



## **The Indigo Booklet no.6**

**The Indigo Booklet is linked to the forehead chakra. It discusses how to attain clear thinking and clear insight, which enables over sight.**

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## **1. Introduction**

When thinking and insight are clearer, then good leadership can occur. To gain control of yourself on how to cope with emotions, thoughts and handling is thereby promoted.

It is essential that clear thinking is always linked to your feelings, thus inadvertently with your heart also. Question yourself what feeling you experience in your heart area with a certain thought or insight. Cold clear insight causes the sense of community to crumble. Logic is useful, but can also block the sense of feeling.

Clear thinking is an all-encompassing means of observation that is supported by the heart.

A few people may experience an increase in their internal observation level during crisis situations, especially when they are naturally susceptible to this. They may see images of their "third eye" and then make a translation of the meaning from a deeper knowledge from their heart (when they feel that they are absorbed by a neutral field).

When they have experienced these images without fear, and these images were clearly/purely received, then others may profit from this knowledge.

When moments of communal tuning in are created, the observations may greatly increase and the insight broadened. This will have a relaxing effect on all those present, especially if people agree to, at a preselected time, to create such a moment and that they are not led by fear.

In addition one creates a situation for the non-physical world wherein the non-physical guides can support and establish good contact with those who are open to this.

When man handles from the basis of rational thinking, or from an impulse or uncensored fear, this can lead to primary survival techniques being employed, as man tries to guide by these with rational thought. It often appears to be more pure and adequate to follow intuitive inspirations than concepts that have been thought out in advance. The question remains: How do we promote clear thinking and good synchronisation?

## 2. Promotion of clear thinking and insight, with the use of breathing exercises (prana flow) , visualisations, peace and the use of natural resources

**To practice this preventatively** is highly recommended.

This booklet foresees you with exercises on an energetic consciousness level. The exercises may be done individually or in a group.

- **Prana Breathing** helps to strengthen the life power and the spiritual defences.
  - a. What is prana?
  - b. Breathing exercises
  - c. Prana flow with the use of remedies

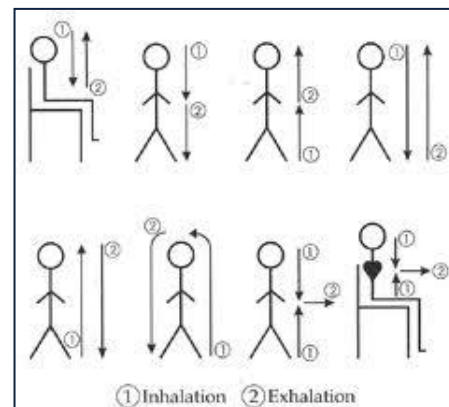
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Of prana breathing, see the full written

Description of the exercises

Hereunder. 1 = breathing in (inhaling);

2 = breathing out (exhaling)



### Ad a: What is prana?

Prana or Chi (Ki) is the *life energy or life power* that keeps the body alive and healthy. You can take in prana from the sun, the air and the earth. Prana from the sun may be received through the rays of the sun (but not for too long!) and by drinking water that has been exposed to the sun.

From the air we can breath in prana and this is transferred via the lungs to the bodies energy centres, the bodies chakra's. By deep, slow, rhythmic breathing more prana air is taken in than by short shallow breaths.

The soles of the feet can take in prana, contained in the earth. This occurs automatically. By walking on bare feet and by placing our feet firmly on the ground (not by sitting with legs crossed) we take in prana from the earth. In addition, this process can be stimulated when, by visualising that the chakra's in the soles of the feet open up. We can do this consciously, whereby we enlarge our vitality in our work and thinking ability.

Reinforcing the life power:

In the following advices and exercises it is assumed that there are possibilities to strengthen the life power (sometimes there are however illnesses that are unavoidable in the evolutionary process).

*Good prana breathing is always important, both for physical and spiritual defences.*

Prana breathing means that prana energy is "breathed in from the cosmos" through the crown chakra and the other chakra's. This vibrates in a very delicate way in the spinal column (refer to the following exercise).

When there are infections present in the body the flow of prana energy often functions below its normal level, and because people feel restricted in their body their physical prana breathing remains shallow (superficial). This means that people who know to deal with prana breathing in a good manner, and have also practised in the meditative state how to extract life giving powerful prana from the ether field, run less risk of contracting an infection than those who neglect their prana housekeeping (refer to The Yellow Booklet no. 3;5;6).

