

HEALING FROM ANXIETY

Excerpt from “Profound Healing for Indigo Children & Youth...and Other Sensitive Souls”, written by Rémi Thivierge MSW RSW RMFT, published in 2011.

Indigo children and other sensitive souls are almost certainly given psychiatric labels and are medicated far more often than other people. As you may know, indigos are very intelligent, intuitive, sensitive, and strong-minded. If you would like more information, you can read articles or watch videos on this topic at dynamicharmony.com/indigos. You can also fill out a questionnaire there to help you determine if you or your child is an indigo or other sensitive soul.

Anxiety is more diffuse than fear – not linked to a specific cause. For example, you may be anxious about everything when you go into crowds or you may wake up anxious.

Anxiety is very common for both indigos and old souls. The reason for this, as mentioned earlier, is that they are highly affected by negativity around them, as well as from their DNA and past lives, whether they realize that or not. This almost certainly results in far more indigos and sensitive souls becoming medicated for anxiety than other people. That’s very unfortunate because these issues can be very easily healed when we’re able to pinpoint the difficulty and use the right tools.

Since so many people are on medication for anxiety, I’ll give you some very specific guidelines to help resolve this issue. However, it’s impossible to be all-inclusive because there are so many aspects to these concerns. Most of these can be resolved very easily if you can identify what they are. This is part of what my workshops teach people to do.

In terms of anxiety, I’ve discussed secondary and vicarious trauma in other sections in my book. These can lead to generalized anxiety. Follow the exercise mentioned in the section on trauma to resolve these.

Exercise for Anxiety #1

Healing Visualization: Imagine light going into the various layers of your aura and transforming the negativity there.

Exercise for Anxiety #2

Use a violet flame through the crown of your head into your aura to transform the causes of your anxiety.

You may need to be very precise to assess the cause of your anxiety in order to resolve it. You can do this if you learn to assess your energy field with a pendulum or through muscle testing. I teach both in our workshops as well as in my sessions

with clients, including online. You can probably learn these methods with a healing professional in your area.

It's very important that you learn how to assess these issues if your indigo is very sensitive and easily becomes anxious.

Grounding and protection are very helpful for sensitive souls and some indigos, so they can be less vulnerable to issues that cause fear and anxiety.

Exercise for Anxiety #4:

Grounding: Imagine light transforming obstructions in the first six inches (15 centimeters) below your feet. Imagine roots going down into the earth from the base of your spine deep into the earth. Imagine that you become rooted like a big oak tree. This exercise should be done at least once a day, and three times a day for particularly sensitive souls or if you're going through difficult times. The same applies to protection.

Exercise for Anxiety #5:

Protection: There are a variety of forms of protection. Try this one: Imagine a bubble around your body protecting you, three feet (one meter) around from your body. Negative energy cannot enter into you, but your energy can go out. An alternative method is to imagine a layer of rose pink Christ light right next to your body, all around you. This should be two inches (five centimeters) thick.

Different religions have specific prayers for protection as well. For example, Hindus call on Ganesh, and Catholics have specific prayers for protection.

If you're curious about whether you or your child are an indigo or other sensitive soul, you can fill out a questionnaire on this at dynamicharmony.com/indiquet. You can also read articles or watch videos at dynamicharmony.com/video regarding indigos and other sensitive souls. In addition, you can choose to go to this site to register for webinars or to buy my book "Profound Healing for Indigo Children & Youth...and Other Sensitive Souls" – at www.dynamicharmony.com.

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