, though. Chakras are involved in every organ, action, and function of our lives. In this short introduction to these energy centers, I am simplifying them and relating them to our indigo kids.

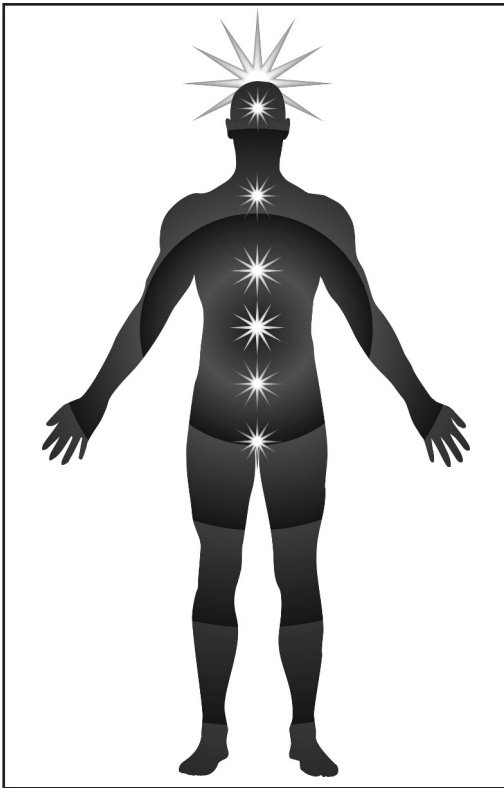
Refer to the chart on page 47 for the seven main chakras, their locations, metaphysical meanings, and indigo issues associated with each one.

Chakras, when operating in balance, effectively ground your spiritual body on earth. Indigos have certain tendencies to be ungrounded (shut down Chakra 1) and be very impulsive (overactive Chakra 6) as well as let their emotions rule (overactive Chakra 4), which is why we see so many meltdowns. In Chapter 4, I discuss how indigos heal, and we'll come back to the common energetic challenges of the indigos and how to help them operate more in balance.

Chakra	Location	Meaning	Indigo Issue
Chakra 7	Crown of head	Spiritual connection	Daydreaming
Chakra 6	Forehead	Intuition	Trust in self
Chakra 5	Throat	Voice	Self-control (words)
Chakra 4	Chest	Love/ emotions	Emotional upset
Chakra 3	Stomach	Earthly power	Free to be me
Chakra 2	Above pubic bone	Sexuality/ creativity	“Out-of-box” creativity
Chakra 1	Tailbone	Groundedness	Discipline, focus, will, responsibility, trust, safety, fear

As you continue to shift your perspective from primarily focusing on your indigo kids’ behavioral and emotional issues to seeing them from an energetic standpoint, everything changes. You open the way for a new understanding of how these wonderful and energetic beings operate in the world and how you can help them (and you!) with more ease.

Human Energy Centers (Chakras)



Chakra illustration.

Each chakra has a formal name and color associated with it. They are, from bottom to top: Root Chakra (red), Sacral Chakra (orange), Solar Plexus Chakra (yellow), Heart Chakra (green), Throat Chakra (blue), Brow or Third Eye Chakra (indigo), and Crown Chakra (white). Later in this book, I talk more about these colors and how to use color effectively to help your indigo children.

Indigo Energy

One of my treasured moments was being in the energetic field of His Holiness the 14th Dalai Lama in India. I felt joy and peace in his presence. His energy is calm and mindful in every step. There is nowhere he cannot go without his energy, and if you read any of his books, you can have the wonderful experience of having his words energetically wash over you.

Indigo energy has this seed of this peace. Doreen Virtue said in the documentary *The Indigo Evolution*, “Indigos are answers to our collective prayers for peace.” Ushering in peace on our planet, however, doesn’t mean indigos hold only peaceful energy but have the unique polarity of being peaceful and pushy. *Pushy* may not be the perfect word, but it’s that energy of rebellion, stubbornness, anger, and being a crusader on behalf of our world’s evolution.

I am not saying your indigo will save the planet. I am saying that your indigo is part of an interconnection of children who have come here to usher in a “new consciousness” that is a higher vibration of love. It sounds all “woo-woo,” but it’s not. They (like each of us) are born to give our gifts here and do our best in fulfilling our purpose.

