

Relating to Kids Energetically

Getting more Zing than Zap



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Relating to Kids Energetically: *Getting more Zing than Zap*

By Wendy Landry

For the last thirty years it seems that there has been a great influx of children being born with special gifts and talents. They seem to recall past lives, are able to communicate with spirits, are prodigies in various disciplines such as healing, the arts, science, music and mathematics and are very, very sensitive to the energies around them. They are vibrating at a higher frequency and seem to have come to earth to help change things in a more positive global perspective. We have already witnessed children drawn to start a charity, speaking out against injustices, mastering instruments at a young age or simply communicating wisdom beyond their years. So how do we as caregivers relate to these children? Or have children always had varying degrees of these gifts but now they are more amplified and can no longer go unnoticed? The "spare the rod, spoil the child" idea of child rearing has long proved ineffective as does the other extreme approach of "helicopter parenting". All children need something different from us in this life if there are going to be effective and accomplish what they have come to this earth to experience. Let us throw out any of today's labels and look at all children as a whole. You do not choose your children, they choose you based on what they want to accomplish in this lifetime. What a privilege and honour to be selected to be a part of another person's journey and in so doing be blessed as well.

The intention of this book is to examine the energy signature or the characteristics of today's child, the problems that arise when they encounter earth's heavy, lower energies and to provide some higher vibrational solutions for them and those actively involved in nurturing a child's authentic self.

Having raised 2 "Indigo children" of my own, I can easily recognize the following characteristics – some more than others.

- High energy.
- There is a strong need for a positive energy outlet.
- Very sensitive to energy around them.
- Natural compassion and empathy. If there is any discord or arguments going on, they will absorb that energy and become angry, frustrated or sad themselves.
- Very creative.
- Ability to think outside the box.
- Value honesty from others. Able to sense if someone or something is not as it should be.
- Sharp Intuition. A strong knowing that bypasses the analytical brain.
- Has strong fetishes and gets hooked on things.
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- Cannot ignore emotions. They have to be expressed somehow – positively or negatively.
- Inner Wisdom. Sometime say things that seem wise beyond

years.

- Strong-willed. Don't want to be rushed when absorbed with something.
- High sensitivity to sound, textures or smells. May shy away from some foods, smelly places or the feel of different fabrics.
- No special treatment for authority. Everyone is on an equal playing field – someone will get respect if they give respect not simply because of their title.
- Loyal as a friend. They value good friends and have difficulty understanding betrayal.
- Noticeably gifted in some area. It is very important for them to be encouraged to pursue their passion or gift.
- Intrinsic motivation.
- They have a strong inner drive.
- Very Intelligent- Even if they are labelled with a learning disability.

Did you recognize your children in any of the above characteristics? Like all of us, there is the duality to any positive attribute. A child can possess great compassion or empathy but can also at times be very selfish and self-centred. They need to learn how to balance their ego (separateness, survival based) and their Higher Self (sense of oneness, connection to higher purpose) so that they are able to successfully maneuver this earthly plane. The main characteristic to remember and to reflect on is the fact that our children are energy sensitive and are

greatly affected by the energy that they are exposed to, be it in food, in relationships or in their environment. Our children are vibrating at a higher frequency and tend to be more focused on the higher chakras. They have a challenge staying grounded. The chakras are not physical or anatomical structures but rather fixed energy centres that make up a part of the subtle energy system. There are thousands of chakras throughout the body but for simplicity sake, we will concentrate on the 7 major chakras. The chakras are funnel shaped vortexes that are continually revolving, absorbing and transmitting the life force energy throughout our physical and spiritual bodies. The Root Chakra is located at that pelvic area, the Sacral Chakra is situated about two inches below the navel, the Solar Plexus Chakra is around the stomach area, the Heart Chakra is positioned at the centre of the chest, the Throat Chakra is at the throat area, the Third-Eye Chakra is between the eye brows and the Crown Chakra is at the top of the head. The lower three chakras deal with the more earthly concerns (physical, emotional and mental) while the upper 4 chakras transition into the spiritual matters of life (unconditional love, truth, insight and divine connection). When the chakras are open, balanced and healthy, the Universal Life Force Energy flows in and out unobstructed and we are filled with a vitality and a "joie de vivre". Children tend to favour the heart, throat, third-eye and crown chakra areas. To ensure a holistic mind, body, spirit balance, the lower chakras have to be nurtured as well. A child needs to know that their physical needs

