

**BOOK by Devorah Sarah and Ada Mendel**

**TRANSFORMING OUR WORLD**  
**By Relating to the Essence of our**  
**Children Before Birth**

## CHAPTER 1

### INTRODUCTION

Our Spirits all have a divine purpose when we choose to come to earth. Staying aware of and committed to this purpose from conception is the most powerful way for this purpose to manifest.

I am Devorah Sarah and I have chosen to come to Earth at this time of profound change for Earth's Global Family. I, my older brother and my cousin, have come to Earth as a small pod, but we are part of a whole wave. We are mature spiritual beings who want to support the significant global transformation that is intended for this decade. The Covid pandemic was one of the keys to this transformation, showing us that we were all at risk of Covid around the world because we are one global family. This wave of powerful souls is another key to this transformation. However, the only way we can come to earth is through baby bodies, and the adults are so captivated by our adorable baby bodies, they are not aware of us and do not connect with us as mature spiritual beings. I was blessed by a Grandmother I chose in this incarnation. She is a Pediatric Speech and Language Therapist who was interested in working with Autistic children. Attending a training to "Embrace a New Perspective in Autism" by Lori Shayew (Gifts of Autism.com), she learned the skill of communicating with the Higher Self of one's nonverbal autistic children. As she didn't have a nonverbal autistic child with whom to use this tool, she used it with her 2-yr old grandson in a different city. They connected well and he told her to urgently connect with me, while I was still in the womb. That was the vital key for her to be able to connect with me before there was a baby body to distract her. It was a profound connection, and I explained how important it was for us to be heard so we could use our gifts to help support this Global Transformation that is needed right now, instead of having to wait for our earthly vehicles to grow up. I asked to write a book and she thought she was going to be the author. For 6 months she made little progress, until I was able to get her to understand that I was going to author the book and write it through her. She called me Babela (little baby), but that was not how I wanted her to think about me. I have chosen the name Devorah Sarah for her to use, as those are previous lives I have lived here on Earth. It is essential that our mature and evolved selves can be acknowledged and interacted with. I'm glad we can connect here in this book and learn about connecting with the Higher Selves of all incoming children before conception, during pregnancy, and staying in touch after birth, in order to accomplish our purpose.

## CHAPTER 2

### THE MESSAGE

***“The problems that exist in the world today cannot be solved by the level of thinking that created them.” Albert Einstein***

***The souls that are arriving now are an expansive wave of evolved souls here to “assist humanity in its spiritual evolution in order to save the planet.” (Alex Marcoux, “Unsuspected Heroes” 2020)***

**My message is for parents to begin communicating with the Higher Self of their children before birth - from conception, or even before.**

Then continuously communicate with our Higher Selves after birth. Grandparents can do so too, and this will also be special and powerful.

Please be open to receiving the gifts of our communication, and be open to transformation of our world. From the quotes above it can be seen that I am not the only one open to transformation of our world.

**Communal Gifts:** These communal gifts are our purpose for coming to Earth at this time. Our aim is to support the powerful global transformation needed by our troubled world. We can tell you about global, galactic and cosmic energies that are part of the transformation. We want a loving and peaceful human family that will take good care of Mother Earth (our planet) and Mother Nature (all life on our planet). More of Humanity can be made aware of this and be open to it when they hear about it from us, our parents and our grandparents. We don't need to wait for community or national leaders to implement this transformation. We can change our individual families and then our families can come together, support each other, and change our leaders. We can begin this global transformation from within each family, once we can thoughtfully communicate with you before you get distracted by our baby bodies.

**Family Gifts:** We can also provide amazing gifts within our family by answering questions and offering suggestions about what our little bodies need physically, sensorially, emotionally, spiritually, etc, before we are able to clearly communicate

that verbally. Raising babies and children will be much easier when you can communicate with our Higher Selves.

