

***Understanding Your Indigo ~ Sensitive ~ Empath Children***  
***A Spiritual & Practical Hand-Guide – From Conflict to Connection.***

(An Excerpt from New book coming soon in 2019.)



***Recognize that you have a passionate soul with a strong,  
courageous heart.***

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**Meet Annette ~ aka ~ The Conscious  
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energy, into a lighthearted way of Being and living.

She guides sensitive souls through practical experiences helping them to move beyond the energy of striving and struggle, and into thriving with more calm energy, ease, joy and fun!

*Is now the time for more Ease and Harmony?*

This E-book was written for educational and informational purposes. It is not intended to replace your regular M.D. or physicians visits or recommendations.

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## **Introduction: Welcome to the New Earth, where times they are a changing.**

This Hand guide is intended to create more clarity and connection with your child, who has special gifts that can be described as an Indigo, Sensitive and Empath. We will begin with describing what is an Indigo, what is an Empath and Sensitive? The intention is to understand these new children of the light and how they experience the world with their heightened sensitivities, and how their behavior is having an effect in the external world.

You are needed at this time, we can't do it alone, we are here to help each other through these changing times.

This is a very vast topic, and this Guidebook is a beginning of a condensed version to get the ball rolling, igniting a remembrance of who you are, and why you are here. Who are your children, and why are they here? How can we bridge the gap?

This is written for both parents of Indigo-Empath children, and for the children themselves, who have now grown up into young adults! We are 2 sides of the same coin, parents on one side children on the other. We have different perspectives, yet we are all doing the best we can with what we have, and we are here to help each other, not battle each other.

The intention for Parents - Understanding the Heart and Soul of your Sensitive~Indigo~ child.

The intention for Indigo-Empath Young Adults – Know ThySelf, You're not Alone and be kind and gentle with your Parents, they are doing their best too. 😊

## Chapter 1 – What is an Indigo~Sensitive~Empath? The basics.



If you are here reading these words, you are meant to be here, and thank-you. The information presented here is distilled into a brief description of each category, to set the foundation we will build upon together.

This is my piece of the puzzle, and your piece of the puzzle is needed to complete the Work we are called here to be and do on earth.

To set the foundation, the term Sensitive is a basic term to describe people who are highly sensitive to energy, particularly unseen energies such as emotions in others, earth changes, dreams, and many things non-logical and non-linear. They are highly sensitive to smells, sounds, touch and so on.

As an analogy, you can think of a "sensitive" as a basic term like we use the term "beer". A beer is a beer, yet there are 100's of kinds of beers, plus, there are Light Beers, Regular Beers, High Alcohol Beer, and no alcohol beer. Each one of these beer styles has a different effect on the person drinking it.

So a sensitive is a person with all the traits that come with that term. Then we have the more detailed traits that, over time, we have given a name to it, such as an Indigo child, an Empath and so on. This helps us see the subtle differences between sensitive types, just like the subtle differences between beers, or gas or anything like that.

More details will come as we gather and grow together. For now trust that something will jump out at you that resonates with you, and you can apply that 1 gem to assist you in having more connection and fun with your children, and less struggle and conflict.

So let's get started.

Highly Sensitive Soul/Person:

Let's begin with a brief summary, bringing forward past information in order to merge and receive even more subtle awareness on this topic of the new children of the Light.

There have been many books written on highly sensitive people and children, which range from researched practical information to spiritual energetic information, all with the intention to understand our sensitive children who seem to be coming in with a mind of their own. Or shall we say, a Spiritual Mission of their own?

Be the Change you Wish to SEE in the World ... well, it seems these kids are doing just that!

They are shaking up the status quo, and we are doing our best to understand, keep up, and change, all the while, creating a new world.

We will begin for the purpose of this communication, with the one term **"Sensitives"**.

**5 Qualities that are inherent in Sensitive souls** across the board.

The key similarity of all 3 is their ability to sense energies that are unseen and unspoken. We call these children the new kids of the light on earth. They come onto the earth with an ability to:

- See, feel or sense the energy that is beyond the “normal” linear and logical-physical senses.
- they are here for a very special reason... aka their Soul Mission.
- They have big hearts filled with exuberance, passion, and compassion.
- Their sensitivity to their environment and other people often leads to challenges that show up during their school years.
- They are sensitive to physical sensations as well, such as sounds, smells, how clothes feel on them, etc.

