



BOOK REVIEW: THE ENERGETIC KEYS TO INDIGO KIDS

By Maureen Dawn Healy

(689 words)

REVIEW BY KABIR JAFFE, best-selling co-author of *Indigo Adults*, and an international workshop leader on energy healing especially related to indigos. To learn more about his workshops in the US, Europe and Asia go to his website: www.essencetraining.com

Are you sometimes wondering how to deal with an Indigo Child and their strong-willed, hyper-sensitive nature, their melt-downs and fierce independence? If you are then Maureen has some profound insights and immediately helpful methods that will make both your and their life so much easier!

She guides you to understand how these kids are energy sensitive – aware of subtleties in themselves and the environment, and how they need to learn to handle their energy. And as their caretakers we need to understand both their energy and ours. She points out how many of the upsets these kids have come about when this high-voltage energy running through them is not channeled properly, and how we as caretakers can help them learn to do so.

Maureen also reveals how unknowingly we may “throw a monkey wrench” into the mix with the ways our adult energy (and mind) is so different than theirs. As the old saying goes, “it takes two to Tango”, and Maureen provides some remarkable insights into the ABC’s of conscious parenting based on energy awareness. She clearly shows us what we can do with our energies as parents and teachers, as well as the book is full of down-to-earth and practical ways we can work with our kids energetically to bring things back into balance. This book is an essential read for anyone involved with Sensitive and Indigo Children (and actually any children!) who want fresh insights and practical ways to create more harmony at home or school.