

# Indigos in Hawai'i: A Phenomenological Study of the Experience of Growing Up with Spiritual Intelligence

## **Principal Investigator Information & Contact Person:**

**Lulu Bagnol:** Doctor of Health Sciences doctorate student, A.T. Still University, Private phone: (808) 695-5278, Email: IndigoHawaiiistudy@gmail.com, Private address: 84-687 Ala Mahiku, Apt 127B, Wai`anae, Hawai`i, 96792.

**Jeff Alexander,** Associate Professor, Doctor of Health Sciences Program, Department of Interdisciplinary Health Sciences, Arizona School of Health Sciences, A.T. Still University: (480) 219-6039, Email: jalexander@atsu.edu, 5850 East Still Circle, Mesa, AZ, 85206.

**Helen Ewing,** Director and Assistant Professor, Doctor of Health Sciences Program, Department of Interdisciplinary Health Sciences, Arizona School of Health Sciences, A.T. Still University: (480) 248-8142, Email: hewing@atsu.edu, 5850 East Still Circle, Mesa, AZ, 85206.

**Doris Chu,** (808) 636-1300, Email: suneagle8@aol.com.

## **Abstract:**

There is a special group of children around the world who have high intelligence and intuition, healing abilities, and a strong spiritual connection with God, yet these children are often mislabeled as having behavior disorders. Little is known from scientific research about the Indigo phenomenon in America, although many countries, especially among indigenous populations, are familiar with Indigo-like children. The purpose of studying these children when they are adults is to better understand these children when they are older and advance behavior health sciences by increasing awareness of the Indigo phenomenon and learning about their lived experiences. This phenomenological study explored the lived experiences of 10 adult Indigos ( $\geq 18+$  years old) on the island of Oahu, Hawai'i (7 females, 3 males; mean age =  $52.4 \pm SD$ ). Through in-depth semi-structured personal interviews, the experiences of these adults were analyzed and interpreted to identify the common experiences faced during childhood, what worked for their assimilation into society, and recommendations for parents, educators, and health professionals on how to work with Indigos. Bioenergy field (aura) photographs of each participant were also taken. Statements related to the phenomenon were placed into themes, coded, and categorized as the investigators reached a consensus of common themes. Seven primary themes and nine secondary themes emerged from the findings. The primary themes were: grandmother/mother had a similar gift; guided by a higher power to heal self and others; felt "different" or misunderstood; did not openly share their unique abilities; having challenges with partner relationships; history of abuse/violence or frequently disciplined; and use of intuition at work and/or school. Secondary themes included: Using Hawaiian and cultural healing methods; everyone has a degree of intuition and the use of intuition to know when to see a doctor or not; various unique abilities from body traveling to investigating crime scenes; drawn to the underdog and kupunas (elders); out-of-box thinking



and multiple careers; mental health institutions, and financial struggle. Self reports on participants' life purpose, their unique abilities, and being misunderstood were also collected. It was concluded that Indigos felt mislabeled or misunderstood throughout their lives in spite of their belief that their life purpose was to help humankind.

## Introduction

Every child born is special and possesses unique gifts. However, there is an extraordinary group of children who have high intelligence and intuition, healing abilities, and a strong spiritual connection with God. Some researchers claim these unique children are a whole new human evolution<sup>1-7</sup>.

During the 1970's tens of thousands of these children were found in China. These highly intelligent and clairvoyant children were gathered, institutionalized, and trained for military intelligence by the government<sup>8</sup>. Children with the same combination of unique skills were also found in other parts of the world including the islands of Hawai'i<sup>2-4,9,10</sup>.

In the 1970's, children were later identified by Nancy Tappe, who has synesthesia (a condition where one's senses are blended together), having the color indigo in their bio-energy fields. It was Tappe's discovery that gave these children the name "Indigo children"<sup>2-4,6</sup>. Consequently, some researchers hypothesize the children in China may have been Indigo-like individuals<sup>10</sup>.

The Indigo children phenomenon has been known to the public since 1999<sup>1-9,12-18</sup>; however, other researchers have discovered these unique children two decades prior to that<sup>6</sup>. There is a paucity of research on Indigo children and adults in the scientific literature in English and the relation to behavioral health. The children of China are an extreme example of Indigo children; however, Indigo children display a range of behavior associated with their special abilities<sup>6</sup>. Children have difficulties focusing and socializing, are resistant to authority, are impatient, may not speak until a later age, can be highly disruptive and sensitive, have major depressive disorders, like to take risks, are fearless, and possess an enormous amount of energy, optimism, and compassion<sup>2,4</sup>. As a result, there are four types of Indigos: *Humanist, Conceptual, Artist, and Interdimensional*<sup>6</sup> (Table 1) who possess specific intelligences or a combination of them: (a) high intelligence (IQ), (b) spiritual intelligence (SQ), using multiple senses of inner knowledge to solve problems; SQ is considered the ultimate intelligence and having the creative vision and power to transform and transcend suffering<sup>19-21</sup>. SQ is a fairly recent phenomenon and reflects multiple ways of knowing and having a capacity of insights at multiple levels of consciousness and awareness<sup>22</sup>. Those with SQ possess deep compassion, empathy, and caring for all living things<sup>20</sup>, and (c) multiple intelligences that can be broken down to musical, kinesthetic, interpersonal, and intrapersonal intelligences<sup>23</sup>.

