




Supporting
the Spiritually
and Energetic
Aware Child

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As practitioners of energy therapy, how do we help parents or caregivers support their spiritually and energetically aware child or young adult?

Franny Harcey and Tim McConville

As practitioners of energy therapy, how do we help parents or caregivers support their spiritually and energetically aware child or young adult? This is a topic that we addressed in our most recent retreat.

The number of children that tangibly experience the multidimensional world of energy is staggering and increasing. Often these children are more energetically aware than their parents, but lack the ability to communicate their experiences. Most parents are unsure what to do with the child that says they see great grandma or granddad in the room with them. Or that they saw a particular angel that came to help them be less fearful.

Sometimes the sensitive child sees energies that are “less-than-nice,” and they find it hard to navigate what to do with their seeing or sensing. Some of these gifted children open portals and access dimensions out of sheer curiosity. These encounters with “disruptive” energies can be particularly unsettling as a parent.

Many times, when the child’s experience of the world is different from the parents, the parent doesn’t believe the child or passes it off as “their imagination.” We can’t count how many children have felt afraid to tell their parents about what they experienced after being told “no” for so long. Often, a child may think they are crazy, or they don’t understand what is happening. It is natural for the children to think that everyone “sees/senses” the world in the way that they do. It can be confusing to them when they are not believed or when the adults deny emotions that the child can clearly read in the energy field.

Our job as energy practitioners is to listen intently and not judge what they are experiencing. To hold the highest frequencies when being present for a child or young adult is very important so that they feel safe and heard. In listening, one can hear the nuances of joy or of fear in their way of expression. Validating a child’s experience is ultimately crucial to create a safety net for them to express freely.

In our work, we have come across so many young

ones that experience and see frequencies of light moving about the planet (or their bedroom), vibration as a type of “movement in the air,” or seeing those that have already passed from human form standing right next to them, as tangibly as they see their parent or a pet. To be able to see or sense different dimensions while they themselves walk in human form on this planet might seem far-fetched, yet it is what’s happening on the earth at this time as the collective consciousness raises in frequency.

Children are coming to earth with intuitive gifts such as seeing, sensing, or experiencing energies, as well as feeling and taking on other’s experiences. Like many sensitive adults, they are not yet skilled in sorting out whose energy and emotions they are sensing. This doesn’t serve the child in being sovereign in their own energy field. Learning good energetic boundaries should be a long-term goal.

We believe that children “play with energy” from the time they are born.

Franny recounts an experience with her granddaughter. “When our granddaughter was a newborn, I had the great honor of spending the first 6 weeks with her, her mom, and her dad. Many nights as I would help out with caring for her so that our daughter could get rest, I would hold and rock her between nursing times. She certainly didn’t always want to sleep, so at a few days old, I would begin talking with her and playing with energy. I would invite certain angels to bring in their frequency of color. Or I would intentionally change the color of energy I invite into the room. The little one loved gold, and even at 1 week old, her whole demeanor would change, she would perk up and look around. I would invite in fuchsia pink, I think that was her favorite, as she would move more and look all around the room wide-eyed and almost smiling. As I played with energy frequencies with her, I brought in the color red. Red is a grounding color, the color of the 1st chakra, the embodiment of physical form and connection to the earth. As this color would flow in, the little one would not be one bit happy! She would get a sour look on her face. She certainly did not want

to be grounded at a week or 2 old, that was for sure! As we continued to play with color frequencies over the next weeks, it was clear to me that she loved the higher frequency/upper chakra ethereal colors. She is now 3 years old, and we still play with energy and talk about angels that are there to support her.”

Parenting these sensitive children is not an easy task. Educating the parents/caregivers is truly an important aspect of helping the child work with their innate ability to sense, see, or know energy as a normal phenomenon. Giving both the child and parents better skills to raise and hold higher energetic frequencies helps the whole family system. Providing parents with the tools to support themselves and the child creates a more harmonious relationship beyond the tangible world around them.

Teaching parents to call on high frequency beings of love, such as angels and guardians, is one tool. Empowering children to create a relationship with Benevolent Beings of Love that are always available for that child can ease and comfort them (and the parent) when they become fearful or uncomfortable.

We each have it within ourselves to nurture and hold a high frequency to attract only loving Beings to facilitate comfort and ease when discomfort arises. We as humans have free will/choice, so it would benefit us to be conscious of where our thoughts wander. Angelic Beings are always there to step in, but we must first call on them.


As we continue to work with more children, (many as young as 2 years old) our job is to help them experience safety on the earth as well as how to really ground themselves to the earth plane for support. This includes teaching the parents/caregivers a bit about the human energy system as well. The children choose their parents to help them and know that on some level they have created an agreement to support each other in this lifetime.


Recognizing that love is always a higher frequency than disharmony or disruptive energies is a tool that can be shared and encouraged between child and



parent. Teach them to connect at the heart and flow with loving energies. This can go a long way in connecting child and parent.

Ultimately, as an energy practitioner, it is our goal to invite the parent/caregiver to stand in their own power first, so that they can energetically support and empower the child to create their own inner strength and resilience in the energetic realms. In addition, we must learn not to give undue power to energies that are disruptive or threatening.

In the big picture, we as practitioners are invited to hold a sacred space, facilitate clearing of disruptive energies, and create safety for the child. We give the children and parents tools to embrace their own resilience and remember that they are Divine and powerful beyond words! 

 Learn more about authors Franny and Tim at www.AwakeningHealingAxis.com

