

Review of the Indigo Children

By

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Attention, parents, play-therapists, and caretakers for children, if you have needed to experience a positive read, Indigo Children is a book for you. In six mind-captivating chapters, Lee Carroll and Jan Tober have compiled research from professionals of all walks in an attempt to explain an unusual phenomenon called, the Indigo Child.

If you are like me, you may be at this moment filled with curiosity about the term, "Indigo Children." And if you are like me, you lost track with generational labels somewhere between Baby Boomer and Generation X. The introduction quickly defines these Indigo children as "ones who display a new and unusual set of psychological attributes and show a pattern of behavior generally undocumented before."

OK. Good enough, but what's with using a color to describe this child? Chapter one digs right into explaining the history behind the use of color coding human categorizing systems. Did you take a psych course in high school? Then you will remember the ancient Hippocratic model for typing personalities such as, sanguine, melancholy, phlegmatic and choleric with the colors red, white, blue and yellow.

In 1982 a metaphysicist, Nancy Ann Tappe wrote a book that classified people into color groups. In later work, Tappe's intuition kicked in as she observed the behavior patterns of these special "Little Ones". She assigned the color, Indigo to them.

That piqued my interest enough to catapult me right into the interview that Jan Tober, conducted with Tappe. If you can suspend contempt prior to investigation, the interview is a fascinating discussion of what the future may bring. Tappe describes these children as computerized and technological children who have few fears.

Indigo Children are grouped into four categories; Humanist, Conceptual, Artist, and Interdimensional. Barbara Dillenger, a transpersonal development counselor, explains the benefit in typing these children as a way to help them realize just who they are. And even more important, it helps the caretakers of these special "Little Ones" gain insight into their charges. Dillenger describes personal stories of three of the Indigo child types: stories that kept me from putting the book down.

Another psychologist, Doreen Virtue, offers an expose that reveals how these children are often misdiagnosed as ADHD. Some of the characteristics that define these gifted children look similar to ADHD: High sensitivity, Excessive energy, Bored easily, Resists authority, and can't sit still unless the subject is of personal interest. Sound familiar?

Chapter Two delves into behavioral and parenting solutions. Here is the scoop. Don't even think that you can change this child instead you will be encouraged to think of helping the Indigo child in these ways: "Treat these children with respect, Help them figure out their own disciplinary solutions, Give them choices about everything. Never,

ever, belittle them (but then that should go with all children). Honesty is essential, Partner with them, Begin explaining to them when they are infants everything you are doing and if problems arise, get them tested before you drug them. Along with these suggestions, the chapter has ideas for educators who may find Indigo children in their classroom.

Chapter Three, my favorite, deals with the spiritual aspects of the Indigo child. Apparently they may often dig going to religious services. Also, it is not out of character for them to express messages of peace and love for the planet. Be prepared, as the personal stories of these special children may evoke your own buried passion for peace.

If you are not into metaphysics, move on to Chapter Four which looks at the many health issues Indigo children may experience. Because these children are often misdiagnosed as ADD or ADHD, a good bit of information is offered on the subject including a recommended list of books to read. Apparently, one of the biggest reasons for the misdiagnosis of Indigo children is their need for autonomy which translates into non-compliance. Dr. Virtue again elaborates on that special need the role it plays with the Indigo children.

Another health issue, Chronic Reversed Polarity is addressed with some depth. CRP is a condition that weakens the electrical power of the body and affects the Indigo child as well as those with ADD/ADHD. The standard herbal remedy for both of these conditions is discussed in detail. Karen Eck, an educational consultant, describes the use of *Smart Start*, a good-tasting, chewable, supplement that combines minerals, antioxidant vitamins, and botanicals. For the doubtful reader, many testimonials are included to support the value of using vitamin and herbal therapy.

The book, a fascinating read up to that point, ends with personal messages from children identified as an Indigo child. This quote about sums it up, "They will excel in church, since that is where love belongs. They are drawn to the universal principles of love because they understand them and feel "at home" around them."

Finally, Jan Tober sums up the collection of research by describing the "ageless wisdom of these "Little Ones." She so eloquently states, "These 'royal beings' reflect the preciousness of each one of us. Are we not all royalty—all spiritual beings having a physical experience here on Earth?" Not since I saw the movie *Love Actually* have I felt hope like I felt after reading, *Indigo Children*. Parents, play-therapists, caretakers, educators, play therapists....this book is well worth your time.