

Indigo Child EMDR Therapy/Coaching

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Table of contents

- When your child is "different" (1)
- Parenting help – indigo child (2)
- What are indigo children? (3)
- Characteristics of "different" children / indigo children (3)
- Therapy / Coaching for "special" children / indigo children (5)
- What is EMDR? (6)
- What is auditory EMDR therapy / auditory EMDR coaching? (7)
- Origin of auditory EMDR psychotherapy / coaching (7)
- Effect of auditory EMDR psychotherapy / coaching (8)
- Benefits and risks of EMDR therapy / coaching (9)
- What is autism? (10)
- Auditory EMDR therapy / coaching for autism (10)
- Auditory EMDR therapy / coaching for ADHD (11)
- The inner family(AL) (12)
- Indigo child EMDR therapy / coaching (13)
- Indigo child contact exchange (14)

Note: This is the text of the original website until 2019. Since 2020, I accompany humanity as a whole to the higher level of consciousness of the New Age.

When your child is "different"

Hello dear ones,

I no longer offer Indigo child EMDR therapy / coaching personally anymore, but the information remains relevant nonetheless. In the meantime, I have passed on individual coaching to my disciples as Consciousness Coaches of the Am-Ziel-Erleuchtung©. Instead I am accompanying the evolutionary leap of mankind.

Help for self-help (parenting help)

With me, you will find help if you want to support the development of your baby in the 1st year of life or your child is "different" / an indigo child:

- You have already tried conventional child psychotherapy, but it does not help your child? If not, please contact a conventional child psychotherapist first, because I will only take care of your child if you do not find help through conventional child psychotherapy.

- Your child / indigo child is conspicuous, but does not receive a diagnosis that could explain or alleviate these conspicuities and you do not know what to do now? Only if conventional measures do not help your child / indigo child, I am happy to be here for you.

- You have an indigo child and wish additional spiritual support to conventional child psychotherapy?

If you – possibly with an indigo child – are outside the conventional child psychotherapy system, then you are in the right place with me. I support parents in this difficult situation. If necessary, I apply auditory EMDR coaching together with you to children / indigo children, who show highly intelligent autistic, ADHD and savant symptoms (island giftedness) together with spiritual sensitivity.

"Different" children need "novel" methods, but you should only pursue this still very new approach if proven options are not helping with your child / indigo child. My own son remained without support outside of conventional child psychotherapy, so I developed auditory EMDR psychotherapy out of this situation and would like to pass it on to you due to the amazing success with my son.

Recommendation for background knowledge: [The inner family\(AL\)](#)

Parenting help – indigo child

From the complete transcendental consciousness of the Am-Ziel-Erleuchtung© [Final-Enlightenment(AL) respectively New Age Enlightenment(AL)], it no longer matters whether someone is an indigo child or not. Until then, however, it is helpful to consider the indigo child characteristics.

Is my child perhaps an indigo child? Today's parents have to deal more and more often with children, who deviate from the norm. In esoteric circles, a distinction is made among the so-called new children, especially between indigo, crystal and rainbow children, of which we are currently dealing with indigo children in particular. From a psychological point of view, on the other hand, it is rather assumed that they are behaviorally and attention-disordered, autistic or also highly gifted. Thereby, ADHD has almost become a catch-all diagnosis for all those children, who do not correspond to the common diagnosis system.

The distinction between indigo child and psychological diagnosis becomes superfluous if one assumes that all human beings are divine, each with an individual psyche. Indigo children then differ from "normal" people only in that their divine connection has been preserved more strongly from birth, so that they are guided by this divine power more than other people and often have special spiritual abilities.

At the same time, however, indigo children, like all other people, have built up a "completely normal" earthly psyche for this life over many incarnations. Since often old souls incarnate as indigo children, their psyche can already be largely cleansed divine translucent, but just as well still carry around considerable old burdens, which show themselves for example in autistic traits or as ADHD.

In this case, it is neither appropriate to glorify the new divine indigo child nor to pathologize autistic traits or ADHD, but to support the child in its equally spiritual and human development. However, this can be a particularly difficult task for parents when the deviations from the norm are great and neither common educational methods work nor therapeutic concepts really fit.

Let me advise you holistically on the best approach for your child / indigo child. For some children / indigo children – if all conventional measures are ineffective or there are no proven

measures – an auditory EMDR psychotherapy / coaching can be useful. I will then support you as parents in this.

What are indigo children?

In the meantime, it has turned out that the New Age with a higher level of consciousness and göttlich-irdischer Liebesflussverbindung (divine-earthly love-flow-connection) is realized through the Am-Ziel-Erleuchtung©. Since 2016 there is the Am-Ziel-Erleuchtung©, which is currently spread mainly by New Age souls. Older souls regularly need a little longer to reach this higher state of consciousness.

Behind the term "indigo children" is the esoteric theory that humanity is reaching a higher energy level with more spiritual abilities, which is being realized through a new kind of children. The term "indigo children" was used by Ann Tappe in 1982, because of the indigo aura color of the children, and the channel medium Lee Carrol later distinguished indigo children and crystal children. While it is expected that the indigo children as warriors destroy outdated structures, it is assumed of the crystal children that they realize the gentle heart energy.

