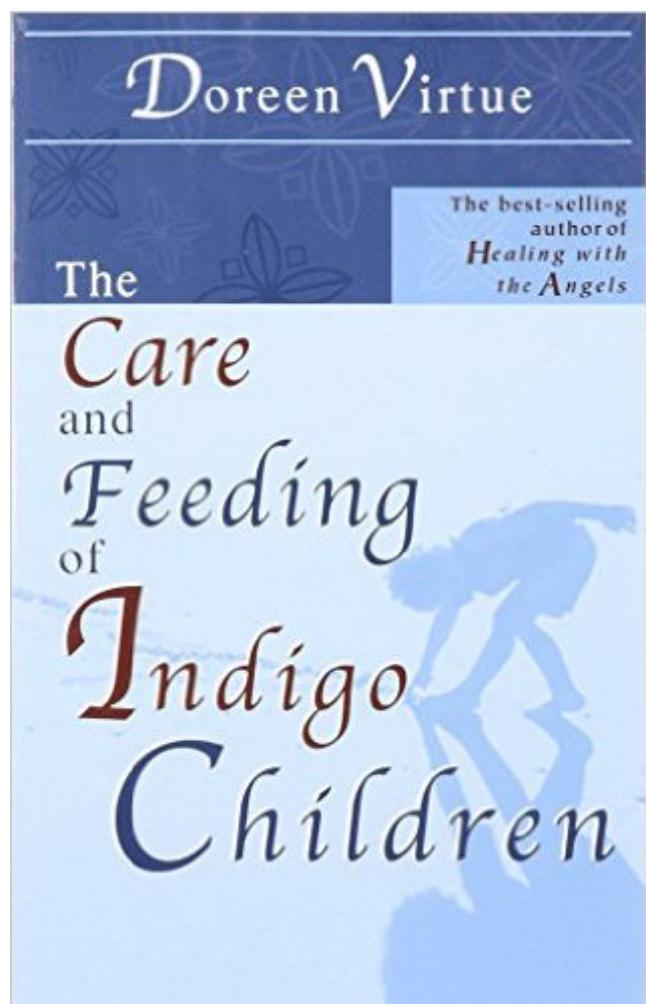


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# The Care And Feeding Of Indigo Children



## **Synopsis**

Indigo children are bright, intuitive, strong-willed, sometimes self-destructive individuals. They are often labelled - and misdiagnosed - as having Add or Adhd because they won't comply with established rules and patterns; and they may exhibit behavioural problems at home and in school. In this text, Doreen Virtue explores the psyche of these special children, aiming to positively affect the ways in which parents interact with their children.

## **Book Information**

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## **Customer Reviews**

Indigo children, a recognized group among today's young people, have been diagnosed, studied, and supported by psychologists, educators, and lay people. Born after 1978, they are described as bright, intuitive, strong-willed, and sometimes self-destructive individuals. I learned about them from some educators I served in a consulting capacity and read "The Indigo Children: The New Kids Have Arrived" by Lee Carroll and Jan Tober. I learned a lot from that book and found myself wanting more. That drive led me to this book. Compared to "The Indigo Children", this book fell short of my expectations. Because of the author's strong spiritual leaning, the topics, content, and treatment went much further into angels and prayers than it did into how to work practically with these special young people. Perhaps I should have expected this when I saw the author's photo on the back cover. It's a rather unusual shot of a woman in a forest with a Koala bear and she does not appear to have clothes on. Different kind of author photo than I'm accustomed to. Virtue is described as a PhD "spiritual doctor of psychology." She's heavily invested in angels (author of "Healing with

Angels"), which is quite obvious in the book. There is significant text devoted to angels, prayers, and the evils of pharmaceuticals like Ritalin. Some readers may find the pre-written prayers helpful for them. My Indigo step-daughter was less than enthusiastic about prescriptions for communicating with spirits, though the book suggests that some Indigos are really into that sort of experience. The book includes a number of valuable tips about diet, concentration, and overcoming insomnia. I would have personally preferred more emphasis on these practical techniques than the heavy spiritual component and astrological comments. If you are into the spiritual, you'll enjoy this book, becoming immersed in all of its aspects. If you are not so spiritual, you'll still find some worthwhile concrete ideas and techniques interwoven in the text.

In this book, Doreen Virtue describes clearly the ways in which we are evolving as a species. Children born since about 1975 kids are demonstrating specific traits, which are different than those of previous generations. Along with these different traits come different needs. They carry more energy. They have more finely developed intuitive abilities. They need a reason to do things; rote learning and rigid authority are intolerable to them. They need activities to be life-purposeful. They have a sense of life purpose that is strong and must be respected. And they have great gifts to share as light-workers, innovators, healers and problem-solvers. Dr. Virtue gives parents the information they need to support the unfoldment and development of their kids in every aspect of life from "care and feeding" their kids physically to nurturing their spiritual development, talents and abilities. She draws upon her experience as a psychologist and a parent, on spiritual guidance and on good, solid research. She writing "voice" is clear, accessible, authoritative and loving. This is a breakthrough book for parents, teachers and educators at every level, social workers, therapists and pediatricians. It will help them understand why medicating higher energy levels is counterproductive and will give them practical tips on alternative solutions, so that they can assist not only their own kids, but our culture itself to flourish.

Spiritual communicator and author Doreen Virtue provides blessings for all parents and teachers of children with the information she brings forth in this book. Learn how you can better understand and relate to the vast majority of the children ages 0-24 on the planet right now, and learn tools and techniques that are vitally important to the well-being of these amazing children. Dr. Virtue discusses in great deal the negative effects of the prescription drug ritalin, and what you can do if a child you know is on the drug, but could instead be treated with natural, more humane methods. She outlines the dangers of ritalin and other psychotropic drugs, shedding light on a subject that

many people know very little about. The book also contains practical, down-to-earth guidance and advice on how to talk to Indigo children, help them improve their grades, health, physical bodies and emotions, and tune into their spiritual gifts and inner knowledge. There is specific guidance about food and dietary intake to keep blood sugar levels healthy, and how certain foods can positively affect the overall health, well-being, and even behavior patterns of Indigo children. Doreen also addresses the topic of Indigo children seeing into the spirit world (angels, deceased loved ones, etc.) and how you can help the children understand these visions so they are not frightened by them. It is a manual that the angels would like all adults involved with children to have, for easy reference and powerful guidance in healing issues that tend to arise with these special kids. The book also explains how to determine if you or your child (or a child you know) is an Indigo. And, there are detailed, dynamic interviews with Indigo children, which enables adults to better understand these special kids' perspectives, and how to deal with their behavioral issues. I also found the information on astrology quite interesting, as it outlines particular traits of the various sun signs and helps you understand yourself and your children more thoroughly. A must-have for anyone on a spiritual path who desires to learn more about helping these unique children!

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