are being met and that they are secure, safe and fully accepted (Root Chakra). They must realize and express their feelings, be open to others, have a sense of creativity and know what they want and do not want (Sacral chakra). Being able to accept themselves, practice self-control and recognize personal power are all important qualities in having a healthy social identity and inner harmony (Solar Plexus). When the energy is freely flowing through these chakras, a strong earthy connection and spiritual connection is maintained. The ability to love unconditionally, to feel compassion, to forgive, to share and to be devoted and understanding requires an open heart (Heart Chakra). Creative self-expression, truthful communication and wisdom stems from the throat area (Throat Chakra). The energy of intuition, insight, imagination and manifestation resonates in the area between the eyebrows (Third-eye Chakra). Divine wisdom and purpose, universal consciousness and enlightenment is energetically connected to the area at the top of the head (Crown Chakra). When the chakras are open and harmonious working together, a natural state of holistic health physically, mentally, emotionally and spiritually is obtained.

Living on this planet earth, is filled with challenges, experiences and interactions from a variety of sources. To be effective earth citizens, children have to be able to identify their feelings and be able to release that energy verbally or by action in a manner that respects themselves and those around them. They require tools to cope with different situations, different people and different

outlooks and beliefs. At the same time, children of today have come to teach us about living in higher consciousness, in a higher frequency where we realize that we are collectively one in creation, evolution and all connected to Source, God, Life, the Universe or the Creator. Our job as care providers is to help them stay grounded and manage their e-motions (energy in motion) so that their message and their purpose is not blurred by the absorption and bombardment of earth's lower fear based frequencies. As care providers, we need to keep a check on our own energetic state while being sensitive to our children's energy barometers.

Energy blockages and imbalances in the chakras are created in a variety of ways. The following is a list of some of the more common culprits:

- Too much exposure to electromagnetic radiation in the form of cell phone, computer, video games, television, fluorescent lights, Wi-Fi etc..
- Exposure to pesticides, metal toxicity, organic toxins.
- Not enough sleep.
- Over consumption of preservatives, additives, hormones and antibiotics, sugar, and processed foods.
- Not enough exercise.
- Little outdoor exposure to nature.
- Too many scheduled activities.

- Exposure to toys, games, television programs that are too violent.
- Being labelled as having a “disability” and being defined by it instead of appreciating the “different” ability.
- Being taught to ignore their sensitive nature and feelings so they can better fit in with “normal” society.
- Having no safe communication zone.
- Withholding love except if certain conditions, rules, behaviours are in place.
- Not spending good quality one on one play time free from distractions.
- Ignoring the fact that your emotional state and instability influences a child and can trigger a negative response.
- “Helicopter parenting”, over coddling and creating a fear of failure in your child.
- A lack of living skills and social media etiquette.
- Failing to teach about giving as well as receiving.

A “meltdown” or tantrum is an example of a child releasing excess energy. Depression is that excess energy going inward. Both the child and the care provider need to recognize when this energy is building up and be able to release it in a more positive and beneficial manner. A manner that is effective and respectful to all concerned. Without a healthy energy exchange and the tools to continually maintain and monitor that flow, a child’s intensity and sensitivity is misdirected. Bullying, violence,

addictions, and the lack of self-worth, empathy, respect and direction are some of the consequences of a child whose body, mind and spirit have not been equally considered in their development.

So how can we help point these wonderful children in the right direction? What can we introduce to the child that will provide a strong foundation so that they can feel safe to be whom they are meant to be and they are able to experience joy in this life? Here are some suggestions that I found helpful with my kids. Most of them, I learned through trial and error, some I did not master and others I learned after the fact (I will try with my grandchildren).

