

MASTER YOUR PATTERNS - MASTER YOUR LIFE!™

# THE WAVE RIDERS®

RIDING THE CREATIVITY & MOOD SPECTRUM

PATRICIA *INDIGO* IRWIN

# **The Wave Riders®**

## **Riding the Creativity & Mood Spectrum**

Written by  
Patricia *Indigo* Irwin

## **Master Your Patterns Master Your Life™**

*Opening a conversation around duality and the wave patterns we ride that can influence our lives, our careers and our relationships.*

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# Foreword

As a person who has taught counselors, coaches and corporations around the globe for many years, I have seen a lot of high achievers and creative people struggle. While it is not in the scope of coaching to work directly with mental health issues, Patricia Indigo Irwin shows us tools to improve our mental health and to work toward the possible prevention of some mental illness. Patricia transforms her experiences and observations of her bipolar mother and her own bipolar tendencies so that we can have a greater understanding from a personal viewpoint. Using her unique insight and wisdom she guides us with tools that can assist anyone to live a better life.

Within the book we also find discussions around our diversity, the importance of inclusion for all people in our corporations and our education systems. Patricia calls out for new office and classroom design that helps to retain and nurture our existing employees and helps students to learn - important in this our globally competitive economy. The book guides us along the creativity spectrum giving techniques to improve the consistency of our creative thinking. If you are a parent or grandparent you will find information about gifts and bridges that can help prepare the pathway of success for our children.

Patricia Indigo Irwin is a gifted certified professional coach, business consultant, entrepreneur, speaker and author of many books, with a vast knowledge base that spans a variety of careers and experiences. Her first two books in The Wave Riders® series, including “Lawn

Chairs to Limos” was received well throughout the world and readers responded with enthusiasm, hope and understanding - many sharing their stories of success. This new book brings together her experience plus decades of research to create a great manual that can assist in optimizing our mental health and understanding others. While focusing on the creativity and mood spectrum, Patricia also asks us to embrace diversity in culture, gender and include inclusion for a wide variety of thinkers.

This book is a wonderful tool for anyone - parents, teachers, employers and employees wanting to understand how other people work through life’s challenges! It is also recommended reading for coaches, psychology students, doctors and their patients.

Marilyn W. Atkinson PhD,  
President, Erickson Coaching International

## The Wave Riders®

Riding the Creativity & Mood Spectrum

- Alternative strategies for optimal mental health and our capacity for great thinking!
- Our differences are important!
- Everyone interprets the world differently!
- Turn perceived mental illness into valuable gifts and talents!
- Do you have a 'normal brain' - forget it - it doesn't exist!
- Solutions unfold when we embrace our differences!

Out of a personal odyssey into the cycle of depression and the observed effects of living with a bio-polar mother, *Patricia Indigo Irwin* courageously offers fresh new perspectives into these human experiences that affect thousands of people. She demystifies the pathology by presenting the idea that those who experience these disorders are highly creative, gifted and productive when they learn to manage the cyclical pattern of their energy - when they recognize they are masterful as Wave Riders. Only one who has "been there" can offer such authentic, insightful and yet simple steps for finding one's personal truth.

Lana J. Ford, Ph.D.,  
Neuroscientist and Author

The Wave Riders® is a must read for anyone in the mental health profession. It is a real growth and development book that you will return to many times over as you rely on it as an insightful and informational reference to the process of the peaks and valleys of “The Wave Riders®” flow of the psyche. This is a mind over matter book that will take you on an inspirational journey of self-discovery and hope for a life full of positive outcome and success. I would recommend this book to professionals, psychology students, or anyone wanting to understand a different way of being and thinking. The Wave Riders® - A New Point of View brought to the forefront.

Chris Palumbo, CEO  
Serenity Tree Life Coaching

"If you sit kids down, hour after hour, doing low-grade clerical work, don't be surprised if they start to fidget. Children are not, for the most part, suffering from a psychological condition. They're suffering from childhood."

