

## **THE SPIRITUALITY OF CHILDREN'S POWER**

*Pastor Lucy Baker's talk: 13 September 2009*

My daughter who was 8 at the time, once talked of the comparison in heart strength of children versus adults: Small is powerful because their hearts are so big! The people who are angry, their hearts shrink but when they are all nice and happy it grows bigger. Our hearts are bigger because we don't have to deal with bills and boyfriends and grown up stuff.

As one troubled and bullied teenager said:

Bullying has many different angels. There are kids out there who copy their parents into bullying themselves far worse than anyone outside of them. Things like giving yourself labels like 'stupid' or ugly. Thinking you know other people are thinking bad things about you. Saying I'm going to fail at something. Comparing myself to others and losing. Telling myself I'm not special. I know that if I think I'm gonna fail, I will. I challenge my old self-talk now. I don't have time for my inner bully anymore. I am special.

From Danielle, age 13:

My sister Rachel died in a car accident 3 yrs ago. She visits me a lot in her dreams. First I thought I was just making it up. She tells me what it is like to be dead. She tells me she talks a lot to our family. She said she is with my grandparents and my aunty Cathy who died of cancer. I tell my parent real direct stuff that she tells me that I never knew. It freaks them out so I don't tell them anymore. My friends would just laugh at me. But I know my sister is there.

The youth of today want answers from us. They demand a more conscious level of parenting, and encourage us to move beyond the old traditional dysfunctional structures of our own childhoods. They want us to be calm and trusting in the face of death and transition, and they want us to help them fulfil their own higher soul creativity.

Children often ask questions such as "Where did I come from?" and "What happens to Grandma when she dies?" All the answers are tied up in our personal spiritual beliefs. What do we tell our children?

The root of the answer lies in a child's self-esteem. At some point in a child's life, they will realize that their parents won't live forever. The concept of the existence of eternal spirit or continuous soul energy that never dies allows the child a sense of security, comfort and peace in a world that often proves to be unstable.

Most religions contain one element in common: a powerful force in the universe. Whatever that powerful force may be, let's help our children see it and explore it.

It doesn't matter if your ideas are solid. It doesn't matter if you're questioning your beliefs. It's healthy to be actively engaged in seeking out your own spiritual path. Personal experience is the only proof we hold in life – the rest is speculation, theory or belief.

Share these with your children, and encourage them to seek out their own answers. Children form concepts about spirituality whether we teach it to them directly or not. Perhaps, if we open the doors of communication and relish our spiritual insights with our children, they may feel reassured by the presence of something rather than nothing.

Indeed, the youth of today may be light years ahead of their parents in their opening to a deeper and more active level of connection to Spirit.

Various types of starborn children have been incarnating since the early 1900s to specifically work with the transformational and chaotic energy of Now. They are known as Indigo children, Crystal, Rainbow and Star children. It is believed, theosophically that there have been no new souls since 1929, and that the sharp increase in world population has been due to incarnating soul energy of one being spread across 2 or 3 parallel lives, living simultaneously and focused on the same karmic and evolutionary goals of growth.

Amongst these souls, comes unfettered and awake souls to lead the rest forward. Scientific communities in China, the US and other countries are now identifying small groups of infants and children that display advanced genius and psychic/telekinetic abilities and other extra-ordinary attributes. These are the identified starborn Children.

I believe that we are all old souls who have come in, capable of activating our inherent starborn soul energy, and that it is time to apply ourselves as such, to go beyond the norm, create new systems, and develop the discipline of trust and patience. There is no separation, no segregation – what if you are starborn?

This is the next step in our evolution as a human species.

After World War II, a significant number of Indigo children were born, and these are the Indigo adults of today. In the 1970s a major wave of Indigos came through, now in their late twenties and early thirties who are about to take their place as leaders in the world. Indigos continued to incarnate up to about the year 2000, with increasing abilities and degrees of technological and creative sophistication.