As the saying goes, sometimes it can feel more like a curse than a gift, yet with more awareness, we begin to understand this ***non-verbal language***, a little more fully.

We are here to both learn from them, and support them as best as we can, as they bring valuable gifts in creating a more balanced and peaceful earth.

We can honor our past endeavors, as each generation has broken ground and pioneered us to this exact spot of our evolution.

***Everyone has done the best they could with what he or she had.***

As parents, these gifts of your children often come wrapped in some challenges. Traditional societal terms such as add/ADHD, ocd, autistic, and mental health challenges are used in an attempt to figure things out and help.

There is also a large body of Spiritual/Universal terms such as Lightworkers, Indigo’s, and Starseeds, which are words that are intended to help us bring more awareness to what is actually occurring, and bridging the emotional and spiritual unseen energies we are speaking about here.

In essence, bringing heaven to earth.

I believe we are in a time of Spiritual Evolution, and these children are wired for this new energy of passion, love, peace, and harmony, yet the structures in our society often do not support their inherent gifts of sensitivity.

**The Gift-** the basic qualities of Sensitives:

- They are highly intuitive, able to perceive thoughts, feelings, and emotions of other people, of the earth, of the planet, stars and beyond.
- They can feel people at a distance, they can perceive earth changes such as earthquakes, floods, and fires other before they occur
- Some of them have pre-cognitive dreams of earth changes such as earthquakes, floods, and fires.
- They can feel or sense other people from miles away.
- They can communicate with and sense animals receiving intuitive messages and impressions.

**This is what being attuned to energy is, or being highly sensitive to energy, means.**

**6 Challenges of Being highly Sensitive:**

- they do not know how to handle or what to do with their gifts of heightened perception and sensitivity.
- Up until recently, they have not had any support in these intuitive gifts, and feel different, alone, and even crazy.
- This leads to self-doubt, self-criticism and mistrusting themselves on a core energetic level.
- They often feel crazy for their gifts, and society perpetuates that with mental illness symptoms that mirror their feelings.
- Our western culture does not include spiritual and emotional health tools and old traditions for Spiritual Awakening have been lost, like a lost art, which creates a gap for your children.



- They are here to create a new earth, not live in the status quo of keeping up with the Joneses mentality.

We are now at a point in our evolution where we are more aware. Therefore there is more support in alternative ways to help these children as we become aware and understand what it's like to live in their bodies, in this world.

Now let's look at some Practical points to get started.

**Practical Points for Parents and Young Sensitive Adults** to get started in recognizing these traits.

You know you're an Indigo when:

- - At some point in your young life, you talked about "leaving the planet".
- - You just "know stuff" about others ...and it often makes you ANGRY or anxious.
- - You see a street person, and your heart goes out to them in compassion – not contempt.
- - You cannot tolerate others being bullied and will step into to help.
- - You rather be with your pets and in Nature because you feel more calm and connected.
- - Busy places like malls and large schools seem to irritate when you're there too long.
- - Nature and animals help you feel better, and you can relate to them better than humans.
- - You rather be up in the quiet of the night and sleep through the noisy stress full daylight hours.
- - You feel and sense energy/people from miles around you, but don't know it or don't know what to do with all those perceptions.
- - As a child, you had night tremors or disturbing dreams, saw Spirits etc.

- - You often feel good, and in a moment it changes to feeling anger, anxiety or irritability with no logical reason.

Yet how they handle these feelings and emotions can be different, and how they are expressed externally is also different.

This is where the subtle yet significant differences occur, and we will focus on those for the purpose of more clarity and less confusion. Describing energy in words is challenging at best. We do not want to pigeonhole anyone or label, yet this does help us to learn and awaken to a new language, shall I say, as we remember an ancient language, the *language of light and energy*.

#### **Indigo 4 Traits as described by Remi Thivierge – Author Of Indigo Soul Book**

**Indigo's** ~ are often seen in boys and comes with a strong dose of inner integrity for the Self, a resistance to in-congruency in others, a warrior spirit to cut through the b.s. to the truth, even if it means resisting traditional authority figures. They have no problem saying NO to authority figures, whether it is a parent, teacher or preacher.

**Remi Thivierge wrote from his book Indigo Souls-came up with these 4 characteristics for Indigo's**

- very strong-minded,
- strong-willed,
- highly intuitive
- and most of all, have a high level of inner Integrity.

