



Subscribe At

www.energymagazineonline.com

Energy magazine™

Sharing Energy - Transforming the World

Essential Energy

Helping Our Children Raise Up the Sun

Every morning, we are gifted a new sunrise — a fresh start. Most people sleep through it — that is, most intelligent people. On the other hand, I am not so bright. At 5 a.m., I drive my 80-pound mammoth puppies to the dog park. While they are running, I await the signs of the upcoming dawn.

Sometimes the rays are bright orange, salt-shaken with pink. Other times, the sky barely turns a hazy gray, the day's flames still a smoky cloud away. Every morning, I get to see the sunrise, as we all do with each child or youth we meet, and even more importantly, perform healing on.

Since the ancient Greeks walked the earth, philosophers and politicians have been chiding the youngest generation. Complained Aristotle, the next generation is too prideful; they have not been humbled enough by life. Hesiod criticized their recklessness and Socrates insisted that they only love luxury. As energy workers, our hearts call us to assist the young. They are our hope for the future, not only because each shines with a special gift. Every generation constitutes a soul group comparable to a unique sunrise.

From a spiritual perspective, our souls enter the earth plane within a soul group or family. Each group is set with certain tasks meant to usher love, joy and wisdom into the world. This means that every earth generation can be characterized by specific qualities and tendencies. The following are examples:

Depression era souls: Builders gifted with forging an industrial society and strong institutions. (Born before 1946)

Baby Boomers souls: Bridge makers who connect tradition with innovation. (Born between 1946 and 1965)

Gen X souls: Independents who illuminate personal choice and freedom. (Born between 1966 and 1976)

Millennial souls: Creative geniuses able to manifest new ideas and ideals. They are also called Indigo souls. (Born between 1977 and 1995)

Gen Z (iGen and Centennial souls): Globally-minded souls anchored in love and truth and illuminating of connectivity. Within this category are crystal and spirit souls. (Born 1996 to present)

When interacting energetically with Millennials, it is important to be open to their genius and brainstorm ways for them to birth their inventiveness. Mainly, they flourish when provided support and structure.

Crystal souls are delicate. They harken to higher ideals and serve goodness. In general, their bodily systems are sensitive and reject polluted and toxic concepts and substances. They typically suffer adverse reactions to electromagnetic fields, GMOs and inorganic substances, as well as overwhelming sounds and lights.

Quite often these children appear on the Autism Spectrum or have Attention Deficit Hyperactivity Disorder (ADHD). They might seem like geeks, or conversely, dedicated to a certain path, cause or outcome. From a global perspective, these souls insist that we change the world. We must address climate change, violence and cruelty, and learn how to be emotionally kind.

On the individual level, crystals souls often lack strong auric fields and so they cannot safely take in and process the world's energy. Rather, they absorb others' energies in an often-unconscious attempt to alleviate pain, also losing their healthy energies to those who need assistance. When working with crystal souls, we can bolster their energetic filters and teach them how to sustain themselves with nature's energies. They also need help figuring out their unique purpose. Given their sensitivities, we might also recommend that they abstain from overt negativity, such as television violence.



I love these children. My youngest son is one. Diagnosed with ADHD and dyslexia, and a number of other learning issues, he is a huge walking heart. He knows how everyone feels, what they need and has also embraced his personal destiny. Not only does he want to be a professional baseball player but he wants to become a role model for young kids. Yet another crystal child I recently met talks to blue-skinned aliens. He tells me that they relay messages for the world. Another is already a medium. The dead speak to him and share images about how we are to clean up this planet.

Spirit souls are a little different from crystal souls. They have reincarnated infrequently and are born with a strong sense of purpose. I believe that most spirit souls are angelic and have a built-in protection against negativity. I find them able to compassionately understand why addiction, meanness and violence exist but are also able to withstand temptations. In general, as energy healers, we best assist these souls by affirming their inner wisdom and believing that they can actually transform this earth into heaven.

Are we not lucky? With every contact we make with a child or youth we are helping to transform the world. We are raising higher the sunrise, setting smiles in the sky for all to see. €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.CyndiDale.com.