



PHOENIX RISING

A free newsletter from Phoenix Institute

Winter 2011

An Interview with Samuel

channeled by Lea Schultz

At the Lexington Lifescapes event in September, you said we would look back on 2010 as a pivotal year because of shifts in our electromagnetic frequency due to Shining Energy moving to the earth. What was it about the shifting electromagnetic energy that made it pivotal?

There are two electromagnetic forces that are having a pretty profound effect on people right now. One of them is a change in the planet. The other one is a change, cosmically speaking, due to the sun, but it is not the kind of change that comes with the usual solar cycle. These are changes that would normally be expected a few million years down the road. They have to do with what is the equivalent of the sun's and the planet's blueprints. In the very same way that Guardians are working to be less bound by form and functioning more in spirit, so the solid, form-bound nature of the planet and the sun is also beginning to shift.

Now, the good news about that is that it indicates very clearly that humanity is getting closer to the completion of Sacred Status, which will then move this world into Ascension. And it is because humanity is much closer to that point that the planet itself is beginning to shift.

Are you saying that this is happening a few million years ahead of schedule?

It's not exactly something that's scheduled. I'd call it more of a symptom. So it's not that these changes are ahead of schedule; it's that the unexpectedly rapid change in humanity is having an effect on your planet and sun. In normal circumstances, you expect to see changes occurring as a result of a process. Well, what's happening is that the changes are starting to show up *before* the process has happened—it's skipping a step. Which is unexpected, but it's because the spirit function is changing so quickly.

Guardians are working to be less human and become more Shining Energy, and so is the planet. But instead of saying "less human," you would have to say your planet is

becoming less bound by the rules of form. It's preparing to cast off a costume.

You spoke of 2011 as a year in which emissions from the sun during the peak of the solar magnetic activity cycle might have a profound effect. We see this peak every decade. What is making this cycle of more concern to you than usual?

Actually, this cycle is different from any you've seen for about thirty thousand years. This is *not* your typical cycle. This cycle not only has to do with the changes we spoke about a moment ago, but it is also part of some pretty big changes going on throughout this galaxy as a whole.

Your sun—Helios Vesta—has been veiled for quite some time. Now the energies of those ascended planets within this solar system, which have always been putting out a particular kind of energy, are affecting the sun and your planet.

In addition, energies outside of this solar system are coming this way. In fact, one of the reasons that your scientists are suddenly finding massive numbers of galaxies within the universe and planets in other galaxies is because of those energies. And unlike other physical energies that take eons to reach you, this is a warp, a transdimensional push, so that your sun is getting a series of bursts that are bigger than its own cycle. Some of those bursts of energy are specifically directed here for the purpose of that Ascension process. However, most of it is due to that force of attraction that the sun and your planet are putting out right now.

Who or what is doing that directing?

It's not a who; it's a what. The Plan is directing it.

So as that Ascension process is happening to Earth, that energy is attracting the ascended energy of those

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planets that have already gone through the process.

Across the universe. Yes.

At the Lexington Lifescapes, I expressed a concern that, unless steps were taken to dissipate some of that energy, some of the satellites orbiting your earth could be damaged. That has to do specifically with the change that is going on with the solar winds, which is how the energy of the solar flares is directed to the earth. Up to now, the solar winds have pretty much missed the planet, enough so that you have only been getting a small fraction of the energy going out into the solar system as a result of solar flares. A lot of that energy is going away from the earth. But the solar winds have shifted course somewhat, so that more of that energy will be directed toward the earth.

So there is more opportunity for damaging effects.

Let's say more opportunity to move earthward, and my concern is that some of the energy from those flares is very likely to be able to affect your major satellites, and if that happens you could have a huge amount of destruction.

Now, you can't stop the flares and you cannot change the solar wind, so what you do is put up some protection in order to change the electromagnetic pull. That's why, at the Lexington Lifescapes I asked you to visualize a grid between the sun and your moon.

So you have the tetrahedral Grid around the planet—which you've been visualizing for a long time during toning—with the satellites and then the moon orbiting around that. What I want is another tetrahedral grid outside of that—a screen between your sun and those orbiting bodies. Is it going to shift away all that destructive energy? No, but it might filter it, knock it down a little, and maybe that will be enough.

Are the pulses coming to the sun something that our instruments would not be able to detect, since the energy is transdimensional?

They would detect it when it hits.

Would they detect the incoming force itself or the effect it has on the sun?

When it enters this dimension they would be able to recognize it, and I believe that you have some deep-space measuring devices that might be getting echoes from the first pulse already—might—although I'm not certain that they would be able to identify what it is.

Are you able to predict what is going to happen because the activity of the sun and the extradimensional energy is not subject to the free will of humanity?

Yes, that's correct.

You also spoke about the healing effects of electromagnetic energy at the Lexington Lifescapes. Is this something that we can use now, or are you talking about an emerging technology?

The answer is all of the above. The technology is already being developed, but like any new discovery it's not going to be as good or as accurate as what comes later. But you already have a certain amount of frequency-based healing technology.

You are beginning to mine, so to speak, the value of the ultra-low-frequency emissions and of the ultraviolet and infrared spectrums. You are using magnetics in scanning machines. All of those are different versions of healing with electromagnetic spectrum instruments.

