

Nancy transcript #10 (7-8-2008)

Key Topics: mind/spirit paradigm, relationships, use of color in the home, Indigos

Nancy: For those of you who have never been here before, this is a question and answer class. You ask the questions, and I let you answer. (Laughter.)

Other: In regards to communicating in relationships, can you explain more clearly what it means to “come from your heart?”

Nancy: (posts levels of the mind paradigm) I think this is a major challenge, and it is a matter of language. All religions and philosophies are the same; they just use different languages. My paradigm is used to explain general consciousness. It’s a mind / spirit paradigm. Half of it is conscious; half of it is unconscious. The one thing you have to know is that we are all bimodal: paradoxical. We have a right arm and a left arm. Things have a right side and a wrong side. We are two-sided. Half of our being works with what we don’t know. The other half we know but rarely work with. When you are in your head, you *think*, but you justify that by making other people wrong.

There are 5 levels of expression. The deepest level in the unconscious is the soul. The soul has all of your knowledge in it plus your syllabus for this lifetime. The second level is the emotions. The emotions allow you to experience, and it operates as the archives for your eternal spirit. That’s based on fact or fantasy. I label fantasy as you experiencing as much through observation as you do by participation. The third level is the body, and the body (through the 5 senses) senses and translates the emotions into the mental. The mental is the first level of the conscious, and it refines through perceptions and assumptions. You assume you know what’s going on, and you make judgments in accordance to define the situation. The last, and most important one in my book, is the ego. The ego operates through the language of feelings. How many times do you ask someone else, “how do you feel about that?” Or you say, “I feel...” You are talking ego to ego. But we have been trained to believe that ego is something you don’t have if you are good. I don’t believe that is true. You have it whether you like it or not. What you do with it determines the outcome. You are always going through the whole 5 levels all the time. The unconscious feeds the conscious and vice versa. Understanding does not occur until something has passed through all the levels.

So, to answer your question, where is the heart? The heart is in all 5 of them. You experience things at all levels. You have to realize how really advanced a human is – that we are not just “kill or be killed.” We can operate on all these levels. What I hope people get out of my teaching is that we are all incredibly brilliant entities. And we are not kindergarten. The mind/ body / spirit combination is a complex brilliance that took millions of years to evolve. The Earth is a university. And we are here learning higher education. Each of us is in competition with ourselves. The more we learn, the more we seek to learn. We are constantly investigating life and learning. **Your “heart” is really your experience based on your knowledge.** But without a body, you can’t express that. Without your thought process, you can’t think of what to say or do. It’s how true you are in yourself or how much you are playing the game. Our environmental training often gets in the way because it has an innate need to be accepted. Our parents try desperately to teach us how to be accepted. Their teachings may not necessarily match our being, and then we are called rebels. My statement is that children should be allowed to unfold with guidance, not be molded by perceptions.

Other: Do you feel that the Indigos will make changes in the way this paradigm operates?

Nancy: Yes, they will change it to a certain extent, but not in this lifetime. Evolution is taking place, and we are in a massive change time. It's in the Earth, not just in man. We have to make our changes but remember that the Earth is also changing. Sometimes the two processes are not in harmony. The Earth always wins. The Earth is reaching into the very depths of its being and is pulling out new viruses and new organisms. We have to adjust to them. It's called evolution.

The Indigos will be more defined in each of the 5 areas of the paradigm. Their ego will be more defined than ours was. It will not be as based on environmental training as it will be based on personal experience. If you note, Indigos even at age 2 or 3 will tell you what they like and what they don't like. If you sit down and talk to them and find out why they like that, you will give them a much greater gift than if you said, "just be quiet."

Other: What will be our role with the Indigos?

Nancy: Having the adventure of seeing things change. And not be the one to slow it down or squelch it. Not see it as something we can't control or understand, but to see it as a new chapter of life on the Earth. It's the next step. We have gone through this many times before, and it will happen again. However, this change is taking us to new territory we have not been in before. These children are the first step into the unknown. They have to define it. We have to be careful not to misrepresent it. We need to find out where they are coming from.

Other: Do you see special challenges for parents of Indigos?

Nancy: Yes, sometimes. But I think it's because the PARENT creates the problem. The child does not. The child is trying to make it work. Once an Indigo child learns to talk, they talk clear. They are not talking parent's language. When there are difficulties, it is because the parent feels insecure with the Indigo's reactions.

Other: What color is Austria?