The first indigo children are said to have existed since about the 60's and then many from the 70's on. From the 90's one is supposed to find precursors of the crystal children and from about 2000 "real" crystal children. The warlike indigo children pave the way for the gentle crystal children, which in turn are continued by rainbow children.

Note: This predicted social development is now being fulfilled with the Am-Ziel-Erleuchtung© as the higher level of consciousness of the New Age.

The special characteristics of indigo children are described in so many ways that it is hardly possible in everyday life to distinguish between indigo children, children with behavioral problems to dissocial children and children with developmental disorders. However, this distinction is basically not necessary, because all children and people are on earth to make experiences and to develop. The indigo children merely have a particularly intensive connection to the inner divine power, which again and again pushes outwards and thereby destroys outdated structures. This can be as much about their own psychic structures as about external structures, so that indigo children also benefit from conventional psychotherapy if it is chosen with regard to the indigo child's concept of life.

A diagnosis for indigo children does not exist and would not help in everyday life, because "indigo child" is a characteristic and not a disease. Therefore, I do not offer psychotherapy for indigo children, but advise you as parents on how to support the development of your indigo child and how to avoid difficulties with the environment. Only in individual cases do we carry out auditory EMDR coaching together at your request if behavioral problems are present that are stressing your child and conventional psychotherapies are not sufficient or there are no proven measures. If certain personality prerequisites are present, your child may benefit greatly from an auditory EMDR application.

Characteristics of "different" children / indigo children

New Age souls are also considered "different" in our Western culture, because they have still more access to their divine origin than average people.

Indigo children have indigo as their aura color and certain special characteristics are attributed to them. However, if you look through the internet, the characteristics of indigo children are so diverse that it is difficult to find a demarcation in everyday life.

More and more often I have to deal with parents of children, who are conspicuous, have problems with school and authorities and fall through the psychotherapeutic diagnosis system. Often these are indigo children. But whether indigo child or not, above all, parents, children and social environment are overstrained with the special situation.

These children sometimes seem like a mixture of mild form of autism, AD(H)D, giftedness and savant syndrome (island giftedness) combined with spiritual sensitivity. For example, they may exhibit the following characteristics; however, there are no clear indigo child traits.

Intelligence: the child / indigo child often has high intelligence with simultaneous inexplicable overload (refusal) at the simplest tasks; uneven ability profile on the intelligence test; above-average fluctuating performance; lack of recognition of correlations; often special abilities / special interests.

Learning: inflexible thinking, the child / indigo child does not learn from the consequences; massive learning resistance across personalities; no step-by-step approach, but immediately being able to do everything or refusal; lack of ability to distinguish between important and unimportant (and therefore everything is fleeting); often unusually good long-term memory; reluctance to accept help with great fear of being thought stupid; (small) successes are not recognized and destruction of achievements

Feeling: lack of self-reflection, empathy and guilt-feelings; lack of social / emotional reciprocity and thus often lying – or the exact other extreme of especially high honesty towards oneself and others, very high sensitivity and empathy. Both can be found, depending on whether self-protection or openness predominate in the personality.

Social behavior: egocentric, low ability to work in a team; difficulties in assessing social interactions, often with particularly sensitive perception at the same time; lack of understanding of roles, so that the child / indigo child always feels that he / she is the highest authority and thus gets into trouble with parents and teachers.

Education: the children / indigo children feel attacked by normal methods of education, because these question their position of authority, so that even care that demands a change in behavior from them, is perceived as an attack. Likewise, however, particularly affectionate behavior is also possible.

Personality: problems with flexibility (unusual rigidity), complexity and concentration / attention; often (auditory) stimulus overload.

Physical: motor and coordination abnormalities, but usually still within the limits of normal, imbalance in body image or musculature (e.g. muscle tone particularly strong / weak, ratio of back to abdominal muscles, left to right half of the body, coordination upper / lower body ...)

Self-esteem: due to their otherness, misunderstandings perceived as hostility, and learning peculiarities, the children / indigo children often develop self-esteem problems that make them prone to addictive behavior; stable divine sense of self-esteem may be overlaid by feelings of inferiority

Spirituality: indigo children contain ancient, deep knowledge and see through artificial structures; they can be very sensitive and have special spiritual abilities; even if indigo children show outwardly disturbed personalities, they never completely lose their inner divine origin.

In such children / indigo children with these or similar characteristics, auditory EMDR application can be very helpful if all conventional psychotherapy methods have been exhausted before or if the children / indigo children do not fit into the diagnostic system and therefore do not find adequate child psychotherapy. In particular, a high discrepancy between language and scientific aptitude can be an indication of the expected benefit of auditory EMDR application.

Therapy / Coaching for "special" children / indigo children

Dear parents, please see your special child as the spiritual development opportunity for yourself that she or he is.

What can you do with a developmentally atypical child / indigo child?

First of all, it makes no difference whether your child is an indigo child or has a developmental abnormality, because indigo children are also on earth to develop. And since everything is Divine, it also makes no difference whether conventional child psychotherapies or spiritual methods are used, as long as they are attuned to your child's personality.