Crystal Children began to appear on the planet from about 2000, although some date them slightly earlier. Extremely powerful children, they function as a group consciousness rather than as individuals, and they live by the " Law of One" or Unity Consciousness. They are a powerful force for love and peace on the planet.

The Indigo and Crystal Adults are composed of two groups. Firstly, there are those who were born as Indigos and are now making the transition to Crystal. This means they undergo a spiritual and physical transformation that awakens their "Christ" or "Crystal" consciousness and links them with the Crystal children as part of the evolutionary wave of change. The second group is those who were born without these qualities, but have acquired or are in the process of acquiring them through their own hard work and the diligent following of a spiritual path. Yes, this means that all of us have the potential to be part of the emerging group of "human angels".

Indigo Children share some characteristics with the Crystal Children. Both generations are highly sensitive and psychic, and have important life purposes. The main difference is their temperament. Indigos have a warrior spirit, because their collective purpose is to mash down old systems that no longer serve us. They are here to quash government, educational, and legal systems that lack integrity. To accomplish this end, they need tempers and fiery determination.

Adults who resist change and value conformity will misunderstand Indigos, who are then often labelled with psychiatric diagnoses of ADHD, ADD and are medicated. This intervention often causes Indigos to suppress their beautiful sensitivity, spiritual gifts and warrior energy. In contrast, the Crystal Children are blissful and even-tempered. Sure, they may have tantrums occasionally, but these children are largely forgiving and easy-going. The Crystals are the generation who benefit from the Indigos trailblazing. First, the Indigo Children lead with a machete, cutting down anything that lacks integrity. Then the Crystal Children follow the cleared path, into a safer and more secure world.

Indigo Children can sense dishonesty, like a dog can sense fear. Indigos know when they're being lied to, patronised, or manipulated. And since their collective purpose is to usher us into a new world of integrity, the Indigos inner lie-detectors are integral. Indigos are often unable to conform to dysfunctional situations at home, work, or school. They don't have the ability to dissociate from their feelings and pretend like everything's okay ...unless they are medicated or sedated.

One little understood attribute of Indigo advancement is that of PERCEPTUAL EXPANSION, an accelerated psycho-spiritual biological orientation and natural usage of sensory abilities that are beyond the range of the commonly known 5 senses, into the realms of ESP, angelic, inter-dimensional and paranormal encounters, lucid dreaming and channelled creativity of a superior order, such as the work done through an 11 yrs old girl in America called Akiane. They remember where they come from and they know what they are here to do, if encouraged by parents who have healed their own loss of memory and fear around death, rebirth, life, challenge and purpose.

It has been suggested that evidence of the challenges genetically accelerated children have when not treated appropriately can be found in the increasing frequency of 'senseless crime' - such as an acceleration of suicide and drug use among teens, behavioural issues, allergies, biochemical imbalances and the advancement of thyroid malfunction, schizophrenia, bipolar and cognitive disorders, psychosis, cancers, and other maladies.

Presently, many scientific establishments attribute the existence of Perceptual expansion Phenomena to imagination, hallucination, mental illness or deception, because such events cannot be effectively explained within the current paradigms of Physical Science. More progressive physical sciences acknowledge the potential existence of multi-dimensional reality fields, based upon the potentials suggested within the Quantum Mechanics Theory, but practical applications of such experimental paradigms are presently unavailable.

If the Indigo Children are the forerunners of what will eventually be the norm for the human collective as we progress in our genetic evolution, we need to adapt our current views, work on our own unconsciousness and expand the paradigm.

Indigo Children are headstrong and heart smart. They don't want to do it your way, and often have creative ways of doing things. With their tendency for activity, inattention and moving quickly, some have past life recall, trouble sleeping, night terrors, and can "see" or hear things at home especially at night. They have extreme emotional, physical, and spiritual sensitivities that make them "fussy" eaters, "different" from other kids in their class and avoidant of loud noise and people's energy such as in shopping malls, and touch sensitive. Some days they will be happy, and then, after being around other children, they can have a huge emotional meltdown, angry outburst, or tantrum.