Furthermore, the different types of Indigos, their intelligences, and their behaviors often lead them to be labeled by parents, teachers, and health professionals as attention deficit hyperactivity disorder (ADHD), attention deficit disorder (ADD), autistic, or as having a behavioral disorder. Unfortunately some of these children are medicated or placed in special education classes<sup>7,16,17,24-26</sup>. The significance of this study is to increase awareness of Indigo children and adults in hopes of not mislabeling them. The purpose of studying these children when they are adults is to better understand these children when they are older and advance behavior health sciences.



**Table 1: The four types of Indigos**

<b>Type of Indigo</b>	<b>Description<sup>6</sup></b>
Humanist Indigo	This type of Indigo is people oriented, hyperactive, extremely social, very friendly, will talk to anyone and everyone, awkward in body language, and tends to be opinionated. They cannot be alone unless someone is nearby. As adults, humanist Indigos succeed in medicine, law, education, business, and politics and choose professions that give service to mankind. Physically they are larger than average build.
Conceptual Indigo	This type of Indigo is usually “more into projects than people” <sup>2</sup> (p. 11), are very athletic and excel in engineering, architecture, designing, aeronautics, and as military officers and aviation pilots. This Indigo is brilliant and works very well with computers. When they are young, they need a computer, not just want one. This Indigo constantly takes things a part and puts them together. It suggested watching these kids’ behaviors as teenagers very attentively as they tend to cope with life by self-medicating or by substance abuse. Physically conceptual Indigos have a larger body frame.
Artist Indigo	The artist Indigo is extremely creative and can be very sensitive emotionally. From an early age they succeed in dance, singing, painting, and acting, and whatever subject they get into they will find the creative side of it. Artist Indigos tend to excel as teachers, surgeons, and researchers. Their music ability is extraordinary and they may play multiple instruments. The artist Indigo is usually smaller in body type.
Interdimensional	This Indigo as larger than the others, and they are curious about everything and the human body. They like to experiment, sometimes doing things that look cruel; however, they are not. They are our new philosophers and religious leaders and believe they know it all. Since this type of Indigo does not fit into society well like the other three types of Indigos, they can often be perceived as “bullies” and arrogant.

## Methods

### *Participants*

Ten candidates ( $\geq 18+$  years old) were recruited through purposeful and snowball sampling, and were selected where Indigos tend to gather such as spiritual healing groups, community faith organizations and behavioral health centers. Screening included answering “yes” to all four core Indigo characteristics. (Please see Table 2). Participants were free of medical, physical or cognitive impairment that would preclude their participation in the interviews. The research protocol for the study was approved by A.T. Still University Institutional Review Board.

This study used a phenomenological design where in-depth, semi-structured personal interviews were used for data collection. The interviews were conducted from December 2009 to February 2010. The specific areas the interview questions covered were: spirituality, intuition, unique abilities, compassion and empathy, intelligence, growing up with this uniqueness, and recommendations for parents, educators, and health professionals.



**Table 2. Core Indigo Characteristics**

Core Characteristic	Definition
1) Are you spiritual?	Do you have a strong connection to a higher being?
2) Do you believe you have high intelligence, a specific intelligence or both:	This could mean a participant was tested for their intelligence quotient (IQ) and scored at least 120 or excel in a specific intelligence such as but not limited to: creativity, art, music, dance, athletics mathematics, engineering, sciences, etc.
3) Do you believe you have healing characteristics of self or others?	Have you been known to heal yourself or others in any capacity that required your hands, thoughts, prayer/chanting, the supernatural, or skill?
4) Are you highly intuitive?	Strong intuition could mean you have a "knowing" about people, places, and events. Sometimes you know when something will happen, or know what will happen to a person, or know what a person is all about and you never met before.
Exclusion	Participant says "no" to any of the inclusion questions and if the participant is pregnant.

