

MEATBALLS FOR BREAKFAST

Written twenty years ago with some recent revisions and a 2012 postscript

The Earth's electrical vibration is on the rise. Physical creation is shedding illusions of separation so that we can all experience our oneness. This rising vibration will help us to become our very best selves but also presents us with growing pains. We must keep aligned with the rising vibration of the planet by shedding our own dense illusions about ourselves. This is complicated work. We receive a lot of support for this challenge including the gift of Flower Essences with their wonderful models of high vibration.

We also have the role models of other souls that know how to live in a physical body that holds fewer illusions and is much less dense. A particular group of role models has been incarnating the last few decades. They have come in to get ready to lead us all forward towards a planet in harmony with a higher vibration. This soul group has been given many names: Indigo Children, Crystal Children, Babes of Light, Blue Ray Children, Seventh Root Race children to name just a few. Some of them are souls who have been on Earth before, and some have not. Many are souls who hold great spiritual wisdom but not a lot of physical body wisdom.

There are many theories as to why they have arrived and who these souls are. I think most people would agree that they are way showers that have been waiting in the wings a very long time before the time was right for them to incarnate and lead us forward.

These souls have such a high vibration that they needed to wait until the vibration on the planet got high enough for them to be able to be here. Some of them were willing to come into incarnation when the vibration on the planet was much too low for them to be comfortable here. Their childhoods are uncomfortable for them with very specific energy issues.

These courageous souls came in early, because they must be ready as adults to lead the planet forward when the vibration is right. These souls were willing to incarnate and get through babyhood and childhood in a low vibration matrix so they could be here to receive the baton as adult spiritual leaders who can help us take the planet forward into greater harmony and conscious oneness.

These patient souls have long imagined their time here but the physical nature of the experience is very overwhelming to them. It is difficult to prepare for the physicality of Earth when your study process has been from a much more delicate layer of vibration. Even as the arrival for these souls has often been bumpy, they bring a burning enthusiasm to life on Earth that stands in stark contrast to those jaded souls who feel "stuck" here. They are here with much optimism, hope, faith and vision.

PARENTS OF THESE BABES

There are mysteries surrounding the assignment of parenting one of these children. Just like every other part of our creator's plans, I cannot grasp the whys of this assignment, but I believe that parenting a Babe of Light is a blessed Earth assignment. I also know from seventeen years with a Babe of Light that it is a complicated assignment. These souls are better informed about Earth than some who graduate from it, but the learning is generally in spirit and not in form. These souls often have little physical experience and needs a tremendous amount of guidance about every single rudimentary Earth experience including many that most of the rest of us understand easily. One example is breathing. A Babe of Light may never have breathed in a body before. He

may have no cellular memory of this. Your breathing on the delivery table and those around him are his cues and his example. This will be the case for everything.

WHY WRITE ABOUT THESE 'BABES'?

This article was born at the behest of spirit. I found my experience birthing and beginning the process of raising a Babe of Light very overwhelming. William was my fourth child. His decision to incarnate into our family was a surprise to all of us. During my first few years parenting William, there were many ways in which I misunderstood what was asked of me. It was a very complicated, lonely and confusing time for me. Because I knew that William was very evolved, I made the assumption before he arrived that he would be a placid and easy baby. He was not.

I started to ask other parents to tell me about their experiences with their Babes of Light babies because I thought collecting our experiences together into a document would form part of a life raft for other parents. The process of talking with you was a life raft for me.

In sharing with other parents of these children, I eased up on my assumptions that I was doing it wrong with William. As I have listened to spirit's guidance about William and heard insights and similar stories from other Babes of Light parents, I have found a greater and greater joy in being with this soul and sharing his visit to Earth. I hope this article with its information from spirit and its thoughts garnered from other parents of these wondrous children will help you orient yourselves for the unique and amazing adventure of birthing and raising a Babe of Light.

IS MY BABE ONE OF THESE SOULS?

I have talked to a lot of parents asking themselves this question. Sometimes the soul they describe sounds more like a very advanced and experienced soul than one of these children. They are wonderful light beings who could easily be called Babes of Light but they are not from this soul group.