To a much lesser degree—so I'm not certain how useful it is—the use of light therapy is being explored. Sound can shift light out of an electromagnetic frequency into an electrical frequency. Sound also stimulates the neural pathways that allow your brain to function as it should. So therapies in which the electromagnetic frequency of light is transferred into an electrical frequency by sound—and I

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The Spring 2011 issue of
Phoenix Rising

will be distributed in March.

Manuscripts and correspondence are welcome. Send to the editors at

Phoenix Institute

P.O. Box 12963

Lexington, KY 40583

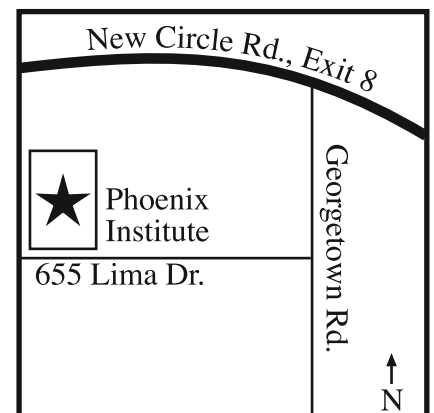
or e-mail to:

PhoenixNewsletter@windstream.net

Spring Deadlines:

Copy—January 16

Ad reservation—January 23



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CALENDAR

Meetings are at 7:30 P.M. at Phoenix Institute unless noted otherwise.

Dates and programs subject to change.

JAN.

- 2 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 9 Discussion of Samuel's January 2 message
- 10 The Guardianship Program orientation (see ad p. 5)
- 16 Discussion of Samuel's interview in the Winter 2011 issue of *Phoenix Rising*
- 17 The Guardianship Program begins (see ad p. 5)
- 23 Communicating with Your Higher Self
Cultivate your partnership with Source and discover one of the benefits of that cocreatorship—a renewed passion for life!
- 29 Samuel's Atlanta Lifescapes Event**
9:30 A.M.–1:00 P.M. (see ad p. 10)
- 30 CommUnity Vegan Potluck, 7:30 P.M.

FEB.

- 5 Vegan Appetizer Cook-off, 6:30 P.M.
- 6 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 12 Samuel's Pittsburgh Lifescapes Event**
9:30 A.M.–1:00 P.M. (see ad p. 10)
- 13 Discussion of Samuel's February 6 message
- 19 Samuel's Lexington Lifescapes Event**
9:30 A.M.–1:00 P.M. (see ad p. 10)
Vegan Breakfast available, cost: \$5
8:30 A.M.–9:25 A.M.
- 20 Discussion of Samuel's February 26 Lifescapes Event
- 27 Living in Your Now
Living in the moment opens the doorway to Spirit. Come and explore various ways to be more fully in your now.

MAR.

- 6 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 13 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 20 Discussion of Samuel's March 6 message
- 27 Discussion of Samuel's March 13 message

TONING

- Samuel says that toning is the most important thing we can do now to help bring about completion of Sacred Status. Phoenix offers four toning practices weekly:
- Before Sunday meetings, 6:30 P.M., except first Sundays
 - Mondays and Thursdays, 6:30 P.M.
 - Wednesdays except March 23 and 30, 9:30 A.M. at 147 Kentucky Ave. Please call 859-231-8449 to confirm location.

CommUnity Vegan Potluck

Coming together to share food is an ancient practice of hospitality. Please join us for this feast of unity and community, and bring a vegan dish to share.

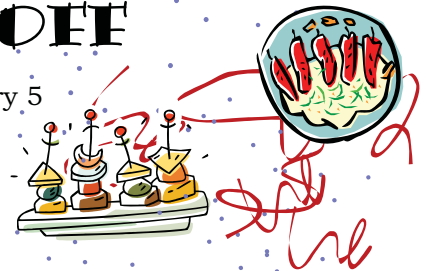


Sunday, January 30, 7:30 P.M.

Join your Phoenix family for this special fund-raising event!

VEGAN APPETIZER COOK-OFF

Saturday, February 5
6:30-8:00 P.M.



Do you like zesty, delicious vegan foods? If you do, please plan on participating in the Phoenix Institute Vegan Appetizer Cook-off! The winner will receive a \$25 gift certificate to Whole Foods and the coveted Golden Ladle. The top three recipes will be published in *Phoenix Rising*.

To **enter**, please bring:

- one or more appetizers to the building by 7 P.M.
- a **typed** copy of your recipe(s)
- \$5 entry fee (one fee covers all the dishes you enter)

For those who prefer just to taste, enjoy, and vote, there is a \$10 charge, \$7 if this is your first time to a Phoenix event.

This event is BYOB.

◀ Interview, from p. 2

don't mean sound like toning; it's not that kind of sound at all—are going to allow for changes in the way you understand the brain and how it works, and what you can do to better make it heal itself.

Electromagnetic fields, as a whole—as I have already said in the Lifescapes—have an effect on the way your cells communicate with one another. When you interfere with that communication, the body is going to stop working at its best. So, generally, giving your body periods with as little electromagnetic stimulation as possible, just doing that alone is going to help your body work better and improve your own healing mechanisms.

So there are benefits, such as using that energy on fractures to help the bones heal. But the drawbacks, such as overstimulation that can interfere with healing, are the reason you're recommending minimizing our use of things like computers or our exposure to electrical equipment.

