



## Is your Child Indigo? Are you?

**Some people have many of these characteristics; Indigos have all or nearly all of them.**

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|  | <p><b>Physically Sensitive:</b> Does your child have a very sensitive body?. Does he have food allergies, need to eat only organic and natural foods, and not too much meat? Is she highly sensitive to environmental toxins?</p>   |
|  | <p><b>Appearance:</b> Does your child have a wise demeanor? Even as infants, the New Kids look at you through wise, old, and sometimes mischievous, eyes. They seem to be much older than their years.</p>  |
|  | <p><b>Systems Busters / See Whole Systems:</b> Does your child challenge the status quo? The Indigos often start with influencing their parenting, family, playmate, and then their educational systems, and so forth.. Many of the Indigos see and think from whole systems from an early age. They are often suggesting a better way to do things, and are impatient and show frustration when their ideas are not implemented.</p>   |
|  | <p><b>Truth Seekers and Educational Systems Busters:</b> The New Kids see no purpose in learning some of the things our school systems try to teach them, or they see Untruth in what they are supposed to learn. They question it and so bring it to our awareness. Many Indigos drop out of school. Some alternative schools work well, such as Sudbury, Waldorf, and Montessori Schools.</p>   |
|  | <p><b>High Intelligence:</b> Many Indigos are classified as having superior intelligence. Their abstract thinking is often obvious at a young age. Many are able to read at a very early age.</p>   |
|  | <p><b>Easily Bored:</b> Indigos are easily distracted and bored. They also can do many tasks at the same time.</p>  |
|  | <p><b>Strong Sense of Self/ Willpower/ Royalty/ Independent:</b> Because they are strongly independent, critical and often outspoken, Indigos are described as "systems busters." They are not easily influenced. Some are angry. They know their own minds and keep their own counsel. Some seem to act like royalty - entitled to be here and listened to. And they get their feathers ruffled when they aren't listened to.</p>  |
|  | <p><b>Difficulty with Rigid Authority:</b> Indigos have a very difficult time responding obediently to authority figures who expect them to do things <i>because I said so</i>. They need to be told the reasons why they are being asked to do something, and to understand the logic. They do not respond to guilt trips and other manipulative devices.</p>  |
|  | <p><b>Truth Seekers:</b> Indigos can tell very quickly when someone is lying to them. A person who lies to them quickly loses all their respect. They are truth seekers; sometimes they are direct and honest to a fault.</p>   |
|  | <p><b>Waiting in Line is Torture:</b> Many Indigos have a very difficult time waiting in line (queuing) for anything.</p>   |
|  | <p><b>Intuitive/Spiritually Aware:</b> Many Indigos are highly intuitive and spiritually advanced. Some (not all) are psychic or clairvoyant (hear voices, or see angels or people who are not in physical reality, such as departed relatives...) Some may have learned to hide this ability, or not develop it because it was distained by adults.</p>  |
|  | <p><b>High or Low Emotionality/Empathic:</b> Indigos are highly sensitive to their own and others' feelings. They can display their emotions in polar opposite ways, though. Some display their empathic sensitivity and compassion readily, and cry easily. Others appear cold and even callous because they have learned to shield themselves from showing their high sensitivity, and you will rarely see them cry.</p>  |
|  | <p><b>Gifted and Talented:</b> Many Indigos are classified as <i>Gifted and Talented</i> by our school systems - but not all of them are recognized this way. Often, they have a special talent, such as music, writing, acting or art, but not all of them do. If they have a special talent, they often discover it at a very early age. Other times, this talent is not discovered or acted upon until they are older.</p>   |
|  | <p><b>Distractible/ Hyperactive/ Somewhat Depressed/ Sleep Problems/Misdiagnosed with ADD, ADHD, Bi-Polar Disorder:</b> Some Indigos display high distractibility and are very active. Some have difficulty sleeping, disturbed sleep, or nightmares. Some Indigos experience symptoms of depression and some have suicidal thoughts or rage. Some hear distracting noises in their heads that impair their sleep and even daytime functioning. Because some of the characteristics of ADD and ADHD mirror Indigos' high activity and distractibility, they can be misdiagnosed with these diseases. The treatment with Class II substances, like Adderal and Ritalin, can be very dangerous for Indigos to take.</p> |
|  | <p><b>Sense of Being Protected:</b> Several Adult Indigos have told life stories that include living under a kind of protection. They can screw up like other kids but seem frequently to avoid serious consequences or being caught. Or they are caught and get off with a light amount of consequences. One example: the police raid a party they are attending, and the Indigo had left five minutes earlier.</p>  |
|  | <p><b>Effect Electrical Systems:</b> Some Indigos have a disturbing effect on electrical systems, such as streetlights flickering or going out when they pass by them, or computers acting strangely when they are near them.</p>   |
|  | <p><b>Escapism:</b> Some of those Indigos who have not fully developed spiritual means of coping, such as meditation and yoga, turn to drugs to rebel and escape a reality that does not understand them. Marijuana use is popular for its meditative effects. Some get into heavier and more dangerous drugs. Some spend a lot of time alone in their rooms. Others tend to overuse alcohol to escape. Some escape through suicide.</p>  |

**Visit [www.elayna.org](http://www.elayna.org) to learn more about the four types of Indigos, and much more.**