

Seeing INDIGO



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Few would argue that today's children are *different*. It is safe to say they are more aware, outspoken and defiant – completely different to what we were like when we were kids. The kids we see today appear rebellious, angry and resentful ... but when their behaviour or attitude is questioned, the kids themselves are not really sure why they feel or behave as they do. They just do. And this is the problem. Today's kids are frustrated with something larger than their conscious mind can put into words. It is right there, on the tip of their tongue, but they cannot find the words; there is nothing for them to compare their emotions with and nothing to weigh it against. They just are. And with every probing question and trip to the psychologist, our kids are getting angrier and more frustrated. They don't know what the problem is – no one does, but they know what it *isn't*. They know it *isn't them*. They initially take the challenging questions, suggestions and the disapproving looks in their stride, until one day they snap. Their shadow side, often fed by years of confused emotion and suppressed feelings of inadequacy (feelings reinforced by those who are supposed to inspire and guide them: teachers, doctors and - sadly – sometimes even parents) eventually bursts out and runs rampant, and with a sigh of relief we label them 'A.D.D.' (Attention Deficit Disorder) or 'A.D.H.D.' (Attention Deficit Hyper Disorder) and drug them out to make them 'normal'. At least then we have something to blame.

The point I am trying to make is there is nothing to blame. Honest. There is nothing 'wrong' with our kids. Sure, there will *always* be the occasional kid who is different in a negative way. There has always been individuals who stand out as being a little out of the nine dots, but these cases were (and still are) rare. Today's kids *are* different. But their difference is special. There is nothing *wrong* with today's kids. In fact, today's kids are very much 'okay'. They are here for a reason and, if we were completely honest with ourselves, we would admit that it is actually us who are experiencing the resentment and the anger. We are the ones creating the communication blocks, the disruption and the defiance we see in our children. We spend so much time trying to put our kids into boxes that we so desperately wanted to escape from when we were young, that we have forgotten to ask ourselves why. We try so hard to find labels for our kids and reasons for their behaviour that we have forgotten to look at ourselves. We become angry with our children for speaking up, having opinions and for pointing out the inadequacies in our society because we see it as criticism of our ability to parent well, and in turn disloyal to the effort witnessed in our parents. We see it as a slap in the face, a sign that we have not loved deeply enough or participated effectively enough in their lives. We see it as a spotlight that insinuates our role as defective or lacking in some way. We become defensive because society says that children should be seen and not heard and we superficially believe them. What we fail to feel is pride and excitement. We fail to feel these emotions because we are afraid; afraid to remember our own desire to make a difference, bring about change and to scream from the bottom of our very soul 'What about me?' A plea that echoes back over countless generations, I promise.