

Know Your Child: Give Space for Their Essence

By Jennifer Crews

As a creative child, I was either building a fort from the sheets and pillows of my bed, or setting up an imaginary school for my secret friends. I would color and draw to express myself, to release the emotions trapped inside me, to place my essence onto paper for all to see. "Make sure the paint is cleaned up and the paper is put back into the closet," my parents would say. "Clean up your mess" would follow. Unfortunately, "Place your spirit back into the box" is what my heart would hear. How many parents, in their efforts to preserve a neat and orderly home, have stifled their children's expression? Do you as a parent demand this from your children?

One day, when I was at a friend's house for lunch, she became upset because she thought the children's bedroom was a huge mess. I immediately looked around the rest of the house. I noticed there was nothing that represented the true essence of either of these girls. What did they like? What was their favorite art form? What was their creative essence? What made them laugh? What made them sing? The house was neat, clean and orderly, with furnishings from Pottery Barn that looked beautiful and exquisite. Yet there was nothing in the house that reflected who they were as individuals, or as little girls of five and seven. There was no evidence of expression in the house that let their spirit shine through. Sneaking a look into their bedroom I witnessed a room filled with drawings, colored pictures,

photos on the wall, dolls and doll clothes. Books lay open on the floor along with a trunk filled with old costume clothes for dressing up. Shoes littered the floor and stuffed animals were piled high in the middle of the room. Their room sparkled with creativity and said, "Hey this is me, this is what I like and this is what I am about."

Yet my friend was determined to have her girls clean their bedroom, wiping away their creative spirit leaving order where opened hearts had poured expression into their world. What has happened in our culture? Are we in constant need of controlling our environment, needing to have our homes look like the pages of a catalog, leaving the true expression of our children to suffer? I commented to my friend that maybe it was all

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February's Product Spotlight

Pure Synergy Superfood: Nutrition for the Indigo Body, Mind & Soul

By Brian Self

Many of us know very well that Indigo people tend to be energetically sensitive to toxins, food and the environment they inhabit. (The term Indigo refers to people who mainstream society has often labeled as being ADD, ADHD, Bi-Polar, ODD, and more. They often feel very "different" and are non-conformist who've come to the planet blessed with unique or unfamiliar ways of thinking and feeling.) I have seen firsthand how Indigos who make healthier choices benefit not only in body, but mind and spirit. Coming from a place of health and strength makes it easier for Indigos, and for all of us, to better share our unique gifts.

We are beginning to learn, feel and experience the importance of food and nutrition choices in our day-to-day lives—

not only as Indigos, but as humans with basic and foundational nutritional needs. Food and nutrition not only affect our own health and well being, but the health and well being of our people and our planet. If we look closely at nature we can see that we all belong to the earth and that we are made from the dust of the living, breathing Mother Earth.

I wish to share with you one of the greatest discoveries I've made on my path of health, healing and whole food nutrition. This discovery is called Pure Synergy. It is an organic and wildcrafted nutritional superfood product that supports a healthy lifestyle by helping to balance the body and providing a deeply nourishing level of nutrition to the cells. I like

