

INDIGO CHILDREN IN UNHEALTHY ENVIRONMENTS

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.

Many people believe that indigos have come to break down old structures, such as rigid school systems, and help transform the world. However, the reality is quite different than this ideal – so far. Yes, many things have changed in our society over the last decade or so, although little of those have been initiated by the indigo children themselves – so far. However, some changes have occurred to specifically accommodate the unique needs of these children.

So far, most systems that work with children have remained pretty much the same as they were a number of decades ago, with a little tinkering here and there.

Because traditional schools don't meet the needs of many kids, there's a great deal more home schooling taking place and increasing numbers of children attending independent schools. From what I've seen, it's a common pattern for many indigos to leave the traditional school system because it doesn't work for them. Some leave willingly, others are medicated or suspended after acting out.

Some teachers do attempt to make positive changes to meet the needs of these sensitive children and have wonderful success at doing so, but they usually work within a rigid system and are bound by the status quo.

Most school boards hold on to the old ways of teaching, even though these methods don't meet the needs of many of the children they're supposed to serve. I personally know a school trustee who is continually frustrated by her inability to make changes that would benefit the children, because the old guard dominates the school board. These people will get voted out in fifteen or twenty years and a new breed will replace them. However, many children, and perhaps yours as well, will be deprived and suffer in the process.

A major part of this problem of change coming too slowly to meet the needs of indigos and other sensitive children is that most parents are too busy to get involved. They don't have the time that it will take to address the concern with school officials or meet with other parents whose children are also struggling, in order to help create the changes that their children need. Others who would like to be part of the solution don't know how to proceed, or are afraid that it's too much for them to do on their own.

I recommend that you connect with other parents in your school district and discuss what concerns your children have in common, and what your options are as a group. It only takes a couple of people to start such a group and you can then build from there. Rigid old systems are not very likely to change from inside unless there's sizable pressure coming from outside. If the teachers do not heed your concerns, go to the principal. If the principal ignores your concerns, go to the school board. If the school board ignores you, go to the local politicians. Write articles, get petitions going, go to school board and political meetings. Be creative – your children need your help with this.

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.

Rémi Thivierge MSW RSW RMFT
Vancouver, Canada
info@dynamicharmony.com

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