



## **How To Raise A Intuitive & Spiritually Gifted Child**

**Kids are seeds who are grounded deep into the roots of spirit, each having an opportunity to offer his or her spiritual fruit throughout a lifetime.**

The potential for bringing in new ideas and new vibrations to the planet for the benefit of all beings is infinite.

But kids, like all humans, are easily socialized and conditioned to the environment around them.

From day one they slowly start shifting their focus from the [spiritual to the physical](#), and many kids maybe most grow up to be complacent within the material realm, with the world of spirit left somewhere far off in a dream.

What seems to be happening with these extraordinary new kids, though, is that many are consciously traversing both the psychic realms and the physical realms at the same time. This is not only immensely challenging and confusing, but perhaps devastating in a conceptual world where psychic and spiritual phenomena are rarely acknowledged.

Since many of these kids are so psychically aware, yet their parents and role models usually are not, these kids may develop different kinds of troubling behaviors to help them cope with their situation and to teach adults what might be going on with them.

As a parent of one or more of these extra-sensitive children, there are many things you can do for your children to help them feel more rooted, safe and energetically balanced in the world.

Firstly, it is vital for parents to stay emotionally present around children.

Emotionally present means being honest whether you are feeling angry, depressed, guilty, joyous, lovable or excited. One of the most confusing things for a sensitive child is for someone to say, 'I'm fine', when he is actually feeling something else.

Children are empathic by nature; they naturally relate to what other people are feeling. Being cut off from what is alive in you, your true feelings and the desires behind them, as coined by psychologist Marshall Rosenberg or making a false representation about your feelings, trains children that it is more socially acceptable to put up a false-front than it is to express what is truly alive in the moment. Developing an open vocabulary of feelings and creating a household where there is permission to outwardly express this vocabulary is quintessential indeed.

Secondly, if you notice special gifts or talents in your children and want to help them develop these abilities but are unwilling to do any work yourself, don't expect much from your children. They will most definitely need you and the other people around them to practice with and speak their language.

One of the most inspiring aspects about being on a [spiritual path](#) is to observe others making changes, transformations and realizations. Through working on ourselves, we become a role model and inspiration for the people around us. Enrolling in a meditation class (or whatever it is that calls you spiritually) and then setting a specific time for practice at home, sticking to it and making a sincere dedication can have a lasting impact on children.

One of my teachers from years ago used to purposely leave the door to her meditation room open while she was meditating so that her young children could see her peaceful, dedicated and undisturbed. If they came in to rouse her or to feign for her attention, she'd stay solid like a mountain, allowing them to climb all over her until they got bored and left.

It must have been a good lesson for the kids to realize that when mom was sitting, there was nothing more important to her than her practice. What a gift!

Another key to raising healthy psychic children is to help them become aware of their energy and to recognize when their finely tuned systems are ungrounded or processing the psychic stuff around them. Some simple [energy tools](#), practiced daily, usually do the trick.

One of the first things to do is to have them create an image that connects the body to the center of the planet. This gives kids a sense that they are rooted and plugged in throughout their day.

Like a ground wire plugged into a wall socket, grounded children have a place to send stuck or pent-up energy instead of having it bounce off the walls or off on you! Have them create a monkey tail, a tree trunk, a bean stalk or any fun image that works for them and have it come out of their body all the way down through the floor and deep into Mother Earth.

Most of us in the modern world have forgotten our deep connection to the planet. A grounding cord is a good solid reminder that we are always in communication with the earth below.

Having kids become aware of their energy bubble all around them is also beneficial. Their bubble or aura defines the space around their body and is a direct reflection of what is going on inside. If their bubble is vibrating at a color that isn't in harmony with them in present time, they can decide to change it if they want. They can pick a color that is fun for them and change the color for different activities.

This is not only a fun game for them, but also helps them get to know their own energy and that ultimately, they are the ones who are responsible for their own body and energy. They can also clean

their bubble with a magic sponge and make their bubble bigger or smaller so it's the right size just for them.

Lastly, kids need to know how very sacred their bodies are and how lucky they are to be here, experiencing life from the boundless wisdom of the body.

But getting kids to get inside their bodies, even for just a moment, can be challenging to say the least! Invite your children to view their body as a body house, a fun place all their own with many rooms to explore.

They can get around their house via the magic glass elevator that goes up and down their body, taking them anywhere inside their body that they want to go. They get to discover the Heart Room, the Head Room, the Belly Room and more.

According to many spiritual traditions, these rooms are the locations of the vital [energy centers](#) that hold within them the profound intelligence of our bodies.

All kids are psychic, and you may feel a big responsibility on your shoulders just with this realization.

But remember that in any case, kids are kids no matter what.

Your job as a parent is simply to support them, give them love, encourage them to be who they are, and remind them often that they are much bigger than what the outside conceptual world often makes of them.

Then, as they learn their life-lessons from childhood to adulthood, they learn them with a sense of peace and amusement and with an understanding that there is meaning in all they do.

by [Patricia Smith](#) 6-15-21

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