- Love them unconditionally. Address the behaviour not the child. You may not like what they did, but you still love the person who did it.
- Discipline through cleverness not punishment. Negotiate, bargain or compromise with your child but don't come down fast, hard and self-serving.
- Routine is comforting for a child and change can be challenging so prepare the child as much as possible and limit surprises.
- Be authentic. Don't be dishonest with your words or feelings. Explain yourself in an age appropriate manner to your child. This will encourage them to feel free to

express their feelings and to feel safe to be who they really are.

- Through word and action, let the child know that you always have their back and you will always support them no matter what. Children with this kind of support are apt to take more risks even if it could mean failure because they have someone who always believes in them no matter what.
- From an early age, give them options and allow them to make choices.
- Don't overschedule them. Allow them time to use their imagination and to create on their own.
- Praise them for their efforts, their behaviours and not their talents. Saying "Thank you for waiting patiently or for controlling your anger" instead of "You are a good girl" has a much more beneficial effect.
- Teach them how to be independent and to contribute to the family. Discuss chores, teach them about good money habits, have family meetings to negotiate rules.
- Be available to listen when they are ready to talk even if the time is not the most convenient. After school, driving them to an event or while doing something fun together are some good opportunities for communication.
- Eating meals together around the table with no phones or televisions on. It helps develop a safe environment for open conversation. Teach them as a family or individually

- to bless their food and to be grateful – this will in turn raise the vibration of the food that is eaten and better nourish the body and nurture that spirit of gratitude.
- Never discourage but respect a child when she speaks about her “invisible” friends or her fears. Assist them in overcoming fears. Children are our teachers when it comes to true spirituality. Work on yourself to become more open to your intuitive abilities and better understand their gifts.
 - Create and discover family histories, traditions and rituals so children have stronger roots and a sense of belonging and close ties to the family. They will go on and start traditions of their own.
 - Help them experience the joy of giving. Encourage volunteerism.
 - Read to children. Reading to a child encourages focus, concentration, a greater vocabulary, stress reduction, the use of imagination and the chance to bond.
 - Nurture a child’s ability to express how they are feeling. Books with pictures and words expressing different emotions are helpful. Again, being honest in verbally expressing your feelings is the best example to present to them.
 - Assist a child in changing perspectives so that it encourages their sense of empathy for another and their

- ability to see behind another person's emotional outburst and the assumed situation.
- Support them in balancing their need for solitude with the need to be with others.
 - Teach them social skills as well as living skills so that they feel more confident in social settings and meeting new people. Eye contact, making introductions, table manners, good body language, being able to effectively say "no" are a few social essentials.
 - Be a partner and mentor to the child with the common goal in aiding them to successfully navigate life.
 - Introduce them to a variety of activities and let them choose their passion.
 - Observe their strengths, encourage their passions and be their greatest fan. School success is not a guarantee of life success.

Let us take a closer look at ways to relate to children energetically. As we stressed earlier, today's children are very sensitive to the energy and tend to have a small window of comfort and therefore they tend to match or be triggered energetically by their environment. What are some specific methods that we can use recharge, teach and assist a child in returning to a higher vibration and promoting a healthier energy flow.

- Activities that encourage movement provides a release for pent up energy. Combine exercise and playing outdoors in nature to amplify the effects even more.
- Eating a variety of “clean, colourful foods” will raise the body’s energy and vibrational levels. There are a variety of books or articles online about the subject of “clean eating”.
- Reiki is a Japanese technique that is based on channeling Life Force Energy to the body to re-balance the chakras and in turn re-balance the mind, body and spirit. Children are very receptive to it and are in themselves natural conduits of this healing energy. Tapping or Emotional Freedom Technique is r procedure that is easy for a child to learn and use as simple energy release. Google both for more details.
- Crystals and gemstones are good energy boosters. They emit various energy properties based on their colour, geographical form and energy frequencies. Ancient civilizations such as the Lemurian and Atlanean peoples used the crystals as a source of power, healing and communication. Crystals can assist in balancing the child’s energy field and removing negativity. Blowing on the crystal or running it under cold water will clear it of another person’s energy. Placing the crystal in the sun will also clear and re-energize it. Take the child to a crystal store and have

them pick out a stone that attracts them. Carrying the crystal around with them or wearing it in the form of jewelry is a good way to keep a positive energy source nearby. Holding the crystal and stating a positive intention will further amplify the effects of the crystal.