## HOW THE MESSAGE WAS RECEIVED

*I am Ada Mendel, and I am Devorah Sarah's Grandmother. I will be adding my comments following her sharing, and it will be in italics.*

*As a Speech and Language Therapist I had worked primarily with preschool children. In 2003, having run the preschool program in a local school district for 10 years, my caseload doubled in one year. The children seemed different to me. Previously, I felt my therapy was supportive and helped to raise the children up in their ability to communicate and interact with others. With many of the children I was now seeing in 2003, I felt that energetically I was dragging them down. There were no comments in the Speech Therapy community that I was apart of, about this issue, so I went online. I found that the Kogi Tribe in the Amazon said there was a more evolved way for us to communicate than with words, and that was to communicate with our hearts and our minds. I concluded that this was the way these new children were designed to communicate, and that's why when I tried to get them to use words, I felt that I was dragging them down. My way wasn't effective and felt      when working with them. It was then that I telepathically received a message to (create a centre to) "support the arrival and thrival of these new children from conception." This was a whole new concept for me, since I'd primarily worked with 3 and 4 year-olds in the local school district. The youngest I had ever worked with were 18 month olds through the Regional Center. I had no idea about what supporting them from conception would mean.*

*I also learned I was definitely not the only one aware of these new children. These children were given various names by those who were aware of them – Indigo Children, Crystal Children, Psychic Children, Rainbow Children, New Children, Pyramid Children, Children of Now, Children of Spirit.*

*Devora Sarah already shared how I learned the tool to connect with the Higher Self of nonverbal autistic children and used it to communicate with the Higher Self of my 2-year-old grandson. He was delighted I could see him beyond his little boy body. He told me he was part of a new wave of beings coming to earth. I assumed they were different in some way from those I was previously aware of who had started coming 20 years ago.*

*When my grandson's Higher Self told me to urgently communicate with the Higher Self of my granddaughter, who was still in her mother's womb, I was so grateful! At last I was able to learn about the "from conception" part of the request I had*

*received in 2003 to support the arrival and thrival of the new children from conception.*

*Communicating with her was a profound experience! She wanted me to get out her message as it was urgent that all parents everywhere needed to communicate with the evolved Higher Selves of their children, before they got captivated by their baby bodies after birth. The only way they can come to Earth is through the vehicle of a baby body, but that is not who they are. They are powerful beings who are here to assist us all to rise to a higher vibration and transform our troubled world into a place of peace, love and joy.*

## CHAPTER 3

### TAKING ACTION

1. During Pregnancy
2. After Pregnancy
3. Before Pregnancy

#### 1 CONNECTING DURING PREGNANCY

Pregnancy is when the body vehicle is evolving in the womb. Connecting with the Higher Self during pregnancy may be the easiest to understand, and to put into action. It is when it is easiest to be aware that a baby body is coming into being. The mother is aware of her periods ceasing, and in addition to watching the mother's stomach grow, you can now actually watch the baby body evolve and grow with ultrasound. Now you can open to connecting with the soul that is coming to earth through this body vehicle that is evolving in the womb.

I was not able to get the attention of my parents or grandparents during pregnancy. However, my 2-yr old cousin was able to stand up for me. My grandmother communicated with his Higher Self. His Higher Self was delighted to be connected with, beyond his physical body. His urgent request was for her to communicate with me, the Higher Self of his cousin, while I was still in the womb. She communicated with me in the womb using the tool that she had learned.

#### *Grandma*

*When I attended the program "Embrace a New Perspective in Autism" by Lori Shayew, (Gifts of Autism - website), for parents and professionals, I learned this tool to communicate with the Higher Self of nonverbal Autistic children. The parents were having wonderful results using this tool and I also wanted to experience using it. I didn't have a nonverbal autistic child, so I decided to try using*

*this tool with my 2yr old grandson. He was delighted that I could connect with him beyond his little boy body. As Devorah Sarah has already described, he insisted I communicate with her, his cousin, while she was still in the womb. She said this tool is for **all** parents and grandparents to use in this way – not just those with autism. Telepathy is a tool that can also be used for this same purpose.*

## THE TOOLS

Prepare a quiet comfortable setting and place two chairs facing each other.

Sit in one of the chairs and request the Higher Self of the embryo in the womb, to come and be in the chair facing you. Wait until you feel this special intense energy.

Welcome the Higher Self and thank them for being with you. Then spend time to connect with its incredible energy. Ask to energetically be one with them, in the One (the Source of All That Is).

The first time, take time to introduce yourself. Then ask their Higher Self to do the same, (although your Higher Selves know each other).

You can add anything else that you desire to share. Then ask what they want to share with you.

Go and sit in their chair. Invite their energetic Higher Self to enter your body so they can use your mouth and voice to communicate verbally. Welcome them into your body.

They can communicate verbally using your mouth and voice. They can answer your request and say what they want to share. Then they can have an interactive conversation with you. (You will be moving from one chair to the other.)

