

indigo essences

combinations for kids

a guide to the twelve combinations & how to use them

by
Ann Callaghan
producer Indigo Essences



introduction 4

the story behind the essences 5

where to start 6

how to chose an essence 6

how many essences should I take 6

how to use an essence 7

the bowl method 8

the Combinations 10

champion..... 10

chill 12

confidence 14

happy.... 15

invisible friend..... 17

love..... 19

no fear..... 21

plurk..... 23

settle.... 25

shine..... 27

sleep easy..... 29

the works..... 31

rock pictures 33

frequently asked questions 34

what goes into the combinations ? 34

are indigo essences only for children to use ? 35

what are indigo essences made of ? 35

why is brandy used ?	35
is it possible to take the essences without alcohol ?	36
can indigo essences be used with very young children ?	36
what essences are	36
so how do I know when the essences are working?	37
how will I know when to stop using the essences??	37
are essences safe to use without consulting a health care practitioner ?	37
do indigo essences cause side effects?	37
can indigo essences be used along with other therapies?	37

about Indigo Essences 38

indigo essences mission statement	38
our company ethos	38
product information	38
other products	38
contact information	39
Ann's bio	40

introduction

Hello there,

I'm delighted that you've chosen to get this set of essences for you and your family.

Essences can do something that almost nothing else in your medicine chest can do - help you and your children change the way you are feeling, safely, gently and effectively.

Just knowing that these essences exist has made some children feel better, as one little 9 year old said to her little brother "now I know that there is something for anything that can happen to us."

This booklet will guide you through using the Indigo Essences Combinations for Kids and I hope it answers any questions you have about how to work with this box.

I'd like to also thank my beautiful nephews, Ben and Mica, pictured below, for all the love and care they put into designing these essences to help other children. Now in their '20's , they still take essences themselves every now and again and have both grown into wonderful young men.

best wishes,

Ann



the story behind the essences

My background is homeopathy. I originally trained as a classical homeopath and specialized in the treatment of children.

I started making essences in '98. As I was then in practice as a classical homeopath, I felt that I couldn't prescribe the essences but I did bring them into the practice room and leave them on a shelf.

From there I was able to observe how children interacted with them, what they did with them and how they responded to them and that's how the Indigo Essence range developed.

I wanted to make essences for children because most previous essence ranges had been made for adults and didn't speak directly to the child.

I felt it would be wonderful for children to know that there was something that could help them change how they feel. In fact, I often call the Combinations a first aid kit for feelings as they very effectively help people to get over the bumps and bruises of growing up.

As the name Indigo suggests, these essences have been formulated with the needs of the New Children, sometimes called Indigo Children, in mind. These children can have a very difficult time integrating with others, both at home and in school.

Many of these new children have very strong energy and definite views about life which can be challenging both for the children, and for their parents. Parents and children can get locked into patterns of behavior towards each other that are neither healthy nor productive. If you find you and your child are frequently at loggerheads, then working with this box of essences will really help you all to move on, learn how to communicate with each other and live harmoniously together. In fact, I've developed a unique way of working with essences as a family that I call 'The Bowl Method', this method brings everyone in the family together and helps heal the whole family unit.

Because I wanted these essences to be understood by children, I asked children to help me design them. I worked mainly with my nephews Ben and Mica, who were 11 & 10 years old at the time. We spent a lot of time talking about things that were bothering them and their friends, things that they wanted help with and that is how we came up with the twelve combinations.

The boys choose the names and wrote the rhymes that go along with each bottle and this helps them speak to children directly.

The illustrations in this booklet were drawn by Mica when he was eleven years old.

where to start

So, you are ready to begin.

Choose a quiet time to get to know the essences, a time when your family is not rushing around, trying to finish homework or run out the door.

Get out your box of essences and let your children look at them.

Tell them that they can choose some for themselves, if they like.

And let the fun begin.....

how to chose an essence

Children are very intuitive and know what they need so I always encourage a child to choose essences themselves. There may be times they don't want to do that but in general they will choose for themselves. Sometimes the child will not want to take an essence and it is very important to respect that decision also.

Just sit back and allow the child space to choose without interfering or paying too much attention and they will pick a selection to mix together.

It is important not to judge what the child chooses or try and direct them to another choice. Very often the child will use this opportunity to let you know something about them through their choice of essence. This can provide you with the ideal time to chat with your child and find out what is really going on with them.

I also encourage parents to take part in this process by choosing an essence for themselves too. Children love to see everyone in the family take responsibility for their own health and balance.

If you are unsure about what to take, ask your children to choose for you too.

how many essences should I take

If someone is going through a particularly hard time, it may be necessary to take quite a few essences at the same time to help regain balance.

If you find that you often have to take a large number of essences your physical body might be out of alignment. See a body work person like a cranio-sacral osteopath or a chiropractor who can check this out for you and make adjustments if necessary.

how to use an essence

How do you take them?

Essences can be used in lots of different ways so choose a method that appeals to you. You can also mix methods if you like, e.g. Take drops in water and also make up a spray to spray around yourself, your room or your home.

1. You can put the drops into a glass of water and sip them. This is a good way to use essences at home.

The drops can also be added to a bottle of water which the child takes to school with them and sips during the day. This is a great way to use essences when for instance, your child is having a hard time in school and feels the need to take essences during the day.

2. You can make up a spray for yourself by putting water, essence and some essential oil into a spray bottle. The child can spray this mixture around themselves or their room.

3. You can apply the essences topically by getting some plain base cream, put the essences into that, mix it up and then ask your child where they want to put it on the body. This is a wonderful way of using an essence because then the child can associate what they are feeling with where those feelings have been held in the body.

