

## **HEALING OF INDIGO**

**GraceLight  
Weaving Harmony  
for  
The Littlest Indigos**

**Spiritual Healing  
For  
Indigo Children  
from birth to age seven**

**Indigo Children  
are wise and wondrous souls.**

They come into this earth still bathed in – and reflecting – the Light of the Divine. They long retain eternal knowledge and the “secrets” from the Other Side. They hold a vision of perfection. They still hold eternal and universal knowledge.

Yet, once here on earth, they are deeply pained by the great dissonance between the perfection they inherently know, and the wildly imperfect world they experience.

Our littlest ones – our children from birth to age seven – continually exhibit their wisdom and their understanding. Just as often, they “act out” their unhappiness and pain at being here.

They cry out for spiritual healing of their emotional wounds. But, children under the age of seven have but yet developed the cognitive abilities and skills to meaningfully participate in a spiritual healing session; and they are still connected to their parents by a “spiritual umbilical cord,” and do not have the full spiritual independence to act for themselves in bringing about spiritual healing.

And so, we offer  
**GraceLight  
Weaving Harmony  
for the Littlest Indigos**  
where a parent can act on behalf  
of the child to effect spiritual healing.

**GraceLight**  
is  
**a spiritual healing process for  
children from birth to age seven,  
-effected for them  
by their parents-  
that  
softens the pain of their  
separation from the Divine;  
lessens their discomfort in  
Earth-existence;  
and nourishes their vision of  
a world of Oneness and perfection.**

A GraceLight session takes no more than fifteen minutes, and can be done in person or by long distance.

Following a healing “script,” the parent acts on behalf of the child in the healing process.

After setting sacred space, balancing with Earth’s energy, invoking an Intention, and focusing on the child’s heart, the parent recites “Weaving the Harmony,” which calls in spiritual healing for the child.

The child will begin to feel relief from spiritual pain, and have the vision of world-perfection affirmed.

The child's light can now fully shine and the child can celebrate his/her place as part of "all that is."

**To make an appointment for a GraceLight session, call: (310) 463-9512**

### **Healing Flow**

In order to be effective, GraceLight, which is an "interim" healing, should be repeated every month until the child reaches age seven.

After having the first GraceLight session with a Facilitator, the parent receives a GraceLight Guidebook, so that the parent can personally conduct each monthly GraceLight session'

When the child reaches age seven, the parent should schedule a session of the 17: Spiritually healing Children's Emotional Wounds, where the child will fully participate in the spiritual healing.

In this way, our Littlest Indigos- who too often have been without Voice – will be able to claim their Voice and their healing. They will be able to gaze at this world with undimmed eyes.

### **PARENTS OF LITTLE INDIGOS**

From the moment your children are born, often say to them, "Remember the secrets from the Other Side." Then, when they are old enough, they may be able to tell you what they know.

As the veil between This Side and the Other Side becomes thinner and thinner, we will understand more of the secrets of the universe; and come closer to a world of perfection.

**Our children will show us the way. And we can help them to remember!**

**To Learn More**  
about  
the principles and processes of  
Indigo spiritual healing  
And  
**GraceLight**

please read

**Spiritually Healing the Indigo Children  
(and Adult Indigos Too!)**  
**The Practical Guide and Handbook**  
By  
Dr. Wayne Dosick & Ellen Kaufman Dosick

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And visit the website

[www.soulbysoul.com](http://www.soulbysoul.com)

## **The 17**

### **Spiritually Healing Children's Emotional Wounds for Children age 7-17**

**A therapeutic process  
Sourced in the world of the Spirit  
That celebrates our children's  
Inherent knowing;  
Brings life-changing transformation to their attitudes and behaviors  
And affirms their soul-vision of  
A perfect world.**

### **It Works**

**Here's what parents say about their children who played the YOUMEES.**

"Calmer...more independent."

"Less frustrated...more focused."

"Less prone to angry outbursts...  
more peaceful...lighter in mood."

More loving...giving more hugs."

"Doing well on homework...more  
relaxed...in balance with himself."

"Growth in sense of self and self-confidence."

"More open...gets along better  
with brothers...less demanding...  
sweeter."

"Has not been hurtful toward friends."

"Less stressed...more laid back...  
It's been a pleasure to be his mom."

"Talking more about feelings...less  
negativity...happier."

"Much more responsive to family  
needs...shares...."

"It has made us more gently with  
one another."

## **Our Children**

**- especially those who are known as Indigo Children – are born as pure light channels of the Divine.** They are filled with God's light and love. They still hold eternal and universal knowledge.

The children being born now have a knowing and vision of a world of joyful and harmonious perfection.

Yet, once here on earth, they are deeply pained by the great dissonance between the perfection they inherently know, and the wildly imperfect world they experience.

