



# THE CAPUCHIN MONKEY

## *Totem of the Indigo Child*

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Late last year I attended Doreen Virtue's *Angel Intuitive* course. Not being someone to discount an opportunity to deepen my relationship with Spirit, I jumped at the chance and, today, am very pleased that I did.

During the workshop, Doreen spoke several times of the Indigo Children. I had previously thought it was just another name that gave them permission to act up and their parents to drug them into submission. As a 'dormant' school teacher, I have met many children labelled as ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyper Disorder) and have had many an argument (within the schools and out) defending these kids. Even though many continually displayed violent 'anti-social' behaviour and aspects of themselves that undeniably shunned fear-based authority, I refused to accept that incapacitating prescription drugs were the answer. So, it came as a great shock (and relief) to find that what Doreen said not only made sense, but actually described my observations as teacher, but more amazingly, *me!*

At one point, Doreen asked those who thought they were Indigo Children to stand up. Being quite a reserved person it took some courage for me to do so. The description offered by Doreen seemed to fit me like a glove, and because of that perhaps, it lifted a huge weight off my shoulders. When I stood up, Doreen looked at me and said 'I knew you were an Indigo, Scott', and I nearly fainted with shock. 'But how did she know?' I wondered. 'Was it something I had said?'

At the hands of neglectful and abusive parents, my younger sister and I endured a lonely childhood together, locked in a world of confusion and fear. I spent a lot of time feeling resentful as a child, but instead of displaying aggression and insolence as a means of expressing my suppressed anger like a lot of the kids that I had met over the years, I went within. I shut down. I was very emotional and quiet, but Doreen knew nothing of this. How was she able

to say so confidently that I was an Indigo? Apparently, the answer lay in the indigo-toned aura that encircled my body. On hearing this, a penny dropped; a penny that took the form of a capuchin monkey.

During my years as a teacher, my work with kids proved very rewarding, particularly the time I got to spend with the kids labelled 'trouble'. We clicked straight away. Perhaps because I recognized their pent up anger which I acknowledged as a cry for help, and which others saw as disruptive behaviour to be stopped, punished or suppressed. I quickly realized I was particularly good with the kids the system had given up on. These were the kids diagnosed as ADD and ADHD. I believe there is no such thing as a 'bad' kid. All kids need attention, praise and to be made to feel special. I found that by speaking to these kids (rather than *at* them), about things that interested them in a way that showed what they had to say mattered, they were actually more responsive than the 'good' kids.

Most of the so-called 'trouble' kids craved one thing — attention — and it did not matter to most of them whether it was positive attention or not, so long as they got some. To listen to them share their dreams and aspirations as well as their fears and concerns, gave many of them permission to speak, often for the first time, from the heart. The *shock* that someone was actually taking time out *just for them* with no expectation, demand or pressure was so great that they immediately opened their hearts and spilled the beans on everything. They were so grateful for the opportunity to speak about what was in their hearts, their perception of the world and their place within it that their 'tough guy' personas shrivelled to reveal the spiritual warriors they truly were. Being able to open their hearts allowed them to demonstrate their abilities (which often included those considered *extra sensory*) and to harness their personal power.

Now, after all these years, I realize that these kids were Indigo Children. And why am I so sure? Because I could see a small black and white monkey sitting on the left

shoulder of each of these kids, a monkey that harnesses exactly the vibrational qualities of the colour indigo.

The capuchin monkey from South America takes its name from the capuchin monk whose cowl their head-colouring resembles, and the most frequently recognized species is the white-shouldered capuchin. Considered the most intelligent of the New World monkeys, the capuchin's brain is highly developed and quite large in proportion to the size of the animal itself. They are bred as aids for the physically disabled and are regularly employed as animal actors in Hollywood movies due to their imagination, aptitude, self-pride, nimbleness and inquisitive personality—traits identical to those inspired in the children they represent. I have always seen the capuchin monkey with these particular children, but as I have intuitively seen animals with *all people my whole life*, I initially took little notice! I never made the link between Indigo Children and the monkeys I saw sitting on the shoulders of the kids that were awakening right before my eyes.

Like all people, no kid wants to be told what to do, but they cannot be expected to *just know* what to do, either. They have to see that we are prepared to *guide* them, to show them, to *walk with them* while *demonstrating* how to live impeccable lives and how to walk in beauty. They have to see the world as being an authentic place, where no-one is innately perfect and where everyone experiences bouts of vulnerability. They need to be shown how to embrace their intrinsic beauty, how to nurture it and how to present it to *the people* as a true representation of their soul.

Although I endorse the acumen of the animals and the ancient wisdom of the earth mother with everything I do, the vision I hold for my future work involves integrating the knowledge I have acquired as a teacher, parent and Indigo Child. Along with director Christian Cordeaux (of Melbourne-based *First Light Films*) and others, I plan to co-produce a documentary that optimistically showcases our amazing kids, their parents and the world-wide