

“Who ARE the Indigo Children?”

The MCEO Freedom Teachings™ Series
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“The answer to this question lies squarely within the parameters of their **spiritual nature**, for the Indigo distinction lies within the intrinsic **spiritual structure, orientation and origins of their consciousness**. The Indigos are indeed a “new breed” of children because they represent a **new breed of consciousness** now entering incarnation with our times. **The Indigos are in truth representatives of a very OLD BREED of consciousness once prevalent on Earth, and in their re-emergence today they serve as harbingers of our race evolution- the way-showers of things to come, as our race evolution moves closer to its intended hidden destination.**

There are 3 Primary Types of Indigo Children, each with different versions of the Oraphim* genetic code, and each serving a different purposes within the present evolutionary experiment.

Indigo Recessive Type-3 is the most common type of Indigo Child presently incarnate on Earth. Type-3 Indigos began birthing in very small numbers about 200 years ago. Type-3 Indigo Recessives have the most **extremes in polarity issues** of all the Indigos, are highly intelligent, mathematically inclined and athletic and may have difficulty with **emotional bonding issues**. May seem like “angel & devil” in 1 body. **Like all Indigos, Type-3's often feel out of place, bored or disinterested in earthly affairs and can benefit from being acknowledged as Visitors from Elsewhere that “march to their own drummer.” That is precisely what the Indigos ARE.**

Indigo Recessive Type-2 is the most common type of Indigo Child. Isolated numbers of the Type-2 Indigos birthed **75-100 years ago**, most since the late **1950's**. Type-2 Indigo Dominents have advanced **psychic development** and have **open interdimensional contact** from birth throughout life. They are gifted in linguistic translation, the arts, music and interpersonal diplomacy, but may become **excessively introverted** due to fear of the earth environment. Type-2's are the **most personal** of the 3 Indigos, and enjoy human bonding if sheltered.

Indigo Composite Type-1 is the most rare type of Indigo. Most entered incarnation in the **1960's – 1970's**. Type-1 Indigos have **advanced psychic** and occasionally **direct manifestation** abilities, usually have **physical contact** with their Elder Race family in childhood, and have a core life purpose to fulfil **advanced planetary grid work** contracts. They are sensitive to everything and often remain detached from human issues to focus on their service contract. They hold great love within for all life forms.” [1]

How can we assist Indigos?

“Indigo people of ALL Types, and especially Type-2's can be assisted by:

- **Frequent use** of the Temporary Maharic Seal Bio-Regeneration Technique
- Opening the **12th Chakra** 6-inches below the feet
- Progressive use of the **Kathara Bio-Spiritual Healing System™** for core template **Divine Blueprint alignment**.

Various other **Holistic Healing** modalities and **life-style adjustments**, such as the following suggestions, can help bring out the best in any Indigo Child.

- **Toning and Colour Therapy**
- **Controlled Breathing Exercises**
- **Energy Running and Meditation Techniques.**
- **Aromatherapy**
- Light use of **Vitamins and Herbal Supplements.**
- Frequent **physical exercise**
- A **diet** of healthful organic, **chemical free foods** with **little dairy or red-meat** content. Smaller portions of healthy foods eaten more frequently.
- Daily **time away from high-energy situations** such as those found in **crowds or groups. Protection** from harsh, disturbing or “**emotionally charged**” environments; they naturally, subconsciously “**model**” the mental and emotional climates around them through **direct bio-energetic field co-resonance**, often taking the **repressed energies** of others and expressing them in **amplified form.**
- **Quiet, low-stimuli home environments, reduced** exposure to **television** and **computer screen** viewing and increased daily exposure to **natural sunlight and moon light** (indigos are **more sensitive** to light, sound, electromagnetic fields and the natural environment than are other humans).
- Non-dogmatic, non-judgemental, explorative **spiritual study** and **inner self-exploration** through writing, art, music, dance, creative visualization, dream exploration and trained Consciousness Projection (Out-of-Body Travel) using the Temporary Maharic Seal.

In childhood, and sometimes in adulthood, most Indigo’s need gentle, loving, affirmative, but **not authoritarian**, “**Coaching Assistance**” in learning to **focus their energies and attention.** They are more **acutely sensitive**, on biological, emotional, mental and astral levels, to the **peripheral environment** and **energy fields** around them and to the **inner perceptions and experiences** within them. Due to their **genetic design**, they often experience pain, pleasure, fatigue, light, sound, emotion, temperature and vibration **much more intensely** than other humans. These elements of experience can be **perpetually distracting** to Indigos. Indigos benefit by **reduction of distracting elements** in their environment (accommodation) and through progressive, low-key “**coaching**” using the “**Buddy System-WE DO**” approach. Consistent, frequent, loving **verbal redirection of their focus of attention** to the desired application, applied simultaneously with gentle, loving, **direct physical touch**, and “**focusing WITH them**”, rather than “telling them to focus” in a specific way, allows Indigos to adopt the “**posture of focus**” held by the “coach”. Through such “**Focus Modelling**” the Indigo can progressively **gain the energetic cellular imprint** through which they become able to more easily regulate their own mental focus and bio-energetic fields to the desired, “**modelled**” focus of conscious awareness (adaptability).” [2]

For further details on Indigos and how to assist them, please contact your local area co-ordinator on www.krystalspiral.com. Workshops are available on DVD at www.azuritepress.com

Excerpts from:

[1] Coming into the Light: Secrets of the Indigo Children by A’shayana Deane.

[2] Voyagers, Volume-2, The Secrets of Amenti, Second Edition, By A’shayana Deane.

* Race from which Angelic Humans emerged.