Many Indigos suffer from depression, anxiety, hyperactivity or insomnia because of their extreme sensitivities and inability to process the energy in their body which fluctuates even when they are staying away from the foods (wheat products, sugar, excessive dairy, and fruit juice), chemicals and fluorescent lights that they cannot tolerate.

Their interior world is frustrating since they are such wise souls in such young bodies and cannot make all the choices they want to in a day; they would rather balk at the system than follow it. Many times an Indigo will not want to eat very much, will stay up until past even your bedtime, and will not want to be told anything different by you or anyone else. They are fast learners when they are interested in the subject matter, and will zone out or refuse to learn about anything they are not interested in. They have wise deep eyes, cannot tolerate lies, authoritarian rules, or inauthenticity.

Most are extremely right-brained and can be disinterested academically, labelled with learning disorders, delayed speech, distracted in class or with poor reading skills.

However, they come with a host of world changing qualities. Starborn children are often blessed with psychic ability and can see angels, loved ones in spirit, fairies or connect to the heart of animals and people. If someone is hurt or left out, this child will be the first to be able to comfort or make a new friend.

Their brilliance will probably not shine through their school report, but will rather be through the light emerging from their eyes, smile or infectious laugh.

Since their DNA is actually a little different than the normal child, their chakras are actually spinning at a faster rate; hence they have a higher vibrational frequency. If they seem to be hyperactive or moving fast, it is because quite literally, **THEY ARE**.

Their life purpose is to bring new understanding and ways of being to the Planet and will tear down anything that stands in their way. It is this wilful and purposeful personality that our planet so desperately needs. They have come to change society, and they will if we can listen to them, help care for them and take their lead

So how can we help them? Here are a few simple tips:

### *1: Help your Indigo Nutritionally*

Most Indigos are actually allergic to many of the foods they eat such as wheat, dairy, sugar, and food dye/additives. Have your child tested by an allergist to find out what foods need to be eliminated from their diet. Many children have dips in their blood sugar levels which can be helped by eating mini protein based meals throughout the day, avoiding cakes, cookies, breads, and simple carbohydrates that give them a quick energy high followed by a low shortly after.

### *2: Help your Indigo Biochemically*

Many Indigos are lacking in trace minerals, magnesium, B6, C, Folic Acid, and Zinc. Depletion of these substances has been linked scientifically to inattention, mood swings, depression and even impulsive behaviour. Find a health care practitioner, Naturopath, or Kinesthesiologist who can evaluate whether your child has an imbalance or is lacking in trace minerals, vitamins or enzymes.

### *3: Help your Indigo Environmentally*

Since our environment is so full of stimulating media, electronic appliances and fluorescent lighting which they are sensitive to, limit the number of hours of exposure. Also, try to make your child's bedroom free of these electrical appliances. Do not keep electrical appliances near the bed. Establish an ongoing bedtime ritual that includes soft music, reading or time for talking with you. Listen to them. Help them process what went on in their day and set mini goals or wishes for the next day.

### *4: Help your Indigo with their Life Purpose*

Most Indigo depression is linked to the general meaninglessness they feel if they are not connected to their higher purpose, spiritual gifts, or interests. In school they need to pay attention to things they might not be particularly interested in, but at home you can help them spend time attending to their life purpose. Most Indigos are self directed if given the chance to be, and it is never too early to help them get involved in the life purpose they came here for. If they are artistic, enrol them in art school or have a fund for new art supplies that they can work towards. If you have an Indigo healer, help them work toward a Reiki certificate or volunteer at the zoo or RSPCA. Encourage musical adolescent Indigos to form a group or perform live.