Once I learned this, I began to see it in my children and others, and I began to support them in their integrity, their mission here on earth, as challenging as it can be for them and us.

It is beneficial to remember, although they have these qualities, as children they do not know to handle these gifts, and neither do their parents. Therein is the challenge.

**KEY INDIGO TRAITS – A Force to be reckoned with:**

They are like the Spiritual Warriors carrying a Sword of Truth. They walk the earth cutting through the forest of B.S. and clearing a trail for those to come behind them. Their primary trait/energy is a strong larger than life, potent energy field, a force to be reckoned with you could say.

Yet, simultaneously, on the inside, they are soft compassionate and open-hearted, so an inner tussle is constantly in motion for them too.

Pioneers of truth, they are like antennae and they won't buy what you tell them just because you are in an authority position. Whether you're a Dr. Lawyer or Indian Chief, if you are not in full integrity and truth within yourself and for the good of all, they will act out to bust the lies they perceive. These lies are often simply incongruencies within the authority figure, not blatant lies we are accustomed to. To an Indigo, a lie is when your inner world is not matching or congruent with your outer expression in the world. Smiling and pretending you are happy when inside you hate your job or you are upset due to other life circumstances, is a prime example.

If you try to pressure an Indigo to adhere to an old paradigm rule that will not serve the fairness for all rule, they will resist at all costs, and they are misunderstood in the process.

An Indigo's external effect on society is seen as troublesome. They won't let things slide because they are here to shake up the structures that will not work for the future.

Remember, I am describing the energy of what is going on, and how it shows up in the physical world. These children do not actually know they are doing this, they can't understand either why they act and feel like they

do. This is why their self-confidence and self-esteem often takes a blow in their physical lives. Once the teen years come, you can find them withdrawing from life and giving up hope on their once passionate dreams.

### ***5 Indigo Traits & How Indigo's behavior affect their External environment:***

- Their actions create upset and challenge the status quo.
- They feel misunderstood and this leads to low self-esteem.
- They are system busters, whether they know it or not.
- Anger, Angst Anxiety are common for Indigos. (Note: Anger management is useless and unhelpful for these children-it's old paradigm "thinking and theory" – just saying).
- They are passion driven and have a knowing that something better is possible, yet can't seem to see it on earth no matter how hard they try.

### **Indigo Gift- Passionate Spiritual Warriors:**

**Their passion and drive and tenacity is changing the world!** It's already occurring, and new structures are in place now. When they are young they have sparkle and zest for life. They are kind and full of energy!

Their *passionate nature* often turns to anger due to the incongruencies they can perceive in the world around them. Therefore to act out without thinking is actually their gift, a strength not a wrongness. Yet understanding this gift and how to use it effectively is a bit of a trick.

Their *intuitive abilities* to put an end to deception and lies are needed along with their strong sense of inner integrity to themselves. They seem to embody this integrity and strong will in their young years, but it definitely does not fit into the traditional structures of society we have in place now.

This is where we are learning new ways to enhance their gifts, yet it requires enormous courage and change on the parents part too.

For example, there are new alternative school styles opening up all over N. America, allowing children to learn at their own pace, to explore their inner world of who they are and what they love, without school grades, super large class sizes and with more outdoor learning and activity. These changes that include more choice is here now and is providing a great service for us in moving forward.

### **Indigo Lesson – Reducing Anger and Anxiety:**

Indigo's must learn how to recognize their inner potency, their intuition and to trust it more, thus feeling less self-doubt, anger, and anxiety. Although it is their gift, they need to learn tools to use these gifts and channel them into positive actions that benefit themselves and others.

Although they can sense all these energies, it's learning to set their site on their passion and the greater good, staying in their own integrity and most importantly, not giving up.

As Remi Thivierge said: "Often Indigos get so frustrated with their life they throw up their hands and basically say I quit!"

This often comes later usually in their late teen years/young adult stage and age.

If you're a young adult Indigo reading this reading this right now, you will be saying "Hell ya!", been there done that ..got the t-shirt! Haha.

Indigo's must take responsibility for learning techniques to move the energy for themselves, to reduce the effects of emotions like anger and anxiety.

In the final chapter, there are some Energy moving suggestions to assist in the daily maintenance of managing and moving energy for more calm and connected living.

