

Starchild 4

Came in: 1993, 1995 to 1999

Emphasis: Integrity, emotional stability, inner peace and stillness.

Description and Qualities

- Their planet is still and calm, both in weather and activity levels. It appears similar to ours, only is dominated by more rainforests.
- Apparently, fighting between tribal groups had previously troubled their planet. One such serious conflict actually resulted in the destruction of part of their planet. A large explosion tore off a chunk, which then drifted out to space. The resultant loss in mass shifted the gravity and orbit, which consequently changed living conditions on the planet. The inhabitants then combined forces to solve the resulting problems. Those who continued fighting (minorities) simply destroyed each other. They have learned through these experiences that nothing is solved by fighting and believe that only co-operation will overcome the challenges faced on Earth (economic, social, ecological etc.).
- They are easy to recognise because of their ability to let emotions pass through the system, rather than allowing them to impact detrimentally. They wait for the non-emotional, clear-headed, openhearted 'knowing' state of being to exist before speaking or taking action.
- They have come to help us avoid making the same mistakes that they have experienced.
- They sometimes incarnate amongst the curly-haired peoples; e.g. Arabs, South Americans, bringing balance to their 'hot-headed' fellow countrymen.

Starchild 4 Essence helps to:

- Retain their sense of intense integrity.
- Protect their emotional stability inner peace and stillness.
- Prevent them feeling 'pulled apart' at their core by the coercive forces on this planet (Earth).
- Eliminate our inner conflicts before they are mirrored as social and ecological calamity in our physical world.
- Ameliorate their skin and stomach irritations (on the physical level), which they often experience on Earth due to conflicted energies.

Indications in Children:

- Seem traumatised by any conflict (covert or overt) and who react by withdrawal or inappropriate responses. Typical examples being; tantrums, violence or hysteria.
- Skin or stomach problems.
- Seem overly placid.
- May seem emotionally detached.

Indications in Adults:

- Helps balance "hot-headedness"

Emotional

- They will sometimes appear emotionless or lacking a definite personality. Sometimes their habit of avoiding argument and drama will be misinterpreted for cowardice or they may be seen as a “pushover”. So they need at least their parents to not only understand but support their need to promote harmony and the middle ground. Be watchful that their needs or desires are met occasionally, if you detect that they have agreed to something in order to maintain the peace. In some cases they have been labelled mildly autistic.
- When caught in highly stressful or chaotic situations they can become somewhat of a safety fuse for the group becoming hysterical or violent.
- Try to retain balance within, take up yoga meditation to support you retain a calm approach.

Diet and environment

- These Starchildren often suffer from stomach pain and discomfort. They can also be very prone to chest infections, sore muscles and cramps which have often been caused by suppressed emotion .
- Therefore it is not only important to give these children or young adults good food but to also provide a peaceful well managed home environment. Avoid overly opinionated visitors who like to win every argument. Some form of structure is desirable in daily life.
- Once again fresh non processed food is ideal. They may show a preference for zucchinis, rice, stone fruits, salty foods like pickles and crackers. Be aware that slowly prepared food by someone in a balanced frame of mind is more easily absorbed by their system.
- They usually enjoy light blues and neutral colours in their environment and their clothing.

Social

- These children need peace and if other kids are too rough, they will prefer to be alone. Alternatively they will cope as well as they can at school then spend hours quietly reading, playing or watching television once they are at home.
- They will surprise you with their ability to remain calm and centred among chaos though they may complain of a headache later.

Scholastic

- They dislike complicated rules and explanations so a less formal or traditional school may suit them best, unless it has an unusual record of happy well balanced kids. When revising school work choose the simplest least complicated way to explain things
- Their school performance will depend on how well balance and peace is maintained in the classroom. Creative teachers who can link everything they teach with its application in the outside world will have better success with these children.