### *5: Try to help your Indigo Process their Energy and Feelings*

Many spend a high percentage of their time sitting in school, or at home in front of television, video games or computer. These kids need rigorous physical exercise, nature and fresh air to balance their body and mind. Make outdoor activities part of your weekend family plans and also their daily weekday routine. Encourage them to meditate, practice Yoga, karate, or team sports which are wonderful ways for them to vent extra energy and feel great. Indigos need the same wellness services or hands on healing that adults do. Find holistic practitioners or use your family guides to help balance energy, especially within you as a parent. Encourage them to write in a journal or speak with someone who understands Indigos so they do not feel so alone and "different". Most Indigos will grow into their gifts and distinct role in the fabric of the unfolding human evolution but in the mean time remember they are kids that need our love, acceptance, patience and FUN.

Other daily practices include touch, sharing your sense of pride in them and appreciating who they are. These acts also help to heal your own inner child as well.

They remind us to think outside the box, see our own limitations and will force us to grow by being a mirror for us to face our own issues and re-evaluate some of our outdated parenting and teaching skills.

And do we help those who have lagged behind?

As our world culture shifts to an entirely new level of evolution, we also have to acknowledge the rising tide of fear, procrastination and reactivity that seems so much more conspicuous than the emerging power behind new thinking and action. We know that as healers, role models, parents and teachers we must allow our methods and tools to adapt beyond what the outside world looks like on its five sensory levels, to read between the lines and to act decisively. There may a soul in your family who waits for you to step upwards into leadership. And if not now, when?

We must reach for our inner wisdom. This is what children show us every day. They remember the truth of what it is to be alive, the potency of our being. If allowed to trust their own intuitive connection to all, they retain the baby state of trusting themselves to make wise choices.

And how do we parent the newborns coming into this world?

I am reminded by a famous book I read during my first pregnancy 22 yrs ago, called *The Continuum Concept* by American psych Jean Liedloff who spent 2 yrs living with the Yequana tribe in the Amazon to see how they raised their children. She discovered that these children did not hit each other, didn't argue, obeyed their elders instantly and cheerfully, and often carried babies around with them while playing or helping with the work.

Where were the "terrible twos"? Where were the tantrums, the struggle to "get their own way," the selfishness, the destructiveness and carelessness of their own safety that we call normal? Where was the nagging, the discipline, the "boundaries" needed to curb their contrariness? Where, indeed, was the adversarial relationship we take for granted between parent and child? Where was the blaming, the punishing, or for that matter, where was any sign of permissiveness?

How do they do it? What do the Yequana know about human nature that we do not?

The crucial difference is that the Yequana are not child-centred. There is a trust that their child is already powerful and capable. They may occasionally nuzzle their babies affectionately, play peek-a-boo, or sing to them, yet the great majority of the caretaker's time is spent paying attention to something else...not the baby! Children taking care of babies also regard baby care as a non-activity and, although they carry them everywhere, rarely give them direct attention. Thus, Yequana babies find themselves in the midst of activities they will later join as they proceed through the stages of creeping, crawling, walking, and talking. The panoramic view of their future life's experiences, behaviour, pace, and language provides a rich basis for their developing participation.

Being played with, talked to, or admired all day deprives the babe of this in-arms spectator phase that would feel right to him. Unable to say what he needs, he will act out his discontentment. He is trying to get his caretaker's attention, yet — and here is the cause of the understandable confusion — his purpose is to get the caretaker to change his unsatisfactory experience, to go about her own business with confidence and without seeming to ask his permission. Once the situation is corrected, the attention-getting behaviour we mistake for a permanent impulse can subside.

It seems that in the modern world, we have gone in the other direction becoming centred upon their children, living life through them instead of being occupied by adult activities that the children can watch, follow, imitate, and assist in as is their natural tendency. In other words, because a toddler wants to learn what his people do, he expects to be able to centre his attention on an adult who is centred on her own business.

So from tomorrow, start to meet more of your own heart and creative needs, so that your child can see who you are. An adult who stops prioritising herself and tries to ascertain what her child wants her to do is short-circuiting the tuition. In an instant, from a child's point of view, she appears to not to know how to behave, to be lacking in confidence and, looking for guidance from him, a two or three year old who is relying on her to be calm, competent, and sure of herself.