## **Ad b: Breathing exercises**

### **Alternately breathing in and out, through the left and then the right side of the nose.**

This breathing exercise helps to instil balance and the rhythm of the expressive and receptive sides of our body (the right side of the body is expressive, the left is receptive) and is useful when preparing for additional exercises.

- Visualise the breath as a stream of light (e.g. like sunbeams) that you aim towards your 3<sup>rd</sup> eye, the 6<sup>th</sup> chakra (the spot above the bridge of the nose) and from here you send the stream by exhaling through your body and on outwards (via the cells in your body, through the skin and out). Imagine that the waste materials present in your body are expelled as much as possible with the exhalation.
- Close your left nostril with your finger and in 4 counts inhale through your **right nostril**, and then closing the right nostril exhale in 6 counts through the **left nostril**. Repeat this exercise 10 times.
- Close your left nostril and in 4 counts inhale through your **right nostril**, and then closing your right nostril inhale through your **left nostril** for 6 counts. Repeat this exercise 10 times.

Inhale for 4 counts and exhale for 6 counts **through both nostrils simultaneously**.

N.B. Tune this exercise in to the All-penetrating Life in space.

## **Ad c: Prana flow promoted by lubrication**

The through flow of prana can be promoted by the use of rescue cream applied to the 6<sup>th</sup> chakra, the "third eye", situated between the eyebrows and to the upper lip.

Similarly, by the application of balsam to the lower neck vertebrates.

### **3. Spiritual power Strengthening of clear thought and insight**

Strengthening spiritual power, clear thinking and clear insight, utilising a positive attitude, humour and modification.

Approaching a problem with a positive attitude strengthens the immunity both the psychic and the physical.

- Each thought is power; each cell in the body is programmed by energy resulting in energetic fields. When you are caught up in a fear field each cell loses power and becomes increasingly vulnerable to undermining influences. With a positive attitude "we want to live" or "we wish to deal with this in an effective manner", you create the correct field in every cell that increases and maintains its immunity as efficiently as possible. A positive attitude consists of light power and this gives vitality. It strengthens the will to live.
- To laugh and cry to release tension is a primary impulse and helps reduce and minimise tensions. Laughing increases the bodies immunity ability, this in spite of the fact that crying occurs more easily than laughing. Good advice for parents is to make your children laugh to let them relax. Maintain a little jolliness, and small joke here and there, not to forget a little humour even in the most difficult situations. This increases the survival chances of children.
- What is needed to attain inner and external flexibility is the strengthening of emotional stability and defences.  
The external is described in The Yellow Booklet no.3;2,4.  
The internal side is promoted by: rest, prayer, inner silence, meditation, open communication, loving interaction with each other and care (refer to The Lilac Booklet no.7;5,8).

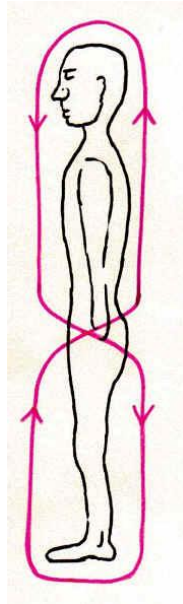


#### **4. Exercises to localise tensions in the body and to relieve these**

##### **Tips: Exercise a**

- Massage the neck and shoulders. This massaging improves the blood flow and flow of energy. It gives peace and leads to relaxation. This can be achieved by relaxed downward strokes or with circular movements with the hands. Massage oils may also be used.
- Paying attention to the eyes is also important. Place your hands gently over the eyes with the fingertips resting on the bridge of the nose, and let them rest there for a period of time. This exercise improves concentration.
- Place your flat hand on the forehead and by applying gentle pressure very slowly move your hand upwards to the hairline. Remove your hand and repeat this process, if required, with your other hand and maintain this procedure for as long as it feels pleasant. You may also apply this procedure to each other.
- It can also be useful to activate the acupuncture points in this area (refer to the suggestions in The Red Booklet no1;4,12).
- Place your hands together, palm on palm, fingers upon fingers, and bring the hands to your face. Then when the face is touched open the fingers, placing them on the nostril wings and slide the folded hands upwards till the fingertips touch the rim of the skull. Unfold the hands letting the fingertips run along the hairline then slide them downwards along the jaw line and then down to the chin. Fold your hands together again and repeat the exercise.
- Tap your cranium (top of the skull) with your fingertips moving over the face, neck and downwards onto the shoulders. Start with light tapping, increasing the pressure ultimately following with the whole hand. Rub down the skull, face, neck and shoulders with downward strokes and feel the muscles relax.
- Pull funny faces and stick out your tongue as far as possible if you can. This relaxes the jaw and throat areas where tensions are stored and remain hanging.
- Start to yawn and strengthen this time upon time.

