

# THE POINT OF ESSENCE PROCESS

## Who Are You?

Is life on this earth painful for you?

Do you ever feel as if you do not belong here?

Do you ever feel as if you have been hiding your real Self all your life?

Do you ever have to deny your real knowing in order to “get along”?

Do you ever feel as if even those closest to you do not know the real you?

Do you think of yourself as a failure?

Do you feel as if you never experience real joy?

Do you yearn for a place that feels like “home”?

If these questions resonate within you and touch your heart and soul at their deepest places, **you may be an Adult Indigo, still carrying — and suffering from — the emotional wounds of childhood.**

At the deepest soul level, you resonate with all the characteristics — and the emotional pain — of the Indigo Children.

For, while today, more than 80% of the children being born are Indigos, the Indigo children first started coming into this Earth — at the rate of perhaps 5% - 10% a year — right after World War II.

You are one of those Indigos.

And there were not many like you when you were young!

On a spiritual, energetic level, you felt the pain of the dissonance between your knowing and your everyday reality.

But, your spiritual woundings were unrecognized and unhealed, and you have carried those spiritual woundings into adulthood.

Those unhealed spiritual woundings are a cause of your angst and anguish; the cause of your discomfort with having to function in this world; the cause of your dis-ease with being in body and being on Earth.

## Your Point of Essence

As an early Indigo, you quickly learned that the world could not handle the full truth of who you are, the full expression of your Being.

**So, you learned to cope.**

Your own inner resources and the gifts of the universe combined to give you strategies and mechanisms to make your way in this world.

Without being consciously aware, you found the way to live in this world.

In order to “make it” and “get along,” on a soul level, you have hidden away your true being; you have shut down the Essence of your Being.

**On a spiritual level, in seven ways, you “Dis-Claimed” the real you.**

These 7 Dis-Claimers were your way of disavowing and denying your “You-ness.”

**The 7 Dis-Claimers and their spiritual definitions are:**

### 1. CONFUSION

*Not being clear who you are*

## 2. SEPARATION

*Disconnection from God, and the bewilderment and pain that results.*

SEPARATION embodies and includes all the 17 Emotional Woundings of Childhood

## 3. DISAPPEARANCE

*Hiding away. The belief of being invisible*

## 4. RESPONSIBILITY

*When hindered from the free expression of Divine Love, that Love morphs into a heavy sense of responsibility for the well-being of the world.*

## 5. NUMBNESS

*Being “dead” inside*

## 6. HELPLESSNESS

*Not being able to make a difference*

## 7. JUDGMENT

*The verdict of failure heard from the Self and from the World.*

## Spiritual Healing

**There is no reason for you to be in existential angst or spiritual pain any longer.**

You deserve an open, easy, comfortable, spiritual existence.

So, for you, an Adult Indigo who carried over the woundings of childhood into adulthood, we now have a spiritual healing process: *The Point of Essence Process: Pro-Claiming the Truth of Who You Are* — a spiritual healing that unblocks your lifetime's constraints, restraints, and soul-suppressions; reconnects the "You-ness of You" with the Divine; affirms the full truth of your Self and the full expression of your Being; allows you to reclaim your soul-purpose and your soul-mission on Earth; and helps to renew your vision of a perfect world.

### The Process

Similar to the 17 **YOUMEE** games, *The Point of Essence Process* is a series of 7 little ritual-games — 7 to correspond to the 7 Dis-Claimers — played by an Adult Indigo.

These 7 ritual-games are called the **7 Pro-Clamations**.

For, in engaging in these 7 spiritual, energetic level ritual-games, you replace the 7 Dis-Claimers with 7 Pro-Clamations of the truth of who you are.

You can learn more about *The Point of Essence Process* in the essay, “Who Am I?” and find the step-by-step detailed instructions for facilitating a *Point of Essence Process* for yourself in our book, *Spiritually Healing the Indigo Children (and Adult Indigos, Too!): The Practical Guide and Handbook*.

## Opening the Flow

Unlike *The 17* for children, *The Point of Essence Process* does not usually produce swift, dramatic results.

Rather, it initiates a gradual, but, eventually, forceful and profound opening. Restraints and blocks of a lifetime begin to dissipate. Fuzzy channels are “unfuzzed.”

The flow begins.

***The Point of Essence Process* reclaims and renews the expression of your truth and your vision.**

The world is ready for you now.

The world needs you and your vision now.

So, we invite you to healing.

We invite you to finally be able to embrace the fullness of your magnificent Being.