I find that children are very precise about where they want the essence to go, often on very specific points on the body so do ask them where they would like the essence to go.

How many drops?

Again, let the child choose, just ask them how many drops (out of ten) they would like and they will tell you.

Children are perfectly able to do this by themselves, in fact they love to be involved in the process of making their own medicine and in my consultations I often ask the child to even write the label themselves and they can call it their 'Magic Mix' or whatever they want.

the bowl method

Having a young family in today's pressurized world is no picnic. It is really common for stresses to build up unnoticed until suddenly the whole house is on edge.

Here is a practical example of how you can use your box of Indigo Essences Combinations to defuse a tense situation at home.

So let's suppose that your family is having a 'moment'. Your child has blown everyone's fuses. The house is so tense that glasses are breaking spontaneously, the dog has moved out and you feel like following.

Stop right there. Breathe. Take a step back from the situation. Realize what is happening. Know that you can change things for the better.

Remember - all members of your family are in this energetic mish mash together - this helps to remove the need to blame someone for the way you are feeling.

Open your box of essences.

Choose some for yourself using your intuition, not your head. Put some drops in a glass of water and take frequent sips till you feel yourself becoming calmer.

Now that you are calmer ask the children in the house to come and help you. They love to be involved in their own healing process and often provide extraordinary insight into what is going on and why.

Give everyone a chance to say a few words about how they are feeling - no blame.

Now say that you are all going to find a selection of essences that will help to balance and stabilize the energy around all of you, including the dog and the goldfish.

Let the children choose first - you will be amazed by their choices. Often the children will pick essences that are a perfect match for the state the adults are in.

Choose drops of each essence selected and either put them in a plant mister and spray around the whole house or put the drops in bowls of water dotted around the house or both if you like.

As the essences work to bring the energies of your family and house into balance, you can let go of the things that were bothering you more easily. Energetically, you feel supported and centered. You can be present, calm and relaxed in the now moment, a place where fear and tension hardly ever exist.

When the essences have done their job be sure to empty the bowls of water because they will have collected a lot of the unbalanced energy that was around.

Remind yourself next time to do the process before the tension builds up to explosive levels.

the Combinations

The following pages run through the qualities of each essence and give examples of how other people have used the essences.

champion....



when you feel bothered by bullies, just rub some champion on your tummy and the bullies will bolt

Champion helps the child who is afraid of others and often gets picked on.

Champion wants us to know that our real strength comes from inside ourselves and that we can contact that strength by breathing in and pretending that we are already strong. When we feel strong there is nothing and no one to be afraid of.

For children who are

- being bullied
- shy
- afraid of other people

This was the first essence the boys asked for and they made up a little rhyme to go with it that goes like this 'for when you feel bothered by bullies'. Most children feel bullied at some time, however children who are sensitive and different are more prone to being bullied simply because they are different. If a child is used to being bullied they can come to expect that it will happen and this becomes a self-perpetuating vicious circle.

The essence Champion is about helping a child to break that cycle.

People sometimes say 'why bother having an essence for a child who is being bullied, why not just go for counseling?' My response is that it is really important to talk these issues through with children but taking an essence can speed up the process because when the child holds the bottle, they experience what it feels like to be strong.



When a child holds Champion, you see their posture change, their shoulders go back, their stomach becomes stronger and that posture reflects back an energy to the bully that says 'don't bully me, I'm strong'.

stories

This essence has been used by lots of children in school situations. One child kept the spray bottle in her schoolbag and whenever the bully was going to look at her she put her finger down and touched the bottle. She believed that Champion was going to make her strong and therefore that the bully couldn't bully her and so, of course, he didn't.

Another story is about a man involved in a serious court case who asked for an essence that would help him withstand being cross examined. Champion was suggested, he got some and made it into a cream which he put on his chest. He said he felt like Superman going into the courtroom. It really helped him to feel strong, to be centered, to deal with the barrage of questioning without feeling knocked down.

People who have tried this essence say it feels like scaffolding supporting them.



Champion contains the following essences:

- Azurite - to open the heart and get energy flowing
- Calcite - to help the child protect their dream
- Charoite - to help the child find a path through their fear
- Chrysocolla gem silica - to help the child express themselves
- Fluorite - to help the child learn new patterns of behavior
- Hematite - to ground the child's energy, making them feel stronger
- Kyanite - to give the child mental strength and focus
- Lepidolite - to help the child feel less pressured
- Larimar & rose quartz - to help the child love themselves
- Pyrite - to help the child repel energies that aren't healthy for them
- Ruby & kyanite 1 - to help the child balance their male or yang energy
- No 2 - to help the child let go of the old patterns of allowing themselves to be bullied
- No 3 - to help the child learn new ways of being in the world
- No 7 - to help the child create in new ways





chill

When you're boiling up inside, chill out with this essence and your anger will subside.

Chill helps the child who feels very, very angry and can't seem to find a way out of it.

Chill wants us to know that locking our anger up inside us won't make it go away. Chill will help us realize what we are really angry about and make it easier for us to talk about it.

For children who are

- angry
- aggressive
- withdrawn
- prone to outbursts

This essence was asked for by one of the boys because he felt that he had problems with anger. He didn't know how to express his angry feelings and he said that they would get to a place where they would just burst out of him and he didn't like that and neither did anybody around him so he asked for an essence that would help him to express his angry feelings in a rational way.

The colour blue on the label of the Chill bottle is often associated with the throat area. Chill helps you unblock the throat area so that you can express these feelings. Anger is a normal emotion. However, if anger is blocked or suppressed then it can become a problem. When you feel angry, express your feelings reasonably and rationally on a regular basis, then the anger doesn't build up into a torrent.

stories

Parents tell us they use Chill around the time when a child is likely to go into toddler tantrums. The child is establishing its presence and learning its power in the world and sometimes that can be very difficult for everybody. Chill can help a child adjust to these changes without undue tantrums.