**The Hara Point, the lines in the diagram cross each other in the hara point** and diagrammatically show the energy flow that takes place in and around the body



### **Tips: Exercise b**

Reinforcing the energy field and reducing tensions by focussing attention and breath and **sending this to the hara field.**

This is of course also an exercise that can soften tensions in places all in the entire body.

- Place your hands on your hara field; **this spot is situated 4 fingerbreadth under the navel.**
- Breath towards this area to rebalance your energy field.
- The hara field is your bodies' central spot.
- When you have rest in this area your aura field becomes more uniform and stronger thus promoting its equilibrium.
- Next you can focus your attention to places in your body that hurt or that feels tense.
- Start with the spot that requires the most attention.
- Allow yourself to feel what is going on, Not only physical sensations can be observed, but also feelings, thoughts and images.
- Remain grounded (earthed) and undergo what needs to happen. In fact look at it, observe everything.
- As a consequence you may feel the tensions subside.
- It may also be helpful to use other softening methods that have been discussed earlier.
- Some people like to work with minerals, stones such as rose quartz, and want to place these on the painful and/or tense spots.
- It is quite probable that when one spot softens another place will make itself known too, and in turn, seek attention, as the reduction in the first area makes it possible to now feel this specific area.
- Focus your attention on this area.
- You can also visualise light energy (beams of light) and send these to the tense areas, possibly in the form of coloured light. In your imagination breath this light, both coloured or not, gently and lovingly over the painful or tense areas. This is also a solution when people suffer from hyperventilation when concentrating too much on their breathing, or who are practising this method. Every colour of light that you chose intuitively for this area is good.



## **Tips: Exercise c**

**Naming exercise and aphorism** to clear up your head and strengthen your psyche:

- Naming exercise. Repeatedly say "I" followed by your name. Repeat this until your aura field is filled up with your individual energy. This is very essential to avoid getting too disorientated from your own self, and not to fall into disarray caused by chaotic thought patterns making you lose oversight of the situation. This often happens when you are in a state of shock or panic.  
(Refer to The Yellow Booklet no.3;6 and the comprehensive explanation of the naming exercise in The Lilac Booklet no.7;8.)  
People with a naturally developed "I" are better conditioned against traumas and their thinking remains clearer.
- *Aphorism*: Speak in short sentences in the "I" form to yourself.  
For example, I have trust in myself.  
I will do what I can.  
I can deal with this.  
We will do this together.
- I remain in the here and now; Positive thoughts strengthen my immune system, my clear thinking and insight.
- My spirit and my soul are mine, these I protect with assistance from The Universal Love.
- In conclusion:  
Compile your own positive sentences, that you bring to bear from your feeling of self-worth and bringing you into your natural "I" state, and in so doing can strengthen you physical and psychological well being.
- Very helpful is your inner smile: Form a slight smile on your face and then take this smile inside your body to form your inner smile. Visualise that you are then smiling internally, at the same time repeating your positive thoughts to yourself.

**5. Promote rest, this promotes restfulness in the head**  
(Refer to the Turquoise Booklet no.5;6 and The Lilac Booklet no.7;5.)

The better we are able to come to rest, the better all our physical and psychological processes will function.

