**Action Plan for Psychic Children**

Part of being the parent of a psychic or sensitive child is helping that child with their abilities. It is a big responsibility. Having psychic skills is a big responsibility, too. It’s the Spiderman thing: With great power come great responsibility. Please also think of this as a way to accrue lots of good karma points.

Much of what is discussed below also falls under the category of raising your vibration. This is very important for several reasons. One is for the big picture; by raising our individual vibrations and the vibrations of our children, we help the raise the vibration of the whole planet. Individually, raising your vibration is always a good. It helps your karma, it makes your etheric field (aura) stronger and makes you a better person. Overall it can make you stronger, and, therefore, able to do things you want. Want a better job, get out of a rut or just feel better overall? Raising your vibration may truly help!

* **Food**…sensitive people often have a hard time with food, especially sugar. Sugar attracts negative spirits as well as being highly addictive. It weakens your energy field, too. When I say sugar that includes anything refined that turns into sugar quickly in the body….cookies, pastries, donuts, soda, juice, lots of honey or maple syrup, etc. Whole foods are best: veggies, fruit, fish, meat that has been raised well. Processed foods really lower our vibration.
* **Exercise**. I personally find that exercise plays a huge part in managing my own empathic and psychic abilities by grounding me. It’s the same for kids, too. Outside play time, kid yoga, sports, hiking, biking, swimming, etc.
* **Hydrate**! We seem to need a lot more water than most people. Well water, spring water, mineral water are all good. Herbal teas, infusions or fizzy water with a bit of juice or fruit in it are all nice changes.
* **Sleep**. Make sure your child is getting enough sleep. If things are bothering them at night, check out the bullet point below regarding protection, raising the vibration in your space and calling in angels.
* **Nature time**. Being outside a lot really helps. Combine it with a hike and you’ve got your exercise in, too!
* **Do Your Personal Healing Work.** This is really important for everyone, even more so for people with sensitivities or parents of children with abilities. Work to be physically, mentally and emotionally healthy. Yes, that means you may have to see a therapist or a regular medical doctor as well as have energy work. I know it seems like a hassle but see the Spiderman quote above. In higher-level spiritual work we talk about surrender. This is what it means. Surrender sometimes means accepting your fate and working with it. It can be very empowering, if you let it be. It also helps you work your way up the spiritual awakening ladder. That means a higher vibration and that means better karma (you will leave with a higher vibration and, therefore, come back here with a higher vibration). It will also help your parenting immensely if you are not living out your own wounding on some level.
* **Practice good energetic hygiene** and energy/aura management. Ask Deb for notes if you don’t already have them.
* **Practice Energetic Protection.** Wearing protective stones can be helpful. You can wear them as jewelry or keep them in a pocket or small bag on your person. You can put them in the corners of your bedroom or on window sills or sashes as well. I tape mine down.
  + Black tourmaline
  + Snowflake Obsidian
  + Smokey quartz
  + Protection prayers. Praying to a higher power you have a relationship with is wonderful!
  + Calling in angels to your child’s bedroom at night or anytime. Angels will come when you call. It’s their job!
* **Meditation**. Do it with your child and make it a routine part of your day. Grounding meditations are especially helpful. Stay away from ones that emphasizes growth of the 6th and 7th chakras. Your child is most likely open enough already.
* **Cut back on media** (that includes handheld devices). Violent video games, violent or frightening movies or TV are very low vibration. Even things that seem innocuous, like Disney movies, can be unconsciously frightening. What to do instead? Reading is fabulous. Game night. Listening to music together. Painting. Arts and crafts. Learn to knit, crochet or sew. Take a walk. Do yoga for kids together. Cook together. If you must watch TV, try to keep it to programs or movies that are higher vibration and full of love.