Adults also use Chill to help them deal with out of control anger in situations like :

- road rage
- giving up smoking
- domestic arguments

I often recommend Chill when a family is going through a difficult period. You can take some drops of the Chill essence and put them into a bowl of water in your kitchen or your dining area and that will help to disperse this calming, healing energy throughout the house.

Chill is also great used in spray form when there has been a serious or ongoing argument in the home or workplace.

People who have used this essence often say they feel the ice inside them melting.



Chill contains the following essences:

- Calcite - to help the child protect their dream
- Chrysocolla gem silica - to help the child be able to express themselves
- Hematite - to ground the child's energy, making them feel stronger
- Ruby & kyanite 2 - to help the child balance their female or yin energy
- Selenite - to help the child soften up and release blocked energy
- Sugulite - to help the child feel safe
- Love - to help the child keep their heart open in the face of conflict
- Diamond light - to help the child see the situation from a higher perspective

This comes from a lady who volunteers at an orphanage in South Africa

"I have a great story about the spray called "Chill". We were at a new school, kindergarden to 7th grade. A new little boy to the kindergarden stood in the outside quadrangle of the school and cried—no, howled and sobbed.

It was his first day and he was new to the village and knew no one. Teacher after teacher tried to stop him/control him and he continued to howl and sob. This continued for over an hour. The teacher would bring him into the class then put him outside because he wouldn't stop. One teacher even began to hit him to stop him, which is when I finally had to get involved.

He was inconsolable—no hugging, no talking, no cooing made any difference. I reached into my flower essence dispenser and out came the Chill spray, so I said, lets try. He was outside howling and sobbing and afraid of everyone and everything. I sprayed him so much the mist made him cough and sputter! And just like turning a faucet off—he stopped. I put my hand out and said, "wanna come and try some other stuff?" He took my hand and came inside. For the next two days anytime he started to tear up or get upset we sprayed him again—and we finally gave him the bottle to keep."



confidence



.....

when you're feeling nervous or panicky or when you have a mental block in tests - just rub some confidence on your tummy and you won't feel such a mess

Confidence helps the child who doesn't believe in him or her self.

Confidence wants us to know that we are special and extraordinary beings just the way we are and we don't have to prove that to anyone !

For children who

- lack confidence in own abilities
- worry too much about tests or exams
- have a tendency to get in their own way because of lack of confidence

It's often difficult to do a test. You know the information but when you get to an exam situation or a testing situation you can become disturbed and find it difficult to access that information.

This essence was made particularly for use before and during school exams, interviews and performances. These situations, where you want to bring out the best of yourself, can be very stressful and sometimes this stress can interfere in a child's ability to access information.

I use this essence when I have to speak to large groups of people. When I take Confidence I don't feel fluttery or disturbed, and I can concentrate on what I have to say.

Confidence contains the following essences:

- Charoite - to help dispel the fear
- Hematite - to help the child ground and stabilize their energy
- Hiddenite & kunzite - to help the child stay in their body
- Lepidolite - to help the child take the pressure off themselves
- Pyrite - to help the child know what is true and dispel energy that isn't good for them
- Ruby kyanite 2 - to help the child connect with and balance their female energy
- Sugulite - to help the child feel safe
- Love - to help the child keep their heart open
- Diamond light - to connect the child to a higher perspective
- No 8 - to help child to stay present



happy....

don't go mad 'cause you're feeling sad, with help from happy you won't feel half as bad.

Happy is for children who feel sad a lot and don't know why and also for children who try and lock their sadness in and hide it, perhaps because they are afraid that if they start crying they'll never stop.

Happy wants us to know it's OK to be sad and not know why. It's OK to cry. The tears will come to an end and then the sun can shine in your heart again.

For children who

- don't express sadness
- withdraw when upset
- exhibit unusual behavior after a grief, e.g. laughing a lot or very angry
- can appear quite hard

Sometimes children are afraid of sad feelings. They feel that if they start to show their feelings or they start to cry, they won't be able to stop, they won't be able to compose themselves again.

The colors on these essence bottle labels were chosen to connect with the energy of the essence and Happy wears the colour green to connect with the heart.

Happy essence is very good for children who are reserved and quiet, who keep their feelings to themselves, who find it hard to express sad feelings, who find it very hard to connect with the heart energy. This can be a cultural thing or it can be an individual thing. Some children are naturally more reserved than others. It's very important that children know it's ok to be sad, it's ok to connect with those feelings and let them out.

This is a great essence for a child who has been through a difficult time such as a trauma, a bereavement, maybe lost a pet, or even worse, somebody close to them. If you find a child is very closed after a situation like that, this essence can really help them to let go of that sadness by helping them to connect with and feel their feelings.



Happy contains the following essences:

Azurite - to help release stuck sadness by getting emotions to flow again

Calcite - to help the child remember their dream

Hematite - to help the child stay grounded

Hiddenite & kunzite - to help child stay in their body

Ruby kyanite 2 - to connect the child to their female energy

Larimar and rose quartz - to help the child to love themselves without judgement

No 2 - to help the child let go of old patterns

No 4 - to help the child express what they truly feel

No 5 - brave heart, gives the child the strength to on

No 8 - to help the child to stay in the now moment

stories

"When he opened the box he went "oh how lovely "and sighed, I said that he could pick out the essences he felt he needed so he did, then I put them all back in the box and said choose again, so he did, exactly the same ones 3 in all, No fear, Happy and Sleep Easy, then this morning he got them out and said he wanted happy, and he picked happy straight out of the box. He is sleeping better as well, much more relaxed which is great. "





invisible friend.....

for when you're feeling lonely or scared and you wish someone was there to give you a big hug and tell you that everything will be all right.