### **True Story ~Soul Story –**

I remember having a healer friend come to our town and he was a Behavioural Iridologist. His piece of the puzzle was the Science of Iridology in respect to emotions, and it was fascinating.

Yet the key that opened the lock to truly getting it on a deeper level for me was when he asked me, “You know how sensitive **You** are?”.

I said yes, and he looked me straight in the eyes, in the windows of my soul, and very gently replied:

*“Well, your kids are 1000 times more sensitive than you”!!!*

That hit my heart like a wrecking ball ready to crash into a downtown high-rise! Ouch!

From that moment on I had more compassion and respect for these sensitive children than the Eiffel tower in France.

Okay let’s look at the next subtle yet significant traits for:

### **Empaths:**

I would describe empaths as more subtle in their expression, as compared to the significant expression the Indigos carry. While Indigos carry a cutting Sword of Truth, Empaths carry a light of Compassion and gentleness.

Empaths are like sponges collecting the energies around them. Energy sticks to them like burrs to a blanket. They can feel if someone is sad or mad, even if he or she are wearing a happy face, or live 1000 miles away. Indigos have this ability too – yet they handle the incoming energy differently.

#### **4 Empathic Traits:**

Although the difference in empaths is that they have a high dose of compassion, and less of the warrior fight energy. Think Mother Teresa or Lady Diana. An empathic person literally walks in other people's shoes, and therefore they like to give and help *others feel more comfortable*. They are seen often in the helping fields of social workers, healers, massage, etc.

They do not have the same cut through the BS mission, unlike the Indigo warriors that carry a sword, the empathic ones carry the inner- knowing that we are all one. Therefore *they actually feel your pain is their pain, there is no boundary between you and them*. Because they can feel your pain, they want to relieve you of it.

- - Their tendency is to *over give*, and become depleted and drained.
- - They can't say NO to helping others.
  
- They feel that your pain is my pain, and feel called to help reduce the suffering in others.
  
- They often experience their own health challenges due to their over-giving, and the purpose is to make them slow down and take care of themselves too.

## **Empath The Gift- Compassionate Lightworkers.**

Their compassion runs deep. They are the healers, lightworkers, do-gooders in the world. They will listen to you go through your struggles, they will offer up anything they have to help lessen your load.

**They are the ants working hard to help heal your hurt heart.**

**Empath lesson** - is to fill their own cup first, give to themselves, and overflow to others. This feels unnatural to them and is a difficult lesson to learn.

Often they go within and can feel down, drained, and overwhelmed with life itself.

Empaths do not have the “break down the system gene” like the Indigo’s, they have the “caring **and let’s make others comfortable**” gene.

That’s how you can tell the difference.

**Empaths want to make you feel better, not challenge you into change.**

**Indigo’s are In your Face – Spiritual Warriors for Change**

**And they both have so much heart energy –Love-they are here to share.**

Even though the Indigo’s also carry many of these sensing unseen energy traits, they *can say no* to authority figures, and they *will break down old rules* in society that are not in integrity, rules that are not fair for all.

Are you beginning to see the subtle yet significant differences?

These are subtle yet significant differences in how they behave, and the results that occur afterward.



**Empaths Inner Effects** - often end up feeling used and worn down by life until they learn to take better care of themselves. They can often experience overwhelm, sadness and depression symptoms, and become withdrawn early in life. They see the world needs help, and they become frustrated when their attempts to serve is never ending with little reward in sight.

## Chapter 2 – 9-13-year-olds – Keeping the Passion Alive.



At this stage of the game, the children still look up to their parents and teachers and want to please them on some level. These children always test us and can sense our emotions and feelings more than we know. We cannot hide from them.

If we are overrun by the rat race of life, they may act out.

If you are missing the mark and getting off track, they are likely to act out.

If you are trying to distract yourself from what's happening within you, they are likely to act out.

Ya, like that.

And this is why this age group is so important for your future connection with them. They still look up to you and are trying to hang out with you. If you can keep that connection strong, it will serve you well for the next stage/age.

Keep their passionate hearts alive and active. Feed their fun factor, get them outdoors and active, and don't dismiss their ever-changing passionate

nature. They may be into fishing intensely for 2 weeks, then they are into cooking and want to bake up a storm. This is the trick to a connection. There must be a lot of time and space to pursue fun and passionate activities or this energy can turn inwards and get messy.

