

The Wonder & Joy of Indigos - Course Outline

Taught by Jan Yordy, M.Ed. MSW, Play Therapist

Session One: Introduction to Indigos & Their Unique Challenges

- Discover the special characteristics of Indigo Children
- Examine the unique characteristics of Crystal Children
- Learn important skills for becoming an evolved parent
- Understand some of the different varieties of Indigo/Crystal children
- Discuss typical problems Indigos/Crystals may have
- Examine the Indigos/Crystals purpose here on earth
- Understand how to develop their spiritual nature & nourish their soul

Session Two: Understanding Energy & How It Affects Sensitive Indigos

- Learn about the intricacies of our energy body
- Explore how Indigos/Crystals higher energy vibration can make them more energetically sensitive
- Identify and learn to avoid energy toxins that can throw off an I/C
- Examine the effects of electromagnetic fields (EMF's) on Indigo/Crystals
- Understand why is it harder for I/C to stay grounded and how to help
- Discuss the importance of energetically protecting your Indigo/Crystal child
- Learn basic energy balancing techniques for you and your child to use

Session Three: Evolved Parenting to Reduce Conflicts & Raise Happy Kids

- Learn why a new style of parenting is necessary with Indigos/Crystals
- Discover ways to improve your communication skills with your I/C child
- Learn 3 key words which can help your Indigo/Crystals take responsibility for their actions
- Examine healthy ways to set limits & boundaries with Indigo/Crystals
- Teach your I/C child healthy negotiation skills & when to use them
- Explore the importance of parental self-care since Indigo/Crystals mirror parents energetic balance or imbalance
- Explore the importance of equality within the family & how regular family meetings can help resolve conflicts & problems

Session Four: Relational Ins & Outs with Indigos/Crystals

- Learn ways for I/C to understand & express their emotions clearly
- Explore how to build I/C's toolbox of emotional coping strategies
- Discover how to relate to your I/C from your heart center using Heartmath
- Explore ways to help your I/C develop positive peer relationships
- Understand Indigos/Crystals and the role of imaginary friends
- Discover how to be an advocate for your Indigo/Crystals with the current systems in education, in health areas, and sports
- Explore how to explain Indigos/Crystals to extended family members

Session Five: Health, Medication & Feeding of Indigos/Crystals

- Learn how a healthy diet and proper nutrition supports sensitive I/Cs
- Examine food & environmental sensitivities & why they are a problem with sensitive Indigos/Crystals
- Discover how digestive enzymes can play a key role in I/C's overall health
- Learn why Indigos are often diagnosed as ADD/ADHD or with anxiety, depression or anger & rage problems
- Learn why some Crystals are labeled as Autistic
- Explore the problems with medicating sensitive Indigo/Crystals for our convenience or to make them conform to our society

Session Six: Learning & the Higher Evolved Indigo's Brain

- Understand the right brained thinker & their unique learning style
- Explore why some bright Indigo/Crystal children have learning challenges & how they can be helped
- Learn some of the basics of Brain Gym to encourage whole brain thinking
- Explore mind mapping techniques and their benefits to Indigos/Crystals
- Discover how to help Indigos/Crystals expand their intuition and creativity
- Discuss the current educational environment & the changes which are needed in our schools to nourish these unique learners

Session Seven: Sleep Challenges & Calming Techniques with Anxious Indigos

- Discover techniques to help Indigo/Crystals calm down & get to sleep
- Explore ways to help I/C deal with heightened sensitivities such as seeing ghosts and monsters at night
- Learn to a technique for communicating with I/C while they are dreaming
- Explore how to encourage your child to remember, talk about and journal details of their dreams
- Examine the importance of meditation & how to teach it to your child

Session Eight: A Treasure Box of Success Strategies & Helpful Tips

- Learn which energetic techniques are most helpful for your I/C – Yoga Brain Gym, Reiki, Cranial Sacral, EMF Techniques, EDMR and Heartmath
- Discover how to teach your Indigo/Crystal the positive power of visualization and manifestation
- Explore anger management techniques for Indigo/Crystals
- Examine a variety of coping strategies for dealing with fears
- Learn how to connect with and send your child energy throughout the day
- Discover how to help your child develop their intuitive/psychic abilities

All workshops will be held at the **Integrated Centre for Optimal Learning**
826 King St. N. Waterloo, On, Unit #16, Marketside Complex (across from the
St. Jacobs Farmers Market) Questions? Phone: Jan Yordy at 519-664-3568