

The Indigo Valley Perspective

Supporting conscious community for the individual, gifted child and their families

Welcome to Indigo Valley Perspectives! This quarterly newsletter supports the mission of Indigo Valley, which is a sanctuary in the process of being created in Colorado's Rocky Mountains for adults and children with gifted sensitivities. **Indigo Valley is focused on supporting children and young adults** diagnosed as having Attention Deficit Hyperactivity Disorder, learning disabilities, addictive behaviors, and those who just feel "different". Many of these unique individuals have new ways of thinking, feeling, and processing their world. Families and educational systems may find themselves in unfamiliar territory in connecting and supporting the incredible potential of these individuals and the contributions they have to make to our community. I resist labels, but many of these individuals fit the descriptions of Indigo, Crystal, Intuitive, Empathic, or HSP (highly sensitive person).

Indigo Valley will be a place to rest, recalibrate and unload overwhelmed senses. At Indigo Valley, people who often struggle with their unique gifts, challenges and sensitivities will come into balance by connecting with nature and by having some good old-fashioned fun. Also there will be the opportunity to learn about using their abilities and functioning in the world by connecting with others and "Visiting Practitioners" from all types of modalities as well as being supported by camp staff and working with animals. **Our sanctuary supports families of gifted children, to help them understand and receive insight into the dynamics of raising these unique individuals.**

Please feel free to send in questions or comments to IndigoValleyColorado@yahoo.com.

Wishing you much peace and love,
Heather Hovis

Yoga in Education

By Erin Weitzmon

Schools around the world are catching on to the advantages of using yoga as an integral part of their programs. As more health care professionals recognize the health benefits of this ancient practice, more students, teachers and parents are saying yes to yoga.

Yoga in education makes sense because yoga develops one's fullest potential. According to more than 30 years of research, yoga's benefits include deeper rest, increased focus and concentration, more harmonious relationships, increased creativity, higher moral reasoning and healthier lifestyle choices. Yoga literally means "union": the mind-body connection is strengthened, and stress melts away. Children and adults alike become revitalized, clear and ready for a lifetime of learning.

Isha Foundation has a new program in India called the "Isha Home School." The school is the vision of Sadhguru Jaggi Vasudev (founder and self-realized master and mystic). The Isha Home School sits in the tranquil surroundings of the

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Being Authentic Like the Horse

By Christine Nohejl

Someone asked me a thought-provoking question this week: "Why are horses spiritual?" My answer was, "Love." To me, spiritualism, love and connection are the same, and nowhere is this easier to see than in the lives of horses. If a horse, or any prey animal, is not fully connected and in love with its surroundings it will not survive.

One of the most breathtaking sights in the world—though I rarely get to see it as a stable hand—is horses in their

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Update on the Indigo Valley Site...

We're building momentum as we move toward developing the physical site of Indigo Valley. Thanks to many people's incredible contributions of energy, guidance and involvement, we're in the process of attracting the financial funds to build the program.

If you feel drawn to the Indigo Valley, here are some ways to be involved:

- **Share your experiences** and stories about being a gifted person or raising a gifted child. Tell us about the resources and services that have been of help to you in the past, as well as those you would like to have available in the future.

- **Contribute your advice** based on experience working with gifted individuals and their families. Also, let us know if you're interested in being a visiting practitioner on site.

- Let us know if you would like to be a **participant** at the Indigo Valley camp.

- **Finance** the development of Indigo Valley through contributions from corporations and individuals.

Please call 303.521.8101 or email IndigoValleyColorado@yahoo.com to contribute, ask questions, or receive more information about Indigo Valley. Thank you!

What Does Your Intuition Say?

By Carole L. Billingham, MCC

"Mommy, what does your intuition say?" That's what my 6-year-old often asks me, ever since I sat down with her a few months ago to talk about her inner guidance system.

It started in preschool, when my daughter would come home from school upset that someone hurt her feelings. I would explain to her that no one could hurt her feelings without her giving them permission to do so. In other words, her feelings belong to her, and only she can decide what she wants to feel and how long she wants to feel that way. She seemed to understand and soon stopped complaining about how classmates treated her.

After that, we'd often chat about how important our feelings are and how we can have a positive affect on others by being kind, courteous and compassionate. I wanted her to understand that how we treat others affects them as well as us.

As we talked more about emotions and feelings, I realized that, although she was very young, she had a clear understanding of what I was trying to teach her. She understood that the primary way we find our place in the world is through emotion. I could also see that there was no need for me to teach her these principles, because she, in her 6-year-old body, clearly lived in the present moment. What I was doing was simply offering a language she could use to describe her experience and an opportunity to further explore how the world works and how she is a co-creation within it.