They can also communicate by the written word, using your arm to write through you, with pen and paper. You will then have a permanent record of what they have to express. For a grandparent who is communicating with more than 1 Higher Self, use a separate booklet for each grandchild to write in.

Enjoy having a conversation with each other, with the parent moving from one chair to the other. Ask any questions you have.

This can be done daily or weekly. You can make this decision together.

There are 3 essential areas to address.

- get to know each other.
- get practical suggestions about any physical issues that come up during the pregnancy.
- Learn about their life purpose and the help they will need from you and others to achieve their life purpose. As mentioned previously, the overall purpose of this wave of beings coming to earth is to help transform our world into a world of peace, love and joy, that honors and supports Mother Nature and Mother Earth. Each will have their unique way of contributing to this.

Communicating during pregnancy with the Higher Self can also bring understanding about the issues of miscarriage and abortion. This will be dealt with in Chapter 5.

## **2 Connecting After Pregnancy**

Connecting after pregnancy will be easy and comfortable, having already formed a deep loving connection, and having acquired an understanding of our purpose during pregnancy.

The same communication procedure can be used after pregnancy, but preferably needs to be done by the parent when the physical body is asleep. During a difficult experience, requiring urgent advice while they are awake, this procedure can still be used.

In these sessions you can address these similar topics such as:

- You will continue to get suggestions about any practical issues that come up. An example of that is that many of our bodies will have a high level of sensitivity. We can be sensitive to sound, to touch, to taste, to energy, etc,

etc. Communicating with us about these issues will help you understand and deal with these issues.

- You will continue to learn about our soul purpose. You will learn the ways you can support us, and how to reach out for broader communal help. This ongoing connection and interaction are essential for us to be able to urgently fulfill our purpose as soon as possible.

### **3 Connecting Before Pregnancy**

This is an even more unusual concept in our culture. I will let Grandma discuss this.

*Connecting before conception is a subject that has been previously addressed by others in our world.*

*Our tool can be used to connect before conception. There may also be different tools to connect, suggested by others. Practically, it can help with planning issues regarding conception, like when to best join the family. It could also help with issues of infertility, and miscarriage.*

*If we get to know the Higher Self of a potential child before pregnancy, communicating during pregnancy will be easier to initiate and continue. It will be addressed in more detail in Chapter 4.*

*It is also a good time to start learning about their purpose, before having to cope with pregnancy issues.*

## CHAPTER 4

### BACKGROUND

My Grandmother will address the first part of this chapter.

#### **Historical Background**

*This concept of communicating with the Higher Selves of our children before, during and after pregnancy is not widely known and implemented. However, it is not new, as we will see in exploring the historical background.*

1, *The Himba tribe in Namibia, Africa, don't count their years from when they are born, nor from when they are conceived, but from the day that the child was in the mother's mind. According to their tradition, when a woman desires to have a baby, she goes out of the village and sits under a tree by herself. She keeps silent until she can hear the "birth song" or "the song of the child". This is the date that they celebrate the yearly birthday of the child. After hearing the melody, she returns to her village to physically conceive the baby, although it is already a reality in her mind. Their entire population acknowledges and honors being able to energetically connect with their children before conception.*

2. *In the Western world during the 1980s there were attempts to get aspects of this message out. From what I have researched, people at that time in our western culture began writing about connecting with our babies/children during pregnancy or before pregnancy. See references below. However, this information has not become widely known nor widely utilized in the last 50+ years.*

*“The Secret Life of the Unborn Child” Thomas Verny, 1982*

*“Communing with the Spirit of Your Unborn Child” Dawson Church, 1988*

### ***Current Background***

*In the next century, 2000s, more was written on this subject. I was still not aware of it at that time.*

*“Spirit Babies” Walter Makichen, 2005*

*“Wanting to Be Born: The Cry of the Soul” Elizabeth Clare Prophet 2009*

*“Nurturing Your Baby’s Soul” Elizabeth Clare Prophet 2010*

*“Communicating with Your Baby During Pregnancy and Before” Penny D Chang 2012*

*“Talking to the Baby in the Womb.” Garba Vidya 2020*

*“Communication and Connection with Your Baby In and Out of the Womb” (Sholeh Shahinfar) 2020, blog.*

*Many links come up online now, when exploring this topic. It is not new. Several Beings coming to Earth have wanted to share this message. Some of the approaches are more complex than the one I received.*

*Devorah Sarah was definitely not the first to bring us this message. However, despite books, blogs, etc...., it is still not widely known, not talked about, and not used.*