Provided that your child / indigo child shows the described similarities to autism, AD(H)D, giftedness, savant syndrome (island giftedness) and spiritual sensitivity, I can recommend the following measures to support development:

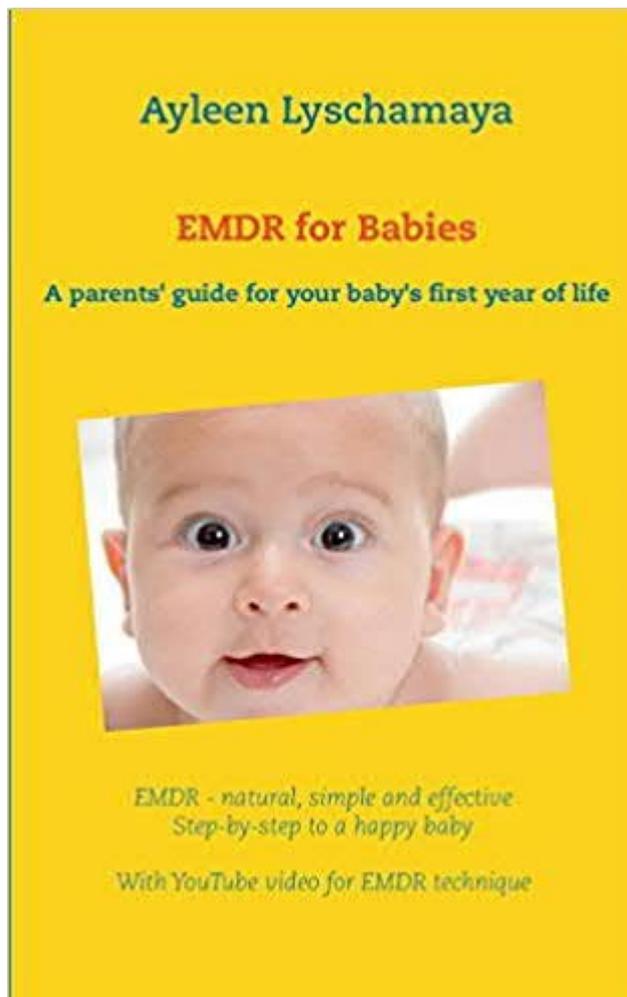
- Behavioral therapy to support social competence. Especially during important stages of life, such as elementary school and puberty, your child / indigo child should improve her or his social skills.
- Training of emotional self-perception and perception of others, especially by making sure that you as parents take feelings seriously, name them and explain them.
- Movement therapy (occupational therapy, physiotherapy) to balance muscle tone, depth sensitivity, coordination, spatial perception, etc. However, if your child's deviations are still within the normal range, in Germany it is difficult to get therapy prescribed. So, you may need to become an expert yourself to encourage your child's movement patterns. (This physical encouragement is especially important!).
- ADHD therapy, e.g. for impulse control, can be helpful as well as specific supports, e.g. speech therapy for disorders in speech development.
- With indigo children, your spiritual appreciation is important. Integrate your child's spiritual needs and abilities into your daily life together.
- Auditory EMDR therapy / coaching to support brain connections, augmented with step-by-step learning, recognizing connections, forming links, breaking down complexity and putting it back together ...

I offer you the auditory EMDR application as help for self-help. Thus, I accompany you to support your child / indigo child completely individually holistically.

For all other therapies please contact conventional child psychotherapists and specialists. The more of these areas you can support – without overtaxing your child / indigo child – the better.

What is EMDR?

EMDR is far more than is conventionally known. [EMDR for Babies](#) facilitates the soul's arrival on earth, auditory EMDR coaching supports child development and Spiritual EMDR supports the development of consciousness to the higher level of consciousness of the New Age.



EMDR (Eye Movement Desensitization and Reprocessing) is originally a technique for treating trauma and processing stressful feelings. After mental and emotional preparation, the stressful event is thought of and bilateral stimulation (alternating stimulation of both hemispheres of the brain) is used to initiate subsequent psychological processing. Usually, the therapist moves a finger back and forth in front of the patient's visual field and the patient follows the finger with his / her eyes.

In the meantime, however, the EMDR method is being applied more and more widely. I personally often use it for developmental support or holistically for spiritual development. Three forms of EMDR are distinguished: visual EMDR by sight, auditory EMDR by hearing, and tactile EMDR by touch.

For auditory bilateral stimulation, the client listens to music that alternates very quickly, sounding only one ear at a time. For tactile EMDR, the left and right sides of the body are touched alternately. Typically, EMDR, as the name implies, is applied visually.

Auditory bilateral stimulation is conventionally used more as an adjunct when eye movements are not possible. Tactile bilateral stimulation is used with very young children.

In my experience, visual, auditory and tactile EMDR have different psychological effects. For example, visual EMDR therapy is particularly suitable for emotionally accessible people, while auditory application involves more the emotions in cases of dissociative tendency. Tactile bilateral stimulation is recommended not only for young children, but also for people, who are not so well connected to their bodies.