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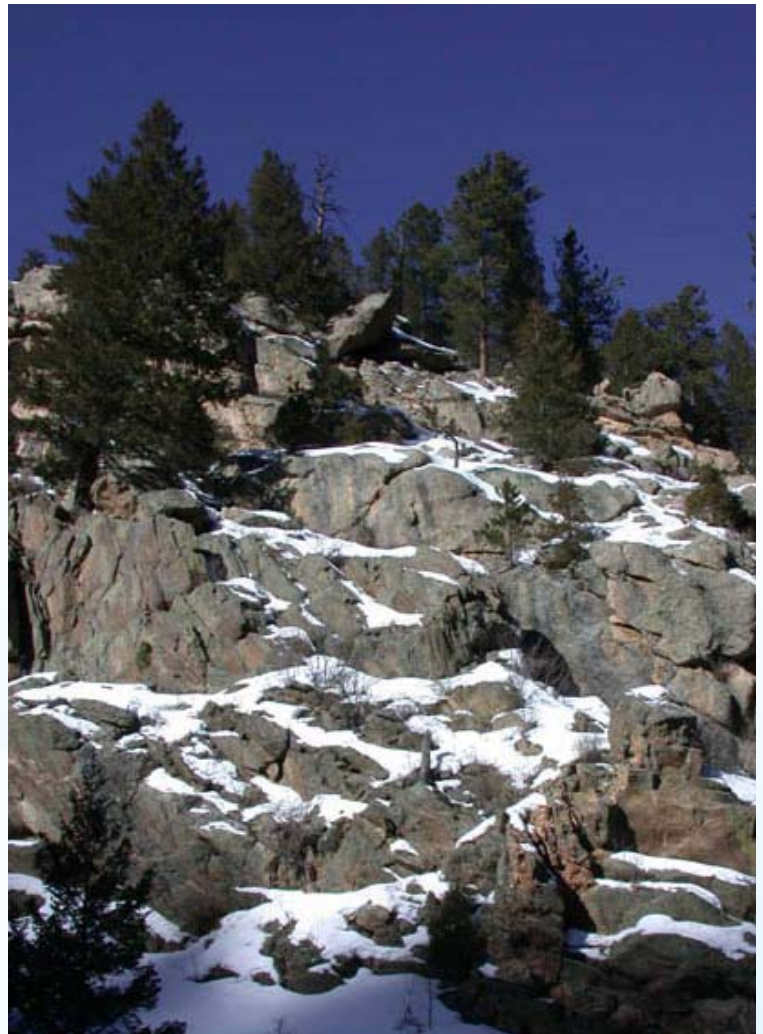
right their room was a mess. How wonderful that they have a place to express themselves and be who they truly are. My comment was not welcomed as she snapped at me sarcastically, thanking me for the “unsolicited advice”.

If children learn at a young age that you can only turn your essence and creativity on for a brief period of time before you must turn it off, clean it up and put it away, what are we doing to allow their true natures to shine? How can we see who our children really are? We tell them they can express themselves only in this time frame or in this room, and they better clean it all up and put it all away as if it never happened. This behavior does not allow our children to be who they really are. This teaches our children that we have only a defined space in our life for them and their essence can only be present at certain locations or periods of the day.

As an adult I had a recent experience that sent me back to this same feeling. I was renting an office with other health professionals. I was instructed that I could hang a few of my certificates/diplomas on the wall and have a few things around the room. On my first day there I was thrilled. I brought a pillow with beautiful butterflies on it that was dear to me. I brought my angel cards, my rose flower essence spray, a beautiful vase filled with faux white roses and my business license framed in an elegant silver frame. I brought all the things that express who I am and that are relevant to my practice in doing intuitive readings for children and parents. I set everything up while remaining aware I was sharing the office and respecting other people’s space. The next week I arrived and a note was left for me. “I cleared out some space on the shelf and got you a basket. I am trying to work on a sparser look.” I walked over to the shelf and found all my things haphazardly placed in one of the baskets. Here again I was being told that I can have my things out during my sessions, but they all had to be put away in a nice neat basket when I was done.

Well, this experience was a great gift. It allowed me to see how not only do we ask that of our children, but we continue to ask that of each other too. This perception needs to shift. It is time to give each other the space to be who we are; it is time to honor our own essence. It is time to give space to your child. Honor their essence. Let them have a space in the home with few limitations or regulations. A space where they may leave out their creative tools, where their imaginations can run wild and where they can explore who they are and not have to put it all away at the end of a day. This is so vital to the healthy development of our children. They need to learn and know who they are. They need to be in their true essence at every moment. We as adults need to start by providing them a space to honor themselves.

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Estes Park, Colorado



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to describe Pure Synergy as a formula that enhances total well-being: Body, Mind and Spirit. It helps bring balance to all of the organs and glands of the body while providing sustained energy and deep, full spectrum nutrition. It helps balance blood sugar and reduce sweet cravings, nourish and support the immune system and nervous system—I have found this to be key for Indigos, who are very sensitive. It also helps balance brain and body chemistry, and it helps support the body’s ability to regenerate, revitalize, detoxify and heal.

I have been faithfully taking Pure Synergy and making it available for my friends, family and clients for more than three years. The balance and sustained energy I feel and the feedback I receive is remarkable. I proudly stand behind Pure Synergy with all my heart & soul, and I warmly invite you to experience Pure Synergy for yourself.

For more information on Pure Synergy you can visit the Marketplace page of Brian’s website at www.heartandsoul-health.com.