While these children are most often described as "extremely bright" "precocious;" and "wise beyond their years," in their bewildered anguish, they often "act out" and don't "fit in." They often seem unhappy, angry, or depressed, and are often diagnosed as "learning disabled," "hyper-active," or "attention-deficient."

Sometimes they are put in "special education" classes, taken from counselor to therapist, and, when all else fails, medicated with drugs.

At the same time, all our children experience emotional woundings – large and small – that come from living life with all its human interactions, with all its triumphs and its tragedies.

Our children are God's gift to ever-expanding world consciousness. They deserve – they need – to be healed from their pain, and affirm for them-selves, and for us, the Oneness of the universal soul.

## **The 17**

Almost everyone who tries to help heal our children does so on a cognitive, intellectual, rational level.

**Yet, the woundings to our children's souls are on the emotional, spiritual level. They need to be healed energetically.**

**There are 17 emotional woundings that can afflict our children.**

Left unhealed, these woundings can lead to physical and emotional pain, and anti-social behavior. At their worst, they can lead to children who do not know the difference between right and wrong; at their very worst, to children without conscience.

**To transform negative behavior, we need to get to the source of the behavior.**

Picture this: if we drain water from a car battery, the car cannot move, because its power source is drained of its charge.

In the same way: if we "drain the energy" from a child's emotional wounding, it no longer has the power charge, then:

- The wound has no energy;
- The child can heal;
- The negative behavior stops;
- The flow of light and love is open.

**Our children's emotional woundings can be spiritually, energetically, healed!**

**Our children can be healthy and whole!**

**Then, our children can lead us toward the perfect world they know and envision!**

## **Healing**

**The way to drain the energy from each of the 17 woundings is by playing a little game – called a YOUMEE – designed for that particular wounding.**

**The YOUMEE healings are for children from 7-17 years of age.** They are played by the child and one parent or caretaker.

A simple Illumination determines which woundings are present and thus, which **YOUMEES** are to be played.

Each **YOUMEE** can be played in two or three minutes. A full, facilitated **YOUMEE** -playing session takes 60-90 minutes.

### **Spiritual healing is swift!**

Parents report significant change in children's attitudes and behavior as soon as one to four weeks after playing the **YOUMEES**.

**To make an appointment for a YOUMEE session, call" (310) 463-9512**

**Three months** after playing the **YOUMEES** parent and child come to play the **YOMEES** again, At this second session, parent and child play the **YOUMEE** games for **ALL the remaining woundings** – the ones that were not Illuminated during the first session. **At the conclusion of this second session, ALL 17 spiritual woundings will have been healed.**

## **THE 17 EMOTIONAL WOUNDS in THE WORLD OF SPIRIT**

**Each wounding is sourced in the separation from God and the bewilderment and pain that results.**

1. **ANGER** is a need to defend oneself, through attack, against the harshness of this-world experience.
2. **GRIEF** is weeping at the separation.
3. **FEAR** is the experience of being in danger because of being too small, "too little."
4. **DISTRUST** is not being able to count on any reality as certain.
5. **DESPAIR** is giving up the connection to the breath of God.
6. **ANGUISH** is the belief in aloneness.
7. **SHAME** is being embarrassed in front of the whole cosmos.

8. **INSECURITY** is the experience of having no solid ground inside.
9. **SELFISHNESS** is the fear of coming out to interact with this-world experience.
10. **LOSS** is not being able to find one's own heart
11. **PANIC** is the experience of being suspended in mid-air, with nothing to grasp or hold on to.
12. **INFERIORITY** is the belief, "I'll never be as good as God."
13. **HATRED** is the experience of feeling though one does not deserve re-union.
14. **INDIGNATION** is holding righteousness in response to the lack of dignity expressed for God's creatures.
15. **RESENTMENT** is the wish that the world matches the inner vision.
16. **JEALOUSY** is wanting what the angels have.
17. **GUILT** is holding oneself responsible for the lack of perfection in the world.

**The  
Point of Essence  
Process  
Pro-Claiming the Truth  
Of  
Who You Are  
Spiritual healing  
For  
Adult Indigos**

Strangers in a Strange Land

Is life on this Earth painful for you?

Do you ever feel as if you don't belong here?

Do you ever feel as if  
your inherent knowing is not acknowledged?

Your intuitive wisdom is not honored?

Your felt-sense of experience is not embraced?

Almost no one understands or appreciates you?

Do you ever feel as if you have been

hiding your real self all your life?

Do you ever feel as if even those closest to you

do not know the real you?

Do you think of yourself as a failure?

Do you feel as if you never experience any real joy?

Do you yearn for a place that feels like "home"?

