

Elements of Health

Life Care for the 21st Century

March 2006 Vol 8 No 1

Indigo, Crystal & Rainbow Children

Following the last newsletter I had a lot of requests for further information on the Crystal and Rainbow children so I've scouted around and come up with the following, some of which maybe conflicts with what I originally wrote. I believe the reason for this is there isn't a lot of information available on either of these types but it is slowly starting to filter through.

What I would first say about the Indigo children and to some extent the Crystals, is they are frequently the children being labelled as ADD/ADHD or even autistic. What I believe this indicates is not that there is a rising incidence of the problem, but a rising increase in the number of children who just don't fit the school system. These are different children, they learn differently, and have a whole different life purpose and outlook.

If you are a "normal family" with no experience of esoteric ideas, or perhaps even strongly committed to a church, some of what we are talking about can be challenging. However, you will know when you read the information here if you have one of these special children in your family. We all need them to change our world and sometimes having a different perception of why they don't fit can be a big help when seeking support for them.

School can be a major problem. Previous generations have been able to cut off from the fact they can't relate to certain things at school and were able to do it anyway - these children can't. So they get into trouble for not towing the line, not fitting in and for speaking their truth. They have so much to say, they are so evolved - highly developed beings in children's bodies - and this is really hard for them. They are also aware of their life purpose and are ready to go out and do it - however, society says they must go to school and so they are medicated to fit in!!

The Indigos are seen as the warrior children; here to fix the world, to change the political system and care for the environment. Because of their frustration around what has been done to the planet and the lack of acceptance of their differences, they can be angry children. The one thing they cannot tolerate is lack of integrity and they don't suffer fools. These children need to live with integrity and respect. As well as anger, they may also present in the clinic as sad, depressed or anxious - suppressed anger.

The Crystal children, however, are beings of great love and forgiveness, usually born to Indigo parents. They are calm, caring, cuddly, and usually clairvoyant and telepathic. These children follow the Indigo trailblazers into a safer, more secure world. They may choose to communicate through a combination of telepathy, sign language or sounds, and therefore are seen as having language problems or even autism. Frequently they will just start talking in complete sentences at 2, 3 or even 4 years old.

The Rainbow children are just beginning to incarnate now, often with crystal parents. These children have never been on the earth before, so it's all new and interesting. They also have no karma and nothing to learn, and therefore don't choose dysfunctional families to grow up in - they are fully evolved masters in small bodies! These are the babies who look at you and fill you with awe and love. I have seen a few in the clinic and with hindsight recognize their amazing crystal mum's as being the ones who have such delight and comfort in the whole experience of mothering.

In terms of caring for any of these children, I would give the following suggestions.

- Be aware they are extremely sensitive to the environment they live in and the emotional energy around them.
- Give them lots of support and one-on-one attention. One child in Doreen Virtue's work says "yes, we are attention deficit disorder (ADD) - we don't get enough attention"! We live in a busy world but we need to make time to really connect with our kids, not just fill their lives with what *we think they need*.
- These children respond best when treated with maturity, respect and honesty - they often resonate on an adult level.
- They may find it hard to make friends because they are different, and they need to be supported through this, and encouraged to find friends through outside activities.
- They need to be told they're not weird or freaky, but different and special.
- They need to be fed diets free of sugar, food colorings, and preservatives, and they may want to be vegetarian.
- They will be affected by vaccination, but there are ways around this if you feel you have to vaccinate.
- They will avoid conventional medicine when they can, so will be averse to Panadol, antibiotics, etc, but will

Melanie Creedy Registered Homeopath Dip Hom BSH UK, MAHA, ARoH, Dip Yoga UK

Dean Creedy Sacred Space Facilitator, Reiki Master, Yoga Teacher FinY

PO Box 279 Kalamunda 6926 Western Australia Tel: (618) 9257 1334 Mob: 0409 089965

E-mail: enquiry@elementsofhealth.com.au Website: www.elementsofhealth.com.au



Esoteric Remedies

People come with many different issues to be addressed by homeopathy, and more and more frequently are coming with issues I see as relating to their spiritual or life path.