Nancy: Austria and Switzerland are blue. Italy is lavender. Germany is yellow. England is blue. A blue country is more nurturing and home-oriented. They make great hosts. They love people, but they are not leaders. They are supporters. The United States and Canada are green. More political, mental. Their process is based on economy and money. France is blue too with a strong violet influence.

Other: What color is Russia?

Nancy: Red. Like South and Central America and Mexico.

Other: What would a country that is crystal be like?

Nancy: They reflect to the world.

Other: What is the difference between what we put our parents through (in the 60s) and what the Indigos put their parents through?

Nancy: First of all, they are BORN with knowledge of technology and they have a natural tendency for it that we will have only glimpses of. Second, they are international kids, whereas in our day, it was more appropriate and natural to be "home," wherever our country was. We didn't grow up with a lot of worldly travel, which made us much more unaware of what the rest of the world was doing. We were

also brought up with a kind of frugality which Indigos today do not have. I call their attitude toward money a kind of entitlement. Their parents are very generous.

We see a lot of young people today going to different places after a natural disaster to help rebuild. They go to different parts of our country (like after Hurricane Katrina, for example,) or they go to completely different countries. Our generation did not do that. They are much more globally aware than we were. Even the Peace Corps were young adults, not teenagers.

We have been taught that we need to “fix” everything. The truth is that we need to learn to “accept” things and learn to work with them.

If we want to know the wisdom of the Earth, then we have to bring our polarity into a more unified element of knowing that it’s good to know bad and it’s bad to know the good. Good spoils you. Life is a constant paradox. We have this in religion too. We love God, but we HATE the devil. I think our lesson is to learn how to walk the middle. Be aware of what’s on both sides and choose what works for you on both sides.

Other: When you are in a project that is high energy and really focused, how can you use color to help you?

Nancy: It depends on what the issue or process is. If you are in a time or project that is really high energy, and passionate, and where you are so into it that you don’t listen to anybody, then that is the time to have a lot of blue or violet around you or white or gray. But if you are in a place where everything is political or shadowed under words, then you need a lot of black or brown. Brown is a struggle color, so if you are in a struggle, it’s a good color to wear to balance the struggle. Black is very directive. It is a masculine, neutral color. More women wear black now than ever before. Black is straight forward. If I were interviewed by three bosses: one wearing black, one wearing green, and one wearing brown, I would only work for the one wearing black. Because I know I will get his truth. If he doesn’t like something, I know he will tell me. The green will listen and say nothing, but put it in your record. It lets you hold your tongue. If he wears a lot of brown, I’d have to hear what he said to his boss. The guy in brown might tell me I’m great, but then go tell the boss that it was time to fire me. But he will claim that he wasn’t responsible. He is politically involved.

Other: What color is best for the bedroom?

Nancy: If you are married, violet and pink are the best colors. The pink allows you to talk; the violet allows you to act. If not married, blue or yellow depending on whether you are high energy or “normal.” If you are high energy, then yellow. If you are just an ordinary person (with ordinary energy), then blue helps you calm yourself. If you pick green, pick a pastel. Green will bring in mental stimulation. It makes you think too much. It may keep you awake, especially if you are bothered or worried about something.

Other: What about a deep orange?

Nancy: NEVER. You can put orange in, but you will get a bad back. People who wear a lot of orange end up with bad backs. Stark white creates myopia. Muted white is good. Yellow is good for the kitchen but lousy for the dining room. If you have a yellow dining room, everyone will eat “loudly.” Jabber, jabber, jabber.

Faber Birren was my mentor and the expert in the United States for 25 years. He worked with different people in different situations. He came up with the idea of putting minty green in hospitals. They did it

for the staff because it kept everyone cool and relaxed. They had it on the patients as well as the technicians. But what they discovered was that the technicians were getting a little laid back. They didn't do their job because they were too relaxed. So they removed the mint green from the staff and left it for the patients. That color is not good if you have to work diligently.

When I was working at the University, we got a grant to research color with a Catholic school in San Diego. We painted the rooms according to the subject taught in it, not according to the people in it. One of my students was doing his graduate research work on this project. I had to go talk to the nuns to get their permission to paint the rooms. The nuns were very dubious and did not want to go along with it. But one of the nuns remembered that her sister always talked about people's color. She never remembered their names, only their color. I got the permission. Once we got the rooms painted, teacher attendance rose 4%, student attendance rose 10%. We painted the lunch area brown, and within three weeks, students demolished it on purpose. They scratched it, put graffiti, etc. So we went back in and painted it a more neutral color and they left it alone. It was a wonderful experience.