This is why this stage is so important. Stay connected with their passionate nature, and you will make it through the next stage much easier. Even so, the teen years come with their own set of challenges.

As they get closer to the teen years the acting out stage may turn into tuning out, hiding out, or actually running out. Leaving the house, or hiding in their room becomes the only option they know how to deal with the “incongruency of emotions” they are feeling around them, within them, and the disconnection that is beginning to occur, between you and them.

Remember, they are all little truth meters, with big hearts, here to change the world. The status quo of how you do things is up for a change.

Therefore, honesty is the best policy when it comes to communicating with them.

### **Practical Parent Tool:**

Another example: When you have a bad day and you are sad or mad, it is best, to be honest, and say “yes I am really mad right now, but I’ll be ok and it’s not your fault”. They may be the one to trigger your anger, yet likely there is something else underneath festering, and this outburst is the cover-up.

Then be kind to yourself, express to them honestly, “hey, I just need a bath, a walk, or a time-out to regroup.” In this way, you are modeling self-care and honesty, and they will not get triggered. They will help you like there’s no tomorrow!!!

You’re their champion, they love you as much as you love them.

If you pretend to be okay and when they ask how you are, this creates agitation, anger or anxiety in their bodies, and they will probably act out.

The old way of raising children was to not worry them with our burdens.

Yet, these kids already know we are burdened, sad, or angry, so to pretend everything is ok, begins a spiral of mistrust in their own "knowing". All of this is on an energetic level, so attempting to communicate this in words can be very challenging.

Therefore we must first have awareness, take baby steps in this new direction, and remember to celebrate the small successes. These children are so caring, intuitive and loving, and they are here to help us as much as we are here to help them.

#### **6 Common Signs your child may experience:**

- Many will talk about leaving the planet, either to be with their dog in heaven, or they just know the earth isn't supposed to be this way.
- They begin to experiment with smoking, drinking, or smoking pot,
- Withdraw- hiding out in their room playing video games for hours or watching tv series for hours.
- Not wanting to be in social situations at all, even at your dinner table.
- Do you find them moody and impossible to reason with?
- Often the child wants *to move away and live with someone else* like an aunt, grandparent or friend. And many times they do.

This does not mean you agree with your child's choices, it's just that the more we place judgment on them, the more they look for ways to escape.

If they want to move in with someone else, consider if this may be for the highest good? Do not go into blame or shame of yourself for not being a good parent. Perhaps this is part of the grander divine plan?

Simultaneously, do not dump and run without doing the inner work required for long-term success. These children want to leave because they

do not know what else to do and I believe, they are looking for a place with a calmer energy to hang out in for a while. I have seen this in many cases.

The trick is to stay connected to them honestly from the heart, stay out of judgment, and be in your own authentic power to guide them along. As long as you can keep the communication lines open with them, and let them know that you are on their side by actually standing up for them, or at least, understanding their dilemma, I found it to be the most solid investment that pays off in the future.

### ***3 Practical Tips for Parents:***

The #1 thing for parents to practice is to come out of the judgment of these kids. Practicing this art of non-judgment now will provide a path of connection for you into the teen years.

*#2. Tough love doesn't work well for Empaths or Indigos.*

*VIP - Remember, they are sensitive to energy, so they need gentle strength, when being guided, not tough love or a heavy hand.*

As a parent, owning or embodying your own inner power with integrity and truth is essential to Indigo children. Yet it can't be from the old status quo and attempting to impose your views upon them. The old listen to me because I'm older technique just won't cut it. This is a challenge for us parents. They will listen and work with you if you are honest and respectful in yourself first, and then of them too. It's a delicate balance, and that's it, these children are delicate, yet strong as bulls too. 😊

*#3. Give yourself a break. Be kind and gentle with yourself. We're all learning and we're all in this together. Show yourself the self-love and self-care, be the example for them to learn these important life skills!*

Perhaps this requires letting go of some activities to free up time to be less busy and more calm and happy yourself.

Haha – not an easy task in our fast-paced world. Yet small steps do add up exponentially on the journey to joy and happiness.

## Chapter 4 – Move the Energy ~ Feel better.



Tools and Questions to get you Un-Stuck from the daily ruts!