How to tell the difference? Babes of Light children are initially not very easy to parent or at least I haven't heard of one that was easy yet. I usually begin to suspect the baby is a one of these children because the parents are more than sleep deprived, they are overwhelmed. When someone says, "My baby is so wise and easy going." I suspect old, old soul with lots of Earth experience under her belt. When someone pants into the phone, "Help!" I suspect Babe of Light baby.

These children are a different combination of great light, intensity in all directions and cluelessness. Often a Babe of Light thinks she can fly, has no interest in food, climbs a 100 foot tree without qualm and is SURE that she knows best. Every single parenting technique used on the child because it worked on an older sibling fails. The child is from another mold. Well meaning friends and relatives pile on advice and none of it does anything but make the parent feel inadequate. The only guidance that will work is direct from spirit because this is where the child came from DIRECTLY- These children have no common frame of reference with souls who have incarnated frequently except the enormous common ground of our divine self identities.

Usually when I talk to a parent calling about his or her child, I briefly explain what I have learned about these souls. I find that the parent just KNOWS that his child is one of them. They have long understood that their child is different, but this explanation of the Babes of Light is the first time they have heard a set of circumstances that fit with the unusual qualities of their child.

PATTERNS OF ENTRY

These children tend to come into large families as the youngest and often as an unexpected arrival. This is NOT always the case. In fact, since I first wrote this article, this is not the case as often as it was. As more souls from this soul group come into incarnation, they are choosing all sorts of families. There are a good many reasons why coming into a large group of siblings when possible is helpful for these souls. There is a crowd to learn from. Within their families, they get to watch a number of souls adapting to Earth differently. This means they are more apt to find a middle ground in terms of behavior than if they have only one or two role models.

This is also a good lesson for them in accommodation. If there was not such a big crowd around here, I hate to think how many battles of the will that our William would have won just because his will is about the size of the Empire State building. With other children involved, he can't set the agenda so completely. This is a blessing for him since one of the main lessons for these souls is to learn to harness their wills to live harmoniously in community.

THE FIRST WAVE AND THEIR STRONG WILLS

My son William chose his name when I was only a few months pregnant. Every time I even thought about another name I would be reminded that WILLIAM was his name. Once, while I was out driving, I mused, "Am I sure this is the name? I pulled up to a stop sign next to a truck with an enormous WILLIAM emblazoned on the side of the truck. Another time, as I silently reconsidered whether I was on target with the name William, my daughter yelled out to me "How do you spell WILL?"

This directness is a particular quality of the first wave of souls coming in from this soul group. A soul group takes several hundred years to fully arrive on Earth. The first group of souls in a soul group, those coming in during the first fifty years, are usually souls are from the First Ray of God's Will.

To back up a bit, when we train in spirit before coming to Earth school, we are free to spend time learning and working with any God virtue which speaks to our deepest selves. These virtues are associated with colors or rays of light. There are seven different rays of God virtues; The First Ray or Blue Ray of God's Will, The Second Ray or Yellow Ray of Divine Wisdom, The Third Ray or Pink Ray of Divine Love, The Fourth Ray or White Ray of Purity and Ascension, The Fifth Ray or Green Ray of Divine Truth and Healing, The Sixth Ray or Ruby Gold Ray of Ministration and Peace and the Seventh Ray or Violet Ray of Forgiveness and Transmutation. Most souls spend time learning on each ray before they find a ray which is most aligned with their unique purpose as a soul.

All service that a Babe of Light or any other soul does on any of the rays translates into stored up energy or spiritual momentum in the color of the ray. This energy is stored in each soul's Causal Body encircling his or her eternal I AM or God Presence. A Causal Body looks almost like a rainbow with each band of colored light thick or thin depending on the service work the soul has done on each ray. The bands of light are actually spiritual fuel for a soul's service work. The larger the Causal Body, the greater the spiritual momentum a soul has. Souls from this soul group have very very, very large Causal Bodies because they have spent so long in spirit serving on these various rays while they were waiting for their turn to come in and go to school on Earth. This means that during their lives on Earth, if they center themselves in their Godselves, whatever they try to accomplish spiritually will be blessed with incredible spiritual momentum.