*Note:* In order to qualify for the study, the participant must **self-identify** s/he is an Indigo and have lived the following experiences (In a conversation with N. Tappe, October 2, 2009):

**Bioenergy field photographs.** Experts suggest that a standardized IQ test that measures general intelligence may not be always the best evaluation for Indigos since many Indigos have specific intelligences. For many Indigos, "intelligence is measured in creativity and applied intelligence"<sup>9</sup>(p.10) and what some experts say is more useful is the bio-energy field (aura) and behavior of a person<sup>9</sup>. Therefore, a bioenergy photograph, using the WinAura Pro Biofeedback Color Spectrometer based on biofeedback data, from each participant was taken in real time before the interview to evaluate if the participant had an indigo bioenergy field of any depth (low, medium, and high). However, it is important to note that bioenergy fields of a person can change at any given time depending on the person's mood, emotions, and physical state at the time the bio-energy photograph is taken<sup>27</sup>. To avoid bias, the participants did not see the results of the photo until after the interview.

## Data Analysis

Inductive analysis evaluated the transcribed audio-taped materials. Statements relating to the phenomenon were placed into themes, looking for patterns and relationships, and then coded into categories. Discussions among the investigators took place to reach consensus of common themes. Interview questions were pilot tested with two adult Indigos not part of the study and were consulted with an Indigo expert to determine if the questions were appropriate. Six of the 10 participants sent approval of the transcripts' accuracy and four made revisions prior to approval. After transcript verification, interpretive verification from two selected participants concluded the analysis. Tint of indigo in the photograph of any depth were subjectively observed and recorded if present.



## Results

Table 3 describes the 10 participants, ages 39-81 years old (mean =52.4 ± SD), three males and seven females. Nine had some form of college education or technical training, two with master’s degrees and one with a Ph.D. Four of the 10 participants were born in Hawai`i, and the remaining six had been in Hawai`i for an average of 30.2 years ± SD. All 10 participants considered Hawai`i their home and believed in an *amakua*, Hawaiian for ancestral spiritual guide of family and self. With Hawai`i being a multi-ethnic island state, there was no dominant ethnic group. To maintain confidentiality, each participant selected their own pseudonym.

**Indigo Characteristics.** Eight of the 10 participants identified themselves as “Humanist” Indigos, and seven of the 10 reported having SQ. Two participants created their own category of intelligence: communication. Five of the 10 participants had the tint indigo in their aura. Please see Figure 1.

**Figure 1: Bioenergy Field Photographs of Participants**

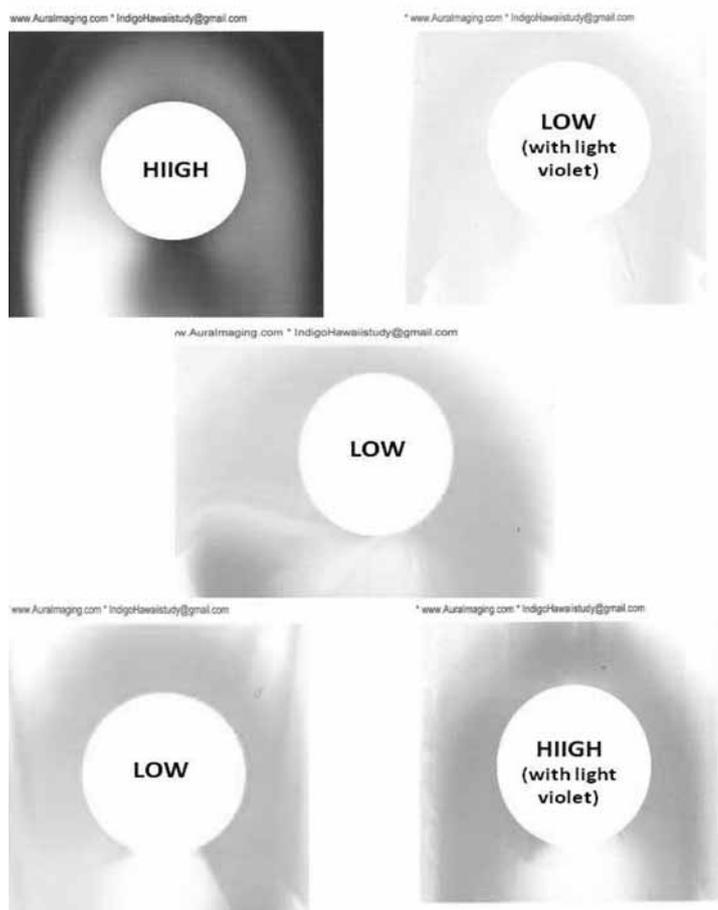


Figure 1. Bioenergy Field Photographs of Participants Displaying the Indigo Color Either Low, Medium, or High. Note: Light violet symbolizes high intuition (Aura Imaging Biofeedback Photographic Technologies, 2010). Printer and scanner did not capture the entire accuracy of the color.