Usually, in my practice, for trauma and other distressing feelings (e.g. anxiety disorder), I use the most effective and scientifically studied visual EMDR method for most people. Holistically-spiritually, I combine visual, auditory and tactile bilateral stimulation. Developmental EMDR child coaching focuses on auditory bilateral stimulation in conjunction with everyday tasks, supplemented by visual and tactile EMDR.

What is auditory EMDR therapy / auditory EMDR coaching?

Visual, auditory and tactile EMDR set different emphases in their application. This results in a variety of possibilities for psychological healing and expansion of consciousness.

I derived auditory EMDR coaching from the recognized evidence-based EMDR method of child and adolescent psychotherapy. In the conventional EMDR method, after psychic preparation, the patient's eyes are stimulated bilaterally. For this purpose, the psychotherapist moves a finger back and forth in front of the patient's eyes, which the patient follows with her / his eyes without moving her / his head. Both hemispheres of the brain are synchronized and thus repressed feelings are made tangible again, processed and released. The EMDR method is particularly effective in trauma treatment.

What is the developmental auditory EMDR child coaching derived from it?

In auditory EMDR child coaching, bilateral stimulation is provided through headphones by music that very quickly alternates between sounding only the left or right ear at a time. I use music with a broad orchestral sound (without melody or rhythm) and a delicate bright bell, which is heard very quickly alternately with only one ear. The brain thus receives auditory impulses from the right and left ear in very rapid alternation.

The music lasts for 45 minutes and the always same sound, which only changes the ear very quickly, becomes a calming, monotonous background noise, which the active consciousness hardly notices. It has even happened that people no longer noticed whether the music was actually on or not. Therefore, auditory EMDR can be combined with other activities. It should be noted, however, that the state of consciousness is altered, so that it is not allowed to participate in road traffic or operate machines. The combination with other activities as well as the specific duration and application of the music must be individually adapted to each child / indigo child.

The auditory EMDR stimulation is to be built up gradually in order to check the effect on the child / indigo child and to find the individually optimal dosage. It is possible that emerging repressed feelings or even traumas need to be dealt with, so that further accompanying coaching is necessary. In addition, EMDR coaching should only be used in a positive family environment.

Auditory EMDR coaching seems to have such a holistic positive effect, especially for developmental disorders, that it can be a real opportunity for your child. Nevertheless, it should only be used if all proven measures have already been exhausted or if there are no such measures.

In the meantime, there is specifically for the layers of awareness further developed bilateral music: <https://new-age-enlightenment.com/emdr-bilateral-music/>

Origin of auditory EMDR psychotherapy / coaching

Special children are a gift. It was through my son that I developed this so important approach for humanity.

How did I come to auditory EMDR psychotherapy / coaching for developmental disabilities? – Out of desperation, because my own son Klaus was not coping in school, and conventional ways could not help him. His problems arose from his fractionated psyche. Through auditory

EMDR psychotherapy / coaching I could support him. *In the meantime, by the way, he passed his high school graduation with “very good” (grade average 1.6).*

As a non-medical practitioner for psychotherapy, I used EMDR on trauma patients and anxiety disorders, among other things. From this, I noticed the similarity between the fractionated memories of trauma patients and the psyche of my son. So, I changed the traditional form of EMDR therapy with fingers in front of the eyes to bilateral stimulation through music running in the background to other activities. Out of this came developmental auditory EMDR therapy / coaching.

After four months, the daily auditory EMDR psychotherapy / coaching had already positively changed my son to the point that it was even possible to tackle his specific learning difficulties. After the conditions in his brain had obviously been improved, he additionally learned under guidance to recognize correlations in content, to make connections and to break down complex facts into individual steps and put them back together again. He started all over again and it was laborious, but now it was finally possible to connect his fractionated psyche into a whole. His motor restlessness in language classes subsided.

Auditory EMDR coaching can be so effective, however, that I would advise against simply buying bilateral music and experimenting on your own. There can be defensive reactions and temporary initial aggravation. For some children this way will not be the right one either. To be able to distinguish this and to accompany responsibly, one needs experience with profound psychic processes, which I have due to my Am-Ziel-Erleuchtung© [Final-Enlightenment(AL)]. Please also note that auditory EMDR coaching should only be used after all other proven interventions have been exhausted or do not exist.

The year-long auditory EMDR therapy with my own son was so successful that I would like to offer it to others – perhaps similarly distressed parents as I was. So, if you also want to go this way of holistic personality development with your child / indigo child, I will be happy to accompany you as help for self-help.

Effect of auditory EMDR psychotherapy / coaching

With the New Age, science is being integrated into the higher scale of transcendent consciousness.

The human brain is the eager subject of scientific research and yet much remains unexplained. Of great importance, however, seem to be the connections in the brain.

Thus, for optimal learning, it is recommended to use both hemispheres of the brain and, for example, to embed physical formulas in stories. *(However, this changes with Am-Ziel-Erleuchtung©.)* If both hemispheres of the brain are specifically trained, learning material is memorized all the better, because it is now anchored both from the mind and from the feeling. The causes of autism, savant syndrome and ADHD also seem to have one thing in common, namely disturbed connections in the brain, whether in the connection between the left and right hemispheres of the brain or in chemical signal transmission.