Eventually we found ourselves talking about intuition, that quiet voice that lives in our tummies or in our hearts, and has the answer to any question we have. We'd be in the car



Elk eating new spring grass in Estes Park, Colorado

and she'd ask me a question. Often, my response would be, "What does your intuition say about that?" She'd quickly find an answer that, more often than not, was right on target. She rapidly learned that, by taking a moment to go inside herself, she'd find the guidance she was looking for.

She took off with the idea of using her intuition and ran with it. She'd come into the kitchen and say, "Mommy, my intuition says it wants a cup of hot chocolate," or, "Mommy my intuition says it's okay to stay up late tonight." I'd smile, knowing that she was finding her inner guidance and learning not to give her power away by thinking that others have the answer for her - a lesson many adults are still learning.

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June's Product Spotlight

Coloring Book Art

By Jan Landers

No wonder nature has always been a huge inspiration for my art: it's the perfect place to find harmony and wisdom. All of nature is intertwined. We're all part of each other and we all have something to teach. When we open our hearts to the teachings of animals, we create a greater awareness and understanding of the innate bond between all living things. I've studied Animal Medicine for more than 14 years, and have come to truly feel the guidance of animals in my daily life.

My new artistic creation, "Cosmic Animal Wisdom—A Coloring Experience for All Ages," is a unique collection of 54 of my original animal designs. Each drawing includes a simple statement about something we can learn from that animal. My intent is to provide a one-of-a-kind coloring experience that shares a glimpse of the wisdom our animal friends offer. I believe that through understanding their teachings we can become

grounded and realize our oneness with others. A unique gift for yourself or someone else, this magical book offers an opportunity for self-expression

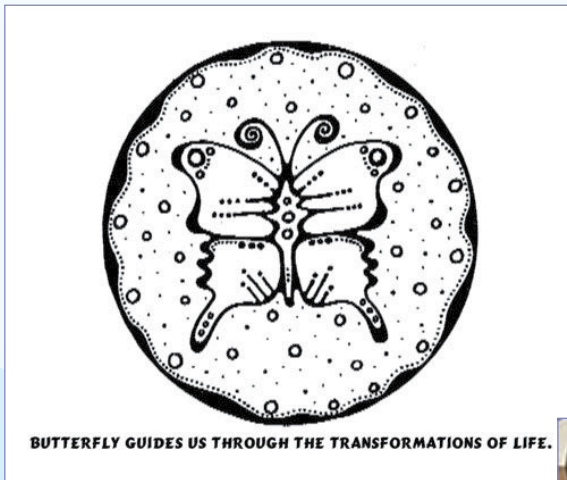


through the use of color, as well as a learning experience to cherish.

The book is 8.5" x 11" with a spiral binding—so the pages lie flat for easy coloring. Designs are printed on one side of high-quality heavy paper, which will support crayons, markers, watercolors or pastels. Each animal design can be easily removed from the book and framed.

"Cosmic Animal Wisdom" also offers you an opportunity to contribute to Indigo Valley. When you pay just \$15 for a signed copy of the book, \$4 of that purchase goes to Indigo Valley. If you'd like to order a copy, please contact me at: info@turtledovecreations.com.

Thank you for supporting this amazing camp. Many blessings to you, and may my coloring book be a source of inspiration on your life journey.



Pages from Jan Landers "Cosmic Animal Wisdom" coloring book featuring her original artwork. Order your own copy for friends and family and raise money for Indigo Valley Summer Camp!



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Yoga in Education • Continued from Page 1

foothills of the Velliangiri Mountains in South India. The school offers a challenging and stimulating environment for the inner blossoming of a well-rounded child. Isha Home School's teachers come from all around the world, and its students live at the boarding school, where they receive caring attention in a home-like environment with a family feeling. The teachers ensure that fun and adventure go hand-in-hand with learning, so children don't see education as a chore, but as a process of discovery and joy.

Yoga is not only for school children in India. Children in Fairfield, Iowa attend a school where they center themselves through the practice of Transcendental Meditation (TM), founded by Maharishi Mahesh Yogi. At the Maharishi School for the Age of Enlightenment (MSAE), children from preschool through 12th grade are not only happy, healthy students—they're also among the top academic achievers in the country.

A typical day at Maharishi School starts at 9:30 in the morning. Before students start their classes, they've already practiced their first session of meditation at home with their parents. They're rested, alert and ready for an engaging day filled with learning in all the traditional disciplines. Because students, teachers and families all practice the TM program, the school atmosphere is harmonious, happy, safe and conducive to learning. Children have an hour lunch break, and most students walk home to eat a healthy, home-cooked meal with their families. However some children eat at the campus cafeteria, which serves organic vegetarian food. Classes finish at 3:30 in the afternoon. Before going home for the day, the children practice their 2nd and last meditation session of the day with their teacher and classmates.

