

# Indigo – An Emotional/Spiritual Aura Color

- Highly aware and intuitive, peaceful, idealistic, live by example; inquisitive, old souls
- Independent, fearless and strong-willed yet sensitive and compassionate
- Innocent, pure, highly ethical and extremely truthful
- Tend to have both feminine and masculine (yin and yang) qualities in equal measure
- Comfortable just being themselves; cannot be threatened, coerced or “guilt tripped”
- Have difficulty relating to their physical body as they relate more to their spiritual self
- Love to be in nature; can commune with animals and children easily
- Extremely curious and inquisitive; willing to challenge and question dogmatic beliefs
- Have difficulty relating to the cold, harsh, cruel world we currently live in
- Sensitive digestive system; food needs to be of the highest quality and all natural
- Uncentered, Indigos can be overly sensitive and become frightened and disoriented
- Uncentered, they can feel isolated from others, like misunderstood loners
- Centered, they are acutely aware that all of life is interconnected
- Loyal, committed and monogamous in relationships; need to bond on a soul level with partner
- Require very little sleep to rejuvenate their body
- Have an innate understanding of technology and computers as if second nature to them
- Can be diagnosed with ADD, ADHD, or learning disabilities cause of their unusual perceptions

**Famous Examples:** Maharishi Mahesh Yogi (Indigo/Violet), the 14<sup>th</sup> Dalai Lama (Indigo/Violet), Paramahansa Yogananda (Indigo/Violet), Adyashanti, Gangaji, the boy Cole Sear in the movie *Sixth Sense*. More and more Indigos are showing up on the planet these days but most are still in their teens or younger.

The **Life Purpose** of someone with the primary color of Indigo is to do what they do naturally – live a life of truth and integrity, lead by example, and show others how to live harmoniously in alignment with higher principles and universal laws.

The **Basic Fear** of someone with the primary color of Indigo is feeling like an isolated outsider and loner.

Indigos are the most evolved of the aura colors and as such have many natural talents. They intuitively know that all of life is energy and at an early age started to question and explore the limiting, dogmatic beliefs that well-meaning parents and their culture exposed them to. Indigos are potentially the most powerful and creative of all people because of their innate awareness of our Essential nature (true spiritual nature). Indigos are also potentially the most psychically sensitive of all people. This gives them the gift of being able to understand and communicate with animals, nature and people in a caring, compassionate way. Indigos often enjoy working with children because they know that children are our hope for a peaceful world in the future. Indigos are often naturally gifted poets, teachers and artists as well as computer and technology gurus. In short, Indigos are drawn to work that allows them to be creative, have freedom to travel, and to connect with people, animals and nature in a compassionate, peaceful, loving way. Some Indigos just take mundane jobs to channel the rest of their time and energy into spiritual awakening. Typical Indigo occupations include the following:

- Actor
- Animal caretaker
- Animal communicator
- Animal trainer
- Artist
- Astrologer
- Botanist
- Building inspector
- Childcare worker
- Computer analyst
- Computer expert
- Computer programmer
- Construction worker
- Consultant
- Counselor
- Dancer
- Designer
- Educator
- Entrepreneur devoted to global peace, humanitarian or environmental causes
- Environmentalist
- Filmmaker
- Florist
- Gardener
- Health practitioner
- Holistic health practitioner
- Horticulturist
- Human resources specialist
- Landscape designer
- Mediator
- Meditation teacher/leader
- Musician
- Nanny or child daycare provider
- Nature tour guide
- Nonprofit organization
- Pet store worker
- Photographer
- Poet
- Psychologist
- Quality control inspector
- Researcher
- Social scientist
- Social worker
- Spiritual teacher/mentor/advisor
- Teacher
- Veterinarian
- Volunteer for a nonprofit organization like the Peace Corps or Habitat for Humanity
- Website designer
- Writer
- Zoo worker