

## Take the Indigo Quiz

By Elizabeth Green, Author of “Building Spiritual Muscles”

Are you an Indigo? Is your child? Your significant other? Do you exhibit any of the following characteristics?

- Have an unusual sensitivity to the supernatural
- Possess psychic skills
- Feel best when alone, outside in nature, or with pets
- Have an uncanny ability to sense dishonesty
- Feel a sense of important purpose (even if you do not know what that is yet)
- See lights or colors around other people
- Get frustrated with systems that are ritually oriented and don't require creative thought
- Feel fear or anger about global issues such as pollution, government corruption, and war
- Frequently see and verbally express better ways of doing things at home, at work, or at school
- Have a lot of difficulty with absolute authority (authority without explanation or choice)
- Have a strong sense of self-worth, a feeling of “deserving to be here”
- Can predict that something is going to happen or know what someone else is going to say before it actually occurs

If you checked off five or more of the characteristics, there is a good chance that you or the people you're curious about are Indigos.

I am an Indigo. For most of my life, I have wondered why I was different, why I knew, felt, saw, and heard things that others did not. I was labeled “nuts,” “weird,” or even “scary”—those epithets did not seem to fit. For as long as I remember, I have been on a quest to gather information to help explain what I knew was clearly happening.

As a parent, teacher, manager, and corporate trainer, I have investigated many different methodologies. Each helped to provide a piece of the puzzle. When I was introduced to the concept of “Indigo Children” by Doreen Virtue, Ph.D., it explained and clarified what I had always felt about my son, my students, and myself.

Virtue listed the following characteristics in her book, *The Care and Feeding of Indigo Children*. Indigos:

- Are strong-willed
- Born in or after 1978
- Are headstrong, independent, and proud (even if they're constantly asking you for money)
- Creative, with an artistic flair for music, jewelry making, poetry, etc
- Prone to addiction
- Are "old souls," as if they're 13 going on 43
- Intuitive or psychic, possibly with a history of seeing angels or deceased people
- Tend toward isolation, either through aggressive acting-out or through fragile introversion
- Possess a deep desire to help the world in a big way
- Waver between low self esteem and grandiosity
- Get bored easily
- Have probably been diagnosed as having ADD or ADHD
- May be prone to insomnia, restless sleep, nightmares, or have difficulty/fear of falling asleep
- Have a history of depression or even suicidal thoughts or attempts
- Look for real, deep, and lasting friendships
- Bond easily with plants or animals

Most of these traits fit not only my son and students; they also describe me. I started doing research and discovered that there were many like me, who had been born far before 1978. They all identify with most of the traits and were actively looking for a way to harness their power so they could actively participate in making the world a better place. The more I looked, the more I was convinced that the term "Indigo" applies to a broader segment of the population than initially defined by Dr. Doreen Virtue, as well as by Lee Carroll and Jan Tober in "The Indigo Children."

I have discovered that there are at least three Indigo phases, or generations. The first Indigos, the "scouts," are those born prior to 1978. This group includes such figures as Joan of Arc and Saint Bernadette. The second phase and the largest would be comprised of those born after 1978 until around 1995. The last phase started around 1996 to present time. Let's look at each "Indigo Generation" a bit more closely.

Indigos born before 1978 include some "Baby Boomers." Very intuitive, they had dreams and visions they did not understand. Their gifts were not honored and because of the religious teachings of the day, many were told that what they were experiencing was evil and from the Devil. Many early Indigos got involved with the Civil Rights movement, where they were able to exercise their warrior spirit to make needed changes. Many convinced themselves that what they were experiencing was a product of an active imagination. They used drinking and drugs to quiet the voice. Many tried to fit in and

ignore the feelings they were having, for they were scared they would be locked up in mental wards. By the way, there are still a lot of misdiagnosed Indigos sitting in mental hospitals and undergoing therapy. The gifts possessed by many of these Phase 1 Indigos remained latent until the birth of their own children, scores of whom could be classified as Phase 2 Indigos.

Indigos belonging to the second phase were born around and after 1970. Part of the life mission of these second generation Indigos was to help their parents remember who they really were and to help them accept and turn their gifts back on. In many cases, these parents were very protective of their offspring because of the myriad challenges they themselves had faced. Although the parents might not have understand their own gifts, they did everything in their power to emphasize that their children's gifts were "normal."

Furthermore, many Phase 2 Indigos were misclassified by the school system, for they tend to be right-brain learners, using space, color, and infinite creativity. The majority of schools are designed for left-brain learners, stressing logic and order.

Many of the first and second generation had hard childhoods. It seems as if they chose families that would force them to depend on themselves. They faced challenges and learning lessons they would be able to share with the following generations. Second-generation Indigos are now entering the work force/place, and their direct approach and intolerance for closed minds and corporate corruption are causing conflict. It is critical that they learn how to address people in a diplomatic way so they can get the needed changes made.

The last generation is comprised of our young Harry and Harriet Potters, and were born after 1995. Their parents may not understand them but they don't deny or belittle their children's gifts. Many of this generation are lucky enough to have supportive parents who are seek alternative methods of education, like home schooling, Montessori schools ([www.amshq.org](http://www.amshq.org)), and Waldorf schools ([www.awsna.org](http://www.awsna.org)) It is important that the parents get training and learn alternative methods of discipline, as well as effective communication skills.

My workshops and coaching focus primarily on assisting and supporting the two latter groups of Indigos, helping them and the people who love them learn to accept their uniqueness. It is vital that they listen to their own inner voices so that they can make a difference and live their lives' purpose. The Indigo Institute of Nevada provides training and coaching to enhance their intuition and identify their blocks. To find out more about the Indigo Institute of Nevada check out [www.indigoinstituteofnevada.com](http://www.indigoinstituteofnevada.com).