## ***Personal Background***

*Personally, I had an experience of connection with my youngest child before conception. I had planned to have my third child after my husband completed his 2yrs of study and we returned home. However, we stayed an extra year, and an extra year, ..... Eventually it was clear that we would not return home. In 1988, after 5 years, I heard this urgent question in my head – “When can I come?” I assumed it was from the third child I had planned I to give birth to. However, I had no idea that I could converse with this voice. I did not reply. Nonetheless, I chose to listen to the message and to go ahead and become pregnant. At that time, I didn’t explore this experience or share it with others. When I received the perplexing message 32 years later, to support the new children from conception, this memory did not come up. Finally, 36 years later, I am realizing that I was given the opportunity by my third child to learn about and experience communication with the Higher Self of our children before conception. I did not respond to that opportunity.*

I have told my Grandma that before she came to earth, all our Higher Selves (hers, mine, my brother’s, and my cousin’s) gathered to plan coming together in the 2020s, the time of perfect vision – a good time to shift from a limited, conflicting, hurtful approach to life, to an open, harmonious, loving, joyous approach to life on Earth. Then she could be our supportive mature adult.

As a young child she was seen by her mother talking to somebody as she walked home from school, when nobody could be seen next to her. This was suppressed and did not continue. However, there were times that we could share ideas with her, without her knowing it was coming from us. When she was a young teenager her family became British citizens, although they had not ever lived there. (A grandfather had been born there but left with his family of immigrants, when he was 2yrs old.) As she was trying to understand this confusing situation, we were able to help her see that the whole situation of countries and passports was a figment of our imagination. We brought to her attention recent pictures of Earth from space that showed there were no lines showing the borders of countries. Humans made that up, as they focused on our differences (different languages,

different races, different skin colors, etc). They did not understand that the people of Earth are one human family. She was amazed and came to the conclusion that we definitely are one Human Family. Nobody agreed with her, but she continued to hold that understanding.

In the year 2020 we shared with her the idea that this was the time for humanity to develop perfect 20/20 vision on this issue. She could not imagine how that could happen. Then the Covid Pandemic started, showing humanity that as one human family, all people everywhere were subject to being infected with Covid. This understanding, that we are one Human Family, is one of the things we want to teach everyone, when we are communicating from our Higher Selves during pregnancy.

## CHAPTER 5

### MISCARRIAGE and ABORTION

*Communicating during pregnancy with the Higher Self can bring understanding about the issues of miscarriage and abortion. Walter Makichen deals with this topic in depth in his book “Spirit Babies”. DevorahSara affirms what he shares about these issues. However, she says it is not helpful to refer to the Higher Selves of incoming beings as “Spirit Babies”. They are the amazing Spiritual Beings, who can only come to dwell on Earth through the vehicle of a baby body. She helped me summarize these aspects of his book, where you can get more detailed information.*

*He refers to an energy bond that appears at the moment of conception, between the incoming Higher Self, and the Higher Self of the mother and the father, as ‘the conception contract’. Once conception has occurred the process of creating human life begins. However, the time frame of the conception contract can be changed, or*

*it can be dissolved, during pregnancy by the Higher Self of the embryo (for various reasons), resulting in a miscarriage.*

*Some possible reasons given are:*

*- The post conception world in the womb seems too much of a challenge (sensory issues, physical issues, etc, etc ....). --*

*They need to better prepare for the new life, which is a test they are afraid to fail.*

*Abortion, like miscarriage, means the conception contract has been dissolved, this time by the mother. The Spirits do not morally judge or condemn their prospective mother or parents for cancelling the conception contract and choosing abortion, which they see as a personal matter. After an abortion the unborn Spirit does not die. It is once again in a position to choose and accept human life. One option is that they can choose to return to the same parent, at a more appropriate time. Another option is that they can find a different way to fulfill their destiny by choosing a new supportive parent with whom they can create a loving, secure future.*

*It is only at birth that there is full connection of the Higher Self with the vehicle of baby body. This is acknowledged in some religions.*

*When we are communicating with them, these Higher Selves can help our families understand that abortion is not a horrific action that needs to be banned by politicians in our government. It is the cancellation of the current conception contract, and that it can be done by parents using abortion, or by the embryo's Higher Selves using miscarriage. This issue can be discussed and negotiated with the Higher Self during pregnancy. This understanding has the potential to dissolve all the conflict in our society over the issue of abortion.*

## **CHAPTER 6**

### **SUPPORT**

I want to talk about families gathering to share their experiences, to support each other, and forming communal support groups. This will give them help in using the tool, learning about our purpose and ways to manifest that purpose. These groups can create centers that will support families in the community learn how to communicate with the Higher Selves of those:

- who they are planning to give birth to.
- whose body vehicles are already evolving in the womb.
- whose baby bodies are already born.