Sir Ken Robinson –Ted Talk

# Master your Patterns™ Master your life!

We are ALL different and in this book, we acknowledge the importance of diversity and the right for everyone to be accepted, included, and recognized for their talents. The author is a believer in inclusion for all types of thinkers as we learn to embrace evolutions' **changing of our minds.**

This book is written by Patricia “*Indigo*” Irwin, (Indigo is a nickname) and is also known as her past pen name, Indigo Irwin Kennedy. Raised by a bipolar mother and sufferer, she turned observer, researcher, facilitator, speaker, certified coach and author - passionate about sharing her knowledge and experience. This book contains theories and years of research both by Patricia and other experts in various fields - now yours to ponder.

Rather than encouraging people to open up and talk about mental illness, I want to empower a generation to communicate and fully utilize and honor their unique gifts while achieving their optimal mental health.

Patricia Irwin (*Indigo*)

PatriciaIndigoIrwin.com

The Wave Riders® - Riding the Creativity & Mood Spectrum is about teaching people to accept the diversity of the thinking mind. In particular, we introduce tools for a healthier, happier more consistently good life for people who ride the creativity & mood spectrum waves; some are highly productive (on adrenaline) and often are high achievers who can fall into a second pattern of low energy and sometimes depression. Though some Wave Riders are diagnosed as being depressed or having bipolar disorder, we discuss the many Wave Rider levels between those two extremes and introduce methods for preventing the slide to the extreme peaks and valleys. Prevention using balance and awareness is the key.

We teach that mental health is a continuum and that we need to catch our patterns on the lower end of that continuum before we move from mental health toward mental illness. We also teach that we need to begin in our schools and in our corporations to recognize and nurture all people's natural gifts while assisting with their needs. This is what I call the gifts and bridges to success (helping people to balance, get rid of excess energy, communicate and learn in a variety of ways).

We want to assist people through our books and programs to develop **STRESS-LESS CREATE-MORE** diverse environments for our workplaces, our learning centers, our communities and our minds!

## **Dedication, Inspiration and Thank you!**

I would like to acknowledge my debt to the many people who have helped me. My thank you goes out to my editors and to the many critics that drove me to make The Wave Riders® a better book. Thank you to readers of the original book, from around the globe, who added into their lives some of the tools and lessons that we share with you here. Thank you to all The Wave Riders® who shared with me their success. Your feedback allowed me to add additional information to this book and it was your words of encouragement and appreciation that pushed me to keep writing.

I mostly want to thank God for giving me the pain that taught me the lessons that I need to know to be able to help others. Thank you for allowing me to grow up with the woman who inspired me to find “a way out”! My greatest debt is to my daughter for her patience as I worked through the years of discovery and exploration, and to my mother who taught me to observe through her pain. Thank you everyone who assisted me in my research by bringing forth new information. Thank you also to the many researchers who discovered the science to support the theories that were only thoughts so many years ago. Now, more than a decade after The Wave Riders® first book was launched, I welcome you once again to the conversation around accepting our differences. We are okay!

## My Inspiration

She was a Wave Rider and she didn't know it; she was one of the first. She wasted all those years because no one figured it out; no one recognized that she was among the first to evolve. No one knew what to do to help her. They were awed by her intelligence and yet they drugged her to stop the flow of information she was receiving. They called her depressed, bi-polar and she believed them. Even medicated she became anti-social and paranoid and withdrew from everyone she loved. She believed they could not help and she didn't know what to do. She grew segregated from a world that could have nurtured her gifts. Many friends and family were not aware of her hidden pain - her secret shame, and so she died alone in a room with barren walls - emptied of memories. In her final years, at that time physically healthy, she lived, waiting for death in a bed that never looked slept in, as if preparing for a journey that I did not want her to take.

We could have helped her - now that we know. We could have discovered and honored her gifts and we could have "built the bridge" that she required to become successful. What she needed was a mood coach to help her stabilize her emotions and she required the space to be silent and unproductive at times (something not normally possible in a nine-to-five job especially, back then, when we did not understand).