A toddler's fairly predictable reaction to parental uncertainty is to push his parents even further off-balance, testing for a place where they will stand firm and thus allay his anxiety about who is in charge.

Once the child feels he has attained control, he becomes confused and frightened and must go to any extreme to compel the adult to take the leadership back where it belongs.

By role-modelling leadership of ourselves, can we begin to turn our children into their rightful state of indigo, crystal and even Yequana Indian!

This can be done in a number of ways:

- Role model what it is to have your own time to yourself – make your time out from the demands of your life and its various roles. Make this a priority. Do not wait for others to like the idea. This is the antidote to stress.
- Find an activity to become passionate and creative in, that is separate to relationship and parenting.
- Express your own frustration, anger and sadness in easy and harmless ways like making a loud noise, hitting a cushion, or giving yourself full permission to FEEL a feeling in order to process it and then let it go.
- Spend only a minimal amount of time feeling sorry for yourself. Role-model an acceptance of occasional pain in life without the need to suffer endlessly from an experience.
- Refuse to be the martyr in your family. Do not put off what you need to do today to become happy. Remember that your gift to your children is a whole-hearted and happy person so they can copy you.
- Have functional boundaries. Let others learn to trust your limits and tolerances, that no means no and yes means yes.

- Choose to be functional, just like in some families there is the one who becomes the doctor, the academic. Make history in yours, starting now.
- Engage with your children. Make special time for each one doing different activities. Above all, listen. Trust their developing intuition by referring questions back to the child or teenager. What do you feel would be best in this situation? What is your strongest feeling about this? How would you act if you could never be intimidated again?
- Support each other as co-parents and family members. Acceptance and appreciation grow more happy people than anything else.
- When we make time to play with our children as well as with each other, we are building self-esteem and promoting self-worth. With our actions, we are saying "I love you". You are so important to me that I am willing and look forward to spending time with you.
- There is little criticism, if any, and the atmosphere for the most part is non-judgmental. Spontaneity is encouraged. The uniqueness of each individual, her gifts and talents are recognized and promoted. The family is able to negotiate for change, especially when the family rules are at the core of the negotiations.
- Children in such families are given creative tools to express their frustration, pain and anger at the world – new skills to build confidence, such as pottery classes for little hands to change the shape of their perspective.
- Functional family members don't feel isolated from one another or from the family as a whole. A sense of connectedness extends between the immediate and sometimes extended family members.
- Family members are not smothered, either. Parents are not overly protective of their children as they trust children to listen to their own bodies, learn boundaries of safety, have had talks about the safety precautions in life – and the parent, steps back from full time control to part time consultancy as children are allowed to branch out as their maturity dictates.

The Hopi and other Indigenous nations of America have ancient prophecies that have told of the increase in the speed of time on Earth, that life will speed up, that people on the earth will move faster and faster. Grandchildren will not have time for grandparents. Parents will not have time for children. It will seem like time is going faster and faster. The elders advise us that as things speed up, we should slow down. The faster things go, the slower you go.

The Hopis believe that every one of us carries a sacred drop of light, that when placed together, becomes radiance. The Hopi prophecies tell of this powerful time we live in and the people who will live in this time.

And now it is here. We are the ones they spoke of long ago. They say to be alive, to come into creation and to live upon the earth at this time is a great honour. In the cycle of time, from the beginning to the end, this time we are in now will change the purification of all things. They say this is the hardest time to live, but it is also the greatest honour to be alive to live and see this.

It's time for us all to build upon that inner sacred drop of Light.

And finally..from a well-known young American artist, 11 year old Akiane who has been creating incredible artworks since the age of 7:

Love is the shared self

We cannot own our love  
And we cannot teach our love

The longest breath of love  
Is the shortest distance to heaven

The deepest life is love  
The deepest love is an embrace

Love is not rest  
Love is peace  
Love is the purpose

MEDITATION into activating the old soul child within.