The lead-in group for any soul group coming into Earth is souls from the Blue Ray of Divine Will. This is because you need fearless and strong willed souls to go out and make camp in new territory. It is my understanding that until about 2030 most of the souls coming into the Earth from the seventh root race will be from the Blue Ray. There will be exceptions but most souls will have the incredibly strong wills associated with the Blue Ray. They will be able to hold the light and the vision of their root race for all those souls that follow.

This overture group that we are parenting thus have specific needs and requirements not just because they are from this soul group but because they are from the Blue Ray. They will have very strong wills about things they do know something about and a lot they do not.

When William was two and feeling the pain that all two year olds face as they realize that the world is not going to conform to their desires, William seemed to be unable to find any retreat from his tantrums about getting his own way. We had a very difficult time figuring out a mechanism to help him find his equilibrium. I found myself plunged back into a mood that had hovered during many stages of William's babyhood. I felt overwhelmed and inadequate. Here was a child who would scream and cry inconsolably for forty minutes because I had picked up the "wrong" shoe first when trying to get him dressed. One day, I said to God, "I can go no further without a lot of help from you. I need it now."

Later that day I picked up a book in a bookstore. Trying to decide if I should buy it, I opened it at random to a page that read, "There is no greater gift a person can be given than a strong will." While I can often get direct messages from spirit and the God within me about other situations, parenting William has often been such a complicated learning situation for me that my emotions often block my receptors. I knew that this was God's message to me in answer to my prayer. Just this sentence lifted a great weight from me. I recognized it as absolute truth and therefore a great untangling could begin within me without any further information. I realized that I had been afraid of William's will. It had seemed to me like a problem and a liability, not an asset. Its strength and integrity had alarmed me. I saw it as a force that would just cause pain and suffering for William. Now I knew there was a way that would be revealed to me to help William with his greatest gift. I asked for clarification to understand.

The next morning I awoke with the image of a locomotive engine in my head. I realized that William with his enormous will and his enormous Causal Body was like a train engine with incredible fuel and momentum but like any train, none of this did any good without TRAIN TRACKS! The tracks he needed were God's Will. My job was to remind him by example and by talking about it that he would only find good use for his great gifts by aligning his will with God's will.

I worried unnecessarily that somehow William would be in opposition to this view of the situation. When I got him up for breakfast that morning and before I had spoken a word to anyone about this revelation, William said to me, "Mommy, lets go see the trains today." Trains go through nearby White River Junction, VT each morning at 10:30. Once in awhile William and I would go see them come through. I knew William's soul was sending me a clear message not just asking for a trip to the train station.

From that moment forth, William and I were a team when it came to his beautiful wondrous strong will. I finally understood at least one possible reason I am William's mother. I have spent the last few years of my life before and since his arrival trying to live by turning my will over to God's Will. I am able to give William an example of living "Thy Will not my will be done". My example is not perfect but it isn't rusty with disuse either.

THE DRAMA

One of the difficult things about parenting a Babe of Light is that none of your other experiences parenting or that of anyone who has raised another kind of soul helps in any way. There were many well meaning people giving me advice about William during the first couple of years of his life because they could see we were all hanging on by a thread. However the advice was not helpful and left me feeling more isolated and misunderstood than before. The saving grace was this project. By soliciting information from those of you who were raising these children, I not only got to share notes and begin to see the common strands but I heard some of your solutions to the difficulties surrounding helping these children begin to connect with earth life.

Kini Christie Blair, the mother of four (FOUR!) Babes of Light saved my sanity and offered me a perspective that tied all the pieces together. We first connected when William was two. After I talked with her, I finally felt like I had more than a scattered game plan for parenting William.

Her ideas about life with a Babe of Light were extremely straightforward. Some of the things she said to do, I had tried, but I had never had the unifying overview that she possessed. As she talked to me and wrote me letters, finally I glimpsed the forest through the trees. Our conversations brought so much relief and joy.