**Table 3: Demographic profile and Indigo Characteristics of Participants**

*Demographic Profile and Indigo Characteristics of Participants*

Pseudonym	Age (yrs)	Sex	Ethnicity	Education	Occupation	Born & Raised in Hawai'i	If not, years in Hawai'i	Believes in Amakua	Type of Indigo	Type of Intelligence (Q)	*Indigo Appears in Bio-energy photograph
Bugs Bunny	43	M	Caucasian	High School	Gardner	No	25	Yes	Humanist	SQ	Yes
Ekeana	46	F	African American	College	Medical Biller	No	18	Yes	Interdimensional	SQ, IQ	Yes
Janus	46	M	Caucasian	College	Healer, Sales	No	2	Yes	Humanist	SQ	No
Haoleguri	48	F	Caucasian	Technical Training	Author	No	31	Yes	Interdimensional Artist	Communication Q Multiple Q Artistic Q Music Q	Yes
Kapi	52	F	Portuguese, Hawaiian, Puerto Rican	Technical Training	Secretary	Yes	N/A	Yes	Humanist Conceptual Artist	Creative Q	No
La'au Passion	57	F	Hawaiian Caucasian	Technical Training	Program Director	Yes	N/A	Yes	Humanist	SQ Multiple Q	Yes
Opal	56	F	Japanese, Black, Am. Indian, French	College	Movie Producer	No	50	Yes	Humanist Conceptual	Creative Q	No
Shihan	81	M	Hispanic	College	Therapist	Yes born /No raised	N/A	Yes	Humanist	SQ Multiple Q	No
Star	39	F	Okinawan, Filipino, Chinese, Spanish	College	Social Worker	Yes	N/A	Yes	Humanist	SQ	Yes
Whale Child	56	F	Filipino	College	Educator, Healer	No	55	Yes	Humanist	SQ, Multiple Q	No

\*Note: The color indigo not appearing on their bio-energy field photograph does not mean participant was not Indigo.

## Primary Emergent Themes

Seven primary themes (five or more participants gave similar answers) and nine secondary themes (less than five but at least two participants gave similar answers) emerged from the findings.

1. **Grandmother or mother had a similar gift.** Eight out of 10 participants had a grandmother, mother, or both with a similar gift. Two participants alluded to their mothers knowing they had the gift, but not knowing what to do about it, and two participants revealed they were told by them to stop it or that it was demonic.
2. **Guided by a higher power to heal self and others, prayer and chanting.** Six of the participants felt that they were guided by a higher source and that they often prayed or chanted to heal themselves and others. One participant (Jarius) who really wanted to take a healing art course but could not afford it sought affirmation through a conversation with God:

I said, God, I promise you, I promise you, that if you can make this happen, if you can provide these things for me I will serve you. I will serve humanity, I will help in the time of need as the earth goes through its metamorphosis, as things shift, and I'll be there. But, you have to be a part of it.

Shortly after this prayer, when someone heard of his desire to take the course, the person took up a collection for the participant. One of these benefactors donated \$25,000 to his spiritual development. Jarius knew at that point he would not question God again:

So it was a direct representation, a direct manifestation, a direct answer to my heart request. It was a validation; it was the first time in my 45 years that I actually moved into a really deep level of trust in God. Prior to that I didn't really trust in God. But with that it was like I'm not going to question you any more God. No questions asked.

3. **Felt "different" or misunderstood and labeled that way.** Six of the participants reported they felt "different" or "misunderstood" by others while growing up. Many have been labeled "crazy," "nuts," "weird," or "delusional." Shihan reported he was labeled ADD by his teachers and that he had some kind of behavioral disorder because he always finished his work early and stared out the window. Participant Star expressed, I knew that I was different. Because I was over emotional, highly sensitive, I couldn't relate to people. People couldn't relate to me. But, I tried my best to be normal. Tried my best to be normal. I would cry easily, I could feel people's pain easily.
4. **Did not openly share their unique abilities.** It was clear that more than half of the participants did not feel comfortable sharing and being open about their gifts. It seemed that hiding it and keeping it to themselves was the safest solution for them, due to fear of being negatively labeled. Whale Child reported how hiding her unique abilities was frustrating for her growing up: "... if my mom, my dad, and my sisters saw these strengths, these gifts, then I wouldn't have spent all that time hiding it."
5. **Having challenges with partner relationships.** A common theme among six of the participants was the challenge of finding a life-time partner; several were married at least once, and several were divorced more than once.



6. **History of abuse/violence, frequently yelled at, or spanked.** Half of the participants revealed verbal, physical, emotional, and sexual abuse, or a combination of abuses, being frequently yelled at or spanked throughout their childhood. Physical abuse was so difficult for Bugs Bunny, he had difficulty finding his purpose in life: "After being abused, after being mentally, physically, sexually abused by my dad, then, being locked up in the mental health system all my life, I just look at it like, what's the purpose of my life?"