Instead of hiding in the darkness, she could have flourished in the "sunlight" and she could have gone to her corner for silence when

needed without guilt and shame. She could not recognize that her only fault was that *she flew too close to the sun*; too high in her “creation state” and then plummeted to the ground from burnout when the happy chemicals wore out. Unable to accurately recognize what was happening in her world, she became labeled and disabled all at the same time. She lived the life of disability until death finally did come. Because we could not tell her how to harness her experience, her energy - we lost her. The world lost her laugh, her smile and her insights and I lost a mother. She was intelligent, witty and beautiful - she had it all and it wasn't enough. A twisted type of torture; to “have it all” yet be unable to enjoy it, unable to feel it, and unable to see the beauty in her world.

This book is for you, mom, and for all the other mothers, fathers, children and individuals suffering rather than celebrating. Let's learn to recognize our wave patterns and empower our gifts with balance and acceptance not of a disability but of a different sort of operating system.

# Introduction

Take a moment and look around you - what do you experience, what do you see, hear or feel? When we look out the window on a sunny day, or we look in the mirror, or we look at our life in general, we decide what the world is. For example, we decide if it is friendly, dangerous, pretty or ugly or something else that our mind decides.

The world around us simply exists and the world does not necessarily care whether we observe it or not. It's important to note that what we observe and how we interpret our world - the good, the bad, the exciting, and the scary, depends on our personal interpretation of the world; determined by our brains filters, and it will be based on our past experience, our personal belief system, our values, our culture and most importantly our unique way of thinking.

In addition, we etch pathways in our brain with our thinking, we deepening those pathways with each positive or negative thought. We form bits of data and with them emotions, then almost simultaneously - we react. We react first from the easy and old, pathways in the brain that we have frequently travelled before. These pathways are worn deep and so we may automatically come to the same conclusions about our observations over and over again – whether or not this serves us now or not. This means that you may think, “I’m going for a walk” (your new desire), and automatically you think, “No, that won’t be fun” (an old conclusion). New thoughts require new pathways and so they take time to etch their way through our thought processes. It’s important that we are aware

that our automatic reactive thinking controls much of how we interpret our world.

We are also highly influenced by the chemical cocktail flowing through our bodies at any given time - happy chemicals, hormones, sugar, allergies reactions and toxins from our environment. This chemical cocktail can alter our interpretation of what we observe and will affect our reactions to events and relationships around us.

Let's ponder that for a moment. Your mate, your world, your life, your job and your finances will be seen as great or awful depending on the chemicals (or lack of certain chemicals) flowing throughout your body at any given moment.

For example:

- If we are “high” and feeling good - during the flight or fight state (heightened awareness stress response) we would likely view the world as a wonderful place filled with opportunity. We may witness vivid colors, bright sun and a desire to achieve more - even through our exhaustion. We believe in life and we can be at the far end – overly optimistic. Our relationships and our world are simple “the best” - ever!
- If we are low, have used up much of the happy chemicals in our brains, we can see the world as a dark and unforgiving place that lacks opportunity. In this state even our energy and our relationships can seem faulty (to be the worst), and we may lose the desire to try at all. We ‘cannot’ believe in life and we can become overly pessimistic.

These two scenarios illustrate life observations from the very farthest ends of the mood spectrum where moods of ecstasy appear at one end and deep sadness and listlessness at the other. Often people riding and swinging back and forth near the far ends are very intelligent and creative - including entrepreneurial creativity, inventors, homemakers and artists.

When our view of the world changes from overly optimistic to overly pessimistic (sometimes very rapidly), we can begin to wonder why we cannot stay on top of the world, in the flow or in this case on the **high wave of achievement and energy**. We begin to feel that something is wrong with us. Often we know how to achieve but often we don't know how to stop without guilt or discomfort.

If you see yourself here in the mood spectrum continuum, or you have been diagnosed bipolar, depressed or ADHD - don't worry. It does not mean that you are insane or damaged or less than whom you thought you were. You may just be a highly productive achiever and a different kind of thinker. This is your gift – use it well.

In writing this book, I hope to bring forth the many stages of this creativity and mood spectrum that exists on the continuum of mental health. The book's primary goal is to promote acceptance of the various ways that individuals use their personal operating system and in doing so, support and encourage individuals to flourish and obtain optimal mental health.

