

PART I: FOUNDATION FOR UNDERSTANDING INDIGOS

Chapter 1: Introduction

Interestingly, at the same time as the churches have experienced the loss of many members in their congregations, research has shown that people have been doing less and less volunteer work for all types of groups, whether affiliated with a religious organization or not. This research is discussed in “The Cultural Creatives” by Paul Ray and Sherry Anderson. Hence, increasing numbers of people are developing a narrower perspective, focusing primarily on their own needs and those of their loved ones, i.e., cocooning. They’ve become more and more isolated and smaller in the process.

At the same time, there’s an expansion in consciousness, with more people seeking to develop more of their capacity. This has included a great interest in an ever-expanding menu of methods for personal growth. It has also included an increased interest in indigos and other children with great capacity.

Literature and films about indigo children, youth, and adults created since the first book on this topic was published in 1999 have provided valuable information about these very special souls. Because the topic is so new, much of the material has tended to present a very idealized picture of what indigos are like. However, many parents don’t see their special children as being quite so ideal. In fact, many experience them as being quite difficult. As a result, many parents of indigos have come to believe that their children are not indigos at all, but simply over-sensitive, troubled, or worse.

As a healer and family therapist with extensive experience working with troubled indigos and their families, I know that they have important gifts to bring to the world, but often not as much as is presented in indigo literature and films. The reason is that their gifts are veiled by such issues as depression, anxiety, and acting out.

In order to support the healthy evolution and well-being of indigo children and youth, you as parent or other concerned adult or helping professional have the task of understanding as much as possible about these unique individuals. The same applies to other sensitive souls. Otherwise, it’s all too easy to perceive them in a negative light, as do so many helping professionals who are not yet aware of their existence.

One source for your understanding is the Characteristics of Indigos Questionnaire on the previous pages. It can also be found on our website at www.dynamicharmony.com in the section on indigo children.

In addition, specific chapters of this book have discussions, stories, and exercises designed to address various aspects of the indigos’ and other sensitive souls’ characteristics as assessed in this questionnaire. These chapters will help you more fully understand your indigo child, how to help them blossom more fully, and how you can change yourself to help them blossom even more.

As you come to better understand these issues that limit growth, you will be able to assist indigos to perform at a higher level, making it possible for them to have a very positive impact in the world, and in the process you’re doing the same for yourself. This book was designed to do just that – to assist you and your indigo to resolve the kind of difficulties that prevent all of us from functioning at higher levels of capacity.

If you’re a sensitive soul using this book for your own growth, simply focus on the issues regarding indigo children as though they’re your own. Although some will not apply for you, a great many will.