Right, so that your body not be overstimulated and better able to function the way it should. You see, that becomes a healing modality in itself.

It's probably not good to be wearing little battery operated speakers [hearing aids] on your head, is it?

Well, those batteries are *much* less damaging than having a cell phone next to your head all of the time.

At the Lifescapes, you spoke about giving us a way to change our innate security patterns. What specific patterns were you referring to? Other than because our actions go into the Grid, why do they need changing?

As I've said in the past, humans learn by association, but that association is guided by fear. Humans live by avoiding fear, or living in fear and trying to move out of it. Now, that's a pretty negative foundation for a good life. The problem is that the fears are instinctual. They are built into the genetic structure arising out of an evolutionary process that requires the body to stay safe in order for the species to continue. Today, you don't have to worry that the bear in the woods is going to eat you.

We create our own stresses instead.

Well, that's true, but the stresses are not usually life-threatening immediately, so it would benefit you if you could turn off the mechanism that requires you to associate based on fear, wouldn't it?

Unfortunately, instinct arises in the core brain, the primary brain, and you have to physically change its neural pathways to make a difference. And the only way you're going to be able to do that is by a change in the genetic pattern, which leads us to your next question.

Yes, the fact that you have been working with us to remove certain "frequency seals" on our DNA raises many questions, too. In the last few years we have learned that some of our DNA is composed of genes that are intact but not being expressed.

That's much nicer than calling it junk DNA.

Does this removal of seals work through the recently discovered means by which gene expression is initiated, or is it through a change in the DNA itself?

Tell me what has been recently discovered, and then I'll answer that.

Well, in the last probably five years we've learned that the environment has a great deal to do with things that have appeared to be genetic, and in fact are genetic, but are being affected by the environment. Because of things we experience in the world around us, we produce chemicals that cause certain genes to express themselves.

Are you talking about genes mutating?

No. These are genes that are already present in our DNA, but their activity is changed by environmental factors. For instance, under constant stress, your brain produces chemicals that cause parts of your DNA to be active which, without that stress, would have remained inactive.

I don't think that they will ever be able to prove that. If I'm understanding what you're saying, they're working with active DNA, and extending the chromosomal variances that are not opening a new gene. Do you understand?

I'm not sure what you mean by "extending variances."

A gene has many functions that it controls. For any one function, there are several options available. Each option is activated by growth and time, by chemical signals—usually coming through growth and time—that activate it. On the other hand, it might never be activated. I believe that what you are talking about is that science is looking for ways to activate them.

However, when I speak of frequency seals, I mean a gene that has no active function, one that is literally being recreated to express itself. In other words, you have the gene, but it has not been a part of this species.

There is a class of genes that are designated as non-functioning DNA, and so what you're talking about is actually altering that DNA so that it does function.

Yes.

What are the effects of doing it that we can observe or should be aware of?

I really don't like those kinds of questions, because they imply that there's no individuality, no free will. In addition, it depends upon what has been opened, or activated, in order to have any idea where it might go.

But the changes we experience might be measurable, observable?

Yes, but after it's opened. It's not that you are going to be able to fly; you'll still be using airplanes, but it *is* possible that you will become far more capable of seeing what's going on in another place—it's a type of bilocation. You will also have healing mechanisms reactivated, and that ought to come about pretty easily. It's a basic one. It has more to do with opening what has been closed to you than creating something brand new, because what is needed are those

new openings rather than becoming Superman.

And when you say “you,” you’re talking specifically about Guardians.

Yes, because changing your DNA is not possible unless you are functioning at a very high frequency, which Guardians do or they would not be Guardians

How many seals will you be working with us to remove?

As many as possible, but I would be surprised, depending on how it works, if it was more than a couple.

And we will do this through visualization?

With the trip to India, hopefully, there is going to be a leap made by the animal and plant kingdoms that will affect the whole world, but it’s particularly going to affect you—Guardians—because you are going to be directly confronted by the change.

During the Mississippi trip, I had you visualizing a change in how you relate to those kingdoms. I had you standing on the bridge, so to speak, and many—most—did an excellent job of it and are still practicing merging. As a result, they are going to be capable of making that change, but they’re not making it because of the visualization; they’re making the change because they are using the visualization and practicing. It’s the practicing and using it that will cause the switch.

You see, if a door is closed but you don’t know that it’s stuck, you might be putting a key in the keyhole and wiggling

it around, never realizing that it’s not going to do any good. But when you know that it is stuck and you give it some really specific shoves in one or two places, that door will give way. Well, it’s as if these doorways are stuck. The visualization is letting you know that there’s a stuck door there, but it’s the practice that is the constant shoving that will cause it to open.

So you’re saying we need to keep repeating the visualization about going up to the ninth step plus doing the merging?

That’s exactly right. The reason you need to do the visualization is for the brain, but the change happens because of the merging.