Knowing that our brain chemistry varies, how can we make sure that we have the right mix of chemistry for optimal function of our brain?

To answer this question, the book introduces a variety of skills and tools and demonstrates that by slightly altering our patterns we can have more choice and control of our lives.

How do we embrace our brain differences? In our books, programs and presentations we begin by introducing the thought that we are all okay; that we often have gifts and that we all have certain needs. Our websites, [TheWaveRiders.com](http://TheWaveRiders.com) and [PositiveChangeCenter.com](http://PositiveChangeCenter.com) will become helpful resources. We will continue to update the websites with new information as it comes to our attention.

We begin at a place of opening our minds to a new awareness. We start to realize that each and every one of us is sprinkled with many spectrums that have their own gifts and challenges, like autism, ADHD, dyslexia, bipolar disorder, depression and fear and anxiety.

We need to admit that there is no standard brain, just as there is no standard flower, or standard culture or racial group, and that in fact, diversity among brains is just as wonderfully enriching as biodiversity and the diversity among cultures and races.

Thomas Armstrong PhD  
Author of Neurodiversity

Over a decade ago, “The Wave Riders®” book was introduced. The original book contained a theory that our brain differences, in this case, the varying wave patterns of creativity and dormancy - were somehow normal. These wave patterns appeared as racing energy during the highly productive state and then fell to low energy during

the time of reflection and rebuilding. This wave pattern is common, though often unrecognized, within a vast number of us at different levels of intensity. We fail at times to recognize the lower/mid points along the spectrum and instead see only the farthest points when they are causing distress; we see the two far ends of the line, severely depressed and lethargic on one end and manic and crazy on the other. We miss all those people in the middle levels and we do not recognize the patterns - until the patterns become a problem.

Sometimes, when friends and families hear a diagnosis of mental illness like the words bipolar disorder, they turn away because the label represents, for them, the insane and that is frightening - particularly when they don't know what to do. They may even know someone who has demonstrated very odd behavior, like their sister that acts crazy continuously ranting odd comments, and to them this is how ALL people who are bipolar or depressed behave. It is not true! This "black or white" thinking and is similar to the methods used for diagnosis, an on or off medical system for symptoms, treatments and billing. For your doctor to be paid and for you to be assisted, you need to be labeled and coded with something. Psychiatric diagnoses are categorized by the Diagnostic and Statistical Manual of Mental Disorders. It is a guideline for illness and does not focus on prevention in detail and does not often work with lower levels of what is tagged as disorders. So, what has started to happen is that people are being over-diagnosed and overly-medicated. Prescriptions and Diagnosis are on the rise.

Years ago, The Wave Riders® introduced what some researchers were also beginning to conclude - that in many cases a pre-state occurs before extreme mental illness sets in. The Wave Riders® book went on to share the belief that we can harness our abilities, use our gifts and do so in a way that may prevent our “crossing the line” into the higher points on the continuum - from mental health to mental illness. We can in other words work to create optimal mental health.

We bring forth what is now becoming very clear - that there has been a massive misdiagnosis of generations of people now labeled mentally disabled. Along with that finding, there is also evidence of major over-prescribing of medication to children as young as 18 months old. The really sad part is that while medication appears to help some people, doctors admit they really don't know what is going on or if these medications are making real change for the good of the patient.

On a global level, I am frightened to think that many decision-makers in our corporations, government offices, military, and our education systems are now medicated to curb what might be their uniqueness – their gifts. Adults are bullied to be tough and taught to hide what may be viewed as an imperfection. Brilliant men and women, who cannot ask for assistance to calm their creative juices or embrace time for reflection, will continue to achieve at such a high level that suicide attempts and burnouts become even more common.

A medicated and numbed nation may find it difficult to strategize. The statistics for mental illness are staggering and I would

realistically say that the statistics are low because many people hide and do not report how they feel.

According to the National Institute of Mental Health in the US, one quarter of our population in any given year will have a mental illness. The Archives of General Psychiatry states that nearly half of the American population may suffer mental illness at some point during their lives. Some people are claiming that this will rise to 100% of our people will suffer mental illness.