* **Use space clearing techniques**….ammonia is especially good at clearing (ask/intend your Windex to help clear when you use it to clean). I also really like Dr. Bronner’s Sal Suds. It has pine resin in it. Highly clearing.
* **Crossing Over Prayer**. If your child sees or attracts ghosts or you live in a haunted house, use the Crossing Over Prayer (either read it aloud or simply play the video) found at Ghost Helpers <https://ghosthelpers.com/>
* If you’re not sure if your child is seeing an actual ghost or a projection of their own imagination (AKA a thought-form), you can use the following tips for discernment. A ghost’s feet may not be in contact with the ground or floor. If your child can visualize a rain of salt falling on the suspected ghost and it disappears then it’s probably a thought-form or projection. You may also feel cold, nauseous, uneasy with a ghost. If you’re experiencing a constant haunting, rather than a stream of uninvited guests, you will have headaches, frequent colds or upper respiratory troubles, trouble sleeping as well as the usual haunting indicators (things moving, seeing or hearing things, etc.). Keep in mind that moving on ghosts give you and the whole family big karmic brownie points.
* **Raising vibration of living space**. This may take time…as in at least a month.
  + Keep your house as clean and tidy as you can.
  + Play classical music, all day. It can be super low. Mozart, Bach, etc. Stick with compositions and composers that are balanced and harmonious.
  + Sweet orange (and/or lavender) essential oil …put a few drops in a spray bottle & spray daily in space. Frankincense, too!
  + Smudging with resins: myrrh, frankincense, benzoin, dragon’s blood (Draceana species). This doesn’t have to be daily. Weekly is good or anytime you’re having trouble. Resins can be found at:
    - StarWest Botanicals [https://www.starwest-botanicals.com](https://www.starwest-botanicals.com/?gclid=CjwKCAjwlIvXBRBjEiwATWAQIiczhuoa4hC2aZQHE7rr_iSEVEX12KRMFb8-5Knpjnhc-lOrDyQPGBoCQG0QAvD_BwE)
    - Mountain Rose Herbs <https://www.mountainroseherbs.com>
  + I like this ceramic bowl and ash filler for burning resins: <https://smile.amazon.com/SHOYEIDO-Mountain-Mist-Bowl-Holder/dp/B007BRK3G6/ref=sr_1_16?crid=YQI91MND5GRR&keywords=incense+burning+bowl&qid=1551288166&s=gateway&sprefix=incense+burning+bowl%2Caps%2C148&sr=8-16>
  + **Use Petal Tones clearing essences**. They can be put in a spray bottle or in a diffuser. Instructions on how to use them are on their website. Find those here: <http://www.petaltoneusa.com/>
  + **Plants and Cut Flowers**. Plants are totally high vibe!! Says the herbalist.
  + **Feng Shui Mirrors**. I use the convex kind that send negative energy away. They’re pretty cheap on Amazon. You’ll want one for each entrance. If you live near a busy intersection or on a busy street also buy the concave mirrors. They deflect general unhappiness/negativity that residences sometimes pick up due to human grumpiness.
  + **Wear black tourmaline**. This stone repels negativity and spirit interference.
  + **Salt lamps**. Definitely in the bedrooms, next to the bed. Leave them on all the time. Salt works anytime. Even just 4 bowls of salt, one at each leg of the bed, will help.
  + **Green lights**. This is one of the things Tina Erwin recommends. Green is a high-vibe color that negative and lower-frequency entities do not like.
  + **Calling in angels**. Fill your space with angels. They’ll come – it’s their job to help us!
  + **Crystals**. You can use clear quartz crystals but – and this is a big but – if there are high levels of drama, teenage grumpiness or bickering in your household the crystals will magnify it. For instance, I noticed when I put crystals on my fireplace mantle, the level of kid bickering in my house went WAY up. I cleared them and put them away. They were magnifying the kids’ natural tendency to bicker (and crystals simply magnify energy. That’s why they’re used in making computer chips). They each have crystals in their own rooms by their beds. That’s find. They just did not work out in the more public areas of the house. As the kids mature more I’ll probably bring the crystals back out. **Citrine** absorbs negativity. **Smokey quartz** will also absorb negativity. If you use crystals you have to maintain a schedule for cleaning and clearing them. For quartz crystals I run cold water over them then charge them in the Sun. The Sun holds immense strength and you want to tap into that strength.