Invisible friend is for the child who feels very lonely and doesn't have anyone to talk to.

Invisible friend wants you to know that you are never alone. You are surrounded by beings you don't always see who love you very much and will always be there to talk to. They know who you are and what you are doing on the planet and will do everything they can to help you.

For children who are

- very sensitive
- clingy
- shy
- scared to go places on own

This essence helps a child in a situation where they need support but perhaps that support isn't available. For instance, if a whole family is going through a trauma together, like a bereavement in the immediate family, a divorce or a separation, very often the adults are so caught up in their own grief that they aren't able to help the child. This is a very good time to take Invisible Friend.

Another very good time for this essence is when a child is embarking on something for the first time, like going to school or staying over at a friend's house. If the child is nervous or scared or worried about being by themselves this is a great essence to help them.

Invisible Friend is now being used in some schools in the UK to help children settle in to first class. The schools report that they have experience practically none of the usual start of term trauma when they use this essence.



Invisible Friend contains the following essences:

Chrysocolla-gem-silica - to help the child to express themselves
Hematite - to help the child to stay grounded and feel protected
Isis - to help the child to stay balanced
Kyanite - to help the child to stay focused
Ruby & kyanite 2 - to help the child to balance the yin qualities

stories

"My son 6, was having a terrible time at school, he didn't seem 2 b bonding with the other children, was struggling with his reading, writing, my happy go lucky child started 2 withdraw, crying & clinging to me when I tried to drop him off in the mornings.

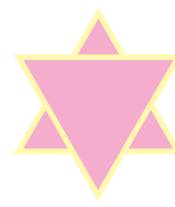
His teacher called me in when he started 2 sit in class with his hands over his ears, rocking. If u tried 2 speak 2 him he could only tell u that he was unhappy, but couldn't explain why.

I took him 2 see a fe (flower essence) practitioner and she showed him the range of indigo essences, with the writing turned away from him.

He immediately picked invisible child. I noticed that he kept the bottle in his pocket and whenever he got stressed or would argue with his older brother, his hand would go straight to his pocket so that he could hold the bottle.

After a few weeks, he started leaving the bottle in his room, still taking it to bed. Eventually he just forgot about it. I have no doubt that the essences helped him through this really difficult time."

love.....



When you are so hurt and angry that you can't feel anything, just cold and stony inside, we send this essence of love to repair the damage.

This essence was made after Sept. 11 by Ben, Mica and Jen (who was 7 years old at the time). They made a present of some of the love they feel in their lives to all the children in the world who need it.

Love wants to say "Don't give up on love. No matter how hard things have been in your life - don't give up. Love is all around you. Love will find you - but you have to let it in."

For children who are:

- sad
- angry
- unfeeling
- hurt
- hard hearted

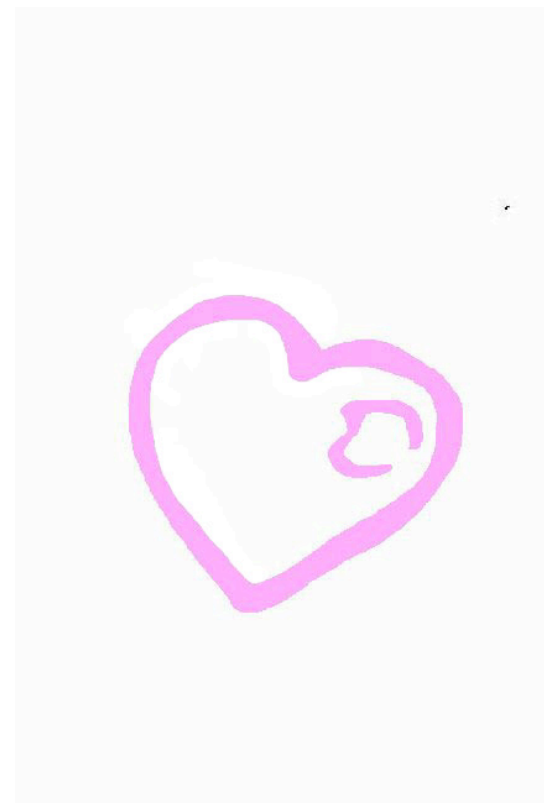
The purpose of the love essence is to help people keep the heart open. When we're hurt there is often a tendency to close the heart and lock in the sadness. It is very important for children to be able to keep the heart open when they are moving through sadness and disappointments.

Love essence is particularly useful when children feel their friends aren't paying them any attention, or that their friends have changed allegiance and suddenly the child feels left out and all alone.

Other uses are when a second child comes along, the child feels that the parents don't love them anymore because they're not the only one.

Another time Love is an important essence is when parents separate and the child finds themselves with a new parent and new step siblings to contend with. This can be a very difficult time of adjustment for the child.

Occasionally parents are shocked when their child chooses this essence and they feel 'oh my goodness, do I not love my child enough?'. I say to parents that this is an essence that almost all children choose at some time, this feeling of not being loved can be a transient thing and can be a very simple thing so don't be worried if your child chooses it occasionally.



Love mostly contains channelled energy from Ben, Mica and JenJen and also:

Pink, blue and red calcite - to help the child let go of emotional stress

Rose quartz - to help the child feel open to love

Larimar & rose quartz - to help the love and forgive themselves and others

No 8 - to help the child stay in the now moment

stories

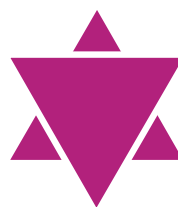
"Myself and my children used Love and Happy last year when we went through the stress of divorce and moving to a new home away from their Dad.