This will be very uplifting for parents to be able to support each other.

Ultimately, support groups and Centers around the country and around the world can gather and help our new wave of Beings support each other in accomplishing our life purpose to transform this troubled world.

The message my grandmother received in 2003 to “to support the arrival and thrival of the new children from conception” needs to be changed as it is no longer fully appropriate. We do not want to be thought of as “children”. Now we need to create centers to support the arrival and thrival of the new wave of Advanced Beings coming in, from around the time of conception of their baby body vehicles”.

We cannot wait for our baby bodies to grow up, as the transformation needs to begin now at this urgent time in our troubled world – extreme climate change, war and violence, illness and hunger, political conflict, etc, etc.

## **CHAPTER 7**

### **OUR PHYSICAL WORLD**

Not only are we calling out to humanity about this urgent need for much needed change. Our environment and our climate are also calling out to us about an urgent need for vital change required in our world.

High temperatures

Drought

Fires

Melting icebergs

Storms

Flooding

Earthquakes

## Others

These are our physical world's way of calling out to us. We really need to pay attention to our climate, to Mother Nature and Mother Earth that are calling out to us. For example, think about how much longer all the food that you enjoy is going to be available to you?

As evolved Beings, we are also able to pay attention to this calling and to share with adults in our lives, the solutions that our world needs us to pay attention to.

## **CHAPTER 8**

### **PLANETARY TRANSFORMATION**

Planetary Transformation is our life purpose. Getting this message out so that this tool will be used by all parents and grandparents, is the most powerful way to accomplish planetary transformation.

The conflict that has been created in our world is so widespread and pervasive. The control and conflict issues exist both between countries and within countries.

Some of the major conflicts are related to:

Politics

Economics

Race

Language

Religion

Gender – masculine, feminine

Sexual orientation – heterosexual, bisexual, homosexual, etc.

History

Not only are we calling out to humanity for much needed change. The climate is also calling out to us about this urgent need for change. We really need to pay attention to our Climate, and to Mother Earth and Mother Nature, who are calling out to us.

As evolved beings we hear this calling, and we want to share the solutions that our world wants us all to pay attention to.

Our Source is the Divine Oneness of all that is. Our understanding of this will dissolve all control and conflict. Let us use the example of the ocean to help with this understanding. Each wave of the collective ocean is powerful and unique, but it is never separate from the ocean from which it arises and to which it returns. The waves are aware of their common source, and therefore are aware of their interconnection. They do not need to be in conflict, nor focus on conflict. If one wave attacks another wave with toxic chemicals or explosives, the toxins will enter the ocean which the initiating wave is connected to. That wave will suffer from its own toxic action. All the other waves will suffer from that attack too. The waves simply need to honor and respect the magnificence of each other. When we do this, all control and conflict will dissolve.

We can learn from this that we need to communicate and interact in a kind and loving way that will not hurt others nor hurt us. This kind of transformation cannot be forced on us by politicians, armies, police forces, etc. Even religious leaders have not been able to force this on their communities (“Love your neighbor as yourself”). The most powerful way for us to learn this is from a precious, loving and beloved member of our own family who has this consciousness. This is our understanding that we want to share with you before the birth of our physical

bodies. This focus is what we can all learn from communicating before birth with the Higher Selves of those coming to Earth at this time. We are here to peacefully bring this consciousness into all families around the planet. This is our effective way of bringing about planetary transformation.

## **CHAPTER 9**

### **CONCLUSION**

#### **What is Our Purpose?**

Our purpose is to transform this troubled world. At this time there does not appear to be a more effective way to bring about Planetary Transformation than being led by the new wave of advanced beings coming to Earth with this very purpose. Therefore, please join us by communicating with us around conception, during pregnancy and beyond. This important interaction will start to take place before you are distracted by our adorable baby bodies. Please join us in getting this message out now!!! Thus, we will begin to accomplish Planetary

Transformation from within each family. This will be an amazing blessing! Thank you in advance for your participation!