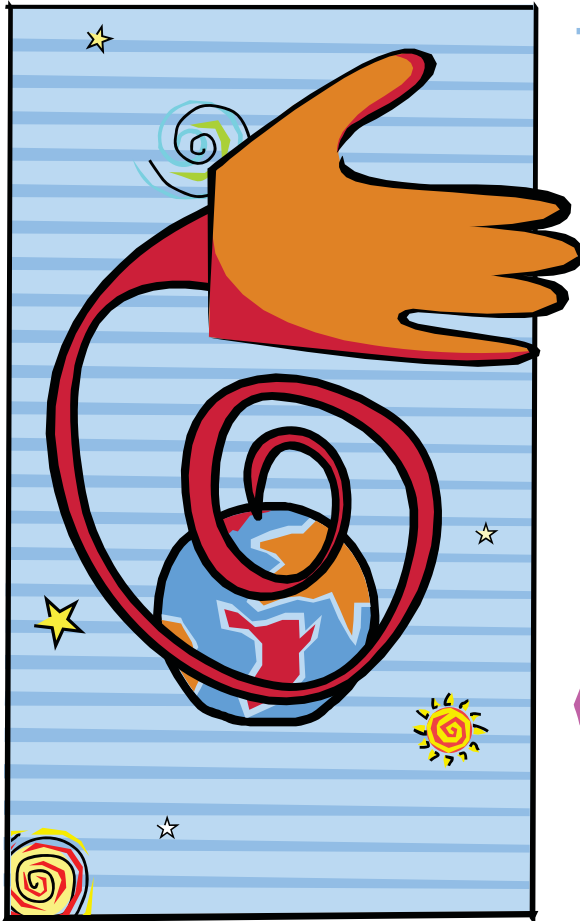
I’m afraid, for me, the merging is proving very unrewarding. It seems as if nothing is changing.

But you’ve got to remember that, for the animal and plant kingdoms, the change has not happened yet. If you merge with Hapi dog, who is already individualized, then you’ll get the chatter, but until these kingdoms have reached their next level, you’re not going to consistently get anything.

Because it’s all a one-way conversation.

Not always, but pretty much. A plant communicates with you now, but when the shift has happened, it’s going to have a self-awareness instead of a group awareness, and it’s going to be able—ideally—to see that you are unique

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The Guardianship Program

Do you want to raise your spiritual frequency?

Samuel’s special program offers profound ways to exercise your spiritual muscles. It is designed to help you function at your highest and best in every area of your life. For twelve weeks, you will have a unique opportunity to work in unity with other Guardians who are also highly committed to their spiritual growth. You don’t want to miss it!

Dates: Orientation, Monday, January 10
Program, Mondays, January 17–April 4

Time: 10 minutes after toning ends

Fee: \$15



Restore your passion • Nourish your body, mind & spirit • Laugh, love & learn

Phoenix Institute's 2011

Gathering of the Tribe with Samuel

April 21-24

\$295

(\$325 after March 21)
Price does not include lodging.



- 4 days with Samuel
- 5 vegan meals
- 5 group tonings
- Shopping opportunities
- Socializing with Phoenix friends and more!

Spring is
right around
the corner!
See you at the
Retreat!

"It's like a group mini-trip with Samuel!"

Accommodations: The cost of lodging is NOT included. Make your discounted reservation online at www.boonetavernhotel.com using Group I.D. number: 17736 or call Boone Tavern Hotel at **1-800-366-9358**. Let them know that you are attending Phoenix Institute's Retreat to receive our discounted rate. Space is limited, so make your reservation today! For help finding a roommate and/or accommodations, please call Kay Waddle at 859-536-6206.

Food: Price includes 3 vegan breakfasts (Fri., Sat. and Sun.) and 2 vegan dinners (Fri. and Sat.).

Please bring something to give away that represents you.

To register: Send your check or money order along with your name, address and phone number(s) to: Phoenix Institute, P.O. Box 12963, Lexington, KY 40583. Phoenix does not accept credit cards. Partial and early payments will be accepted; however, in order to qualify for a preregistration discount you must have paid in full by **March 21**.

Financial assistance: Phoenix can assist those unable to pay the full fee by the time of the event. Please contact the registrar at **859-231-8449**

for a Fee Deferment Request, which must be filled out and returned by **March 21**.

Discounts & Cancellations:

- To receive a \$30.00 discount for early registration, your entire payment must be received by March 21.
- If you must cancel your registration, inform the registrar by leaving a message at (859)-231-8449. Your cancellation will be considered received as of the date of your phone call.
- You must cancel by April 11 to receive a full refund. After April 11, a \$70.00 fee will be deducted from the refund.

Samuel

responds . . .

Listening to some old tapes, particularly the ones about “The Plan for Cosmic Intervention” (May 31, 1997), raised many questions, which I’d like you to answer.

What does it mean to be a part of the original seed of humanity?

It means that you are here as a creator, that you have within your blueprint an evolved being that has an effect on the world and which you are, ideally, going to uncover as your frequency increases. It means that you are one of the twelve of the twelve primary groups of twelve, or the second ring of that twelve—any one of those rings of twelve—and that’s saying a whole lot, so let’s leave it there.

The number seven represents synthesis, also the avataric incarnations that Guardianship energy has by choice; there are seven major thresholds in time, seven major times of transition throughout history. Do these refer to same event?

Yes they are the result of the same “event,” but since the question isn’t clear, I am not certain that what you are asking is the same as what I just answered.

Is there a seeding at every threshold, or just with each new earth, which is number four or five depending on how you count?

Neither of those choices works. The closest answer I can give would be that there are seedings at every earth, but some of the seedings continue through because they are more basic. The person has not asked the right question to get a good answer.