The peace and positive perspective it allowed them really helped with the transition.

We have just started using Indigo essences again to help with "shouting teacher" stress at school.

We call the essences "get better in a bottle" as all of us know when we are feeling low or stressed they there to help us instantly."





no fear.....

for when strange noises are bugging you and frightening you in the night or when you feel wobbly in your tummy with no end in sight

No fear is for the sensitive and timid child who feels fearful a lot of the time.

No fear wants us to know that everyone feels scared sometimes. You are never alone. You will always be loved and supported by your guardian angels.

For children who are:

- scared for no reason
- scared of all sorts of things

We are all familiar with that feeling of churning inside when you don't know what's going on. No Fear was designed specifically for when you feel fearful but don't necessarily know why.

This essence can be used in all sorts of situations.

- School - if the child feels anxiety in their tummy and can't say why they are scared
- Bedtime - if the child is scared but doesn't know why

This essence is very often used by adults who are feeling a lot of fear in their lives about career, money, and the general chaos on the planet.

No Fear is a very good essence for the whole family.

If a parent has lost a job and is really worried about what the future holds, you'll find sometimes the children stop sleeping and this can be because they are picking up on what the parents are worried about.

This is a situation where it is a very good idea to either spray some of the essence around the house or take some of the essence from the 15 ml bottle and put drops into a bowl of water.

No Fear contains the following essences:

Azurite - to help the child release fear

Charoite - to help the child find a way through the fear

Fluorite - to help the child change the patterns that are keeping the fear in place

Pyrite - to help the child feel protected and know what is really true

Larimar and rose quartz - to help the child love themselves without condition

Sugulite - to help the child feel safe

No 8 - to help the child stay present

stories

"..... Her little boy became fearful of death when he became 3 years. He became very insular and quiet. He was given No Fear, 5 drops in water for a week. The changes happened in a week.

He is now giggling in class and singing Twinkle Twinkle Little Star. "

"The no fear drops & spray changed our bedtime routine for our 8 year old, no longer did we have to keep having to go up to her to reassure her when she went to bed sometimes 7 or 8 times

once she took her drops and sprayed her pillow she was happy to stay on her own."



plurk.....



When you're feeling bored or snowed with homework Plurk will help you lighten up and learn to play and work

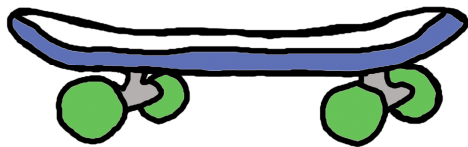
Plurk is for the child who gets stressed about things they have to do and puts way too much pressure on themselves to succeed.

Plurk wants you to know that life is fun. Don't take things tooooooo seriously and don't believe anyone who tries to tell you otherwise.

For children who

- take work too seriously
- get very stressed by responsibility
- take on too much responsibility
- put excessive pressure on self to succeed

Plurk is a combination of two words, Play and Work. The boys were very insistent that learning should be fun and that school shouldn't be all serious and heavy.



Most often this essence is used by teenagers who feel pressurized by the school system. They suddenly realize they have exams to do and that they have to do well as their results in these exams will shape their future.

The anxiety behind excessive studying is a fear of what is going to happen to them if they don't do well. As a society we have placed far too much emphasis on academic achievement to the detriment of health and happiness.

Many of today's children don't learn in the way that we did - they are conceptual rather than linear thinkers and find it hard to thrive in an old fashioned school system. If your child is having learning problems do look around to see if there is another method of education that would suit them better.

A lot of children put immense pressure on themselves to do well, and start studying excessively. They stop going out with their friends, they stop exercising and going out in the fresh air and become very unbalanced and unhealthy.

Plurk is about bringing a healthy balance of play and work back into your life and is very useful for adults who feel they are bogged down in work.

Sometimes people spray it around the office if they are stuck on a project and can't bring a lightness to it.

Plurk contains the following essences:

Calcite - to help the child remember their dream

Chrysocolla-gem-silica - to help the child express themselves from their heart

Lepidolite - to help the child take pressure off themselves

Pyrite - to help the child feel protected and set healthy boundaries

Ruby kyanite 2 - to help the child connect to their yin energy, the energy of being

Love - to help the child keep their heart open

No 1 - to help the child stay balanced as they let go of old patterns

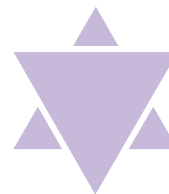
No 3 - to help the child access information in a new way

No 4 - to help the child express themselves

No 5 - braveheart, to help the child to go on

No 6 - to help the child connect to their feelings rather than their mental body





settle....

When you feel rattly & shaky and can't settle down, this essence will help you and won't make you feel down

Settle is for the child who feels terribly uncomfortable in their physical body and can't focus their attention on anything for very long.

Settle wants you to relax, breathe in and know that it is safe to just 'be'.

For children who are

- very edgy and jumpy
- easily distracted
- very sensitive to noise
- very sensitive to geopathic stresses

The boys understood that a lot of children these days feel very uncomfortable in their body so it's difficult for them to be in school, where they have to sit still for long periods of time.

This essence was designed to help children ground themselves and feel comfortable in their skin.

Settle can help children who are hyperactive to calm down. In this case I recommend that you use it topically. Put some plain base cream into the palm of your hand, add drops of Settle and massage the child with this mixture.

Settle is a great essence to help a child to settle down to sleep at night. Settle helps a child who is very agitated at sleep time, who is tossing and turning and can't just let go of the day.

Just put some cream in your hand with maybe a drop of lavender oil and then massage the child with this mixture. The combination of the essence, the lavender essential oil and the massage all contribute to calming the child and getting them ready for sleep.