Kini explained that as these children had no connection to Earth beyond an intellectual one, the emphasis should be to help them feel fully grounded in their Earth life. This focus on grounding meant there were specific things to do each day that would help. The specific things that would help didn't require anything complicated. Here are Kini's suggestions, and spirit's explanations for these suggestions.

DRESS YOUR BABE WARMLY

Wrap your child in warm towels when he gets out of the bath. Give him lots of hot baths. Make sure he has enough covers at night even if it means dressing him in lots of layers. Dress him well when he goes outside. No, not polyester but other fibers that really will keep him warm. Have him wear socks and the undershirts that your mother thinks he should wear. In this case, Grandma is right! Your child does not understand about keeping his body warm. You have to show him how. He needs guidance, but he also has a particular need for warmth that isn't necessarily true of all children. This is because he has such an enormous mental body from all his spiritual learning that it is easy for him to get disassociated from his body and let the whole physical vehicle get chilled while his thoughts practically pull him out of his body. By keeping him toasty warm and comfortable, you create an inviting place for him to be. Just as you create a cozy, warm home for your families, you are helping to create a physical vehicle that appeals to your child as a nice place to inhabit.

MEATBALLS FOR BREAKFAST

Your child may be an avid nurser but this activity may not be linked in his mind to the experiences of hunger or fullness. The very rhythms of a Babe of Light's nursing may show that he sees it as a comfort mechanism much more than a food source. When it comes to solids food, your Babe of Light may view all food as a form of entertainment not something that is necessary for life in a body. There is often a disconnect between hunger and food with Babes of Light. This is not usually the case with more experienced souls on Earth. There is also a tendency in these children to like foods that keep them in a drifty, ungrounded place. They like the spacey feeling that sugar gives them. Yes, this is true of a lot of children but never more so than with a Babe of

Light.

Kini's advice was to give these Babes a lot of dense foods and right from the beginning of the day, hence the name of this article "Meatballs for Breakfast'. William does so much better in every way if I stick to this game plan. It does not come naturally to him to have any interest in food other than sugar, but I try to maximize any moments in which he is available to food by giving him dense food. He still manages to get in a lot of light food, but at least I have used my opportunities to get him to eat grounding foods. It is sometimes hard to feed these breathtakingly beautiful children dense foods. In fact, when I was pregnant with William I got sick if I ate any dairy and this went on while I nursed him. Now with food, I have to help him be here fully and that means dense food though this does NOT mean it has to be animal based food.

There is a group of these souls who look very much like young Archangel Michaels. Archangel Michael is the head of the Blue Ray and deeply linked to this marvelous soul group. Those Babes of Light who resemble him are very tall for their age, have blue eyes and very curly blonde hair. Some of you have sent me wonderful pictures of your Babes. It is astounding how much children of this particular group of the root race look alike. You'd think they were near identical siblings and in some ways they are. This long lean build works in their favor as far as holding their spiritual light, purpose and connection with Archangel Michael, but it does mean that they can get very spaced out. Give them potatoes!

It is also important to keep explaining to your Babe about the need for food. We go over and over the idea that William's engine needs food in order to keep going and you know what? I am not certain he gets this yet. I will have to just keep on explaining and explaining this to him. This brings us to the next category.

EXPLAIN, EXPLAIN, THEN EXPLAIN SOME MORE

Folks who do not believe in reincarnation might be jolted into another belief system if they were to raise a Babe of Light as well as a child who had been on Earth before. With my first three children, I assumed that I was introducing them to life on Earth and that they needed me to explain hot and cold, water and wind etc. I knew that they had lived here before, but I did not fully grasp how much they remembered until I had William.