Currently, in North America we define our country's success by measuring our GNP.

“GNP (Gross National Product) Gross” means that GDP measures production regardless of the various uses to which that production can be put. Production can be used for immediate consumption, for investment in new fixed assets or inventories, or for replacing depreciated fixed assets. "Domestic" means that GDP measures production that takes place within the country's borders...  
Wikipedia

Is this how we want to define our success? Are we defined by what we produce? Has maximum production thinking increased the number of people that are unhappy in life?

In 1972 Bhutan's King began to measure his country in (GNH).

GNH is the term "gross national happiness" ... He [the king] used this phrase to signal his commitment to building an economy that would serve Bhutan's unique culture based on Buddhist spiritual values ... and developed a sophisticated survey instrument to measure the population's general level of well-being."...

Wikipedia

The real truth, whether in the classroom or later in life, is that nearly half of the North American population will fall prey to not fitting into what we define currently as normal and will be labeled and taught that they are disabled. They will be medicated to become normal which is likely to be less than they can be. Our medicated nations will become numb to innovation. Is production more important than well-being of a nation?

Our mental health is on a continuum from only slightly challenged to highly dysfunctional, and while some people can learn how to use their differences and to work with their challenges. I recognize that higher levels, such as extreme mental dysfunction and instability, exist and often require the assistance of medication to balance the brain chemistry. I also feel strongly that we should be working with alternatives, like prevention, first where possible and medicate only when needed.

We will look back on these times as shocking; antidepressants in the water and medication for young minds before they have been fully developed ...

Candice Pert PhD

Talking about mental health can be scary and, in some lives, there is severe pain for all involved. I also know that when we understand “why” we do what we do, the pain gets quieter and communication opens up. The diversity of all of our minds is as if we were aboard the Starship Voyager and we need a universal translator to communicate. Each species aboard, brings to the federation their unique abilities, each recognized as equal in value - there is no normal species - there is only diversity! In our world each brain is unique and is “speaking” its own language but we often assume that we are all thinking and speaking the same way!

When we learn to stand for our own greatness and style, our own personal uniqueness, we can begin to accept the greatness of others. We diminish the need for labels, for bullying, for segregation and we begin to gain from all unique offerings. We need to do this, not only because it is morally right but also because our survival depends on it. This changing world needs special talents that we are not yet fully utilizing - like the employees on the autism spectrum that are preferred because these employees can more efficiently find bugs in software (T. Armstrong 2010). A talent that was not required when we were farmers yet a talent that is now in great demand.

When we begin to observe and accept differences we no longer ask, “What is *that* person’s problem?” Our thinking switches from judgment to appreciation and we ask better questions like, “What is the gift that this individual brings?” We move from, “How can we make the individual conform to my belief?” to thinking instead, “What challenges can we assist with and *bridge*, for this individual and their gift to thrive?” We decrease the diagnosis of abnormal.

Silicon Valley is a great example of enterprise that thrives on the minds of individuals who often would rather work with machines than people. Their gifts are system orientated and their challenge might be to increase their social skills - their bridge, their help to successfully interact with others, may come in the form of a social or communications job coach. We offer the bridge – without judging.

We do NOT need to label people; we just need to notice and open ourselves to the individual’s suggestion about how he/she works best. The conversation might go something like this, “I see that you enjoy working with systems (an attitude of, you are not the same as me but you are not less than me, you are not “dis (abled)” and in fact, you seem better “able” than I do, to do what you were designed to do). What can I assist you with?” We lose our judgment of the need.

Our differences help us to make advances much faster in our world. I love what Temple Grandin, doctor of animal science, author and a person with high functioning autism shared.

In an ideal world the scientist should find a method to prevent the most severe forms of autism but allow the milder forms to survive. After all, the really social people did not invent the first stone spear. It was probably invented by an Aspie who chipped away at rocks while the other people socialized around the campfire. Without autism traits we might still be living in caves.