**Tips: Exercise a:**

**An exercise to perform before we go to sleep**

- Place your right hand over your heart and observe what is taking place inside you.
- Re-balancing yourself before going to sleep. Place your flat hands on your chest and send encouraging energies into your chest until you feel that your whole chest is aerated. Your heart space experiences space and pressure in the chest cavity is reduced.
- Next place your hands on your groin and send energy to this area until it starts to feel warm, so that your energy starts to flow through your legs and your feet soles are "open".
- Tensions causing pressure in your head can be reduced by pulling your tongue away from your palate (the roof of your mouth) and let it lie in a relaxed manner on your lower jaw to let the tension flow away via your throat. This effect is strengthened when you relax your jaw and neck. This enables you to dispel with the cramping up of emotions and thoughts during a period wherein you are experiencing a lot.
- When you feel a lot of pain in your heart, then when taking your daily shower aim the water jet on your heart chakra (in the middle of your chest bone) so that your whole heart chakra is washed clean. This helps tremendously when done on a daily basis. It is comforting for yourself: you are definitely not dependent on others and you also know that you can always count on yourself in times of crisis. This of course only when a shower is available!
- So relax your heart daily by placing your hands over your heart and let good energy flow in, send energy into your groin area on a daily basis and, finally, before going to sleep place your hands on your hara field (4 finger widths below the navel) to bring more balance into your system before falling asleep.  
(You can refer to The Red Booklet no.1;10 for other similar exercises. All the other Booklets also give access to additional relaxation exercises.)

### **Tips: Exercise b**

#### **To achieve total relaxation in your thoughts**

- Relax your tongue.
- Firstly, pay attention to relaxing the tongue by focussing on the spot where it is attached to the throat.
- Visualise your tongue becoming longer and longer while remaining in your mouth, then let the tongue hang in complete relaxation on the floor of your mouth, sinking downwards deeper and deeper.
- The tongue does not touch the roof of your mouth but rests gently in the mouth.
- Now relax the vertebrae of the neck where they connect to the skull till it feels soft.
- Visualise a field wherein you are being borne by the universal energy, God, friendly hands or the hands of the non-physical helpers in such a manner that you can give over your neck and the adjacent areas to the support that there is for you.
- Allow this to happen and enjoy the luxury of this feeling.
- Next, relax your spinal column so deeply that it also softens the muscles.
- Imagine that you can also entrust your back to these same soft healing hands.
- Let this feeling sink in deeply.
- Finally: Warm your feet with your attention and let them rest gently on the earth/ground.

**Tips: Exercise c**

**Exercise for self-encouragement**

- Place your right palm and fingers gently and lovingly on your heart region.
- In the same manner place your left hand on your right lung.
- Intertwine your thumbs and relax and by concentrating on this region, warm it up.
- The heart, lungs and rib cage are completely supported to be able to relax.
- The hands in a manner of speaking, "give wings" to your deeper soul life that enables you to more easily be aware of yourself through your personality layers and in so doing encourage yourself. You can then, in fact, continue breathing in what life demands from you.
- This exercise can be done simultaneously with the previous exercise.

**6. Natural resources purify our energy system and promote clear thinking**

**Tips:**

- Loading water energetically. Mountain crystals in water strengthen the waters' resonance and purify it.
- Add, or beam in, positive, constructive and non-emotionally laden words and thoughts to the water, this can purify the water and increase the quality thereof. (Think, for example, about baptism rituals.)
- Give rainwater a positive energy load.

Where remedies such as minerals or vitamins are not available, you can beam the potential of these remedies into the water before you drink it. Take a glass or mug and fill it with clean water, hold this between your hands with your fingers together wrapped around the glass or mug. Then speak out the name of the remedy consciously directed at the water. Repeat this approximately 8 times.

Thereafter, you can drink the water; possibly in small sips throughout the day.

- **Energetically loading water (refer to The Red Booklet no.1;2)**

We need to drink a lot of water, especially during tension filled times, as we need to maintain clear thought processes to judge the situation in the best possible manner.

Water purification is essential as damaging elements can enter our body via water. When water is not properly purified, it is difficult to avoid this. Impure water can cloud our **thought processes** and all our other bodily functions. Prior to drinking it is recommended to load the water with a specific energy frequency, so that viruses and bacteria cannot remain alive (refer to methods discussed in The Red Booklet no,1;2).

The neutral effect of, for example crystal energy, is an effective manner to provide water with a clear and pure cleansing energy, because this exceeds human thinking. This has a more objective effect that is not coloured or influenced by human intentions, as these may not always be pure and can therefore have unforeseen consequences. It may thus be an idea to place certain semi-precious stones that have a purifying effect in a can of water, like mountain crystals, or other types of stone that represent a certain value to you.

**Visualisations and natural resources can help “dead” water remember what the content of “living” water entails.** This approach could be more healing than the new forms of chemical anti-toxins in use, as they can have side effects.