There were times that were so bad for the participants because they were misunderstood by family and friends, that many of them toyed with the idea of death. "Because there was a point I would say about the 4th or 5th grade that I just didn't want to live anymore" (Star).

7. **Used their intuition to guide them at work and/or school.** Five participants reported using their intuition while in school or work to guide them in exams, projects, choice of classes, and/or clients. In response to the question, "Do you think it is fair using intuition while taking exams?" Jarius said he felt that if succeeding in school was related to the ability to help and heal others, using intuition for exams was justifiable. Using intuition at work was the main theme for five participants, and one participant, a la`au lapa`au (herbal medicine) practitioner, heavily depends on intuiting what her clients do not reveal: "In la`au lapa`au, I depend on what is not being said by the clients. I depend upon what I pick up spiritually to get the root cause of illness or pilikia, or trouble, in their life" (La`au Passion).

## Secondary Emergent Themes

Nine secondary emergent themes (less than five but at least two participants gave similar answers) reveal vivid lived experiences of Indigos. Table 4 displays the secondary themes in a table format.

**Table 4. Secondary Emergent Themes**

Secondary Themes (Less than five but at least two participants gave similar answers)
1. Using Hawaiian and cultural healing methods
2. Believes everyone has a degree of intuition & Using their intuition to know when to see a doctor or not
3. Various unique abilities from body travelling to investigating crime scenes
4. Drawn to the underdog and <i>kupunās</i> (elders)
5. Out-of-box thinking and having multiple careers
6. Affiliation with mental health in some way
7. Financial struggle
8. Other spiritual concepts (philosophy of 2012)
9. "Stood out"/felt alone

## Participants' Life Purpose, Unique Abilities, Being Misunderstood, and Recommendations

This section addresses the specific research questions under study and collected through participants self-reports and not themes developed by the researchers. Table 5 provides a summary of the respondents in a matrix.



**Life purpose** Nine out of ten participants clearly knew they had a purpose in life. The primary theme of this purpose was to help, protect, serve, and heal others, or a combination of these. Opal, believed her life purpose was in the film industry: "I wanted to do movies that opened the heart Chakra; by opening the heart Chakra, my belief is this, we're alchemists in the movie business." Opal believed there must have been a reason why she had strong intuition to break into the movie business and became very successful at it:

*In the first place,...I really believe that because [the movie business] was a part of my life I believe that I was meant to share spiritual knowledge from Hawai'i. Which I believe is one of the most spiritual places on the planet.*

**Unique abilities** All ten participants' unique abilities stemmed from spiritual intelligence of some sort. Speaking in tongues, laying hands, clairvoyance, and clairsentience had all been experienced by more than one participant. It was not uncommon to relay spiritual messages to people. Four participants experienced the ability to leave their physical body, known as astral travel, or out-of-body experience. However, in all cases, the participants feared they would not be able to get back into their body or were told to stop it all together because it was demonic, and therefore did not attempt astral travel again. Another common experience was the reaction of other people to the participants' unique abilities. As Kapi relates, another stereotype regarding Indigos is the belief that they can perform all kinds of supernatural feats: They think I can predict the future. And I cannot do that. I do not have a crystal ball. Because I've done something with them in the past. And they'll come to me and ask me a question out of the blue. Do you think this will happen? I have no idea. Overall, participants credited their gifts to a higher power or source, and some were afraid of it, "because this is power I think that has been given to me. And, it was up to me to carry it on. Do whatever I was going to do with it. It just scared the hell out of me" (Shihan). Part of this fear was the responsibility of controlling other people's lives, and the fact that people were starting to depend on them for answers, and consequently, some closed down their gifts to avoid this responsibility.

**Being mislabeled or misunderstood** As discussed earlier, a majority of the participants avoided being open with their gifts in fear of being labeled "crazy," making them feel they were misunderstood. One participant was pressured to see a psychiatrist by family members although nothing was found to be wrong.

**Recommendations for parents** (See Table 5 for all the recommendations by each participant). What was mentioned more than once was the recommendation for parents to support their child and recognize their gifts: "Look for the extra ability to do something, not just what they are not doing" (La`au Passion). "You know you have a very unique child and you need to be more involved, and that there is something very special for the both of you" (Opal). In some cases, parents were just not ready as Opal explains, "I don't think that my mother was equipped to have a daughter like me." Another recommendation to parents was, "realize you have no clue what to do with this child" (Jarius).