You may be very skeptical now. Because it’s hard to reconcile the indigo kid who wants to sleep in

your bed every night because of nightmares and that description that I just shared. Maybe your indigo child is an exception, right? I don't think so. But I am not asking you to believe me; just be open to the possibility. Be willing to consider that your indigo may be a fierce bringer of light to this planet—and yes, you have accepted the *big job* of parenting him or her as a dimension of your personal growth.

How it Works

“Even the thought forms you are having are units of mental energy vibrating.”

—Michael Bernard Beckwith

Our energetic systems run whether we know it or not. It's like our heartbeat: We don't need to think about it because it just happens. Once I was going through a particularly rough patch in my life and my chest hurt. I was really angry at someone, and my heart chakra (energy center) became imbalanced to the point of some angina. I was in mental, emotional, and physical pain where it manifested in my body.

Children do this type of thing all the time. You probably can see the immediate connections. For example, a child's feelings of powerlessness manifest as stomachaches. Alex doesn't want to go to school

and today (like most days) he woke up with another stomachache because his energy is doing its thing.

Every person is running energy, whether they believe it or not. Our bodies are merely conductors of units of energy. Some of the primary units of energy include:

- ⊃ Mental.
- ⊃ Emotional.
- ⊃ Physical.
- ⊃ Spiritual.

Our bodies are representations of these units of energy. Once, years ago, I attended a class full of healers of every kind, and the teacher had us turn to our neighbor and guess his or her age. I guessed 15 years younger for Brooke. I was really amazed by how good she looked. When we went around the room, the average guess was 14 years younger than the actual age. *Wow*. I understood in this moment that our units of energy (thoughts, feelings, habits) show up in our bodies every time.

So your energy makes you look younger or older, too. You've probably met a 9-year-old who felt like a grown man, and vice versa. It was his energy that holds his predominant thought patterns and manifests in his appearance. (Of course genes predispose you to

certain things, but I don't give that a lot of energy because your beliefs always trump your biology.)

Indigo Energy System

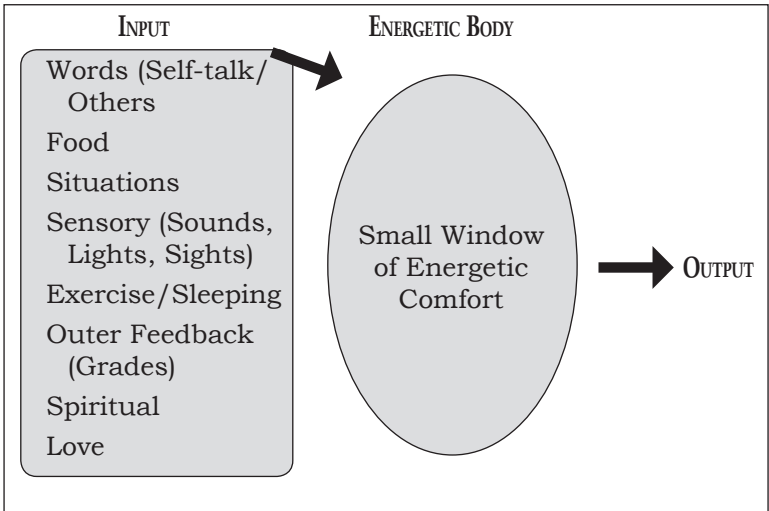
Indigos share a common mindset and high level of energy. They are akin to broadband (or the fastest Internet now available) versus many other individuals whose energy is more like a dial-up Internet connection. I realize you know how energetic your indigos are, but I bring this up because it greatly impacts how their energetic systems run.

Indigo energy runs faster and is more sensitive than others' energy. They have all of these energetic triggers (Chapter 2 details them), and when one's been hit they have such fast running, sensitive, and fierce energy often a meltdown occurs. One of my clients, Zach, age 11, is very sensitive. When his mom decided to change the daily schedule, he was quick to say, "Mom, you've lied to me. I can't trust you anymore."

Understanding that indigo kids' energy is so fast and sensitive is a key to having more success with them. For example, Zach perceived his mom to be lying to him, and that was an energetic trigger. With fast-running energy, he quickly got upset and needed to express his emotions, so he accused his mom of lying. Zach is merely doing what he knows will give

him relief and letting it out verbally does that. The challenge, of course, is his mother got upset and then spoke to him in an angry way, eliciting more anger from Zach, and the situation got escalated.

The Indigo Energy System



Operating indigo energy.

Suppose his mother realized in that moment that Zach perceived her change of plans as a betrayal and against one of his core values (honesty above all else). Then she could have helped him see the situation differently and channel his energy in a more constructive manner (learn more in Chapter 3) so they both were honored for who they are.