Settle is also available in candle form. One woman us that after they'd moved house, her huge dog, a Great Dane, never settled into the new house. He wouldn't lie down, was very upset and was always on the move. She came and got a Settle candle from us and brought it home and lit it. She said as soon as she lit the candle the dog just lay down.

The Settle candle is also great in a therapy room, helping clients to settle in very quickly.

Settle is a very good all round essence to help everybody to calm down and get grounded. Settle can be used in

- in the home
- a therapy room
- a classroom
- an office

Settle contains the following essences:

Hematite - to help the child to ground and feel protected

Isis - to help the child feel balanced

Kyanite - to help the child focus and gather their energy together

Hiddenite kunzite - to help the child feel safe and joyful

Pyrite - to protect the child and shield them from unwanted energy

Diamond light - to connect the child with a higher perspective

stories

"Hi Ann

Had to let you know the settle worked.....my little dote is sleeping through the night until 6 am and taking a feed and going right back until 8.30 am so I am thrilled!

I used the settle in the almond oil I massage her with and when she woke crying at 2 am I did as you suggested - massaged tummy & feet and she went straight back to sleep, I only needed to do that 3 nights and she has stopped waking!"



shine.....



don't be afraid to show us who you are, shine brightly, you really are a star

Shine wants you to know that it is safe to be who you really are. Shine also wants you to know that by being yourself you will really help other kids to be themselves too.

For children who

- are afraid to be themselves in public
- go along with peer group
- hide their sensitivity
- pretend to be hard

differentiation

Love can be cold inside, shine is not, just pretends to be
Chill is angry inside

This essence is to help a child stand their ground when they are surrounded by bullying types. Shine is about helping a child be true to him or her self. If a child can stand their ground this will break the cycle of bullying as usually there is only one bully and the rest are children who go along with the bully.

I've seen this happen with a normally very sweet little child. He was sitting with a bully and he started to agree with the bully, even though that was not his real self.

Shine was designed to help the child to say 'Excuse me, I don't agree with that, I'm not going to go along with the pack' and this will help to break the cycle of bullying.

Shine has been used to help children be themselves in school, on stage and when making new friends.

One of my favorite stories is about a child who came back from school one day very down and very depressed. Her mother said "what's wrong?" and she said "Nobody loves me, nobody is my friend, nobody wants me in the school play, I'm just having a horrible time". And the mother showed her the box of essences and the child picked Shine. She took some of the essence, and the next day she came back from school in a very good mood and said "I realized that I wasn't being myself and when I am myself people like me".

Shine contains essences of:

Charoite - to help the child move through fear
Chrysocolla-gem-silica to help the child express their real self
Hematite - to help the child stay grounded and feel protected
Isis - to help the child feel balanced
Hiddenite & kunzite - to help the child feel joyful
Larimar & rose quartz - to help the child love themselves and stop judging themselves,
Ruby & kyanite 1 - to balance yang energy
Ruby & kyanite 2 - to balance yin energy
Sugulite - to help the child feel safe
Diamond light - to help the child connect to the higher perspective
No 2 - to help the child let go of old mind sets
No 3 - to help the child access information in new ways
No 5 - braveheart - helps the child get the energy to go on

stories

"My son started school in September and was finding it all a bit overwhelming. Playtimes were difficult, trying to join established friendship groups and learning ways of engaging other children.

He was beginning to act in an unusually silly way and was rapidly losing confidence. We advised and monitored the situation, hoping that things would fall into place.

About three weeks ago I took him to choose from your essences: he picked Invisible Friend and I selected SHINE.

I have made these into a cream which he rubs on his tummy and any sore places each morning and before parties etc.

We have seen the return of our quietly confident child, who can be himself instead of a whizzy, silly, lonely child. He is getting to know the other children in a relaxed and gradual way, and is filled with enthusiasm and interest at school.

The essences have helped him to feel safe and confident whilst he finds his feet and have taken the panic out of trying to fit in.
Many thanks from us both!"



sleep easy.....



for when you're scared to close your eyes in case you see a NASTY surprise

Sleep easy helps the child who feels very spooked at night. Often these children are very sensitive to energies and find it hard to relax their energy bodies.

For children who are:

- very sensitive to noise and spooky things
- psychically very sensitive
- reluctant to go to sleep because they are scared of what they might see

differentiation for sleep problems

- No Fear : generally scared
- Invisible Friend : scared to go to sleep on their own, wants someone with them all the time
- Settle : can't settle down, energy still high, very uncomfortable in their physical body

This essence was made particularly for children who are sensitive to energies at night time. A lot of children, although they might go to sleep, keep waking up again. This essence is particularly for this kind of sleep predicament, for somebody who is afraid to go into a deep sleep.

One of my favorite stories about this essence is about a child who never went to sleep alone, she had to have her mother in the room with her until she went to sleep.

She was 9 or 10 years old and this had been going on every single night. Every night the child said to her mother "Mummy, there are things in my room". The mother tried to make it better by saying "Don't be silly dear, there's nothing there" but actually that made the child worse because the child really saw something, or really felt that she did. So the mother got Sleep Easy and I also advised her that she listen to what the child had to say.



The mother said she went home, asked her little girl to tell her about what she saw in the room, sprayed the Sleep Easy and the child went to sleep.

The next night the child came up to the mother, kissed her, said "Goodnight Mama" and off she went by herself and has been ever since.