In 1994 I was lucky enough to come across the work of a group of homeopaths who explore remedies through meditation. These remedies are strongly connected to spiritual issues like cutting karma and ancestral ties, past life issues, blocked chakras and energy, disconnection from source, negative entities, and so on. I have been working extensively with these beautiful remedies for some years now, and use them as much for physical problems as for the spiritual challenges people face.

Apple Tree Helps to align the spiritual with the physical where the body is not doing what the spirit wants! Heals the aura following trauma or great shock (including vaccination), particularly where the person does not understand what has happened.. A great remedy for children. Enables fearful children to feel safe, where they are blocked off from joy. Helps with troubled sleep. Blockage in the sacral centre with congestion in the physical organs.

Goldfish (yes really!) For people who feel trapped, dominated and surrounded by rules. Helps free the spirit, allowing expression through the throat chakra. Children dealing with parents' karma and mistakes, perhaps through illness or deformity. May appear disconnected, such as in autism or developmental problems.

Moldavite was formed when a meteorite hit the earth producing a dark green, glass-like crystal. The keynote of this remedy is Truth. Helps with spiritual unfoldment, and teaches us to be more powerful and disciplined. It allows us to discern the truth and remove fear. It is one of the purest remedies for spiritual protection.

Purple (the color) The highest vibration of all color remedies, purple is a remedy of transformation. Helps break down resistance and allows you to contact your spiritual light. Upturns and uproots old patterns.

Sea Salt (Winchelsea) Links heart, brow, sacral and throat centres. Releases deep pain and grief which holds back spiritual progression. Touches pathology and karma from Atlantis and Lemuria. Releases ancestral karma, freeing kidney energy and returning joy to the spleen. Working through the throat it allows our words to heal.

GERALDTON CLINIC

I regret I've had to reschedule the next clinic in Geraldton to 18 -20 May 2006, due to a variety of unforeseen circumstances!.

As these visits book up quickly, please contact me as soon as possible for appointments.

CLINIC NOTES

Allergy Testing

Although it is not necessary to know what someone is allergic to for homeopathy to work, it is helpful in avoiding the allergen to reduce symptoms in early treatment. While I have used dowsing over the years to determine allergies in some people, in order to do this even more effectively, I have just completed Touch For Health 1 (kinesiology). Kinesiology uses muscle testing to ask the body which substances are allergens. It can be used for many other issues as well.

Holiday - April 2006

I will be away in the UK for the month of April, returning to work at the beginning of May. Sally Moore will locum for me. She will be in the clinic on Wednesday and Friday mornings, and available for urgent calls outside of these hours. Sue will be here on Mondays for appointments, remedies, etc.

I expect to come back with new inspiration from my college and colleagues in the UK, plus rested and revitalised to give my best to you and your family.

Indigo, Crystal & Rainbow Children

- They may see and talk to angels and spirits, hear messages from God, and see auras - this is completely normal - and many children do this until it is squashed out of them by conventional schooling. Please encourage these gifts.
- The crystal children especially love rocks and crystals, and adore animals and nature. Nurture this passion for their wellbeing and our future.
- Support groups for these children will start to appear, run by Indigo's and lightworkers in general. Seek out these groups and let your child find the understanding they need.

I hope to collect more information on these children and work on remedy groups which suit them best. While I don't expect to see many Rainbow children for treatment, except perhaps to organise homeopathic immunisation programs, I know I will see them when their parents and siblings come into the clinic.

Not only do I always feel blessed to be a homeopath, at this point in time, I feel blessed to be able to help so many of these beautiful children in the clinic. Let's all work together to nurture these children and make their development happy and easy for the future of all of us.

Information Evening

We will be showing *The Indigo* movie, followed by discussion & refreshments.

