

## **Supporting Our Children**

### **COMMUNICATION**

The ability to communicate effectively with the children is vital to their gaining a sense of comfort, validation and empowerment. As many of the children are multi-dimensional in their reality, they have alternative ways of communicating. We have to learn to tune into these various modalities. We need to learn to listen very attentively and be fully present to not only hear the spoken word, but to pick up the other signals the children put out. This includes a variety of unspoken communication including body language, telepathy and energy patterns which we can sense. We need to be aware of the sensitivities of these children and to accept their truths, however bizarre they may seem. All too often adults fill in the silence rather than wait and allowing the child's story to unfold. The children will only give out information or personal experiences that they think the adult can handle. The more validation and genuine support they receive from an adult, the more they will reveal. I find a technique of asking questions of non-judgemental curiosity very helpful.

### **SLEEP**

Bedtime can be an extremely challenging time for these children. Often seeming like nocturnal creatures, they can take forever to fall asleep, preventing them from waking up at the scheduled time the next morning. This creates further complications with their school life as they become chronically late. This can also cause tremendous tensions in the home as the children struggle to wake up and get going in the morning. There are many reasons for this: natural sleep cycles; over stimulation in the evenings through music, movies, TV, or computer games; and inappropriate food and drinks. Some of the highly sensitive children can have vivid, lucid dreams which can be scary and become night terrors. Others can be scared by the prophetic accuracy of their dreams and intense emotional involvement in them.

### **NUTRITION**

Many of these children have allergies and sensitivities to certain foods. Our fast and junk food filled society does not help them at all. Excess fat and sugar in the diet simply add to the excitability and inability to focus especially because of the high and low energy patterns of excess sugar. Good wholesome sun-kissed foods with natural life-force energy and lots of good quality water can make a significant difference to behaviour and the ability to concentrate. The use of medication is controversial and widespread. There can be a place for it as medication can prove helpful for some children for a short period of time, but the medications must be handled carefully, particularly if any negative side effects result. The intention in the workshop is to cover these and other topics to empower adults to empower the children.

### **SCHOOLS**

Significant interest was shown in the concept of creating an alternative school system which would enable these children to thrive. Typically they have a fascination and passion in one particular area of study and very little interest in others. We need to provide opportunities for these children to pursue their passions as far as they are capable of, while gaining sufficient mastery in those areas they are less interested in. We must stop wasting their time doing rote tasks that have no meaning for them. At the same time, we must provide these children with the necessary life skills' training to cope better with the world in which they live. They have come with a mission-to bring peace to the planet- so we must support this by empowering them to be leaders in peaceful, thoughtful conflict resolution.

Part of their curriculum will also include learning how to work with their spiritual and intuitive gifts in order to understand and develop their abilities in a safe and nurturing environment. There would also be evening classes for adults and parents to learn how to develop their own gifts as well as how to better handle the young people in their care. The school would provide for local students and would have boarding facilities for those who live too far away to attend on a daily basis.

The general philosophy and concept have already been well thought through and now a suitable site and funding have to be established. The intention would be that students would be in a position to go on to university, if they so wished, with superior academic and personal

skills to ensure their post-secondary success. At the same time, the students will have developed their intuitive gifts, enhancing their ability to make the world a better place and help bring peace to the world. Would you like your children or grandchildren to attend a school like this in the future? I hope we can make it a reality.

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