The bilateral stimulation of the auditory EMDR method starts exactly at the connections in the brain, so that a favorable brain development can be hoped for. Moreover, EMDR is relaxing and relaxation supports optimal learning, because the abilities of the subconscious mind are involved.

In addition to brain hemisphere synchronization for better information exchange between the brain hemispheres, there are other possible explanations for the positive effects of visual EMDR psychotherapy. For example, eye movements in REM sleep imitation possibly put the brain into dream mode and therefore aid in processing. Moreover, eye movement patterns are known to occur during rumination. To include these alternatives as well and to exhaust all linking possibilities, auditory EMDR coaching also includes brief visual EMDR applications.

Benefits and risks of EMDR therapy / coaching

Benefits and risks of auditory EMDR psychotherapy / coaching (as far as known) at a glance.

Possible benefits:

- child psychotherapy / coaching without medication
- training of the brain in the child's developmental phase
- possibly EMDR not only compensates deficits, but stimulates natural brain connectivity
- helps to process feelings, so that emotional burdens are dissolved
- supports personality development
- indigo children follow a natural path

I recommend to start right away with [EMDR for Babies](#) as parents or, in case of conspicuousness, to get into EMDR with my support until the age of 9. Later, children / adolescents with rather rigid personality structures should not start with EMDR, because then too violent processing reactions are to be expected due to the more and more solidifying personality.

Possible risks:

- temporary defensive and processing reactions
- possibly brain changes, which may also be desired as better networking
- no scientific research results yet

On myself, however, optimal brain wave patterns were measured in a relaxed state, which remained unchanged by auditory EMDR. This suggests that EMDR can support this optimal state.

Contraindications: Psychoses of any form now or in the near past, severe personality disorders, severe affective disorders, severe mental instability, suicidal tendencies, epilepsy, severe hypertension, aneurisms, heart disease, vascular disease, severe acute or chronic illness, continued traumatizing life situation.

Disclaimer: You engage in auditory EMDR psychotherapy / coaching at your own risk with an unexplored therapy / coaching method for which I assume no liability. Therefore, auditory EMDR psychotherapy / coaching is to be used only if there are no conventional measures available for your child / indigo child or if they prove to be ineffective.

Note: Auditory EMDR coaching belongs to the higher level of consciousness of the New Age. This means that the structure of the transcendent consciousness as well as the universal laws with the two creation forces from Universal to earthly across the four layers of awareness is known. Out of these experiences the structural layer is created.

What is autism?

How different personality structures arise and the cause of autism can be found in my book "[Spiritual Psychotherapy: the inner family](#)".

Autistic people are completely normal people, who (with lower expression on the autism spectrum) are not necessarily recognized as autistic. This is why autism is sometimes diagnosed very late in children. However, autistic people have an innate completely different perception and information processing in the brain, which shapes their entire personality in thinking, feeling, motor skills, social behavior, communication, etc.

In particular, a distinction must be made between early childhood autism (Kanner autism), with the more pronounced deviations from the norm (which may necessitate assisted living), and Asperger's autism, which often does not become apparent until after the age of three. The characteristics of Asperger's autism are primarily egocentrism with one-sided social interaction and little ability to make friends; lack of empathy; impaired nonverbal communication; intense preoccupation with special topics; and limited repetitive and stereotyped behaviors, interests, and activities.

Autistic people are not mentally ill, but are different from other people with often very individual strengths (Albert Einstein is said to have been autistic) and weaknesses. However, this differentness of autistic people leads to social problems, which is why support is appropriate. There is no cure for autism yet, but behavioral therapy can manage the symptoms quite well.

I myself do not offer behavioral therapy for autistics, so please consult a conventional child psychotherapist specialized in autism. The extent to which auditory EMDR psychotherapy / coaching helps with childhood Asperger's autism has not yet been researched.

However, from the New Age consciousness background, auditory EMDR coaching should be promising, because connections are missing in Asperger's autism and auditory EMDR coaching targets these very connections.

Auditory EMDR therapy / coaching for autism

Experience so far shows that far more is possible than expected.

Autistic people have such a different psyche, which is so resistant to change, that you as parents should first ask yourself, whether it might not be better to accept your child as it is and leave it in its own world. If you still want change for your autistic child, please first clarify for yourself: Why? Are you acting in the interest of your autistic child or are you fulfilling your own (unconscious) wishes?

For my decision with my own son Klaus, I mainly considered the following points:

My own son was merely in the borderline area to autism, without having received a corresponding diagnosis and seemed so "normal" that normality was expected from him; otherwise he got problems. Also, vice versa, he basically sought contact and wanted to get along with other people, so that he had no choice, but to adapt to normality as much as possible.

Moreover, in the past, Klaus had already made promising developmental steps, especially with the help of speech therapy, deep-sensitizing group therapy and support from me. Apparently he had a lot of developmental potential and just needed additional support.

