

May 2004: Indigo and Crystal Children

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Publisher's Pen: Indigo and Crystal Children

“Our true nature is to love beings and things as they are: ‘a radiant dew,’
one that can reflect the rising sun, and bring us great joy.”

Paraphrased from the Prophet Isaiah.

Currently, there are two philosophies inherent in our culture. One is that the world is getting worse (the, “each year, kids seem to get worse” mindset), and the other is that the collective consciousness of our children is helping to raise us all to a new level. Clinical psychologists have found that some children are more spiritually evolved, rather than learning disabled.

Clinical psychologists such as Lee Carroll and Doreen Virtue have been studying children who have been labeled “Indigo” and “Crystal” children. They believe that these children have a consciousness that will help to usher in a new age of peace. I urge you to read the books titled, *The Indigo Children* by Lee Carroll, and Jan Tober, *The Care and Feeding of Indigo Children*, and *The Crystal Children*, by Doreen Virtue, Ph.D. These children have different psychological attributes and have undocumented behavioral patterns. They need to be educated and raised in new ways in order to achieve a healthy and productive life beyond school and home, or they will shut down and not achieve their true purpose in life.

Both types of children have difficulty fitting in with our traditional systems – education, family and the culture in general. Indigo children are those born from 1978 or later, while Crystal children are the newest generation of babies and toddlers. I am the mother of an Indigo child who is now 25 years old. I didn’t know it at the time, but I was always amazed at his common sense at a young age, his close friendships, his ability to be at home with animals and plants, his outspoken, indignant attitude toward ambiguous rules within the school system, along with the ability to see through adults who possessed little integrity. He was (and is) quick to remind me if I am not acting with integrity.

I remember finding a note in his pocket when he was 7 years old. It was from a girl in his class who said that she valued what he had said to her: that, “it doesn’t matter what you own, or what you do; what matters is what is in your heart and what kind of person you are.” Later, when he was able to drive, he was rear-ended by an elderly lady. He got out of his car, saw that the only damage was a broken taillight, and approached her vehicle. Seeing that she was fearful of him because of his physique, he stood back, speaking to her from a safe distance. He then told her that if she gave him \$20 dollars, he would go to Pep Boys and fix the taillight himself. She was very happy (and surprised), and that was the end

of it. How many of us adults would have resolved the situation in this way?

Because of the difficulty of fitting in with our traditional systems, many of these children are labeled as ADD or ADHD, or simply labeled as disruptive. It doesn't mean that if your child is labeled as ADHD, he or she is an Indigo or Crystal or vice versa, but it is worth taking a closer look.

May we see our children as "radiant dew" – and take action accordingly, so as not to provoke or frustrate them, but to help them rise to new levels and be all that they can be.

Smiles,

Elaine

Empowering Parents and Teachers:

Teachers are working on how to meet the different needs of the children in their classrooms. The pressure is high; the resources are low. Here's how parents and teachers can help each other.

Teachers know who in the classroom is on medication, had a learning difficulty, an emotional difficulty, or a different behavior pattern. Parents know how their children act under different circumstances. Both want meaningful activities for their children to help them on their life path. Below are some characteristics of Indigo and Crystal children that can help both parents and teachers to create activities that will steer their energy into constructive channels :

Indigo:

Born in 1978 or later

Strong attitude

Creative in music, language or cooking

Can easily become addicted

Seem oddly mature for their age

Very insightful and intuitive

Isolated from others, either because of attitude or because they want to be alone

Extremely independent

Get bored easily

Has restless night's sleep

May go through several sets of friends before finding good friends whom they stay close to

May speak about and care about world peace or world issues

Have been told that they act like someone with ADD or that they are disruptive

Enjoy being with plants and animals

Vacillate between low self-esteem and being "full of themselves"

Crystal:

Most prominent feature is big eyes and intense stares

Have an authoritative air

Are late talkers

May tune out similar to children with autism, but the tuning out is temporary

Love to be in nature

Extremely sensitive

Have imaginative friends

Very instinctual

Compassionate

Express strong emotions through eyes, body movements, songs and artwork

Picky eaters, especially with meat

Highly energetic

Empowering K.I.D.S. (Kids In Daily Situations):

What is the real you? If you could do anything you wanted, what would the real you do?

The real me wants to do _____ with my life.

The real me wants to learn more about _____.

The real me wants to spend time with _____.

The real me wants to

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