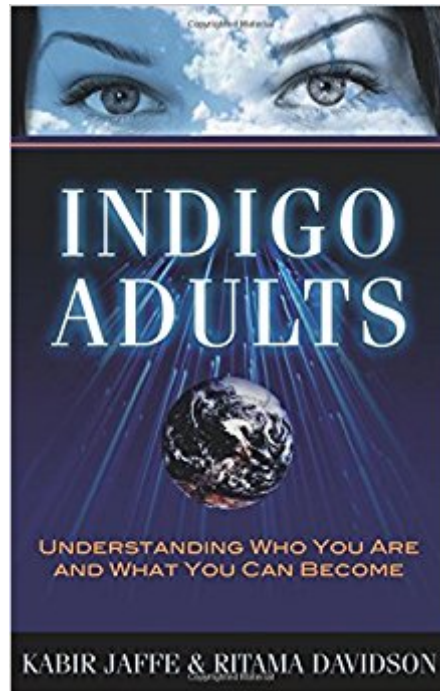




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# Indigo Adults: Understanding Who You Are And What You Can Become



## Synopsis

Are you an Indigo Adult Soul and don't know it? A new type of person is coming into incarnation right now, almost a "next step" in human evolution. These people hold great hope for the future—the promise of a new humanity and civilization. They are visionary and creative, progressive and independent. They carry new energies and manifest different ways of thinking and feeling. These people are called "Indigo," because the color indigo (the color seen in the "third eye") is unusually prominent in their aura. You may be familiar with the concept of "Indigo Children" and never realized that there are also Indigo adults...or that you might be one of them! Do you feel different? Have your differences created unusual challenges and situations? Do you experience: Unusual sensitivities? Feelings of being separate or misunderstood? Frustrations and dissatisfactions with the "normal" world? A deep feeling, thinking, and introspective nature? A driving need to contribute to creating a better world? A powerful longing for something more? Indigo Adults is rooted in the authors' personal experiences of the subtle dimension of life and reflects their explorations into the esoteric and mystic teachings of many traditions. This subtle dimension is not tangible to our "normal" analytical mind, and it is only beginning to be scientifically documented. Take what the authors are presenting as a hypothesis. Experiment with it, and come to your own conclusions. Indigo Adults will help you identify if you (or your children) are Indigos and understand yourself, and especially your purpose as an Indigo here on Earth more clearly.

## Book Information

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## Customer Reviews

Indigo Adults offers possible answers to the all too familiar questions, "Who am I?" and "What am I doing here?" For anyone struggling with the uncertainty of a life without a clear sense of purpose, this book contains information that can lead to deeper self-understanding through the recognition of who you really are, what you're here for, and what you can do to begin to live the totality of all that you embody. •Children of the New Earth magazine

Kabir Jaffe is one of the pioneers of the new energy-based psychology and spirituality. He is a master energy trainer and guide for inner development, as well as a scientist, mystic, futurist, and astrologer. He has been involved in inner work for 35 years, 18 of which were spent in a monastery in India. Ritama Davidson is a gifted energy worker and international seminar leader whose unique sensitivity allows her to accurately diagnose and guide people on the path of inner development. She is the co-founder of Essence Training and has been a dancer, choreographer and practitioner of Shiatsu massage and body-oriented therapy. Together they run the Essence Training Institute, an Inner Work School. They live in the Caribbean.

This book gets very TECHNICAL and METAPHYSICAL to the point where it loses the reader. It's a bit "out there" and you have to take from it what you can, which isn't much! I had to skip a lot of pages, because I became DISinterested and it wasn't relevant.

For those of us familiar with the term and trying to make sense out of our lives and "against the grain" personality, this is a great book full of useful strategies that can help you get some enjoyment of your time here along with your mission whatever it might be.

I would have given it a 5 if the authors had not spent so much time on evolution and astrology. All habitual spiritual seekers, the type who would read this book has heard all of this before.

I found out a couple months ago that I'm most likely an Indigo. I have no idea what else comes with that. So I bought a book. This being my first book on the subject I guess I set my hopes too high. While it does have many insights, a lot of it feels vague, at least to me. Plus, there are many sections that spend time having a conversation with people in an audience that these authors were lecturing to. Or not. I don't really know. It's hard to follow. A kind of feel-good book about how Indigos and these other new souls have GREAT DIFFICULT WORK AHEAD (as if my life isn't proof

already) but hardly any explanation for what I'm supposed to be DOING.

I resonate with this book very much. I like the way it is written- very interesting that it includes a question and answer section and a quiz.

Good read.

The greatest book ever to help me understand who I am. Thank you!!

My daughter loves this book.

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