Especially in learning, from the beginning Klaus showed enormous resistance to the associated change due to his proximity to autism. Both, the learning itself and every single small learning step, I always had to fight through against his great autistic resistance. But at some point, he became too old for that and was supposed to gradually take on personal responsibility.

I was all the more surprised that he continued to provoke the confrontation with me, because he needed it as a help to overcome his autistic rigidity. He told me on his own that he was not happy with this inner rigidity either, but that he could not overcome it on his own.

Due to the school situation, the only possibilities for Klaus were either not to graduate from school at all or to graduate at a level far below his high intelligence or to try auditory EMDR psychotherapy / coaching.

Embedded was this development in universal guidance that always advises me in major life decisions. It is a deep inner knowing of doing exactly the right thing.

For all these reasons, I have decided to bring the karmic structures of my almost autistic child as far as possible in the direction of "normality".

Auditory EMDR psychotherapy / coaching softened Klaus' rigidity and at the same time eliminated the motor restlessness that had previously been displayed when he overcame his autistic rigidity. During conventional psychological testing for his developmental abnormalities, Klaus had tried so hard to participate well that he had gone beyond his limits, giving the clinical impression of ADHD. Through auditory EMDR psychotherapy / coaching, these extremes of rigidity and motor restlessness seem to combine, resulting in an almost normal soft flexibility. This was then the basis for Klaus to practice "normal learning" until puberty.

When auditory EMDR therapy / coaching was started with Klaus, his "soft side" was basically already present, albeit somewhat limited, and only the connection still had to be made. To what extent auditory EMDR therapy / coaching helps with diagnosed autism and which accompanying measures may be additionally necessary, can only be tried out in individual cases. All proven conventional therapies should always be exhausted first, before auditory EMDR psychotherapy / coaching is applied.

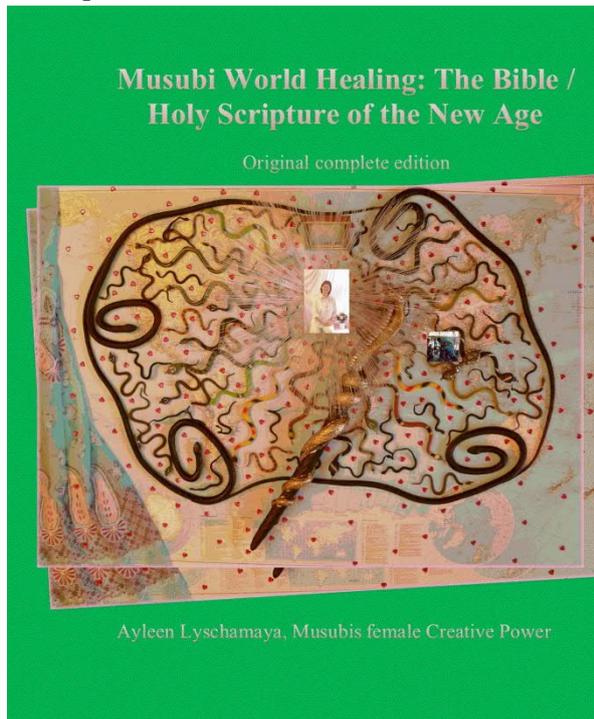
Auditory EMDR therapy / coaching for ADHD

AD(H)D as a development topic, forces to deal with the earthly structures. The chance is to appreciate them from the Universal and to develop them in oneself.

Attention Deficit Hyperactivity Disorder (ADHD) is characterized above all by disturbed concentration, perception and impulse control with motor restlessness. Also, important things cannot be distinguished from unimportant things, so that a sensory overload occurs. ADHD is generally believed not to be curable, but a combination of behavioral therapy and medication, especially methylphenidate (the active ingredient in Ritalin), is the most common approach today.

However, there are many parents, who do not want to keep their children sedated for years with medication and – sometimes desperately – look for alternatives. This is where auditory EMDR psychotherapy / coaching can be the solution. The central element of the EMDR method is bilateral stimulation, which stimulates both hemispheres of the brain.

According to the latest knowledge, ADHD is a genetic metabolic disorder, in which the communication between the brain areas is disturbed. So, if in ADHD the connections in the brain do not work sufficiently and EMDR stimulates the connection between both brain hemispheres, it stands to reason that EMDR can help with ADHD.



I tried this assumption with my son Klaus, diagnosed with suspected ADHD, and his motor restlessness in the language subjects did indeed go away. His overall personality change was so positive after four months that I also offer this support to other ADHD children.

If you too (after exhausting all proven methods or if there is no suitable psychotherapy for your ADHD child / indigo child) would like to try this new path, I will be happy to accompany you and your ADHD child / indigo child. I see my task in helping you to help yourself.

You can learn more about the childlike development of consciousness conveyed by fairy tales in "Gretel and Hansel heal the witch", contained in "[Musubi World Healing](#)".

