

## Nancy transcript #3 ( 6-22-2010)

### **Key topics: what is awareness, Indigos, Violets**

Nancy: For those of you who have never been here before, this is an informal class. You ask the questions, and I will give an answer. Please feel free to add your own comments. I'll referee the show.

Other: Is part of the goal in life to appreciate both the good and the bad?

Nancy: Absolutely!

Other: How can I appreciate it when something bad happens?

Nancy: Look at the situation. Ask yourself, "What part did I play in this?" "What are my options?" "If I did something that brought that about, what can I do to correct it?" If I don't know what they are talking about, then I'll assume that's their problem, and I'll be as gentle as I can with them. I won't step over the line. I won't placate them. I should say, "Am I aware that I did something? If so, I can apologize. If not, I'll have to handle it my way."

Other: How do you define "awareness?"

Nancy: Awareness is knowing who you are and being at peace with that process. It is being able to say, "I like me, I enjoy what I know, and I know I am aware." The key importance is, are you aware? What is awareness to you? You need to know that you are only aware of other people to the extent that you are aware of yourself. Otherwise you have perceptions, projections, resistance, and judgments. You have reasons to be in their life. Awareness means you don't need to be in their awareness. You realize it is YOUR awareness you are coming from. Living your life with awareness is like reading a book. Each chapter is different. And each purpose is for new knowledge. My definition of love is the law of acceptance. Can I accept you for who you are? Too many people have relationships based on passion. Acceptance is not a part of that, so the participants in the relationship come and go.

Other: class discussion and personal examples. How do you reach clarity about yourself?

Nancy: By taking one step at a time.

Other: I think our lessons are what we are here in this lifetime to get. Do they change as we change?

Nancy: Yes, they get harder as we get further into them, or they get lighter as we get through. That's one of the things going on now. We are at the end of a class, and the Violets are graduating. But they still have a few things to work on. They are getting up tight that they haven't finished.

Other: With the Violets can you make a general statement about what they are graduating from?

Nancy: Yes, the Earth is a University. It is not kindergarten. We are at a major change time for the Earth. That's why this time is so difficult. What you haven't done is in your face. It's a progression that has gone on for the whole Earth life, no matter how many lifetimes that has been. Now we have to check the file, and suddenly there is something old coming up or something new we didn't have before. It's like taking a test. We aren't in a classroom we are familiar with. We are out there living life but having to take a test at the same time. Unforeseen events keep happening to throw us off guard. The Violet test is to review and file things in their proper place. After that, you Violets are looking for peace. You are the

smartest people on Earth, but you do the dumbest things. You understand and embrace your genius, but how can you be that stupid?

The Earth (in my opinion) has really gotten angry. It is thrown everything in the book at us – from volcanoes, to oil spills, to tsunamis. We are having to deal with them one at a time as we go along. We are all going through a major crisis time because the Violets have to live through them. We are hooked on the Violets. That's where we need to be – with the graduating class. What we need to do is stop fighting it and begin accepting it. As we stop fighting it, love comes in.

I think most people know something special is going on, but they can't label it. They feel the excitement, the tension, the constant change and chaos, but they can't define it, and they certainly can't control it.

Other: Are all the young people having trouble with drugs and alcohol today Indigos?

Nancy: No, of course not. It is true that many Indigos will push the envelope on anything today. Children have to learn, sometimes from their parents, sometimes school, and sometimes from experience.

Other: Once they are teenagers, is it possible to impose some kind of standard of discipline into the Indigos?

Nancy: It depends on whether the parents have the power to do that. Some do, and some do not. From 11-17, children tear down their parents' rules in order to create their own. That is all children, not just Indigos. That's when parents "lose it." But from 17-21 is the roughest time of all because they are too old to be a child and too young to be an adult. But I think we have to honor their need to have their rules because they are a different generation from their parents. Our basic nature is to want freedom. If children do things the same way their parents did, life doesn't progress. Children need to be able to put their own rules out there. The successful ones are those whose children put their own rules out there and the parents talk with them and can absorb the children's reasoning. They may not agree or change the child's reasoning, but they can see and understand why the children are doing it their way.

Other: What if the children won't talk?

Nancy: Some of that is environmental training. Yes, there can be some children with ADD or autism who aren't as communicative. And certainly, both children and adults try to avoid bad things. But if there is an environment of good communication, then the child should be willing to talk. More often it is the parents that don't want to hear.

Other: lengthy personal examples

Nancy: In our day, extremes got credit. Everyday people didn't. The new generation wants equality. They will change a lot of our perceptions. I'm looking forward to it.

Other: But what do you say to those young people who chose to go with a gang or drugs or other choices that seem so "wrong" to us and which can set them up for an entire life of sadness or wrong choices? Do we ask them if that is their idea of success?

Nancy: Well, you can't clean them up if they are in a mud hole. We have to learn how to bring them out of the mud first. We are the ones who allowed them to go in. It is a challenge that has to be met.