



**Dynamic Harmony Training Program
Newsletter
September 2009
Rémi Thivierge MSW RSW RMFT**

At a glance in this Newsletter:

1. **Greetings from Rémi**
2. **Are you an Indigo** (or someone you love or work with)? See attached informative questionnaire and Resources on Indigos
3. **Upcoming Book: [Profound Healing for Indigo Children and Youth](#)**
4. **Upcoming Evening Presentations and Workshops** (Note: all events are held at the Rosedale on Robson Suite Hotel; RSVP required for workshops, drop-in available for evening presentations; for more info please call: (604) 662-7837 or email info@dynamicharmony.com, or click on this link for more information:
<http://www.dynamicharmony.com/html/workshops.html>

September 19 (Sat.) – Workshop – Learn to Heal with Energy Psychotherapy (for Healing Practitioners)

September 21 (Mon.) – Lecture – Indigos: Helping Strong-Minded & Sensitive Children, Youth and Young Adults

September 22 (Tues.) – Lecture – Learning Energy Psychotherapy

October 7 (Wed.) - Lecture – Indigos: Helping Strong-Minded & Sensitive Children, Youth and Young Adults

October 10-11 (Sat. & Sun.) – Workshop - Indigos: Helping Strong-Minded & Sensitive Children, Youth and Young Adults

October 13 (Tues.) – Lecture – Learning Energy Psychotherapy

Oct. 31-Nov 1 (Sat. & Sun.) – Workshop – Learning Energy Psychotherapy

5. **Thank you** \ Suggestions \ Feedback \ Newsletter subscribe/unsubscribe

1. Greetings from Remi

I hope you've had a wonderful summer with time to play and rejuvenate yourself with the beach, fresh food and holidays. I certainly have!

One of my favorite summer experiences was a nine-day solo kayaking trip along the east coast of Vancouver Island. I enjoyed the simplicity of nature and communing with spirit.

Time away gave me inspiration to write (finally) a book about indigos called, **“Profound Healing for Indigo Children and Youth”**. Many clients and practitioners have asked me to share my experiences and the time feels right to do so now. This book centers on children, youth and young adults who are very sensitive, strong-minded and gifted, but often have difficulty managing their experience in the day-to-day world. Based on my 33 years of experience as a therapist, healer and trainer, I’m excited to offer healing perspectives and insight to heal the difficulties experienced by indigos and other sensitive souls.

Please contact us at info@dynamicharmony.com if you’re interested in reading a chapter, wish to receive any publishing announcements, or to pre-order.

I’ve also scheduled some evening introductory seminars and three workshops in September and October. If you’re a parent, helping professional, educator, healing practitioner, or are simply someone who is inspired by children, youth and healing, please scroll down for more information.

In the meanwhile, I’ve included a [questionnaire](#) (attached or click [here to view](#)) for you to determine if you or someone you know, youth or adult, may be an indigo. As well, the following section will provide you with resources and quick links. Please feel free to contact me if you have any questions - your feedback is always appreciated.

For those of you who aren’t familiar my work, I’m a registered clinical member and trainer with the Canadian Association for Marriage and Family Therapy. I have 33 years of clinical experience working with individuals, couples and families. I also do cutting edge work in the field of energy psychotherapy, which is a combination of ancient Eastern practices and leading edge healing methods from the West. I have trained several hundred psychologists and social workers, as well as many other helping professionals and healers. Based in Vancouver, I am the Director of the Dynamic Harmony Training Program, and I present seminars and tele-classes in addition to running a clinical practice. I’m the author of a book on family breakdown and a soon-to-be-published book on indigos and their families in the fall of 2009.

All the best,

Rémi Thivierge, MSW RSW RMFT

remi@dynamicharmony.com

Ph.: (604) 662-7837

2. About Indigos

The main **characteristics** of indigos are that they are very intelligent, intuitive, sensitive, and strong-minded. They’re sensitive in the sense that they’re affected by negativity around them more easily than others. They’re strong-minded in the sense that many of them have an angry edge and that they have the tendency to stand up for themselves no matter what. However, many reject their specialness and their personal power. As youth, many of them end up getting in trouble at

home or school because of these characteristics. Many of these adults have difficulty fitting in to the mainstream world of work unless they're their own bosses. Many other sensitive people, including people who struggle with trauma, anxiety, depression, or ADHD, get into similar difficulties. In my experience working with many families with indigos, at least one but probably both parents also have a great deal of capacity although most are not as advanced as their child. Many of the ones I see in my practice tend to have a great deal of guilt and shame, and have been on the healing path for a long time.

Try the attached **Questionnaire** or click [here to view](#), to see if part of this description fits you or a child/youth/adult that you know.

Scoring the Questionnaire: You (or your child) is almost certainly an indigo if you score strongly in each of the five main categories. Note that a child/youth may have suppressed some of their gifts or these gifts may be dulled if s/he is on medication. Others, who are not strong in all five categories, are what Doreen Virtue has termed "indigos in training". Those who can relate to at least half of these factors can be called "light workers".

If you or a loved one struggle with issues relating to this, you may wish attend an upcoming presentation and/or the workshop listed below. We also provide private sessions in Vancouver, as well as over the phone or internet for people who are at a distance from Vancouver.

Resources

Book: My upcoming book "Profound Healing for Indigo Children and Youth" will be published in the fall of 2009. Please email us at info@dynamicharmony.com to receive any publishing announcements or to pre-order.

Videos: I have recorded some videos regarding indigos which are posted on my website. You'll find the link here: <http://www.dynamicharmony.com/html/video.html>

Articles: You'll find a range of insightful articles here:
<http://www.dynamicharmony.com/html/articles.html>

3. Upcoming book

I'm very excited to be publishing this book based on over thirty years of clinical experience. Indigo children, youth and adults, as well as other sensitive souls, have been wonderful teachers for me and I'm pleased to share with you what I've learned in working with them. "Profound Healing for Indigo Children and Youth" will be published in the fall of 2009. Please email us at info@dynamicharmony.com to receive any publishing announcements or to pre-order.

4. Upcoming Introductory Evening Seminars and Weekend Workshops (September & October 2009):

Indigos: Helping Strong Minded & Sensitive Children, Youth and Young Adults

This course is for: parents, teachers, youth, young adults as well as other interested adults.

For more information and course description, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

Learn to heal with Energy Psychotherapy

This course is for: parents, teachers, youth, young adults as well as other interested adults.

For more information, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

Learn to heal with Energy Psychotherapy (one-day workshop for healing professionals)

This course is for: All professionals who do helping and healing work with clients, whether psychologists, social workers, chiropractors, nurses, teachers, or healers.

For more information, please click on this link:

<http://www.dynamicharmony.com/html/workshops.html>

5. Thank you for reading this newsletter.

If you have suggestions for future topics, or wish to subscribe to our newsletter list, or to unsubscribe, please contact us at: info@dynamicharmony.com or call us at (604) 662-7837.