**Recommendations for educators.** For educators, the common recommendations were: support the child who is gifted, advocate their learning, engage in a positive dialog, and recognize that this gift is unique and that there is no instrument that can measure this (Kapi). Shihan's recommendation was for teachers and students to work together with the goal of benefiting others through Indigos' gifts:

*If that teacher is willing enough. Find out who has the stuff, and then form some kind of clique, but then the purpose of the clique is to be helpful to the others. The purpose would be, look, you guys have a*



*special talent and we're going to work on that. With the premise that you're going to help your fellow student.*

**Recommendations for health professionals.** Four of the participants expressed a desire for health professionals to become more open to alternative healing because Western medicine is not always the answer, as Star commented: "for example, an illness is not [always] due to biological or environmental circumstances. It could be spiritually connected." Especially when dealing with Indigo individuals, it is important to "go beyond textbooks" (Ekeana), "and [not] cover [illness] up with medication" (Kapi). According to La`au Passion, Western practitioners should "look for Native knowledge in the area you are inquiring...know the needs of the land. And when you meet the needs of the land then you meet the needs of the people." Moreover, half of the participants have consulted a spiritual healer for answers or for training on spiritual development that included health.

Lastly, three participants recognized that there needs to be an Indigo support group to bring relief and hope to parents, educators, health professionals, and Indigos. As Whale Child expressed, "By being labeled as an Indigo child, for some it would be a relief, they will go, oh, ok that explains it."

## Discussion

The purpose of studying Indigo adults was to better understand Indigo children when they are adults and advance behavior health sciences. Consequently, the results of this study are identical to past similar studies of persons with psychic and high intuitive abilities<sup>28,29</sup>. The bioenergy photograph results of the current study is parallel with experts (In a conversation with N. Tappe, October 2, 2009). The absence of indigo in their aura did not mean the participant was not Indigo, although Tappe suggested violet/blue would always be in their "life color" if they were Indigo (In a conversation with N. Tappe, July 2, 2010). The question remains, can a non-Indigo show an indigo aura? The authors believe this is possible. There are numerous behavioral medicine purposes that bioenergy field photographs can assist with, since the photograph of the mind, body, and spirit of a person is taken in real time.

From the primary results of the current study, family members of the participants also had a unique gift. These gifts were mostly credited to a higher power; all of the participants prayed or chanted regularly and have conversations with this higher power. It has been well known even in healthcare that clinicians and consumers give credit to the higher power in holistic care, general patient care, and childbirth outcomes<sup>30-32</sup>. La`au Passion commented how these conversations were important to her: "What was that whisper that I missed today? I don't want to miss a whisper, especially from my ancestors, especially from God, especially from the Holy Spirit; I don't want to miss that, that whisper."

The challenges of maintaining long term relationships among Indigo adults could stem from their uniqueness, frequently being misunderstood by family and friends. The authors surmise because of this, Indigos should seek other Indigos as life partners, as the clique goes, "it takes one to know one." Who could best understand an Indigo but another Indigo?

The history of abuse and violence and being frequently disciplined throughout childhood is not easily comprehended by the authors. Although Indigos display an array of unique behaviors, abuse/violence/heavy



discipline may have been a solution for parents and family members to control these behaviors. However, the authors believe history of abuse and violence is not true for all Indigos.

Whale Child, and educator for 34 years, mentioned, "I've had many students labeled special needs, ADD, ADHD, whatever. I had them in my classrooms." Whale Child believed many of them were Indigos. The danger of being mislabeled with a behavioral disorder if you are an Indigo, is the retaliation they may act toward society if they cannot manage their emotions from being misunderstood such as doing drugs which can lead to violence, or deviant behavior, or just being extreme. Even having suicidal thoughts was not uncommon among few of the participants because they were misunderstood. Etain *et. al*<sup>33</sup> reported that childhood trauma has some association with bipolar disorders especially if there is a genetic susceptibility. In the case with BugsBunny, after his childhood abuse, he was later diagnosed with multiple personalities.

The use of the participants' powerful intuition played a significant part in work, school, or both. Moreover, there has been studies measuring intuition. McCraty *et al.*<sup>34,35</sup> supported psychophysiological and electrophysiological evidence of intuition by measuring skin conductance, electroencephalogram (EEG), and electrocardiogram (ECG) and found intuition is first registered through the heart as prestimulus information and then to the brain, working together to unfold future events, mostly experienced by females in the study. This is parallel to what the participants, all females, under the current study who commented, "listen to your heart" when using intuition.

## Hawai`i is a Special Place for Indigos

Hawai`i has been known to be a very spiritual place and appears to be a magnet for spiritual individuals. In Hawaiian spirituality, the world exceeds the material body; it encompasses the extrasensory senses, which can emerge while sleeping, causing visions or spirit sleep, *moe`uhane*, sometimes prophetic in nature, or premonitions to help future decisions. During *moe`uhane* sometimes *kino wailua*, the body traveling out of itself, will occur. It is believed when they do *wailua*, travel, they can distance heal others by this traveling. These visions can also happen when a person is completely awake, known as *aka ku*, or shadow standing. *Mana*, the supernatural force called upon with prayer that comes in the form of *uhane*, spirit, is the source for all this to happen in combination with *aloha*, unconditional love, which is the foundation of Hawaiian ethics<sup>36,37,38</sup>. Astoundingly, the phenomenon of *wailua* and *aka ku* are what the participants experienced, and furthermore, it was *mana* that the bioenergy photographs were captivating.