Are seedings done in this dimension or elsewhere?

Both.

A seeding is a “representation of sending help.” What is the process for determining whether help will be sent and what kind of help it will be?

It’s not help like a response to an SOS; it’s help in the form of creatorship or cocreatorship, that kind of help. It’s not help as in fixing something; it’s help to create something. So the help is built in.

You said, “The second seeding is essentially the first.” Please explain why that is.

It’s because it has the same effect. It’s very simple. It’s the continuation of the first seeding.

Is a new seeding needed after each attempt to complete Sacred Status?

This is almost the same question as before, but instead of threshold it’s Sacred Status. And the answer is essentially

the same: some of them need to be reseeded and some of them do not.

How many seedings have there been?

Many.

Is Dragon force always associated with a seeding?

No.

Does it require crystalline rock to hold the frequency of a seeding?

Does what require it?

I think it’s asking, Is crystalline rock required to hold the frequency of a seeding?

On this planet, yes.

You said in the September 20 Lexington Lifescapes that if, after the merging of yourself and simulacrum on the ninth step, you were facing down the staircase, you should do the visualization over and over until you were facing up it.

Right.

Does this mean that if you were facing up the staircase at the end of the visualization you don’t need to keep doing it, or do you still need to repeat it daily?

As I said in the interview, you need to keep doing it. If you are facing up the staircase, it means you’ve made a vital connection: you have accepted your spirit force. If you’re facing down the staircase, your instinctual security system has kicked in, and you’re resisting that change. And there were those who did turn away from it.

Can redoing the visualization still be effective even though you’re not present?

As I said on the group trip, it’s not going to be the same without me. The two of you [interviewers] are very used to working with my energy; you just think about the upcoming interview and your energy starts pumping up, because you physically, mentally, emotionally, and absolutely spiritually connect with me, and you have done so for years. Somebody who’s never been on a group trip, just like somebody who has never been to a Lifescapes before and sits on the front row, is going to be hit so hard by my energy—even though they don’t necessarily know it’s happening—that they are not going to be as effective with it as you will. Although the energy may be confusing to somebody who is not used to working with it, at least if they were on the trip the energy is there, stimulating their frequency. Somebody who wasn’t there at all is going to have a much harder time because of not having the advantage of that internal stimulation, that one force activating a like force. But if you keep working at it, you are going to make that change.

This is not an answer people want, you know, because they don’t want to think “I have to work harder.”

What purpose do petroleum and natural gas serve for the physical function of the planet itself? What kind

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The Winning Recipe at Lexington's Vegan Main Dish Cook-off

Old Bay Tofu Cakes

(Original recipe in *The Conscious Cook* by Tal Ronnen; adapted by Catherine T.)

In addition to the ingredients listed below, you will need: the use of a food processor and a spice grinder; 1 ½ cups breadcrumbs (use gluten-free crumbs if you are sensitive to wheat or gluten); ½ Tbsp Old Bay seasoning; cooking oil for sautéing the tofu cakes, and summer vegetables to make a bed for serving the cakes.

Tofu Cakes

½ cup minced shallots	2 ½ Tbsp cornstarch
½ cup diced carrots	1 ½ Tbsp Old Bay seasoning
2 Tbsp canola oil	¼ cup nutritional yeast
2 sheets nori seaweed	½ tsp white pepper
2 tsp minced garlic	juice of one lime
2 lb firm tofu	salt to taste, if needed

Sauté the shallots and carrots for three to five minutes in the oil, then add minced garlic.

Toast two sheets nori seaweed separately over a gas or electric burner, being careful not to scorch them. Break into small pieces and grind to a fine powder in a spice grinder.

Place all of the remaining ingredients in a food processor

along with the shallot mixture and the nori powder and mix for a few minutes until combined. Refrigerate for 30 minutes.

Form the mixture, which will be quite wet, into small cakes using approximately one-half cup of mixture for each cake, and dip them on both sides in approximately one and a half cups of bread crumbs mixed with one-half Tbsp of Old Bay seasoning. Refrigerate for another 30 minutes.

In batches, sauté the cakes in oil until brown, adding more oil as needed.

To serve, on a platter, make a bed of summer vegetables such as blanched corn scraped off the cob, grated zucchini and grape tomatoes. Place the tofu cakes on top, and drizzle horseradish cream on top of the cakes.

Horseradish Cream

¾ cup Veganise (vegan mayonnaise)
2 cups raw cashews
2 ½ Tbsp prepared horseradish, drained
juice of a half to a whole lemon to taste
salt and pepper to taste

Place the raw cashews in a food processor with enough water to cover by an inch and process until smooth. Add the rest of the ingredients and mix thoroughly.

PR



◀ *Responds, from p. 7*

of effect does it have on the planet when humans continue to pump these substances out of the earth for use as fuels?

Everything on, in, and of this planet has a purpose and can be used under certain circumstances for the benefit of humankind, or for one of the other kingdoms of the planet.

This question is unclear to me, because there are all kinds of resources being used, and it doesn't disable the planet in any way to do that. It's not as though the natural gas inside the planet is holding the earth's plates together or if you pump out too much groundwater in Lexington there's going to be a cave-in in China. It doesn't work that way. As I've said before, the planet *will* take care of itself.