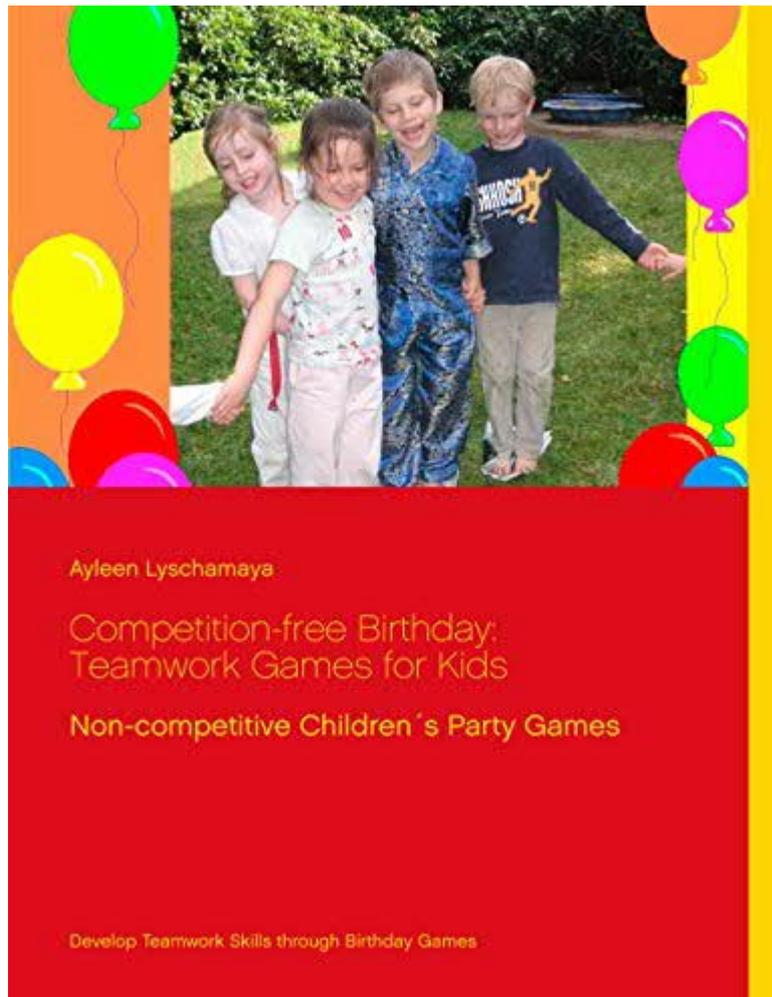
The inner family(AL)

The important basic book to the earthly consciousness part (ego) of the transcendent human being as inner family(AL) with karmic and body, is "[Spiritual Psychotherapy: the inner family](#)". When it is translated into English, you will find out on my page "[books on the complete spiritual path](#)".

How can the psychic peculiarities of people be explained?

With indigo children, for example, the spiritual access is particularly intensive and with autism and AD(H)D, karmic causes are of influence. But for the current life, this then always and for each person results in a very individual inner family(AL) as psyche. This is composed of an inner child, an inner woman and an inner man, which are developed one after the other into adulthood. Therefore, in certain years of life, different topics are particularly important.

For example, for the time of inner woman development, competition-free group games support her developing of teamwork skills. Thus, I have published the book "[Competition-free Birthday: Teamwork Games for Kids: Non-competitive Children's Party Games](#)" as help for this age.



In addition, I recommend to parents, even as non-therapists, to read my basic book for holistic therapists, "[Spiritual Psychotherapy: the inner family](#)", to familiarize themselves with the human psyche and give their children the best possible foundation for later life.

Indigo child EMDR therapy / coaching

As Musubis female Creative Power, I heal the world. Psychotherapy and individual coaching, I offer only in exceptional cases anymore by individual arrangement. However, I will gladly refer you to my Consciousness Coaches of the Am-Ziel-Erleuchtung©.

Auditory EMDR therapy / coaching: Auditory EMDR therapy is not "therapy" in the conventional sense, but is designed to help you as a parent to help yourself. Since I do not conduct conventional child psychotherapy, but rather accompany you as parents with your child / indigo child as help for self-help, it is also possible to conduct my offer by telephone or video call if you live too far away to come to my practice. If you have Skype, we can make a Skype appointment. There will be no remote diagnosis or remote healing, but spiritual-psychic counseling.

In the case of externalized behavioral problems, which is what we are dealing with, you as parents are the better sources of information anyway and can give more comprehensive information than your child. Therefore, our initial consultation is always without your child and my personal contact with your child / indigo child is not essential for the auditory EMDR therapy / coaching that may follow.

You can watch the EMDR techniques supplementary on YouTube:
<https://youtu.be/ZxbMWYSn5jk>

Indigo child contact exchange

No matter if you are indigo children or are arranged for the Am-Ziel-Erleuchtung© [Final-Enlightenment(AL)] – soul agreements I am happy to arrange.

Dear indigo children, parents of indigo children / special children, readers of "[EMDR for Babies](#)" and other interested people. Every now and then I am asked about contact possibilities among indigo children. However, the frequency of the requests is not yet sufficient to organize meetings on site, especially since the contact requests come from all parts of the world. Therefore, I have decided to arrange contacts by e-mail for the time being.