Sleep Easy contains essences of:

Azurite - to help the child let go of fear
Chrysocolla-gem-silica - to help the child express themselves
Fluorite - to help the child change patterns of behavior
Hematite - to help the child ground and feel protected
Isis - to help the child balance
Kyanite - to help the child focus
Sugulite - to help the child feel safe
Love - to help the child feel loved
No 1 - to help the child stay balanced while they let go of old patterns
No 2 - to help the child let go of old mind sets
No 4 - to help the child express themselves
No 6 - to help the child connect to their feelings rather than their mental body
No 8 - to help the child stay present
In the Lift - to help the child go off to sleep

stories

"Thank you for making sleep Easy. Before I was all afraid, I saw movements in the dark, but when I took Sleep Easy I was not afraid at all. It helps me to close my shutters at night. It really did make me sleep easier."



the works.....



when you don't know what's wrong the works will help you to feel strong

This essence will help you to remember the point of it all, it will help you carry on with your life.

The works is for the child who feels lost, who keeps saying 'what am I doing here, I want to go home'. The works wants you to know that you are much loved and all the help you need is waiting for you - you just have to ask.

The works can be used in an emergency, like a rescue remedy, it will help to balance and stabilize the energy body and will show you which essences are needed next. The works can be particularly useful for the older teenager who feels like flipping out and even doing damage to him/her self or others.

We wanted an essence for a situation where you don't know exactly what's wrong, you can't put your finger on it and actually, this turned out to be a kind of existential rescue. What we're finding more and more with these new kids is that a lot of them are getting into deep states of depression and unfortunately the suicidal rate in children and in teenagers is rising all the time.

This essence is for that time when a child is closing off, a time that is very scary for parents because they can't communicate - there is no fighting anymore, no arguments but the child is getting more and more distant and the parent doesn't know what to do - they don't know how to communicate, they can't get a response.

This is a great essence for that time. Spray it around the house or put some into the bowl so the whole house gets this essence. What it seems to do is to help you realize what it is you need to do next.

If a child is shut down, when they take this essence an outburst of anger and rage may follow. It is important that you and your child work through this anger together so that you can find out what is really bothering them and work together to make things better.

The Works contains essences of:

azurite - to help the child get energy flowing again
calcite - to help the child remember their dream
charoite - to help the child find a way through their fears
chrysocolla-gem-silica - to help the child speak from the heart
fluorite - to help the child change old patterns
hematite - to help the child ground and feel protected
isis - to help the child balance
Kyanite - to help the child focus
hiddenite kunzite - to help the child ground and feel joyful again
Lepidolite - to help take pressure off the child
pyrite - to help the child know what is real and what is not
selenite - to help the child soften up and let go of blockages
Sugulite - to help the child feel safe
no 8 - to help the child stay in the present

"I told you about my 16 years old child (name withheld) who was worrying me for his hard attitude towards me, but above all towards himself. I even started crying, do you remember? Well, you were very kind and advised me to start giving him "The Work" to see what would have happend.

My dear, I bought it and I immediately started to give it to him. After 2 or 3 days he started having nightmares (for instance, he bited one of his good girlfriend and got up very worried!) and complaining about his body. I was thinking to stop with your drops, but I went on and now, as a miracle, after just two weeks, many things have changed at home as his behaviour has completely changed. **I am extremely grateful to you and to your drops.'**



rock pictures



azurite



selenite



larimar &
rose quartz



hiddenite &
kunzite



calcite



fluorite



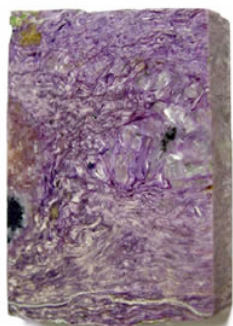
chrysocolla-
gem-silica



ruby &
kyanite 2



isis



charoite



kyanite



lepidolite



hematite



sugilite



pyrite

frequently asked questions

what goes into the combinations ?

The combinations are a mixture of individual gem essences from the Indigo Essences New Child Series, most of them made from the stones or combinations of stones on the previous page and the New Energy Series .

I am often asked why these essences for children are made with minerals rather than flowers.

Unlike adults, the new children have no trouble accessing their spiritual nature, their main challenge is to ground their energy in the physical body. Minerals have qualities that can help children ground and feel safe:

- They have a stable, constant vibration
- They have a defined structure that doesn't change over time
- They come from within the earth

.

These sensitive children often find it hard to deal with everyday life. When faced with a difficult or challenging situation that makes them feel fearful, their tendency is become ungrounded. By this I mean that they move their energy upwards and out of their body. In this state they are likely to become unfocused and unable to be fully present. In order for a child to stay in their body, they have to feel safe and protected.

You will notice that the essences contained in the combinations work mainly:

- to help ground and protect the child
- to help balance their energy
- to help them express themselves
- to help them keep their hearts open

why are the essences called INDIGO?

Many of you will be familiar with the use of the word Indigo in connection with children. The theory is that since the 1980's increasing numbers of children have been born with an unusual set of characteristics such as an in-built lie detector, difficulty with authority figures, a desire to change the world, an inability to conform to fear based rules and difficulty learning the old fashioned way. These children are now commonly referred to as 'Indigo' or 'new children'.

These children are natural 'systems busters' - their job on the planet is to catalyze change from the old fear based society that we all grew up in, to a new way of being that is focused on love and respect for all beings.

One of their biggest jobs is to change the way we educate children so they won't do the things that we did as children, like behave, sit still, keep quiet and swallow information. These children are not designed to fit into the old, fear based models and until new ones are designed we are all going to experience quite a lot of turbulence.

Indigo essences have been specially formulated to help both children and adults stay balanced through this turbulent transition.

are indigo essences only for children to use ?

No. Everyone is being affected by this change. I recommend that both parents and children use essences to help the whole family balance themselves. We normally find that when parents are having problems with their children the whole household is stressed. If everyone has some essences or if essences are sprayed around the whole house then problems can be resolved a lot faster.

what are indigo essences made of ?