We all know we've felt alone on the journey for a stretch of time, and perhaps that too had its purpose. Yet now it is time to gather together, join up with the herd of like-minded hearts and souls, ***and kick some badass butt!***

***Emotions are Energy in Motion.***

***When you move the energy, the emotion changes.***

This is a sample platter of ways to move the energy. This is the missing link and the doorway to magic and limitless possibilities. You already know this, yet this is a reminder to allow time everyday like taking a shower. You can even do this while you're in the shower. 15 minutes a day can change your life for the better.

***4 Do's – Choose one that resonates with you.***

**1. Dance, sing, write, paint~Allow your creativity to flow.**

If you're a writer, keep a journal. If you're a dancer, turn up the music and dance like nobody's watching. If cooking feels good, cook up a storm. Do it alone, it's just for you. Be grateful for your gift. ☺

**2. Ask a question.** Here are 3 of my favorite ones.

I dare you to choose one today, write it down on 3 sticky notes, and post it on your bathroom window, your car, and your computer or iPad or whatever.

**3. 3 Questions to open new channels of energy and insight.**

- How does it get any better than this?
- What else is possible?
- Who does this belong to? Especially profound for Sensitive/Empaths.

**4. Allow yourself to fully FEEL the emotion.** Breathe and simply give it your attention. Sad, angry emotions aren't wrong, they just are.

**5. Animals and Nature.** Spend time with your dog, cat, and if you are called to horses, do that. Animals are natural healers and teachers. They help ground all the energy, and just make us feel better. Being in nature does the same. Swimming in a flowing river, hiking in the forest, or basking in the sunlight, recharges your batteries.

*You already know which one is for you. The trick is to do it more often, and really receive the goodness, the calmness, the stirring of joy within you. It sounds easy, yet we get so busy that we discount the simple pleasures and treasures right in front of our nose. This is self-love, this is how you fill up, this is how you overflow to others like the bright light you are.*

All of these will help the energy to move, like water flowing around a rock.



Sitting in your head won't work.

***The body needs to move the spiritual wisdom through you***

**4 Don't's:**

- don't go into conclusion and try to figure out an answer with your mind.

Allow the question to go out to the Universal Spirit, and come back to you with an answer you may not have ever thought about.

- don't go into blame, shame, and regret, of yourself or others.

That just keeps you in the low vibe cycle and dis-empowers you.

- stop judging you as wrong. You will feel judged by others, yet don't buy it and believe you are wrong. Yes admit your mistakes, make changes and move forward.

- & Never Never give up.

Use this guidebook every day. Highlight what you love, circle your favorite gem, allow the energies in these words to move you into a new space, and remember to ***Celebrate yourself.***

***You Are Awesome!***

**A True Soul Story-Love Your Self first.**

In the old paradigm we have been taught to give, give and give some more and it will come back to you. What I have noticed over the years, is that we

don't know how to receive, which includes receiving for ourselves, which is self-love.

You can't give what you don't have. If you don't have a dollar you can't give a dollar away.

When we give our energy away too much, we become depleted, angry, disappointed and in the dungeon of self-blame, self-hate, and regret.

The new paradigm is for self-love, caring for yourself and nurturing your Spirit of passion, love and caring. When your tank is full, it overflows to others, it's an energy that is felt by yourself and others. It sounds easy, yet it is the hardest thing to do when you are wired to feel others, and you are compelled to give and help and serve. So this is a strong reminder, to be kind to yourself too. 😊

### **An Invitation:**

It is helpful to gather together and inspire and support each other during these changing times. My intentions are to continue supporting and sharing through blogs, emails, perhaps a private FB group, and telecalls.

Please join us, like a horse herd that stays together and travels together in safety. We can learn a lot from each other. Sometimes we're up, and sometimes we're down, that's the cycle of life.

You are needed, You are Loved, and You Are Loving.

Let's shine our light, gather together and create a light bright enough to warm the souls of ourselves and others. It does take intention, soul work, patience, and tenacity, and together ... We will Thrive on this New Earth!

**~ A-Ho ~ Blessings ~ And So It Is!**

***You Are Loved!***

## Resources:

Remi Thivierge – Book - Indigo Souls

Access Consciousness – Book – Be You Change the World Dr. Dain Heer

Annette Agabob – <https://www.theconsciouscowgirl.com>

[Or join me on Facebook:](#)

<https://www.facebook.com/TheConsciousCowgirl/>

Watch for my completed book coming soon in 2019.