

Characteristics of Indigo Children

1. Strong willed
2. Born 1978 or later
3. Headstrong
4. Creative, with artistic flair for music, poetry, etc
5. Prone to addictions
6. Old soul (as if they are 13 going on 43)
7. Intuitive or psychic, possibly with a history of seeing angels or deceased people
8. An isolationist, either through aggressive acting-out or fragile introversion
9. Independent & proud, even if they're constantly asking you for money
10. Possess a deep desire to help the world in a big way
11. Waver between low self-esteem & grandiosity
12. Bored easily
13. Probably diagnosed with ADHD
14. Prone to insomnia, restless sleep, nightmares, or difficulty/fear of falling asleep
15. History of depression, or even suicidal thoughts or attempts
16. Looks for real, deep and lasting friendships
17. Easily bonds with plants or animals

If a child responds positively to 14 or more characteristics, they are likely Indigos.

An adult who relates to these characteristics is possibly a forerunner - to set the groundwork for the indigos. Often they are called "lightworkers".

From Doreen Virtue's, *The Care and Feeding of Indigo Children*, 2001 by Hayhouse.