Temple Grandin

The key point in her statement is that “the tribe” was better served by the person fiddling on the sidelines to create a spear than by the chatty, socially successful people around the “water cooler”. Even in our modern society, we too can benefit from the different types of minds, some constantly seeking out new distractions, others hyper focused. Wave Riders are particularly known for their ability to visualize that which has not yet been created. We are not yet utilizing these minds to their full potential - rather we often choose instead to medicate and segregate - because they do not think and act like our unrealistic view of normal.

Change is needed and there is no time to waste. It is needed TODAY as we are already turning in the wrong direction, tightening budgets and cutting costs that would allow for diversity and creativity! We are already falling behind Japan, again, as for the last two decades they have started to work less for conformity and move instead

toward discovering new talents in their employees and encouraging creativity and global awareness - they are embracing diversity as a new resource. Japan and nations like it will rise to lead the pack, while our medicated nations become numb and unable to bring forth innovation and solution, unless we jump up and make changes starting today.

Each day that passes we are destroying more of the minds that we need to survive; not only are we doing this with unnecessary medication, but also with segregation and destruction of the image of “self”. Segregation encourages bullying from other children; we set this up by pointing out the child’s differences as a problem. The child’s challenges can also be seen as a problem when a teacher cannot make their quotas easily because some children need more attention. When we choose to remove children from the group we set them to be apart from others in a negative way - segregating seeds the thoughts of self-loathing in a child. We do this simply because a child does not fit someone’s idea of a normal brain - a brain that we now know simply does not exist! What are we thinking? We need to act immediately if we are to provide for our families, if we are to be globally competitive and employable and if we are to save the children who will, in the end “save us”.

We can easily brush this off saying, “change is too hard and too expensive”. The reality is that this kind of change (a change of mind) is less expensive than what we are currently doing and we get the benefit of a more productive, competitive and happier nation.

**Order your book**

**TheWaveRiders.com**

**We hope you have enjoyed these sample pages... we move to the  
end now to the Author's note and Index.**

**The Wave Riders**

**Riding the Creativity & Mood Spectrum**

## **A Final Note from the Author**

It seems to me that, admitting to having suffered depression and to admitting to having found God in the same breath is to invite judgment that I have gone mad. It brings forth images of the man on the street corner holding up a sign that reads “The end is near” or “God is the answer”. When we use the words bipolar and God in the same sentence we can perhaps be judged as being in the manic state of grandeur. In other words some people may interpret comments of “having found God” as manic insanity. This is not my truth. Not having been taught much about God, I did not really know what God was all about. I did know God because he was not allowed in my childhood home because mom was very angry with him. It was not until my adult life that I sat myself down one day and asked myself, “What is it that I believe?” I asked this question and I observed the many miracles that had happened in my life. As I pondered the answer a sort of knowing came into my mind and a feeling came to my heart. I sensed the rightness (for me) of the existence of God. It is my belief that we are truly cared for and loved. In my heart, I know that a soul is never damaged. A soul observes our experiences. This belief has helped me to win the battle with depression. I have learned to go with the flow of life rather than trying always to push against it. For me, when I feel fear, I have lost faith. That statement alone releases the block that was caused by worrying about problems. I am then free then to get on to finding solutions.

I did not need to re-enter the pain of my childhood. Not because I wanted to avoid the experience of the pain of childhood, but because

I felt I was finished with the lessons. My mother was mentioned in this book, not with the intent to degrade the image of my mother or to blame her for anything that I am responsible for doing. I was not an easy child and I was an even wilder teenager than she may have been prepared to handle. I understand now who my mother was and I understand her pain and I can acknowledge her greatness. Behind the anger and the oddities, she was kind and loving and intelligent. She did not have the answers that I have today. Because I watched her suffer with the despair of depression I learned what not to do. Because I so desperately wanted her healed, I did not give up the search for something to end the pain. I have included the stories of my childhood and my mother only to share the level of my understanding and to illustrate the environment that a depressed mind can create. I also did not include all of stories of my childhood.