Indigo essences are made with the energetic healing patterns of minerals held in water and preserved in brandy.

why is brandy used ?

Essences are traditionally preserved with brandy. There is a reason for this, as well as being a very good preservative, brandy has the ability to lock the energetic healing pattern of the rock into the water without distorting it. It is possible to preserve essences with vegetable glycerine or vinegar, but the end result is not as effective because the healing pattern is a little distorted.

is it possible to take the essences without alcohol ?

You can either:

- put the essences in a cream (a plain aqueous cream or your favorite moisturizer) or an oil and rub them on sore parts of your body
- put the essences in a spray bottle and spray around whoever is using them and their room - this is a particularly useful way to use the essences when there is a lot of tension in the house
- add drops to the bath
- add drops to a bowl of water - this is particularly effective in the child's bedroom
- just hold the bottle for a while until you feel better or sleep with the bottle under your pillow.

can indigo essences be used with very young children ?

Yes, because you don't have to give them orally, in fact you don't even need to use them topically as we saw above. The essences can have a healing effect on the child simply by being sprayed around the child's room.

what essences are

Essences are a form of vibrational healing. Vibrational healing simply means using the vibration of something to help you heal. Everything has a vibration. Some vibrations are particularly good for us and some aren't. e.g.. the vibration of a lovely, loving voice = healing, the vibration of a screaming, mad one = upsetting (in most cases). Sometimes we are unconsciously drawn to "good vibrations" when we feel upset, like your favorite dog or a special place.

Putting healing vibrations in bottles and calling them essences has been around for quite a long while. For example, one very famous range, The Bach Flower Remedies, were made in England in the 1930's.

The indigo essences are made with the help of crystal and gem energies. These have a particularly long-lasting vibration and are very good at grounding us (they come from deep in the earth) and also at connecting us with our heavenly selves, (the Chryst).

Each crystal has a unique story and can help with a particular problem or indeed, several problems. The crystals that have volunteered to be indigo essences all have to do with helping us loose our fears and learn how to love without conditions. They will also help us absorb the new energies that are coming into the planet now. These energies are very strong and can make us feel dizzy and spacy at times but the essences will help you let

them into your body (called grounding them) so that you won't feel too peculiar while this change is happening.

so how do I know when the essences are working?

Usually before you take an essence you will feel uneasy. Sometimes you won't be breathing right, you won't be able to settle down to anything. You'll be all over the place. When a selection of essences is working you will usually feel a calm feeling deep in yourself, even though you may still be upset. Somewhere deep inside yourself you'll feel peaceful although you may still feel emotional. You might feel tired and need to sleep more than usual as your body recoups lost energy. You might get a very clear picture of what is going on in your life, a sudden realization of what is really bothering you. All these responses are signs that your energy body is coming back into balance and a healing response is taking place.

how will I know when to stop using the essences??

Once the essences have done their job and helped you to re balance yourself, you'll find that you simply don't think about taking them anymore.

are essences safe to use without consulting a health care practitioner ?

Essences in general are very safe to use and do not cause adverse side effects. However, the information offered here in no way excludes the necessity of a diagnosis and treatment from a health care professional.

do indigo essences cause side effects?

Indigo Essences contain crystal energies, mineral water and brandy as preservative. We advise that if you are concerned about children ingesting any amount of alcohol then it is best to use the essences topically as per the recommendations above.

The active content of the essences is an energy pattern and is therefore unlikely to cause side effects in the recognized sense of the term. However, as the essences bring your energy body into balance you may experience some changes in your energy levels. This is especially true if you've been exhausted and need to sleep. You may also experience transient mood changes as you begin to release blocked emotions.

can indigo essences be used along with other therapies?

In our experience, the essences work very well alongside any number of therapies, including homoeopathy, cranio sacral osteopathy, all sorts of counseling and therapy and all sorts of bodywork.

If you are currently consulting a health care professional, do tell them about the essences before you use them so that they can adjust their work with you accordingly.

about Indigo Essences

indigo essences mission statement

we want these essences

- to help as many children as possible to feel safe and comfortable in their physical bodies
- to reassure children that they are always loved and supported and that they are never alone
- to ease their passage through these times of change
- to help them hold their dream and bring it into being
- to encourage children to speak out and know that they are heard and understood.

our company ethos

to produce very high quality essences
which help people feel better
with as little environmental impact as possible
and have fun while we do it.

product information

- our essences are prepared in a concentration of 40% brandy to 60% water, this means they can be further diluted without losing any of their potency. It is our policy to use materials and processes that are environmentally friendly through all production stages of Indigo Essences.
- our sprays are made in Pet pump action spray bottles, lightly scented with a fair traded organic oil.

other products

New Child Series - a range of 16 gem and crystal essences (from which the combinations were put together)

New Energy Series - series of 10 gem and crystal essences (also incorporated into combinations for kids)

Chrystal Series - a range of 10 gem and crystal essences to help cope with increased sensitivity

contact information

Indigo Essences

The Yard Cottage

Dragonhold Stables,

Timmore Lane

Newcastle

Co Wicklow

Ireland

Phone: +353 1 2011671

E-mail: ann@indigoessences.com

Web site: www.indigoessences.com

Ann's bio

Ann trained as a classical homeopath and specialized in the treatment of children. She later taught homeopathy, was a founding member of the Irish Society of Homeopaths, Irish representative to the European Council of Classical Homeopathy and a Director of the Irish School of Homeopathy.

She started making essences in 1998 and used them trialled them in her practice. She has since closed her homoeopathy practice to concentrate on prescribing essences, producing the Indigo range and teaching workshops around the world on using Indigo Essences as part of an alternative approach to caring for children.