



Mich Hancock

For more information and to order any of the Indigo Dreams Products, visit their web site at www.indigodreams.net.

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An Interview with Lori Lite

My husband and I adopted a, then 4 year old, little boy about 7 years ago. When he came to us he turned our world upside down. He was a highly disordered human being and a psychological evaluation revealed that he was severely ADHD (this was very billboard-sized-apparent actually), Obsessive Compulsive, Developing Bi-Polar and dealing with Post-Traumatic Stress Disorder. I knew he was creating stress in my life and, after hearing this menu of disorders, I could not imagine how stressed he must be.

I decided that meditation was in order and searched for a meditation CD for children. I did find one, but the pickings were slim. Today, I am happy to say that this is a growing area; I am beginning to see more and more meditation and spiritual products for children. One of my favorites is called Indigo Dreams, www.indigodreams.net.

This site has some wonderful products for children; including a Chakra Bear – a teddy bear designed to introduce children to the world of chakras, a Feng Shui gift set, affirmation stones and more. The Indigo Dreams CD Series is fantastic! Each CD has a number of kid-friendly relaxations; which may include breathing exercises, story

meditations, affirmations, and peaceful musical soundtracks. You get a lot of bang for your buck with each CD.

My daughter is five, and I had her try one of the meditations. I am not making this up – when she was done I asked her how she felt and she said – “I feel love, Mommy!” Okay, need I say more? My son, who is now eleven, loves the breathing meditations, saying that they make him feel calm. I had a chance to catch up with the owner of Indigo Dreams, Lori Lite, to find out more about her wonderful offerings:

MH: What made you decide to start this company?

LL: I have a son who was hyperactive and chronically ill. It used to take me two hours every evening to get him to go to bed – it was exhausting. He would jump on his bed, throw toys and clothes all over the place, once he cut off all his hair under the covers. We were kicked out of pre-schools, gymnastics class – nobody wanted us. Then, I had a wonderful aunt who took me to a stress consultant – this woman taught me belly breathing and affirmations and it changed my life. One night, in a moment of utmost desperation in dealing with my son, I began to tell him a story; in the story I wove in the breathing techniques I had learned. He followed along and it was amazing how it helped him. Two hours a night, turned to one hour, which turned to half an hour and on and on. My son is now 16 years old and he is a completely healthy and stable young man.

MH: Lori, we have similar son experiences. How did your son’s behaviors affect the rest of the family?

LL: Of course, it affects the whole family. My daughter began experiencing night terrors due to the stress in the household. With the techniques that I have included on the CDs she was able to have sweeter dreams and all of us slept a whole lot better.

MH: Do you create most of the products in house?

LL: The CDs and the books are created in house. The Indigo Dreams CD is a partner to our books and each book introduces the child to relaxation and healthy practices. A Boy and a Bear introduces belly/diaphragmatic breathing, The Goodnight Caterpillar introduces muscular relaxation, A Boy and a Turtle introduces color and chakras while enhancing their awareness of the power of colors, energy and auras, and The Affirmation Web introduces positive self-talk.

MH: I have been told, by too many people to ignore, that my daughter is a crystal or indigo child; she seemed to take to these CDs like water.

LL: Yes, I have a child who is more of an empath and these techniques have been invaluable to her. All of the techniques on the CDs were born of various issues that our children were dealing with at any given time. She needed to learn to protect herself and manage her own energy. On the Garden of Wellness CD there is a Wellness Practice called Shield of Light, which is very helpful for children who need to learn to protect themselves energetically. Also, on that same CD is a practice called Bubble Blowing, which will help children who are highly sensitive to handle that sensitivity in a healthy manner.

MH: It sounds like your CDs have been very well received by the indigo and crystal children community.

LL: They really have. But, I’d like to point out that although these CDs have been well received by indigo and crystal children, they have also been well received by the traditional mainstream. We have managed to bridge the metaphysical and traditional communities – my CDs are recommended by traditional psychologists as well as alternative therapists. ☺☺

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