I am truly, heart and soul, done with depression. I am finished giving it any part of me. This does not mean that it is done toying with me and inviting me to come to the *pity-party*. I know that it 'waits', thinking I will forget and fall into overwork again and I will do all that I can to make it wrong. Falling into the low is not a personal failure. Learn to honor yourself and treat yourself better.

Remember that it is often difficult to find your passion if you have for many years chosen paths and careers out of fear. When you choose out of fear you often fail, and that is why I included ways to restart your life. You can, with practice, change your fear habit to a faith habit. Choose out of joy and out of passion. Once you choose,

then you may need to learn how to stick with it, in faith, not allowing negativity and doubt to stop you.

People ask sometimes why bad people do bad things. I believe that all bad things come from fear. Fear that “There will not be enough for me”, “I will not be good enough”, or “They will judge me unworthy”. When people have faith, they believe there is enough for everyone. They lose the need to steal or to hold on so tightly to what they have. When people have faith that they are loved, that they are good enough, then they lose the need to hurt others. We, as humans, make mistakes, we trip and we fall. We are not meant to have all the answers. We are students learning every day, and our imperfections are perfect right now. We are where we are today so that we can become who we will be in the future. Without today’s experiences we will not grow. It is not a bad day and it is not a good day. It is just a day full of learning and a variety of life experience.

It is my dream (and the dream of many readers and helpers) to share the messages in this book with as many people as possible while I am still on this earth to do so. My message is really a request. It is a request to embrace the diversity in human thinking. Teach individuals to find and use their gift to their best ability and help everyone, without shame, to find what bridges of assistance they need.

Our goal at The Wave Riders® ([TheWaveRiders.com](http://TheWaveRiders.com)) and at the (TWR) Positive Change Center ([PositiveChangeCenter.com](http://PositiveChangeCenter.com)) is to help people move toward positive change! We hope that people will

begin to accept not only cultural diversity but also Neurodiversity. We also encourage organizations and individuals to create environments that encourage people to flourish in the many different ways that we work, learn and live. Inclusion for all types of thinkers and people is the key to keeping our happiness quotient resulting in less medicated nations.

If you would like to know more about me like my hobbies, coaching or other books please visit [PatriciaIndigoIrwin.com](http://PatriciaIndigoIrwin.com)

I am very excited about our new children's series with the first release a fully illustrated book titled, "Teach Me to Breathe", where children teach "Jolly Jay" the goldfish how to slow down and breathe so that by the time our youngest grow into adults, they will already know what we are only learning now.

**About the name “Indigo”** (Indigo Irwin Kennedy) was my first pen name and Indigo became a nickname (eventually I merged Indigo though not fully registered) with my legal name Patricia Irwin) to become Patricia “*Indigo*” Irwin

Indigo Irwin Kennedy was originally chosen to honor:

- My mother - a Kennedy (now deceased) who taught me through her struggle with bipolar disorder - depression in particular
- My daughter - an Irwin - actively helping with The Wave Riders® and TWR Positive Change Center. I wanted her to have skills to help her through low moods and to recognize the adrenaline high.
- And my deeper soul connection, my spirit, which I call and have been nicknamed “Indigo”

The name *Indigo* was chosen, not because of the Indigo Children as some believe (though I did hear of the children after choosing my name and realized that there is a bit of a connection), but was chosen because of a story that I heard. Indigo blue also is a rare blue color and the intensity of the color draws me to it. I heard a story of a boy who had seen and fallen in love with the color indigo blue as a child. As this boy grew up, became a psychiatrist and travelled the world, he was always searching to find again that indigo blue but he rarely found it. One evening he attended a concert in a museum and he thoroughly enjoyed the first half of the concert. During intermission

he strolled throughout the museum viewing the rocks and gems in a display case in the lobby. It was there that he found it once again; the incredible depth and color of indigo blue. For that moment he stood staring at its splendor, unaware of the people mingling around him. The intermission ended and he returned to the concert. He was distracted and found that he did not enjoy the second half as much. He returned to view the gem one more time. This time, as he stepped up to the glass case he found it was gone. It was same gem, but it now lacked the glow of that special shade of blue.