Indigo Evolution (a documentary) will show at a later date

When: Saturday 13 May

Where: 6 Lindsay St, Kalamunda at 7.30pm

Cost: Cost \$10 - limited numbers

Bookings are essential.

Homeopathy for Digestion

While chronic problems with the digestive system should always be treated by a professional, the occasional acute problem will respond well to home prescribing. As with all homeopathic treatment, best results are achieved by taking into account the person's mental/emotional state if possible.

Carbo Veg Slow digestion with excessive accumulation of wind. Flatulence and/or constant belching which gives relief, worse after rich or fatty foods. Diarrhoea from fatty food or shellfish. Post-operative distention and wind. May want a window open, fan on, or to be fanned.

China Flatulence with constant belching which does not relieve. Post-operative distention and wind. Bitter taste in mouth. Use to prevent diarrhoea from poor water when travelling. Extreme weakness after loss of fluids during vomiting and diarrhoea.

Colocynth Colicky, crampy pains, better for bending double, pulling knees up (babies), or lying on stomach. Complaints come on after anger. Worse after fruit. A great remedy for acute IBS symptoms. An antidote to lead poisoning.

Lycopodium Irritable, fussy, flatulent! Lacking in self confidence, anxiety in stomach before an event, rumbling tummy and wind. Constipation away from home. Heartburn rising to the throat. Worse from wind-inducing food such as beans, cabbage, onions, beer, etc. A liver remedy!

Nat Phos Heartburn with sour belching, worse from fatty or greasy food. Regulates consistency of bile and aids in sick headaches and colic. Yellow coated tongue is classic.

Nux Vomica For over sensitive people who are often nervy, irritable and fault finding, especially when sick. Tend to be "A type" personalities who overindulge and neglect themselves. Indigestion after alcohol, rich, fatty food, or coffee, with difficulty sleeping and irritability. Constipation with urge but no action. Great hangover remedy!

Phosphorus Nausea and vomiting. Vomits as soon as food and drink warm up in stomach. Diarrhoea after breakfast, from coffee, from fright.

Pulsatilla Weepy, clingy, affectionate especially when sick. Tummy ache, nausea, vomiting from too much rich or fatty food, sits like a stone in the stomach. Diarrhoea from pork and other fatty foods.

Missed Appointments, Late Cancellations & Phone Consultations

Please try to give us 24 hours notice when changing appointments. Missed appointments & late cancellations may incur a charge.

Phone calls regarding acute illness require my full attention and are charged at a minimum of \$15 per call up to 10 minutes, pro rata thereafter. Not all calls are charged for one illness, however, consultations to STD or mobile phones will attract a \$5 charge to cover costs. *Thank you for your understanding & cooperation.*

Homeopathic Workshop

Home Prescribers Day

Sunday 12 March at the clinic
From 10am to 3pm

Spend a day learning to use homeopathic remedies to treat children and the family's minor illnesses, or just refresh your memory on the basics of homeopathy.

Cost is \$55 including notes, but if you purchase a home remedy kit or buy the equivalent number of remedies (25), the day is free.

You can buy your kit now and still attend later on.

BYO lunch, refreshments included.

Come and meet like minded people, ask all your questions and have a laugh too!

If you can't make this workshop, the next one is on Sunday 2 July

Tissue Salts

Nat Sulph 6x

Tissue salts (low potency homeopathics) are a useful adjunct to constitutional or home prescribing, working particularly on the cells, tissues and organs of the body.

Nat Sulph is particularly helpful where people need a liver detox, allowing toxins to be broken down and the liver to be cleansed. Underfunction of the liver can also leave excess hormones in the system, producing a variety of symptoms.

Working on the liver can aid issues including menstrual symptoms, digestive problems like constipation or diarrhea, wind and intolerance of fatty foods or alcohol, and excess mucous anywhere in the system.

A green-brown tongue is a definite indication of dysfunction of the liver, as is nausea, reflux and yellowing of the eyes!

