

QUESTIONNAIRE – ARE YOU OR IS YOUR CHILD AN INDIGO?

Following is an overview of my perspective of the characteristics of indigo children, youth and young adults, as well as adults that you can use to determine whether you, your child, or client is an indigo. The four main characteristics are that they are very intelligent, sensitive, intuitive, and strong-minded. Please check mark the following points which apply for the person you are assessing:

I) Very Intelligent

- Ability to grasp complex matters very quickly
- Very intelligent in many areas although they may not perform well at school.
- Very creative in some areas
- Prefers to find their own path to resolving problems as opposed to following others' ideas

II) Spiritual Intelligence

- Has a wisdom that is beyond their age
- More connected with spirit than most people
- Has strong empathy toward other people, animals and / or the earth (although they can be cold and hurtful if they close down emotionally)
- Psychic abilities
- Very intuitive – they know some things that others don't

III) Very Sensitive

- To negativity from other people, such as anxiety, anger or depression
- To unhealthy foods, such as red dye, white flour, and white sugar
- To negative energy in their environment such as pollution, power lines, unhealthy communities where there is poverty and crime
- To conflict between people
- Many be uncomfortable being in this life
- Emotionally very sensitive and react more strongly than others
- Tendency to give up or act out
- May have strong allergies
- Needs parents and teachers to be emotionally healthy and stable
- May have a diagnosis of ADD (attention deficit disorder) or ADHD (attention deficit and hyperactivity disorder)

IV) Very Strong-Minded

- Does poorly with authority figures who are too laid back or too controlling. It works best if they are treated with respect as equals
- Resists conformity – doesn't want to be the same as others
- Is usually willing to express what they see even if it gets them in trouble
- Expresses anger toward authority figures and others if they feel the situation is unjust or if they feel pushed inappropriately
- Responds better to discipline if they help set up the rules and consequences
- Parenting them with guilt or shame does not work
- Strong integrity – only does what feels right for them
- May be labelled as oppositional defiant disorder

V) Social Issues – Friends, School, Work

- Prefers to be alone unless they are with someone similar to them (like-spirited, as opposed to like-minded)
- It works poorly for them to just sit and be quiet all day
- May act out more than other children at home or school
- Becomes frustrated by fixed structures that attempt to get them to conform
- Gets bored quickly with repetitive tasks, and may refuse to do them
- Short attention span unless focused on something they really want to do
- Has big ideals but gets frustrated easily by road blocks and often uninterested in taking the small steps required to bring them to fruition
- Shuts down easily if tasks are too difficult or does not feel valued.

Scoring the Questionnaire:

The person being scored is almost certainly an indigo if they scored strongly in each of the main categories, and has at least 26 of these 35 attributes. Note that a child, youth or young adult may have suppressed some of their gifts, or these gifts may be dulled if the person is on medication. Those with a score of 21 to 25 are what have been called “light workers”.

If you or a loved one struggle with some of the issues noted in this questionnaire, you may wish attend an upcoming presentation and/or workshop. Please visit www.dynamicharmony.com in the Training Program section for more information. We also provide private sessions in Vancouver, as well as over the phone or internet for people who are at a distance from Vancouver.

If you wish to learn more about indigos, consider reading the free articles on healing and on youth at www.dynamicharmony.com, watching my videos on this topic, taking one of our workshops, or buying my book Healing Journey for Indigo Children and Youth and Their Families. It focuses on using energy psychotherapy, a combination of cutting edge Western and ancient Eastern modes of healing, among other methods.

All the Best,

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