Indigo blue is so vivid that at times it does appear to glow. You can see the true color of indigo blue when you are in spirit, in balance, right with the world or in flow. Remember those days when everything works just right; all things fit smoothly into place and you experience a deep sense of joy and satisfaction? This represents, for me, the balanced mid-wave; energized yet calmly creative. This is how I now try to view the world around me. When I am in flow I see the glow and the beauty of my surroundings and when I am not in sync with that state of mind then the world I observe can be a duller shade of blue. The name of Indigo is a gentle reminder to me to stay balanced always, to stay within my true life state, to turn my focus always to the beauty and the abundance that surround me and to not linger on negative thoughts. While I was given the birth name of Patricia, Indigo is the person that I am becoming and I can feel them merging. Indigo is a lifelong learner who embraces faith and optimism while remaining firmly planted on this spinning rock in the universe. Call me Indigo or Patricia – both names are just fine.

## About Patricia “Indigo” Irwin

Writer, author, facilitator, speaker, consultant and professional certified life coach who brings forward alternative strategies for achieving optimal mental health which in turn increases our capacity for great thinking with balance and increased happiness. Patricia offers more books, presentations and programs, (both online and in person), such as “Master Your Patterns – Master Your Life”, for anyone wanting to improve themselves, their relationships. “Move Your Mood”, works with people that struggle to maintain a desired mood state and may already be diagnosed with depression or bipolar disorder. “De-stressing Our Children” fun and easy ways to distress our children and help them to grow into happy adults (works well with the “Teach Me to Breathe” book.

**Specialty:** Translating sometimes complex messages into simple, fun and meaningful messages while creating books and programs for optimizing mental health for Children, Youth and Adults. Patricia Irwin is a certified professional transformational, breakthrough coach for high performance teams and high performance individuals, and a helper for Diversity Management.

Patricia is passionate about optimizing mental health, particularly in prevention of mental illness. One of the ways that she believes we can increase happiness and health is by developing **DIVERSE** and **STRESS Less - CREATE MORE environments** for our workplace, our learning centers, our communities and our minds. Within these special places the goal is achieve to achieve active

environments that willing embrace, and gain benefit from, cultural, behavioural and Neurodiversity competence and inclusion. I love to help clients incorporate inclusion and diversity strategies with programs and information. The end result: greater employee retention, expanded talent development, more creative thinking, lower disability costs and a rise in our happiness quotient.

For individuals, Patricia is also a consultant and coach working with The Wave Rider theories and helping people to embrace their differences and when needed to begin again offers coaching and consulting. Patricia often works with new authors to move their legacy messages; their books from out of their mind into production. Using my years of experience in web management services she is also able to consult and coach clients starting new businesses to create their websites and their online presence.

**Credentials:** Please visit [PatriciaIndigoIrwin.com](http://PatriciaIndigoIrwin.com) as we are always adding more credentials also we invite you to visit other websites listed below that Patricia participate in. Contact the author directly by Email at: [contact@PatriciaIndigoIrwin.com](mailto:contact@PatriciaIndigoIrwin.com)

## Websites:

<a href="http://www.TheWaveRiders.com">http://www.TheWaveRiders.com</a>	Optimizing M/H - Books & Programs
<a href="http://www.PositiveChangeCenter.com">http://www.PositiveChangeCenter.com</a>	Products & Services for Positive Change
<a href="http://www.PatriciaIndigoIrwin.com">http://www.PatriciaIndigoIrwin.com</a>	Resume Type Site
<a href="http://www.WhenShiftHappensWeListen.com">http://www.WhenShiftHappensWeListen.com</a>	Coaching Site
<a href="http://www.MasterYourPatterns.com">http://www.MasterYourPatterns.com</a>	Additional Patterns Program

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Membership is FREE and members receive discounts, gifts as they become available and first notice of upcoming events.

Your information is always kept confidential as is any email that you send to Patricia Irwin. So, go ahead ask questions and share your stories. I would also love to hear what particular in the book helped.

I hope that we can have a chat soon either in one of our programs or via email. I look forward to hearing from you.

*Patricia Irwin*

*Indigo*

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