

# PSYCHIC CHILDREN



Kerrie Erwin, Psychic and Medium

**P**syhic children have their gifts for a reason and it is not an accident. As part of their spiritual contract they signed up for in spirit, they are here on earth with unique purposes and missions to create change, manifest blessings and help restore the energy of love and peace on the planet. Many have a profound ability to bring healing to others as well, both spiritually, mentally and physically and we are seeing this more and more as this is becoming increasingly part of the norm. They may share messages from the other side, or simply complete this work through their vibration of love, light, and their joyful presence in the moment.

## HOW TO RECONISE

As we go through the changes on our planet, more and more children that are different are being born. Some of these children have what we call Rainbow, Indigo and Crystal energies.

**Rainbow:** These children are entirely fearless and are often called little avatars. They are also claimed to only be here to give, provided they are already at their spiritual peak. They are also known as the “Star children”.

**Crystal children:** Deeply gifted individuals with soulful eyes and a soft calling energy. These children are extremely sensitive and very intuitive.

**Indigo children:** Indigo children are usually old souls, are very driven, stubborn and seem to answer to a higher calling.

For those of us who can see auras these children have a purple halo around the top of their head.

### They may also be:

- Highly sensitive, physically and emotionally to other people, places or things.
- Have a heightened awareness, intelligence, an incredible imagination and are generally very creative in every way.
- Demanding and challenging.
- Prone to nightmares or vivid dreams that seem real.
- Known to speak about things they would never be able to even understand or know about, including deceased loved ones and certain things about people and past lives.
- Described as not having a filter.
- Suffering from anxiety or have headaches.
- Generally feeling like they do not fit in and are often bullied by other children who describe them as weird.
- Are able to see auras and are generally very inquisitive.

## WAYS TO HELP YOUR PSYCHIC CHILD

As parents we must learn to listen to what they have to say and to believe them, even though it may seem extraordinary. In their eyes, what they see is very real. We need to teach them that they will be okay if they talk to us about these matters. Teach your psychic child to harness their abilities and learn to focus them in positive directions.

- If they are having spirit visitations in the night, encourage them to have a night-light on. This will generally deter any spirit that may be around, as spirits generally like to creep around in the night.
- Teach them how to imagine a beautiful white light around them like a protective cocoon. The white light is connected to the Christ consciousness energy and is the most powerful energy in the universe as it is pure, unconditional love. I still use this all the time, to protect my home, my car, my kids and myself wherever I am. It works if you believe.
- Watch their diet for hidden sugars, as these are not helpful for their general wellbeing. Too much sugar in the blood will make them even more overactive than what they already are and it will be difficult for them to concentrate, not feel irritated, focused, out of sorts and imbalanced.
- Teach them the art of meditation. This can be done with a tape, CD or video they can listen to. You can also buy special CD's, programmed for confidence and encouraging them to have a healthy mind and positive outlook in life through the subconscious mind. If this doesn't work find a meditation class for young children so they can learn to listen to their own guides and inner voice.
- I always encourage crystals for children as well as they generate beautiful energies, like rose quartz, which is especially good in the bedroom.
- Martial arts, yoga and tai chi are excellent as well as it will center and ground their energies.

## PROTECTION / WHITE LIGHT EXERCISE

Gently close your eyes and imagine white energy of pure love pouring in through the top of your head and coming down into your body.

You may begin to feel a warm sensation or type of tingling on your skin.

Imagine yourself gently wrapping this pure energy or light around your entire body. This will last for as long as you want throughout the day.

When you go to sleep at night, mentally wrap it around your bed and room so that nothing can penetrate its energy.

Whenever you are out, or are around toxic people, imagine the white light coming out of your finger.

Use it to protect your loved ones, and anything you want. It is simple and free and always works no matter how many times you use it.

**INTERESTED IN A  
PSYCHIC READING**

Email [editor@kamdha.com](mailto:editor@kamdha.com)  
with your name, D.O.B and  
question for our resident Clair-  
voyant Kerrie Erwin