It seems to me that that question is more about "Samuel, can you come up with another way to discourage us from being dependent on fossil fuels?"—at least, I *think* it's coming from that direction. Even if I could, it would not make a difference. The decisions that are made about such things are not made by those who care about the planet. They are made by those who care about their bank account, and until that changes, the way you use the planet is not going to change.

So here is the warning: Beware, because when she takes

care of herself, it could have a profound effect on you.

So on a personal level we should be addressing our issues of greed.

Yes!

Rather than looking outside of ourselves to see what's happening in the environment.

As Guardians whose behavior goes into the Grid, yes, because that would make a difference.

You know, this is good. Those who have asked these questions need to see what the two of you deal with. Over the years, you've learned to ask questions in the interviews that allow me to give really good answers. But others need to see that they are often thinking of a question that will give the answer they are looking for.



If you have a question for the Samuel Responds column, please e-mail it to: PhoenixNewsletter@windstream.net. Samuel determines which ones get answered, but try to avoid "yes-no" questions as they usually get a "yes" or "no" answer. Samuel won't answer questions about who he is, or anything that puts the focus on him rather than the work.



◀ *Interview, from p. 5*

as well. Then the conversation will be much more specific. In the meantime, try to make connections with plants or animals that are functioning at a very high frequency.

Do you mean Guardian plants and creatures?

Yes, to a certain extent. The problem is most of the time you don't know which of them is functioning at a high frequency, but that's why you've got to keep practicing. And once you find that kind of connection, keep at it, because that's how you're going to open that door. It will be a whole lot easier this time next year.

So the merging is the part of the process that actually results in a change in the molecular structure of the DNA?

Yes, but do you know why? To use the illustration you used earlier, you become that environmental change that sets off the chemical responses, because genes are essentially a vat of chemicals that set off those fires that burn out some things and open up others. *You*, in conjunction with your neural system—and that's important—in effect become the scientist, the force of change.

So it's not just some mystical thing that happens. Or, if it is, the "mystical" part happens in the brain's reaction to experience.

There must be the outward action that impacts it. Small picture: throw a rock in the pond, and it creates little ripples;

you throw another rock in, it creates different ripples, and they interact. It's the interactions—the outward force with the internal chemicals—that put it together to create something different. The outward force is the brain—because the brain thinks and determines what the body will do—plus what happens when you are interacting. In the case of merging, it's what happens when you have the creature you are merging with directing its energy to you, creating that ripple in the pond that touches your ripple. It's a frequency that acts on your brain from the outside. You see? It's quite remarkable.

What other changes will 2011 bring and how should we prepare ourselves?

Every year brings a constant increase in the flow of energy that affects the planet and the people on it. It brings creation-chaos, which is to say that the issues you did not resolve this year are going to be back with you next year. As the energy has increased, so has the pressure for change. And that is true every year, constantly.

Free will will always rule, and as long as it rules, I can't predict what the consequences will be. However, knowing what free will has done as it has ruled, I would say that you can expect crisis in Afghanistan; there will be changes in the political situation in the United States, Great Britain, and

continued on p. 13 ▶

**It's
TIME
TO START LOOKING AT THINGS
DIFFERENTLY
AND IT'S
BEYOND TIME
TO STOP GIVING AWAY
LITTLE PIECES OF YOURSELF**



**EMPOWERMENT:
PERSONAL AND PLANETARY
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- Attend this Lifescapes event a second or third time and pay half price!



EVENTS ARE:
\$69, or \$59 in advance
9:30 A.M. – 1 P.M.
(See registration form for details.)

**Atlanta
Jan. 29**

Residence Inn Atlanta Kennesaw/Town Ctr.
3443 Busbee Dr. NW
I-75, Exit 271, Chastain Rd.
East one light, turn left on Busbee Dr. NW
859-233-3577
Directions and Register at:
www.DiscoverSamuel.com

**Pittsburgh
Feb. 12**

Residence Inn Pittsburgh Airport
1500 Park Lane Dr.
SR-60, Exit Robinson Town Ctr. Blvd., left
on Summit Park Dr., right on Park Lane Dr.
412-561-2861
Directions and Register at:
www.DiscoverSamuel.com

**Lexington
Feb. 19**

Phoenix Institute
655 Lima Dr.
Georgetown St. inside
New Circle Rd.
859-231-8449
Breakfast at 8:30 A.M., \$5.00
The Resource Center opens at 9:00 A.M.



To **pre-register**, please send your payment along with this completed form to the address listed below. **Payments for Lexington must be received 24 hours prior to the event to qualify for a pre-registration discount. Credit cards are NOT accepted for the Lexington workshop.**

Please check the city you wish to attend and your method of payment:

- Lexington— Check/Money Order
 Atlanta— Check MC VISA Discover
 Pittsburgh— Check MC VISA Discover

Please check the amount you're paying:

- I am paying \$59.
 This is my first Samuel event and I'm paying only \$44.25!
 I am bringing: 1 new person and paying \$44.25!
 2 new people and paying \$29.50!
 3 new people and paying \$14.75!
 4 new people and attending FREE!