You may be an

**ADULT INDIGO  
still carrying  
the spiritual wounds of childhood**

**Indigos**

come to this Earth  
retaining eternal knowledge;  
remembering the secrets from  
The Other Side;  
holding the God-vision of a perfect world.

**You were one of the first Indigos.  
But  
The World Was Not Ready for You**

Few understood your unique world-view and your special gifts. So, in order to "get along" to "make it," in this world, you had to "go along." **The only way you have been able to exist in this world is to deny the essence of your Being.** You have had to deny the full truth of who you are. You had to hide away your true Self. You have had to cover your Light. You have had to shrink from your greatness.

**For almost all your life, you have had to disclaim your Essence, your "I Am Presence," the "You-ness of You."**

**You have felt the pain of the dissonance** between your knowing and the everyday reality of a world that does not share your vision of perfection, and does not seem to understand, or appreciate, or honor you.

That pain has resulted in spiritual wounds that have been unrecognized and unhealed, and that you have carried from childhood into adulthood.

Those spiritual woundings can leave you feeling alienated, alone, a "failure;" discomfited and diseased with being in body and functioning on Earth.

**Now,  
There is a way to Spiritually Heal  
Those Emotional Wounds!**

**The Point of Essence Process  
Pro-Claiming the Truth of Who You Are  
Is  
Spiritual healing for Adult Indigos  
That  
Unblocks your lifetime's constraints,  
Restrains, and soul-suppressions;  
Reconnects the "You-ness of You" with  
the Divine;**

**affirms the full truth of your Self and  
the full expression of your Being;**

**allows you to reclaim your soul-purpose  
and your soul-mission on Earth;  
and helps to renew your vision of  
a perfect world.**

**Sweet, Gentle Healing**

A Point of Essence session takes less than an hour.  
During the session, you encounter

**The 7 Dis-Claimers,**

Which you unconsciously adopted so that you could  
Function in this world, but which "dis-claimed" the  
real you.

By "playing" 7 energetic-level ritual-games-  
A combination of gently movements and the  
Recitation of powerful statements – you replace  
The 7 Dis-Claimers with

**The 7 Pro-Clamations.**

**You Pro-Claim the Truth of Who You Are.**

You joyfully re-claim the "You-ness of You," so  
That you can express your full Self, the full truth of  
your Being.

**The Point of Essence process;  
Pro-Claiming the Truth of Who You Are**

Can lead to profound life-evolution  
and stirring soul-transformation.

**The world is ready for you now!  
The world needs you and your vision now!**

**To make an appointment for a**

**POINT OF ESSENCE session call:**

**(310) 463-9512**

**THE POINT OF ESSENCE PROCESS**

**Pro-Claiming the Truth of Who You Are**

**The 7 Dis-Claimers**

**1. CONFUSION**

**Not being clear who you are.**

manifests in the 7<sup>th</sup> chakra – the top of the head.

The Channel of Divine Light is fuzzy and diffused.

## 2. SEPARATION

**Disconnection from God, and the bewilderment and pain that results.**

**embodies and includes all The 17 Emotional Woundings of Childhood**

1. **ANGER** is a need to defend oneself, through attack, against the harshness of this-world experience.
2. **GRIEF** is weeping at the separation.
3. **FEAR** is the experience of being in danger because of being too small, "too little."
4. **DISTRUST** is not being able to count on any reality as certain.
5. **DESPAIR** is giving up the connection to the breath of God.
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17. **GUILT** is holding oneself responsible for the lack of perfection in the world.

Manifests in the 6<sup>th</sup> chakra - the third eye.

The place of Vision, the Gateway to memory and experience of the Divine is blocked.

## 3. DISAPPEARANCE **Hiding away; the belief of being invisible.**

manifests in the 5<sup>th</sup> chakra – the throat.

The voice, the place of expression, is shut down.

## 4. RESPONSIBILITY **When hindered from the free expression of Divine Love,**

**That love morphs into a heavy sense of obligation for the well-being of the world.**

Manifests in the 4<sup>th</sup> chakra – the heart.

The place where Infinite Love is blocked or flows freely.

## **5. NUMBNESS**

**Being “dead” inside.**

Manifests in the 3<sup>rd</sup> chakra – the solar-plexus.

The place of personal light and power, the center of life force, is blocked, and all is ashes.

## **6. HELPLESSNESS**

**Not being able to make a difference.**

Manifests in the 2<sup>nd</sup> chakra – the intestines, the “guts,” the womb.

The place of creativity is disconnected from the Infinite and from the Self.

## **7. JUDGEMENT**

**Verdict of failure heard from the Self and the World.**

Manifests in the 1<sup>st</sup> chakra – the very bottom of the spine – the place of sitting; some say, it moves down toward the ankles.

Not having a place of safety when all is lost.