So, if you are interested in getting in contact with other special people / indigo children or their relatives, please write a short e-mail to me with the following content.

Subject: Indigo child contact exchange

Contact request: e.g. meet other indigo children, meet parents of indigo children or exchange about [EMDR for Babies](#)

Age group: Would you like to get in contact with indigo children of a certain age group or should the parents of indigo children or their special children have a certain age group?

Gender: Are you yourself male or female and do you wish to have contact with males and / or females?

Place of residence: In which city do you live?

Name: Your first name is sufficient.

Special interest: Why would you like to interact with others?

Indigo child specifics: Perhaps you would like to point out two or three special characteristics of yourself or your child?

Contact: by e-mail and / or telephone (please indicate telephone number if necessary)

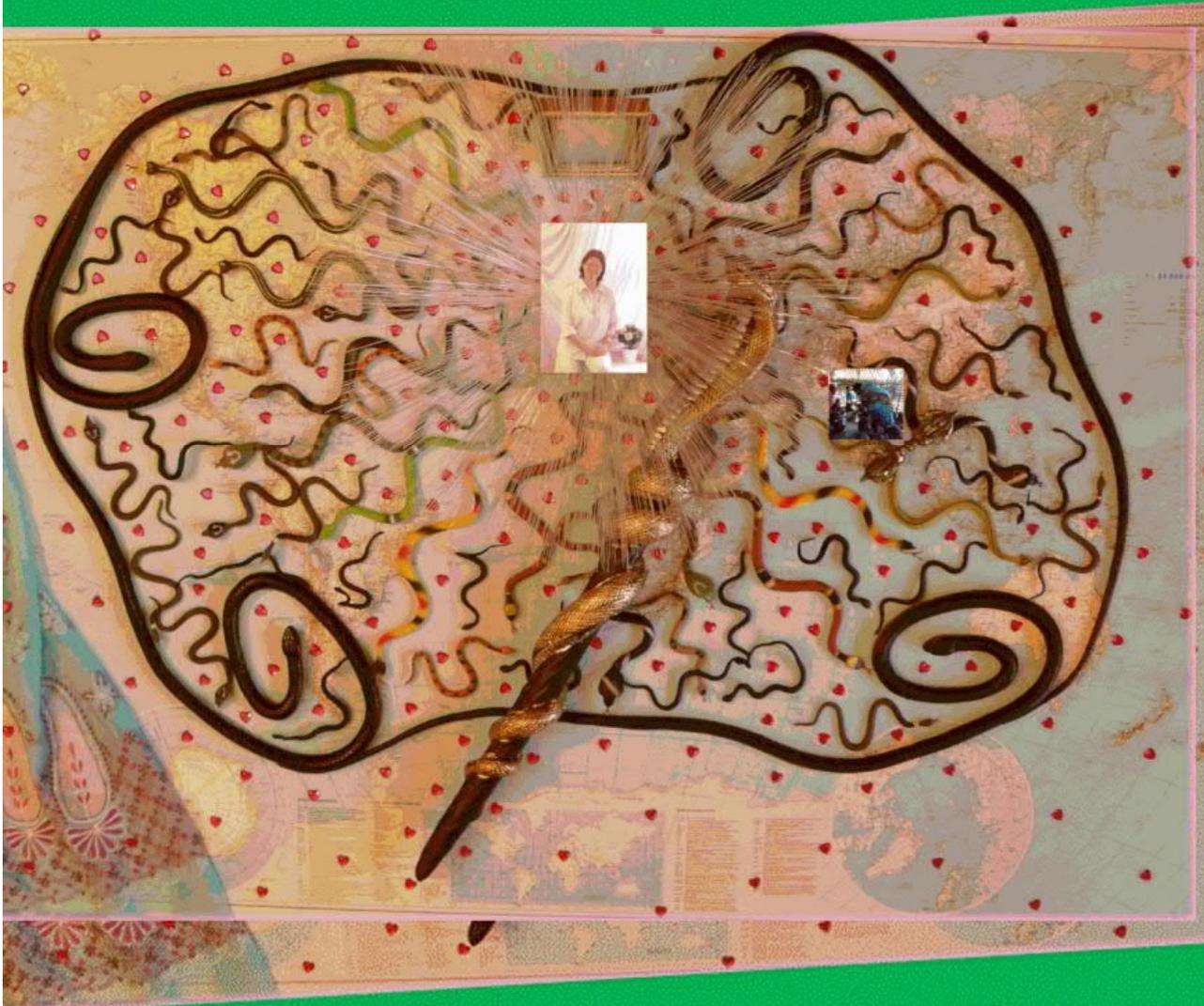
I will then mutually forward e-mails that roughly correspond to each other. First, however, I ask for a little patience, because this indigo child contact exchange is still quite new.

Further to "[EMDR for Babies](#)", to the development of [inner woman teamwork skills](#) or to the fairy tales of the New Age contained in "[Musubi World Healing](#)".

[More information on Musubi World Healing](#)

Musubi World Healing: The Bible / Holy Scripture of the New Age

Original complete edition



Aylen Lyschamaya, Musubis female Creative Power