Name _____

Address _____

City/State/Zip _____ / ____ / ____

Phone (h) (____) _____ Phone (w) (____) _____

Pittsburgh and Atlanta—register at DiscoverSamuel.com or mail pre-registrations payable to: EarthLight, PO Box 835, Lexington, KY 40588

Card # _____ Exp. ____ / ____

Signature _____

Lexington—mail pre-registration checks/money orders payable to: Phoenix Institute, Inc., Registrar, PO Box 12963, Lexington, KY 40583

PHOENIX PITTSBURGH INSTITUTE

Phoenix Institute/Pittsburgh, Inc.

^{NEW} The Guardianship Program

"Because you've been making important changes in your life, the program needed to change in order to best serve who you are now as you become the best you can be, and to honor what you are and what you're here to do." *Samuel*

12 Weeks for \$25
Mondays, January 17-April 4, 2011
6:30-9:00 P.M.
The Nuin Center
5655 Bryant St., Pittsburgh

The Guardianship Program is specifically designed by Samuel to help Guardians achieve their highest potential and to create bonds with like-minded people. Come to the January 17 meeting for more information about this life-changing twelve-week program.

The Guardianship Program will begin January 17 and continue through April 4. This program requires a commitment and will be closed after Jan. 17 to those who are not participants.

For more information, please call 412-422-5500.

Phoenix Institute/Pittsburgh, Inc. presents

Earth Holiday Celebrations

Please join your Phoenix family throughout the year to celebrate our partnership with the earth's cycles and manifest our greatest potential!

Earth holiday celebrations are a wonderful opportunity to develop deeper connections with ourselves, our planet, and one another. All celebrations will be at the Nuin Center, 5655 Bryant Street, Pittsburgh, starting 10 minutes after Toning.

Imbolc, Thursday, February 3
Spring Equinox, Thursday, March 17
Beltane, Monday, May 2
Summer Solstice, Monday, June 20
Lughnassadh, Monday, August 8
Fall Equinox, Monday, September 26
Samhain, Monday, November 7
Winter Solstice, Monday, December 19

For more information, please call (412) 422-5500.

Meetings are at the Nuin Center,
5655 Bryant Street, Pittsburgh
unless noted otherwise.

JAN.

- 3 6:00 P.M. Guided Visualization and Vision Board for 2011; toning, 7:00 P.M., then any additional work on the Vision Board for 2011
- 10 Toning, 7:00 P.M., then discussion of Lexington's January 2 first-Sunday meeting with Samuel; Prosperity Table
- 17 Toning, 6:30 P.M., then The Guardianship Program: orientation and start of the program
- 24 Toning, 6:30 P.M., then The Guardianship Program
- 31 Toning, 6:30 P.M., then The Guardianship Program

FEB.

- 3 Toning, 7:00 P.M., then an Imbolc Celebration
- 7 Toning, 6:30 P.M., then The Guardianship Program; Prosperity Table
- 12 **Samuel's Pittsburgh Lifescapes Event**
9:30 A.M.-1:00 P.M. (see ad p.10), followed by lunch at the Ya Fei Chinese restaurant, 1980 Park Manor Blvd., Robinson Town Center, 412-788-9388
- 14 Toning, 6:30 P.M., then The Guardianship Program
- 21 Toning, 6:30 P.M., then The Guardianship Program
- 28 Toning, 6:30 P.M., then The Guardianship Program

MAR.

- 7 Toning, 6:30 P.M., then The Guardianship Program; Prosperity Table
- 14 Toning, 6:30 P.M., then The Guardianship Program
- 17 Toning, 7:00 P.M., then a Spring Equinox Celebration
- 21 Toning, 6:30 P.M., then The Guardianship Program
- 28 Toning, 6:30 P.M., then The Guardianship Program

TONING

Toning usually lasts about 50 minutes, but if the group is small, it may end earlier than that, and if the group is large, it could take longer. We tone:

- Every Monday at 7:00 p.m. prior to the meeting at the Nuin Center. Beginning January 17 toning begins at 6:30 p.m. until the end of the Guardianship Program.
- Every Thursday at 7:00 p.m., at the Nuin Center
- Most Saturdays at 10 a.m. at Carnegie Library - South Side, Pittsburgh**

**Since the time and location of Saturday toning changes generally once a month, it is best to check the PIFI hotline at 412-422-5500 for the current time and place

SOUTHERN LIGHTS

Phoenix South's Project Reach-in

by Dina Shadwell and the Writers Gallery

I have never considered myself to be a good salesperson. As a Girl Scout, I did manage to earn the annual patch for selling at least a hundred boxes of cookies, but let's face it, those Thin Mints practically sell themselves. Years later, as an actress, I meant to become the next Meryl Streep, but I don't think I ever had the chutzpah required to get out there and really sell myself.

So last year, after Samuel's meeting with the leaders in Phoenix South, when he asked each of us to come up with an idea for an outreach project, my fear buttons went off—big time. Outreach? Like, get out there in front of people and sell my spiritual practice? Channels and Dragons and me—oh my! Not only did it trigger my fears about being a good salesperson, it conjured frightening images of me loudly proselytizing from atop a milk crate in the middle of Underground Atlanta. We're Guardians. We don't try to control others or give unsolicited advice, right?

But in that meeting, Samuel had also given us a little gem that became the seed for Phoenix South's newest outreach project:

No matter what you do you are putting out a unique and vital energy in Atlanta. Because when you come together in any number, three or greater, you are creating an energy that makes change, creates change . . . Those who are in your presence are going to be affected. You can make use of that.

