



# Bumps in the Night!!!!

## Paranormal "U"

January 2017

### Indigo Children

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The concept of indigo children refers to children who possess special or unusual abilities. Sometimes they may even have supernatural traits. Also known as crystal children or star children, the idea of the existence of these children is based on the work of Nancy Ann Tappe, developed in the 1970's, and further expanded on by Lee Carroll.

The popularity of this concept can be found in books and even movies. One such film, *Indigo Children*, was released in 2012.

Telepathy, empathy, and paranormal abilities are some of the traits that are believed these children have. Some believe that these children represent the future incarnation of the human condition; a sort of jump in evolution. The use of the word indigo is based upon the color of the "aura" that these children are said to have. Indigo is a term coined by Nancy Ann Tappe.

Other traits that these children may include: being curious, strong willed, being perceived as strange, being more self-defined than other children, showing a sense of spirituality (but not necessarily religious), being very intelligent, intuitive, displaying a sense of entitlement, and being resistant to traditional power based forms of parenting.

There is no scientific data showing that these children are special. It is further believed that parents may be excepting this condition to apply to their children, is their way of dealing with their children having been diagnosed with learning disabilities, autism or other types of psychiatric conditions, such as ADD/ADHD.

One author, writing on this subject, believes that the wide spread use of stimulant medications to treat ADHD/ADD has created an environment where the concept of indigo children is a more acceptable way of dealing with childhood difficulties; reframing the problem into something more positive and special. However, a parent accepting a designation of their child being an, "indigo," may actually do more harm than good by delaying a proper diagnosis and treatment plan.

Also in the literature are issues of linking the indigo child phenomenon with religion both pagan, new age, and the emergence of new religious constructs.

Let me include in this article a little bit about myself and how I may have interacted with this type of child in the past. I am a



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retired school social worker of 35 years and have worked with or have known every type of child you can imagine. Along my journey with preschoolers through high school, some children have captured my attention over all others; the ones that I have termed, "old souls." I think many people may have used this term before and likely for the same cluster of behaviors and impressions. There are some kids who just seem to have a different look on the world than others. They have struck me that, if anything, they have had a life before this current one; they just are different. Typically, marching to their own drummer and not aggressively but more reflectively, like they have a wisdom and understanding beyond that of others. During my writing and researching for this article, I wondered if some of these children that I have considered, "old souls," would qualify for one of these indigo children.

I understand that all parents believe that their child is special in many ways, and there are times that grasping at this type of diagnosis may be very comforting. However, I am concerned that using this type of assessment of children, especially those that may be exhibiting social and behavioral difficulties, only offers to a parent little helpful information and possibly, the delaying of proper help and attention that their child may desperately need.

For those who wish to do more reading on this subject, there is a lot of information available including many books and movies.

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