- **Positive thought transfer to water in general.**

We need to seek solutions at a more Universal Level for a better exchange of benefits than the present accepted technical/chemical remedies offer us. Water needs to have a good energetic balance to feed the organs. With each energetic load, something is left behind from the maker. For example, when someone codes or recodes water with great fear inside him/her, something of this fear is taken up in the water when it is loaded. Water is loaded with its own bearing ability and should naturally be able to “bear/carry” this. Not everything can be loaded.

A word such as love can be loaded to water, but should rather not be done with all words. Important positive words could be:

**Love, compassion, persistence, courage, harmony, solidarity, peace and rest.**

**Masaru Emoto** has in his scientific research made people aware of the consequences of thought transfer to water. This could also be a possibility to influence water in a healthy way whereby people are placed in a position, that as soon as they drink the water, they get the benefits of the loaded power. This may be achieved by positively influencing polluted river water, springs and even the sea. Internet has much information on Emoto.

- **Greeting rainwater, accepting it more “consciously”, are a possibility to purify emotionally contaminated water.**

Thus when rainwater receives positive attention (thus not, oh gee, its raining again), it strengthens the power that it mixes into other water sources and in so doing has a positive influence.

The sphere in which rainbows and other moisture vibrations originate (like the halo of moisture around the sun), have a certain unit of vibration that may be called special. When you as a human connect yourself to this and become silent, with a neutral feeling, and you dare to load yourself spiritually when you detect the vibration, then the resonance of the vibration is increased. Your standing open to these types of ether vibrations that originate from moisture makes it possible that you can contribute to the repair of moistures resonances.

In addition it is possible that large groups of people can meditate whereby they connect to large flows of water like the rivers in countries where there is unpleasantness. (This type of request was recently done by Emoto to help purify the water after the oil pollution in The Bay Of Mexico.)

You can then pat attention to the streaming or flowing water of the river or sea, with the intention that these is cleaned up.

It is important that not only the flow of the upper (seen) layer of water is concentrated upon, but also the lower layers so as not to focus only on a single aspect of the whole (refer to the meditation in the Booklet Dying in Disasters).

### **The power of thought can be helpful, but also negative!**

This is dependent upon the pure, or not so pure, thoughts of the person applying this mind power. You cannot, in principle, spread this “Holy Knowledge” indiscriminately. In the interim the work of Emoto has become known across the world and thus has a place in this Booklet where besides helping yourself, also to help others and support them from the heart.

## **7. Different types of disasters**

### **Natural disasters**

When a natural disaster occurs the situation can often not be overseen. One does not yet know how far the disaster has reached or where people are. The fearful question resounds in all, where are there loved ones, are they wounded or are they dead? You want to react immediately in the here and now. Thought is predetermined by the primitive will to live. Clear thinking is blocked. It is however a fact, that clear, often intuitive impulses from an open heart, are purer and function more adequately than preconceived concepts. Therefore, the attention of this Booklet is directed to the individual thinking from a clear perspective, a good oversight born from the intuitive feelings of people.

### **A disaster as a result of human failing**

It is often not productive to remain thinking of the how and why of the failing. This only has benefit when the continuation or spread of the disaster can be avoided. In this event, one should consider both the conceptual and intuitive aspects of the cause of the disaster, to, where possible, restrict the disaster to acceptable boundaries. When thought is directed from an open heart, without preconceived judgement, then clear thinking will be very beneficial.

### **A disaster as a result of terrorism**

People often experience a blackout after a terrorist attack. It is unimaginable and unidentifiable. This creates a feeling of being out of control in the spirit, thoughts and feelings. People often have the feeling that they cannot accept the evil that has been inflicted upon them. This makes constructive action and speech very difficult.

Only very warm-feeling and clear spirits are capable and able to actively mediate, and to oversee the situation and deal with the spirit of the new reality. These people should, temporarily, take over leadership until more assistance is available.

Questions one can ask yourself are, what have you achieved within yourself and were able to develop to cope or deal with death and instability?

One needs to realise and be aware of the fact that the unprocessed traumas of life in people that are confronted by a terrorist deed, acts in a manner that enlarges these traumas, and initiates a chain reaction in the person that can hardly fall under the control of thought.

Try, as much as possible, to do what you think you can deal with (handle).