It takes practice to recognize our indigo kids are acting out *only* when they get triggered energetically,

and they merely need someone they trust to help them through the emotional overwhelm and frustration they experience.

You likely already know that your indigo kids have a smaller window of comfort. They often feel overwhelmed by sensory input (bright lights, loud noises, strong smells, and so on) or get upset when you remind them about their homework. Indigos are so sensitive to the words people say to them, and maybe you said, “Get your homework done!” To them, it felt like being scolded. The tone of voice even can be a trigger to indigos.

Understanding this small window of comfort and helping them widen it (at times) is part of our work so they can operate effectively on planet earth (see Chapter 6). It’s not our only work. Sometimes we are called simply to be with our indigos (in their small window) and love them unconditionally so they can create the foundation of all wellness—positive self-esteem and inner confidence to face any of life’s challenges with enthusiasm.

Smoother Sailing

“I love my children beyond all reason. They’re my joy, even when they’re wild with kid energy.”

—Christopher Meloni

Indigos are the perfect paradoxical children. They have incredible energy, which can animate easily as love or anger. I remember one indigo, Caleb, who was brought to me because he bit someone in his pre-school. (Ouch!) Truth be told, I see lots of children who have bit someone in the early years out of anger, and Caleb was no different. He told me his teacher forced him to take a nap even against his wishes.

So I acknowledged with Caleb that his teacher not listening to him wasn't okay. He had every right to be angry and upset by her lack of listening to his Truth. Caleb nodded. I also said that "biting isn't the answer" and he agreed. We worked together to let his angry emotions out in new ways and by the end of our first session together, Caleb kissed my cheek and said that he loved me.

Indigos can move quickly between sweetness and insensitivity. They are merely handling their energy the best they know how and responding to the energy being put forth in front of them.

As guides and parents to indigos, we have the opportunity to teach them about their energy, how to create a "sacred pause" between feeling and acting, as well as give them more productive choices regarding how to channel their anger. I share specifics in Chapter 3, where I discuss channeling this energy and offer

practical tips that have worked for many indigos especially when they need to get calmer.

Here's some of the other paradoxical indigo behavior that has crossed my path and that I have experienced in my own life:

- ▷ Indigos need honesty yet they'll lie to your face (at times).
- ▷ Indigos can excel in one subject (English) yet fail another miserably (Math).
- ▷ Indigos know their greatness yet many struggle with low self-esteem.
- ▷ Indigos are creative geniuses (in one area) but often struggle with school.
- ▷ Indigos have great powers of concentration yet are frequently called daydreamers.
- ▷ Indigos display high levels of independence when not clinging to you.
- ▷ Indigos don't like authority figures yet so often become authorities in their fields themselves.

That was just a short list of some paradoxes that I have experienced with indigos as they grow into their greatness and learn how to harness their energy. One of the things I want to convey now is that I get your frustration. Indigos aren't the "easy kids" to

parent—those who just go along with the daily schedule, attend school, and always make friends easily. They have unique gifts, talents, and quirks.

What I have come to understand is that it is in their sensitive nature, high level of intelligence, and strong-willed energy that their gifts are located. They have been patterned by God for a unique role here (like all of us), and it is up to us to help them navigate their way in this not-so-sensitive world.

Next Steps

Your indigos have a preset pattern of energetic triggers that, when touched, can erupt into an emotional storm. Understanding these triggers allows you to do your best to sidestep them, or, when they've mistakenly (or unavoidably) been stepped on, handle them in ways that soothe the situation versus adding fuel to the fire.

In the next chapter, I share the top five triggers of indigos and what you can do to see more success with them (sidestepping the triggers). We continue to deepen our understanding of what it means to nurture indigo kids from an energetic standpoint and help them move throughout this world with more ease.

You might be reading this as an adult indigo, and you'll also find these triggers helpful. I can tell you

that these triggers are the triggers throughout life; you don't have them at age 8 and grow out of them by 12. What can change is how you respond to them and what type of meaning you assign them.

Or perhaps you don't see yourself as highly sensitive or an indigo, but instead are solely seeking ways to parent your indigo that feels easier and gets better results. Well, you've also come to the right place. In the pages of this book we keep focusing on not only seeing your indigo kids anew but building our "energetic parenting" muscles so that we can parent from a new place—a place of peace, ease, and understanding.