Just come together. Gather and be around other people.

Philomena took this notion and nurtured it into the newest branch of our Community Without Walls called Project Reach-in. Collectively we created a vision for Project Reach-in: "To focus our purposeful, loving, and united intention to be catalysts for accelerating spiritual awakening by means of our physical presence, wherever we may go, whether as a group or as individuals, for the highest good of all." Project Reach-in is designed to give us the opportunity to reach out by reaching in to existing energy to add our physical and energetic presence to any



Schedule of Events

You are invited to Phoenix South/Atlanta's weekly programs. Dates and programs are subject to change.

Tonings—Mondays, 7:15 P.M.

Weekly Programs—immediately following toning

Although programs will vary from month to month, a regular feature is the discussion of Samuel's first-Sunday message.

**Atlanta's next Lifescapes Event
with Samuel is Sat., Jan. 29**

(see ad p. 10)

If you would like information about Phoenix South, please e-mail PhoenixSouth@comcast.net

locale, event or gathering that we are drawn to. Technically, it's a vision that can work for any Guardian, anywhere, because when we come together with this intent, and then go out into the world, we are, according to Samuel, creating change.

As of this writing, we've had two adventures with our new mission. The first visit was to a special community called Serenbe, just south of Atlanta.

Serenbe is essentially a village created around the notion of sustainability. Its 80% greenspace includes an organic farm, which supplies the Serenbe restaurants. Serenbe also has its own theater company, a photography center, bike rental shop, horse stables, a small lake, and miles of paths to discover and wander. I had been curious about this community and suggested to Phoenix South that we reach in, explore, and add our energy to this intriguing, conscientious community. After walking around the village and chatting with shopkeepers and passers-by, we drove around the green space until we found a lovely spot by the lake, complete with ducks and geese. We created our circle, set our intention of amplifying the energy of this community, merged with each other and the surrounding environment, and released a heart tone, trusting in the power of what we truly are.

The second trip was to one of the largest exposed pieces of granite in the world, Stone Mountain, just east of Atlanta.

This seemed like a perfect locale for Project Reach-in. Not only had Samuel been encouraging us to get out into nature and merge with the plant and animal kingdoms in preparation for the upcoming Mississippi trip, but he had recently shared with us that the mineral kingdom was already awakened. At Stone Mountain Park, we would be immersed into all three kingdoms.



Once we were at the park, we drove around the mountain searching for a perfect spot for our energy working as well as for the picnic lunch we brought. We ultimately nestled into an area that seemed to be waiting for us, a quiet spot right by the lake, surrounded by some unique trees, with birds and dragonflies for company. Again, we set our intention of immersing our Guardianship energy into the entire Stone Mountain region, merging with the nature surrounding us, sending out love, gratitude, and unity with our heart tone.

With Project Reach-in being part of our Community

Without Walls initiative, we are hoping that “outlanders” will want to participate as well. We at Phoenix South would love the opportunity to merge with and send energy to any outlander who would share with us their intention to create such an outing, whether in Maryland, Seattle, Asheville or elsewhere. I think I can speak for all of our participants when I say that we felt the power of our working, leaving both places feeling fulfilled, having functioned as we are intended to—in love and service. And for the (vegan) icing on the (gluten-free) cake, we all got to enjoy social time with each other, which is not something that we in Atlanta get to

experience very frequently, since we are all so spread out over the metro area.

And speaking for myself, I have come to realize that, had I turned out to be the next Meryl, I would not be the current Dina, active in Phoenix South, fulfilling my compact with Samuel for the completion of Sacred Status. How could an Oscar ever compare?



PR

◀ Interview, from p. 9

France—in fact in many parts of Europe: western cultures’ political systems—because the average citizens are getting *really* sick of being trampled, and they are already starting to stand up for themselves. If that trend continues, by the end of 2011 you should have some pretty big changes in the system. It will happen worldwide, but you will be particularly aware of it in western cultures, because that’s where most of your media reports come from.

As far as changes in nonhuman areas, creatures that use magnetics to communicate and to locate their position are going to either evolve or die. So you are likely to see some mass deaths based on that. You’re also likely to see a change in some of the high-frequency sea creatures such as whales, dolphins and octopuses.

What kind of change?

You may learn more about how they communicate because their communications will become so much stronger. Right now, scientists are pretty fruitlessly trying to learn more about that communication, but as it grows much stronger, it seems to me that the information ought to become more obvious.

Do you mean stronger in volume or in content?

In content. It’s a reaction to the evolutionary process they are undergoing.

So there will be more complex communications within

the species?

Yes. As the trees and plants are going through a drought like the one you are experiencing now, many of them make a last big push to bloom, fruit and seed, because the survival mechanism is so strong. This big change in the energy through which their crystallized cellular connection is activated causes a shift to a higher frequency, with the same result. It swells—it either becomes stronger or the species dies out.

However, the kinds of things that most people are interested in are affected by free will—what one human is going to do to another. Aye, well, you’ll always have war, and you’ll always have people coming up with a way to make money on the back of another.

S



Lea Schultz

Samuel is pure, unlimited energy, an intelligence that has communicated through Lea Schultz since 1984 in a process he calls transformational channeling—working in the energy of those in his presence to assist them in their spiritual development.



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