With William nothing rang a bell. No cautionary lights went off in him about heights, fire, deep water or anything else. In fact he was hot to do everything no matter how dangerous. One vivid memory is from the summer William first walked. He charged into a lake and kept on walking even as his head bobbed under. As he disappeared completely underwater, he had this big grin on his face. There was no understanding about the need to have air to breath. A child who has been on Earth has a great many instincts that protect him as well as inhibit his spiritual progress. His previous Earth programming from other lives keep him from walking off buildings as well as trying a radically different approach to life on Earth. This is the great gift of the Babes of Light. They are going to show us new ways to enjoy this experience and grow spiritually. I have never seen greater enthusiasm in any soul than I have witnessed in these Babes. They are not jaded. They want to inhale it all. The responsibility rests with the parents to give them parameters without giving them a lot of erroneous programming. This is a tricky line to walk as it means we have to examine which of our explanations are full of our fears and which are actual truths. Sometimes I think that William might have been able to fly if my fears hadn't tamped him down to Earth. I try to give him necessary information about so much but I also try and hold back my judgments.

When I first asked spirit how to explain the differences between other souls and these Babes of Light spirit said, "Everyone is a star of divinity. Souls who have come many times to Earth have usually encased their starlight in layers and layers of crud almost like a rubber ball. Parenting these experienced souls is about rubbing the layers off so that they see their inner light. Parenting a Babe of Light is a different matter. These children arrive without any layers around them. The parents need to help them create thin but protective membranes so that they can move about in the world but also can release their bright light into the world. They do not ever need to build up such a dense layer around them as older souls carry but they do need some layering."

This brings us to a specific about this layering process.

THE CREATION OF AN EARTH ETHERIC BODY

As souls who have been on Earth many times come back into the physical at the beginning of an incarnation, they pick up an energy layer that belongs to them but which they only wear when they are on Earth. These are their Earth etheric bodies. These bodies hold the emotions, mental ideas and memories from every one of their incarnations.

In most people, this energy field or body is a very mixed piece of equipment to be hauling about. Much of the effort that spiritual teachers make with us is to cleanse these bodies of all that is not serving our inner light. While this energy body is a hindrance of accumulated crud, it also contains a certain amount of Earth friendly wisdom that gives even a newborn access to all his knowledge about protecting himself. Other Earth lives have taught the soul how to protect itself from invasions into its energy fields. It comes into incarnation carrying this ability to protect itself and knowing how to access this wisdom automatically. All newborns don't immediately have their full etheric energy body. The full energy field is put in place at the time of adolescence, however enough of the field is put on the child so that it can rebuff energies from other souls if it needs to.

Babes of Light have no buffers. Not many of them have been to Earth before and usually for a test run of only a few months. They are born energetically vulnerable and exposed. This means that you as the parent need to find a way to protect the child energetically until the child builds his own protective shields. Imagining a coat of white light on your child and also teaching your child to put this coat on himself can be extremely helpful.

Once I was at a soccer game with a group of other parents. One mother had a newborn that I recognized was a Babe of Light. She had extraordinary iris that looked almost star shaped, and they held a most penetrating, nonjudgmental but clear-sighted look. She also had none of the etheric boundaries other babies come in with. There was another woman in the crowd who kept energetically moving in on this child in a very aggressive way. She violently cooed and jostled the baby as it lay in its mother's arms. This woman's face was inches away, but it was the energetics of the situation that were most alarming. The child was beside itself in terror and distress. The mother was trying to console her baby but did not ask the other woman to leave the baby alone. I watched for several minutes, praying for the child and trying to create an energy system around the child but the situation continued. I finally felt called to explain the situation to the mother of this baby even at the risk of being viewed as insane. I made some excuse for pulling the mother aside and explained to the mother what I thought was going on. It was the beginning of a helpful exchange of information for me and the mother. The baby had many of the issues which Babes of Light have including a nearly life threatening disinterest in food. It was a healing experience for both of us to talk.

People are used to the idea that babies belong to everyone and that we should let other people play with our babies. This will not work with a Babe of Light. These babies need our vigilant protection. They need us to be willing to say, "I am sorry but I can't have you hold the baby, she can't handle this." We need to accept this gracefully when another parent gives us this information about their child or we notice that a child is in overload from our interaction with it. I find that for some reason people get very defensive and insistent on their right to do whatever they want with a child, even when it is suggested most gently that the child needs his space. I hope this knee jerk reaction lessens as we all grow in our understanding of these children.

