

## ***Peter Tongue's Experience***

In my role as houseparent in boarding school, I was familiar with the characteristics of the Indigo children before they received this title. These were children who had unusual experiences and sensitivities like precognition, feeling and seeing energies, knowing what sickness someone had and being able to heal them, telepathy and so on. When a child disclosed an experience like this to a houseparent or another student they would typically get sent to me because, "Mr. Tongue understands this sort of thing!" Slowly but surely more information became available, through books and the internet.

Since his pilgrimage to Bulgaria to meet some of the Indigo Children, James Twyman has been an advocate and champion of these gifted children. His book entitled "Emissary of Love" was the result of that remarkable adventure. He has also hosted two "Psychic Children Conferences" in Hawaii and in his home town of Ashland, Oregon. Last year he put out a movie simply called "Indigo" and now he has produced a documentary film to be shown in late January called "The Indigo Evolution."

I attended the second conference in Ashland and it became clear to me that we now know the typical characteristics of these children. We can observe some remarkable gifts from children fully aware of their gift and who they are. What also became clear to me is that we really don't yet know how to parent, educate and support the majority of these children who have awakening gifts but don't yet really understand them.

Our present school system is not supporting the Indigo children and some of them are about to graduate! These children need a special type of education which allows them to explore their passion to a deeper level than is presently allowed, while reaching acceptable levels of Mastery in areas that don't interest them. The present western world system of accumulating credits in a wide range of subjects simply doesn't work for them. Some will play the game and survive – others will not. Either way the system is not meeting their needs.

I am not in any way promoting a soft option either. My experience is that these kids want to work but they want to do so in areas of interest with teachers who can suitably support their learning.

One of the gifts these children have is reading or scanning other people's feelings and emotions. If they discover a teacher who really doesn't care about them, they are unlikely to work for that teacher – in fact they may refuse to – and why shouldn't they? You can be sure these children will learn all they need to know if properly stimulated, encouraged and allowed to follow their passion.

One of the clues for me as a school Principal was when in a staff meeting teachers would complain about a certain student. "He's bright but he doesn't do his homework and he loses concentration in class – he could be getting 80% but he's barely passing." This comment gets repeated over and over until one teacher suddenly intervenes and says, "That's funny, he's great for me. He always pays attention, does his homework and is getting 80%!" I started paying attention. That successful subject was often in the Arts, Computers and sometimes Mathematics.

I am not a doctor and cannot discuss the medical side of the attention deficit disorders but I do know from personal experience that many of the Indigos find teachers' explanations of

concepts unbelievably slow, and having grasped the concept in the first couple of minutes are bored out of their skulls.

In addition to grasping concepts quickly, those who are multi-dimensional in their lives also can, and do, travel easily to other dimensions. As one student said to me, "Sir, where would you rather be – in Math class or on the Great Wall of China?" - I got the point.

Also for those students who are multi-dimensional expressing themselves, as I am now, on paper in two dimensions is extremely challenging. When your world revolves around being able to see from above, below and behind things, representing yourself on a flat piece of paper doesn't make sense. Many children who experience difficulties with dyslexia and simple number crunching have great difficulty limiting their considerable awareness to two dimensions.

Apart from educating these children appropriately, parenting can be just as challenging. Heightened sensitivity, mood swings, night terrors, in addition to seeing and hearing things others don't, can be extremely difficult to deal with. Most of us have not taken a course in Parenting Indigos.

There can be real sensitivity and allergies to certain foods, often the foods youngsters crave. They can also experience great difficulty going to sleep at night and then getting themselves into a downward spiral of late nights and then missing school in the morning. This is not to excuse poor behaviour by our children at all, but to find suitable solutions that can work at a practical level to support them. For example, some of these children have precognitive dreams. They have a lucid dream, which they are living as reality, experiencing all the emotions that go along with the scene. A few days later the event actually happens in their normal awakened state. Sometimes these events are local and to do with themselves in their own lives or they can be major world events or catastrophes. These spontaneous and uncontrolled events can be pretty scary and prevent the child from wanting to go to sleep in case it happens again. However, if the experience can be explained and the child realizes that this happens to other people, and that techniques can be used to control these events, then the child can gain much solace.

Very little has so far been done to help the Indigo Children deal with their challenging lives. There are no experts, but I am prepared to work with children and parents to smooth the way as much as possible. I do know that the children must be fully involved in the process as they are the ones who truly know what it's like to be who they are and how we can best support them.

Sometimes a parent can get over involved in worrying about whether her child is an Indigo or not. Frankly it doesn't matter. All of the discussions and solutions that result will be generally true for all children. Each child is a unique individual and rather than label them, we should try to meet their individual needs and support them in the best way possible.

**Suggested Reading:**

"Emissary of Love" James Twyman  
"The Caring and Feeding of Indigos" Doreen Virtue  
"Indigo Children" Lee Carroll and Jan Tobar