- Essential oils and flower essences are other substances that can have a positive energetic influence on a child's mental, emotional and spiritual wellness. Essential oils are extracted from plants and contain the essence of the plant's fragrance. Flower essences are infusions of flowers in water or the vibrational imprint of a flower stabilized in water and do not have a scent to them. Lavender oil is often used as a calming fragrance. Dr. Bach's Flower remedies works with the flower essences and its effects on emotional states.
- Each chakra or energy centre has a colour associated with it. Playing with colours helps to stimulate these centres and strengthen the emotions associated with them. If a child is having a difficult time staying grounded or feeling safe, then wearing red will help nurture the root chakra. Colouring, painting a room, reading a colourful book, eating colourful fruits and vegetables, buying a bouquet of flowers, viewing a sunset or a rainbow are other all ways of playing with the energy of colour. The following chart matches up the colours to the chakras:

Chakra	Colour
Root	ruby red
Sacral	bright orange
Solar Plexus	sunshine yellow
Heart	emerald green
Throat	sky blue
Third Eye	deep purple
Crown	violet

- Laugh more, hug more and chill out more. The most precious energetic moments are captured by being together with no set agenda.
- Sound and music comes in a variety of frequencies and as we all know, those frequencies can have a dramatic effect on our energy in motion or emotion. Every cell in our bodies is a sound resonator that responds to sounds around it. Certain rhythms, melodies and tempos can strengthen and balance our bodies, restore homeostasis and promote healing. Sound can be used to *tune-up* your

chakras. Like strings on a musical instrument, the chakras work together in perfect harmony, balance and resonance. Expose the child to a variety of music from kid's tunes to the classics and they will soon pick out their favourites. Try out background music specifically designed for energy healing and meditation to help calm the atmosphere of the home. Dancing, singing or playing an instrument are other avenues to inspire, to re-balance and to cleanse a child's energy flow as long as the child is doing them out of their joy and not from someone else's desires and ambitions.

- Water is another powerful element for energetic work. Baths are a great way to release the toxins of the day. Adding salts or essential oils to the water increases its relaxing and cleansing effects. Encourage the child to visualize all the dirt of the day washing off their body into the water and eventually down the drain.

At this point, I would like to emphasize that all children are by their nature are filled with spiritual energy. For that matter, we are all spiritual beings living in a human body and having an earthly experience. However, it is a child's capacity to wonder, to deeply question, to see through unfiltered or untainted eyes, to express pure feelings, to be in awe of the world and to be open to all possibilities that

make them true spiritual teachers, mystics and spiritual energy experts. Unfortunately, the adult world for the most part has lost these qualities or suppressed them in order to better fit into society. Our children face the same danger unless we acknowledge their spiritual experiences and accept and learn from them. Spirituality comes from the inside out and refers to an intimate and direct connection with the divine in our lives. Religion on the other hand is inspired by spiritual insights. As a result, teachings, rituals and rules are developed to spread those insights among the masses. A process that comes from the outside in. Spiritual moments give us glimpses into who we are and our place in the universe. These moments can be as simple as a baby's laughter, a child's hug, a beautiful sunset or a walk in nature or as life altering as a near death experience or an angelic visitation. Children are open and free from logic and the need to explain, so their intuitive perception allows a closer connection to higher consciousness, wisdom, insight and a sense of oneness and deep connection with others. As adults we must recognize this in our children, respect it, and nurture it so they feel empowered in an oftentimes skeptical and fearful world. Again, relating to a child energetically plays an essential role in feeding not only the mind and body but the spiritual dimension as well.

Now back to some more beneficial techniques.