Hawai`i seems to be a special place for Indigos. Opal believed her purpose was to show how special Hawai`i was by her movies: "I believe that Hawai`i has a special message to get out to the rest of world..." Ekeana, an African American, explained she found empathy and compassion in Hawai`i because people didn't judge her.

The use of traditional Hawaiian healing was a solution for the participants as well, especially in *la`au lapa`au*, *Ho`oponopono*, and in seeking traditional healers. The authors are aware that because of the *aloha* spirit in Hawai`i, the openness and acceptance of spirituality in Hawai`i, and the integration of multi-ethnicities, Indigos in Hawai`i may have different experiences than Indigos elsewhere.



## Life Purpose and Being Misunderstood, and Recommendations

It was evident that the participants believed their life's purpose was to selflessly help others become better individuals. Being mislabeled and misunderstood growing up were additionally prominent among the participants; however, feeling misunderstood in adulthood was not clearly stated and needs further research. The participants were labeled from "delusional," to having ADD, and being "special ed," or even too intelligent that teachers thought they cheated. For the reasons above, the participants felt that being misunderstood throughout their childhood had caused some oppression, isolation, and discrimination.

Recommendations to parents, educators, and health professionals revolved around emotional, spiritual, and academic support of Indigo children. Recognizing and developing the gifts of the child early on would have helped the child from hiding it.

## The Controversy, the Indigo Phenomenon, the Celebrations

Then controversy continues whether Indigo children and adults actually exist, and that it is dangerous to think your child is Indigo when they really have ADD, ADHD, or other behavior disorders, and that there is no scientific way to test the claims of the Indigo phenomenon<sup>39</sup>. To help parents, educators, and health behavioral scientist, additional research is needed to distinguish between behavioral disorders and the innate characteristics of Indigo children. However, Jarius explained an interesting perspective that in some way we are all Indigos:

I think that the term Indigo and Indigo children is very restrictive...it comes with an assumption that there's a limited number or special group and I disagree with that...everything is in a state of evolution. And, what is considered special and unique is really nothing more than everyone having a varying degree of intuition or psychic ability. Everyone has a varying degree of that.

**Celebrations** It is important note that the many of the participants in the study grew up to be successful adults. These successes included being in the movie business including acting, spearheading research departments, obtaining Masters and Doctorate degrees, becoming sport Hall-of-Famers, and healing hundreds of people.

## Implications and Limitations of the Study

The implications of this study suggest support groups for youth and adult Indigos, and parents, educators, and health professionals who are working with them in their lives. Further in-depth research using bioenergy fields with Indigos is suggested as well as exploring Indigos in other countries and the other islands of Hawai'i. The lack of studying other Indigos on the neighbor (outer) islands of Oahu is a major limitation of the study. Other limitations were the spectrometer used a digital camera and the PI used an average quality printer and scanner. A bioenergy film camera and a higher quality printer and scanner are recommended. However, using the photos as conclusive evidence was a limitation as the results varied significantly. Moreover, the principal investigator (LB) took the photograph so she had no choice but to look at the photo to focus the camera, hence interviewer bias may be a concern.



Because of their unique gifts, the Hawai'i Indigos faced discrimination at some point in their lives, leaving them to feel suppressed. Suppressed Indigos cannot do what they are meant to do and become servants for the Divine, to help others in whatever capacity. If society can see these individuals as assets and not threats to humanity, they can flourish our communities with their creativity and intelligence. Yes, Indigos are uniquely different; however, as one Indigo stated because of this difference, "Don't throw away the piece, find a way to fit us in a puzzle."