This is probably one of the most difficult thing about raising these children in this day and age. Babes of Light often cannot handle the energies in many places. With William it was several years before we could take him out without him getting extremely overwrought by all the energies he confronted. Our other children still can't believe that William can now go to the grocery store now without a major meltdown. It strikes us all as quite a miracle.

In general, William and I stayed at the farm most of his early years. If we did go out, I tried to protect him from things energetically with mixed success. I also slept with William next to me for the first year of his life. I had not done this with my other kids, but I knew that William needed this. I have heard from many of you who also realized for some reason you needed to physically stay close to your newborn Babe of Light during the beginning of her life.

William started nursery school this year. He goes two days a week. Since he was having a happier time than I anticipated, I did not stay focused on checking or maintaining William's energy shield when he was at school. Then one day he got in the car after his morning and could not get out of his car seat. He had to be carried into the house and was unable to even try and eat his lunch. I carried him to his bed and he passed out for several hours. When he awoke he was better but still shell shocked. The Angels said someone had come in and energetically sucked William dry, and he had not been able to do anything to protect himself. This impressed upon me the need to continue to put on the white light suit when he goes out into the world and also teach him that he can put on his own white light energy suit.

SLEEP

Even without the issues of restless sleep because of a lack of etheric protective mechanisms, sleep is a complicated thing for many Babes of Light. Children of this soul group generally have less need for sleep than other children. They have phenomenal reserves of energy and would love nothing better than to stay up all night with you. They come to Earth with no patterns around sleep and really need a tremendous amount of guidance if they are to find a pattern that works for the rest of the family. This is almost always the first thing a mother of a Babe of Light says to me when we talk, "Will I ever get a whole night of sleep again?"

I do not have a lot of fancy solutions here. The first few years I was too tired to even think of any solutions! Now, I insist that William at least be in his room during times of the day when the rest of us are sleeping. I also have him go to his room for quiet time every afternoon for at least two hours. He needs this very quiet time even if he doesn't sleep. He is extremely happy to sift through his day up in his room. This is where he is weaving his own sense of how to navigate in this new world he has entered. He needs a lot of time for this work. Now at night, when everyone, even the 17 year old, is asleep, but William is still busy in his bedroom, I do not worry. He gets the sleep he needs and so do the rest of us!

THE LEARNING CURVE

Given the amount of advance press about life on Earth your Babe of Light has absorbed before incarnation, it shouldn't be too much of a surprise that this child loves learning and remembers everything you tell him. William has a lot of questions. His enthusiastic questioning about why God made the world the way he did starts at dawn and goes all day. Whatever my answers, William sifts through them with his own distinctive spiritual understanding. Our conversations keep me in a place of reverence, curiosity and awe. He reminds me every day what a privilege it is to be here on Earth. As I have grown in confidence about how to help him through his days, his inner light has been able to shine forth more and more. It has been a steep learning curve for all of us in the family. My hope is that this article will not only comfort you who are parenting these children but encourage you to share your insights so I can modify this document. I thank all who shared with me during the last four years and look forward to hearing from more of you as our life with these precious souls unfolds.

Postscript from 2012- William is now a lovely seventeen year old. When people who have only met William as a young adult hear stories of William's childhood, they have a very difficult time believing the stories. William is an extremely easy-going person. His abiding curiosity about the world is matched by a wonderful sense of humor and ability to go with the flow. His long lanky frame still reminds me of his early years, but his mellow approach to life, common sense, good judgment and willingness to try just about anything reflect how he has learned to let his inner light shine through in positive, grounded ways. To all of you who are in the early years of parenting a Babe of Light, I say, HANG IN THERE! The brave effort you put in will reward you more than you can imagine!

Postscript from 2018- The planet begins to catch up to these souls, and it is less necessary for them to eat dense foods as the planet is less dense and they can ground to the matrix of Earth without dense foods. In fact, a whole plant based diet is what they would naturally want and is now very helpful for them to blossom and grow right here in the soil of Earth!

Most exciting of all, these souls are of an age to lead us forward! It's time, and they are here in our midst, young people with great wisdom and vision! How lucky we are!