- Provide opportunities for the child to be quiet and still. Get them to take a few deep breathes in a safe place such as their room, during a car ride or sitting outdoors in nature and see what their intuitive receivers conjure up. It is a good exercise to do when a child is seeking answers that would be best resolved by going inward. Have them breathe in through the nose for 4 counts filling their belly like a balloon, hold for 4 counts and then breathe out through the mouth like they were breathing through a straw for 4 counts. This will help them to slow down, re-focus and be open to that inner voice or knowing.
- Allowing them to use their imagination during a visual meditation such as the one outlined at the end of this topic is another means to help the child calm down, re-group, re-balance and raise their vibrational level.
- An energetic protective shield is a valuable tool for these sensitive children. It can be activated first thing in the morning to help shield them from the negative energy that builds up throughout the day. Have them step on an imaginary coloured dot on the floor (let them choose the colour – note for interest what chakra it relates to). Now have them bend over and grab the sides of the dot and pull it up until both arms are straight above their heads

and the fists are touching. Now have them reach down in front of them and pull up the zipper all the way to the top again. Instruct them to stretch out their arms to side, shoulder height and turn around once so that the walls of the balloon or bubble are properly positioned. Let them know that the bubble is transparent and that it lets loving, kind and gentle energy in and out but hurtful energy hits the walls and slides down and sinks into the earth. They can give that loving energy a colour and visualize it coming in and out of their heart area. They can give a colour to the hurtful energy that slides down the bubble wall. To cleanse the bubble, they can stand in the sunshine, they can take it off at night and rinse it under cold water or any other method that the child might come up with. This bubble is always at their disposal.

- If angels are something they like to connected to, Archangel Michael, the warrior might appeal to them. He can be called to protect them or to cleanse them of the day's negativity. They may already have their own favourite angels that they associate with.

As a care provider, you are very aware of the uniqueness of your child and what seems to work and what does not seem to work as you do your best to raise them. My objective in this topic is to add to your expertise from an energy perspective and relate it to

the holistic health of today`s children. I believe that the souls coming into the world today have a more global agenda in mind and their DNA is more suited to a world of higher consciousness. As we are well aware, our world is undergoing a shift in consciousness, and a cleansing manifesting itself in crazy weather patterns, uprisings against old ways and rules and episodes of violence that touches hearts across nations. To assist them with their cause and mission of joy, peace and unity, the children need a strong supporter or mentor as the world is undergoing these changes. The rewards in doing so will be reaped by all. Old energies that are foreign or mismatched to the nature of our children are constantly barraging them every day. As care providers, we have the privilege and essential role in partnering with this children so that their life`s mission can be realized. We need to focus on their strengths and not on society`s standards. Love them unconditionally and provide them with tools to be world sauve but give them space to follow their passions.

Meditation to Re-balance at the End of the Day

After a busy day it feels good to breathe in through the nose and fill your body with calm, loving pink light as you stretch as tall as you can to the ceiling. Exhale old dirty brown light out through the mouth like you are blowing through a straw. Then shake all over so any old, heavy energy of the day flies off the body and soaks into the ground where it is cleaned up by the earth. Repeat 2 more times. Breathe in pink light,

shake and breathe out the dirty brown light. One more time. Deep breathe in and slowly breathe out.

Now find a comfortable, safe, cozy and quiet spot to sit or lie down. Gently close your eyes and tell your brain to shut off for now because you are going to use your imagination to create pictures or a movie in your mind. With your eyes closed picture a shiny, white staircase with 7 steps leading to a tall deep purple door with a clear crystal doorknob that is sparkling in the sun. Walk towards the staircase and climb the steps – 1, 2, 3, 4, 5, 6, 7. You feel lighter, happier and excited to see what is behind that door. But first you look to your side and notice a bright yellow jacket hanging on a hook and on the back of it in glitter letters is your name (say the child's name). Reach for the coat and then put it on. The buttons on the coat are all different bright colours. It fits perfectly and it feels soft, safe and loving like the feeling you get snuggling a cute, furry little puppy. As you touch the crystal clear doorknob and give it a turn, you feel tingles of pure, clean energy run up your arm and throughout your body. The door opens up to a large field of green grass and colourful, fragrant wild flowers of purple, yellow, blue, red and orange. Take a sniff and smell the sweet aroma of the wild flowers filling the fresh air. As you walk along the grass you can feel the warm tender touch of the sun's rays on your face. Your jacket sparkles in the sunlight but it keeps