Just as at other schools, many students join in sports and other after-school activities. Many of MSAE's teams are top-ranked in Iowa and in national competitions. At MSAE, student test scores are among the highest in the nation. According to A Record of Excellence by Ashley Deans (MSAE Head of School), students place in the top percentiles in standardized tests. And, for the past seven years, Maharishi Upper School has turned out National Merit Scholar finalists at a rate more than 10 times the national average. Although yoga dates back four to five thousand years ago in India, the ancient Vedic practice clearly has a contribution to make to the success of today's students in American and around the world.

Students who practice yoga don't just achieve better grades. They prepare for a more fulfilling life. According to Isha Yoga Foundation, "The emphasis of yoga is not on the external and perceivable areas of endeavor, which lead to bondage and limitation, but on the inner and intangible fields, which lead

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Learn more about you by observing, working with, and being one with the horse herd.

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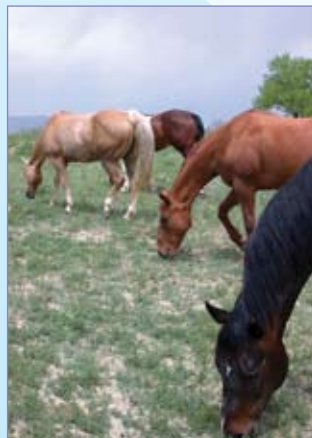
natural state: in a herd. In a herd, a dance takes place. Every horse understands and participates in this dance. Their hierarchical system always has one lead horse, and all others

in the herd fall below her in rank. This alpha horse, usually a mare, is the one in charge of looking out for them all. None of the horses question their position in the herd. The lead horse usually reaches her position by being older, wiser, assertive, confident and of strong character.

Since the horses depend on each other for survival and companionship, their communication has to be completely authentic. There's no mistaking the swish of a tail, a movement of the ears or a twisting of the head. Their body language is always true. They don't have egos. They don't know how to manipulate. They only know how to "be." They may get annoyed with each other or kick to show dominance, but they can always count on each other to look out for their safety and wellbeing. Have you ever noticed that, given an option, a horse won't sleep in a pasture alone? There's nearly always another horse standing nearby for protection.

Imagine what our world would be like if humans lived like one big horse herd. Our words would be impeccable. There'd never be any mistaking what our neighbor says to us. We'd live in harmony with each other, without judgment. Our noble leader would look out for us at all times. We'd still have enemies, but we'd depend on each other for survival. We'd innately understand what it truly means to be connected to every human, animal, plant, rock and stream. The word "separate" wouldn't exist in our language.

That's why working with horses is such a powerful experience. When I see them as my teachers and pay attention to how they communicate and how they treat each other, I draw closer to my own authentic being. In my opinion, horses couldn't be any more in alignment with what they really are. My greatest hope is to someday grow up to be just like them.



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to freedom and perfection. It involves the transformation of a limited being into an unbounded one. Yoga deepens, broadens and strengthens the visionary power of the mind. It opens the door of that realm of sensing beyond the five senses." When students combine knowledge with that kind of openness of mind, their futures become alive with possibilities beyond our current vision. That kind of power can transform the world.

For More Information:

Isha Yoga and Transcendental Meditation programs and classes are available to people of all ages, all around the world. To learn more, please visit: www.ishayoga.org or www.tm.org or contact Erin Weitzmon in Detroit @ www.wholeness.us, wholeness.us@gmail.com, or 248-404-8938.

Erin Weitzmon is gathering families and information to start a holistic school in Southeastern Michigan. For more information about this school, or if you'd like to participate in its creation, please contact Erin at 248-404-8938 or wholeness.us@gmail.com



A scene after a light spring snow in Estes Park, Colorado.

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What Does Your Intuition Say? • Continued from Page 2

Recently our conversations have started to reverse. Looking for advice, she often asks, "Mommy, what does your intuition say?" My challenge is to remind her that she has her own answers and that I don't necessarily help her by giving her mine. My intuition is here to guide me, just as hers is there to guide her.

I feel so blessed to have such a sacred and special relationship with my daughter. I've known from the time of her conception that she came here to teach me much more than I'll ever be able to teach her. What I didn't realize was the wonderful opportunity that she'd give me to solidify my own wisdom and to step into the role of being a wise and fully present mother. Don't get me wrong—like everyone else, I struggle to be the best parent I can be. But when I get stuck all I have to do is ask, "What does my intuition say?" and I'm back on track.

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