**Table 5: Participants' Life Purpose, Unique Abilities, Being Misunderstood, and Recommendations**

Pseudonym	Life Purpose	Unique Ability (ies)	Misabeled Misunderstood	Recommendation for Parents	Recommendation For Educators	Recommendation for Health Professionals-HP
<b>BugsBunny</b>	Make others happy, and help them, but not with his gifts; with his humor.	-Clairsentience -Speaking in Tongues -Astral traveled	Labeled "multiple personalities" by psychiatrist, yet he believes he has a personality disorder	Don't say kid is crazy or lying. Sit down with them and ask questions. Kids: tell parents your dreams	No advice	Be more sensitive, understand, listen. Don't control their life, maybe you can meet them half way
<b>Ekeana</b>	Help African Americans	-Crawled on wall as a child. Have been seeing spirits; maybe a conduit	-Felt misunderstood -Labeled "crazy" by mom and sister	Don't label child, give support; listen to a shy/withdraw child	Don't label; engage them	Go beyond text books Listen and learn from them
<b>Haolegurl</b>	Publish a book to help others with mental illness	-Strong intuition -Laying of hands	No	When you see a kid's eyes light up they know what you are talking about. Parents need SPED training to teach their kids.	Get the same training as parents	Look at good qualities of each person and work on those strengths
<b>Jarius</b>	-Definitely to heal others -To serve others	Strong Intuition -Soul healing -Speaking Tongues -Communication Intelligence	"Felt separated from the crowd but not separated out from the crowd"	Realize you have no clue what to do with child; you are a child yourself dealing with a child. Allow evolution for the child to develop his purpose here. Teach them "acceptable" boundaries. Help them develop their abilities.	Same advice	Be curious, inquisitive, and be a child yourself -Be open to what you don't know. "If we try to put everything in a box that we learned, then we stopped learning."
<b>Kapi</b>	-Protect others -Follow 10 commandments	-Strong Intuition -Clairsentience -Astral traveled	No	Don't discourage it, encourage it; do research if you don't understand it; Don't think it's evil; it's misunderstood; it's not like the movies.	Don't think you need science to have proof. Sometimes what you feel you may not be able to see. No instrument can measure this. Some things just meant to be	Don't label everything into a box; don't cover up with meds. Just because someone is creative or talks in a creative way doesn't mean they are not normal. Don't suppress it
<b>La'au Passion</b>	Serve & heal others	-Clairvoyant -Visions	-Felt "different" -Had a speech problem	-Look for the: gifts, positives, talent, ability to do something not just what they're not doing, math genius, musical genius, talent in sports, medicine, multiple gifts, right environment -Down syndromes teach family	-Don't stick to books to teach you to teach -Look at your own gifts outside the classroom -Work outside the box -Follow your na'au (gut) intuition, be creative -Your na'au will always tell you the truth	-Look for Native knowledge in the area you are inquiring -Give respect to their knowledge and practices -Develop relationships with them, they have the real story, they know the heartbeat of the land



Pseudonym	Life Purpose	Unique Ability (ies)	Mislabeled Misunderstood	Recommendation for Parents	Recommendation For Educators	Recommendation for Health Professionals-HP
Opal	-Film-making -Open heart chakra through films	Strong intuition	-At 6 5 yrs labeled special needs (language problem) -Felt different	-If you know you have a unique child, get more involved. Find a way to have a relationship. Remain involved with them.	-Be open & recognize the unique students -Look closer if you suspect they're unique -Nurture them -Don't single them out -Don't make them feel different	-Don't be judgmental -Unconditionally accept all kinds of people
Shihan	Doesn't know	-Able to see, hear & feel the spirit world -Move objects without touching them -Laying hands -Can look at a photo and tell about a person -Astral traveled	Labeled "delusional"	Encourage them, don't be afraid of them. We're not weird and not "monsters". Get them into an advanced learning. Wished someone took him under his wing so he would not have been afraid – he backed away.	Some teachers don't like it when students are smarter than them. Form a hui (club) of these special talents and help each other	Be brave if a patient is smarter than you. Just because a patient is labeled schizophrenic it doesn't mean they are idiots. Nobel Peace Prize Winners have been diagnosed with schizophrenia.
Star	-Creating Mission to help others who suffer -To help others	-Strong intuition -Astral traveled	-Felt "different" -People called her stupid - People said she had no common sense -Felt misunderstood	-Nurture children's gifts. - Don't push them away. -She admires moms who recognized their child's gifts. Have child lead discussion. Really listen. Do not doubt them.	-Engage in dialogue. Ask positive questions. -Find value in the child's Qs. Help child articulate what she/he is feeling (child may not be able to articulate verbally)	Be open to other cultural healing. HPs are not trained in spirituality and family dynamics. Some things are not taught in med school. Recommends a support group for children and adults Indigos
Whale Child	Whale Child	Here on earth to give service	Strong intuition	-Felt "different" -Labeled "naughty" by Mom	-Observe your child look for patterns of behavior; -Define challenges, don't see it as a fault -See their gifts, strengths -Find clear ways of communicating -Find out their values first and see what values you would like to instill in your child. -Often we react to our child that triggers something in us -Perform "conscious parenting"	-Be an advocate for the child's learning -Remember you as a child first (if you didn't like it, a child wouldn't like it either). -Sometimes the child just doesn't have anything to say or want to say anything. -Being labeled Indigo: gives parents hope especially if these parents are spiritually guided.

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*“Honesty is the first chapter in the book of wisdom.”*

*Thomas Jefferson*