I usually give tissue salts as a combination, but you can certainly use Nat Sulph on its own with good results.

Going after your Desires

There is a misconception that going after what you want is wrong, unhealthy and, in some camps, the cause of all earthly suffering!

Yet the word "desire" is the same word in Latin and means "of the stars". Perhaps this is where the term "reach for the stars" comes from, when we talk about following our dreams.

Nick Williams of Dreambuilders Community says that desire can be the strengthening pull that draws you towards the full expression of your talents, creativity and even your divinity. Sounds good to me - I say go for it!!

HOMEOPATHY SHOP

I have recently added my complete homeopathic product list to our website.

Over time the shop will hope to expand the shop to incorporate an E-book business, catering for all things metaphysical, magical and homeopathic.

While we don't yet have a proper cart system of shopping, if there is anything you would like to purchase, you can do so by phone or email. Payment is welcome by cheque, credit card or direct credit to our account.

www.elementsofhealth.com.au

Divining your Life Purpose

With the change of energy since the beginning of November 2005, we find the information channelled through the *Inspired Life Path* sessions is also changing.

While still focussing on what you need to be working with to achieve your highest potential, the information we are receiving has become more centred on dealing with past life issues, rather than present. This is an indication we are all moving ahead rapidly and now need to deal with more than just our present life situations. With the incarnation of the Rainbow children, the light is changing and so are our spiritual needs.

Using a variety of power tools and a lot of divine guidance, the readings bring forward the insights you need in this moment, inspiring you to move through challenging times, clear blocks and release karma. We are being given the opportunity to embrace our life purpose and we need to clear the way to view this clearly. To enhance the process Melanie selects one of the *Twelve Harmonics for Soul Integration, an Angel Harmonic or will intuit an individual combination* for you to work with.

These are exciting and inspiring sessions with many people achieving great life changes in a short time.

Call Melanie for an appointment.

Yoga Classes

Vinyasa (flowing) Yoga brings tranquillity by working the body through a series of flowing sequences.

This is yoga like you've never experienced it before!

Monday 7.00-8.30pm

Riverton Leisureplex

Wednesday 7.30-9.00

Lesmurdie Hall

\$15 per class (\$12 concession) or buy a block & save
Bring a mat or towel & a drink
No need to book

Rei-ki for Juniors

We are running an afternoon workshop for children who would like to be attuned to the energy of Rei-ki.

This can be a very healing process and is helpful in teaching them to channel their energy and understand what is happening around them.

Level: Level 1
When: Sunday 11 June from 1pm to 4pm
Where: At 16 Lindsay St, Kalamunda
Cost: \$75 (normally \$150 for adults)

A parent is asked to be present with younger children
Age range is flexible - you will know if they are ready

Call Melanie on 9257 1334
If you require further information

Monthly Metaphysical Group

The metaphysical group runs on the first Saturday in each month (except see below).

Join us for all things metaphysical, magical, interesting and unusual, share in meditation and ritual, work with powerful homeopathic harmonics, and build your energy and spiritual understanding for the month ahead.

Please note March group will be held on 11 March due to Dean's birthday!! There is no group in April but we resume on May 6th

*We'll be at 16 Lindsay St, Kalamunda at 7.30pm
Please let us know if you plan to come.*

Magical, Mystical, Spiritual Incense

In this half day workshop you will:

- Explore magical, mystical and spiritual incense.
- Meditate with a blend created for the day
- Look at the wide range of fascinating ingredients used in the creation of incense
- Discuss the elements needed for certain outcomes
- Learn to enhance your meditation and your life through working with your own blends
- Create your perfect incense to take home

Cost of the day includes:

All ingredients and materials
Handbook of ingredients (75 pages) compiled by Dean
Refreshments

When: Sunday 18 June from 10am to 3pm
Where: 16 Lindsay St, Kalamunda
Cost: \$75 - BYO Lunch

Book early - numbers limited