you cool and protected. A green butterfly decides to pay you a visit and it gently lands on your hand for a moment to welcome you. After a minute, it flies off to a nearby white flower. When you listen very carefully you can hear birds singing in the trees, the gentle wind blowing through the leaves and the sound of a little stream babbling over rocks. As you continue to walk through the field, you come to an area of trees and a tunnel made from overhanging tree branches. As you run through the green tunnel, the branches tickle your body and brush across your face. The tunnel opens up to a nearby stream of water on the other side. The water is shimmering in the sunlight as it splashes over and around rocks in its path. There is a little patch of beach just before you get to the edge of the stream. Take your shoes off if you like and wiggle your toes in the fine, soft grains of sand. Soak up the warm energy from the ground and let it tickle you as it travels all the way up to your legs, along your spine, to the top of your head and back down again. As you approach the stream's edge and look into a calm section of water you can see the reflection of your beautiful, happy face smiling back at you. Tell that precious reflection that you love it and that you will always take good care of it. As you look even closer, you discover glimmering bright clear stones of seven different colours resting in the shallow section of the stream. One by one, reach into the cool, refreshing water and pick them up. Pick

up the ruby red crystal and bring it to your forehead between your eye brows. Soak in the energy of the crystal – how does it make you feel, does it have any messages for you? (Pause for 15 seconds or so). If you want to keep it, put it in your coat pocket to bring it back with you. Now pick up the bright orange crystal and put it on your forehead to see how it makes you feel or whether it has something to say to you. (Pause). Put it in your pocket or back in the water for the next time you visit. Next the sunshine yellow crystal has a message for you. Pick it up and listen as you bring it to your forehead. (Pause). Now it is the emerald green stone that wants to meet with you and share its message and energy. Pick it up, put it against your forehead and listen. (Pause) The sky blue crystal is next in line for you to test out. Feel its energy against your forehead. Can you feel it anywhere else in the body? (Pause). Keep it or put it back after you are finished trying it out. The deep purple crystal sparkles brightly under the water patiently waiting its turn. How do you like its energy when you put it to your forehead? (Pause). There is one more stone left to check out. That is the bright white stone. Does it have any messages to share with you as well. Feel it and listen to it. (Pause). Now that you have checked out all the stones, have a seat on a rock that rests beside the stream on the sandy beach. Invite someone to visit you if you like or just take a moment to quiet and to dangle your feet in the

healing water while playfully making waves. (Pause) As you are playing, a loving, wise and gentle eagle bird gracefully lands on another rock close by and is very happy to see you and wants very much to be your friend. Take a minute and talk with him if you like. (Pause). When you are ready, he asks you if you would like to ride on his back so you can see the beautiful stream, forest and field from the sky before you head back to the great purple door. If you say yes, you climb on his back and hold on to his neck as you soar through the air feeling very safe, free and filled with excitement as you see look at all the colours of the grass, trees, flowers, rocks, and ground below. You even see your favourite animal running and jumping through the grass and enjoying the warm, sunny day. (Pause) After a few minutes, the eagle safely returns you to the doorstep of the great purple door.

If you say no to a ride, the bird is not sad but just happy that he talked to you and says he will come again if you call upon him the next time you are by the stream. He tells you to that if you want to return to the purple door now, just think about it and you will be there in an instant. Back outside the purple door, you are standing at the top of the seven white stairs. You take off your bright yellow jacket, collect any of the crystals from your pocket and then put the coat back on the hook. You can use it again the next time you visit or anytime you want to have that feeling of being

safe, cozy and loved. Turn and walk down the seven stairs, 7-6-5-4-3-2-1. You are back where you started. Take a deep breath in filling up your heart with a rainbow of colours and then as you blow out the rainbows surround you with a blanket of love, laughter, happiness. Wiggle your fingers and toes and then slowly open your eyes.

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