



PHOENIX RISING

A free newsletter from Phoenix Institute

Fall 2011

An Interview with *Samuel*

channeled by Lea Schultz

Questions for this interview were submitted by David Oldham, who joined the editors to talk with Samuel.

What are the important parallels or connections between your teachings and those in Hinduism?

Hinduism is probably closer to my teachings than any other organized system of philosophy or thought that's considered a religion right now. That is partly because Hinduism is a living system of teachings that has changed little since it was given so many thousand years ago. They solidified not long after that area was seeded. The nature of the seeding was, as you now know, to hold the pattern of the planet and the life force on the planet.

The core teachings are that there was a time when great teachers and gods walked the earth and taught humanity and, because of that, humanity progressed. That sounds familiar, doesn't it? What they say that I do not is that they came from another planet; I would say another dimension. The teachings talk of unity and oneness with their equivalent of Source, the Creator. They speak about an actual energy that is created by consciously doing good, which I would say is the force of love in this world. They speak of recognizing that life force is everywhere, and that the smallest creation is as important as the largest. Now, of course, depending on the teacher, that concept has been mish-mashed into things like "that ant you just stepped on could have been your uncle."

Or your aunt.

I didn't mean to be quite that cute, but I like it.

If you were to get into the mystical underpinning that most of today's Hinduism ignores, you would see a lot more connection with my teachings. Some of those teachings over time have been somewhat misused. For instance, there's still quite a lot of animal sacrifice, but it's based on an absolute misunderstanding of giving and receiving. A few thousand years ago—pretty much across the world—that was known

as the way that you received. You sacrificed local children or your enemies or your favorite wife, or whatever.

So Hinduism is a religion that has remained pretty much the same for five thousand years, and the fact that it has retained some things that, for a couple of thousand years, the whole world was doing isn't a real surprise. But the more you get into the mystical, the greater the connections.

I'd like to go in the direction of these mystical underpinnings, and I wonder how Shiva, Brahma and Vishnu fit in.

First, realize you're associating. Because Hinduism refers to three, then it must be related to the divine Three of Christianity. Depending upon which part of Hinduism you're looking at, there are a thousand gods that are considered to be the one underneath Brahma.

So Brahma would be the equivalent of . . .

Don't try to do that, because that's going to throw you off. Accept that it's all the same, because really it's all Source that individualizes because of All That Is, and it communicates because of Shining or Ellic Force. So it's all the same.

So is there any sect of Hinduism right now that has more of the mystical underpinning that it attaches to?

Absolutely. In fact, many sects take different parts of those more mystical teachings. Does any sect accept them all? I don't think so, but then again, not all of the information has been fully realized, so that's understandable.

Look at the Vishnu Purana, one of the ancient stories often considered the foundation of Hinduism. There are many of those teachings that are coming to light now. I encourage you to seek out the ancient holy text of Hinduism that tells of the beginning—Christianity's version is Adam and

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Eve.

Interestingly, some tablets, some scripts, have recently been uncovered that seem to be giving further insight into these things that were previously unknown, which means that more of the mystical foundation is becoming clear.

They are finding “the engraved plates” of Hinduism. These are like the Dead Sea Scrolls to the Christians.

Clay tablets?

Yes.

The star tetrahedron, better known as a merkaba, is an ancient vessel for multidimensional travel and an essential element of our tonings. The four sides of the tetrahedron pique my interest. How do Intent, Thought, Word, and Deed play a role in this vehicle that we use?

If you will remember, function determines form, so, depending upon what the function is, the form is created with the ability to do whatever is needed.

Intent, Thought, Word and Deed are functions that are a part of a greater creation process. The form that those functions create is the ability to alter thought frequency. When you can alter thought frequency, you can manifest at will, you can translate one form into another. Anything that works at a frequency lower than the frequencies of light, atomic energy as it comes into this dimension, is capable of being altered by the highest use of those four functions, because those functions are the means through which form comes into this dimension.

This is why toning changes the physical body, and this is why the spinning double tetrahedron initiates the process that recreates. It requires Intent and Thought and sound and action (Word and Deed) in a group situation to amplify that energy to bring about a change in all that are taking part.

Is this why you insist on hand movements, because it's action?

That's right. That's why when I found at a retreat that some in Pittsburgh weren't using the hand motions, I had to just stop everything and say, “Hold on, you're not doing it. You're closing it up for everybody.” You've got to do the whole thing, because if you leave out the action you're not functioning at that higher frequency.

The Merkaba is the fullness of life, the activation of life. It is a pulling together of the frequency beyond form, which I would tell you is spirit—and the frequency of form. I started discussing at the August Atlanta Lifescapes the beginning of a hybrid kind of being coming through Guardian energy. That is the end product of what the double spinning tetrahedron with a core of Intent, Thought, Word, Deed, which is the outbreath of Source itself, is doing. It's creating this new being.

That's about as much as I'm going to tell you in answer to that question, but if you want to clarify it or direct me to areas you are more interested in, go ahead.

I may be way off here, but it almost sounds like what you've described as a familiar.

No, it's not the same but I understand your mental connection there because in a sense, a familiar is a spirit being merged into a form, but this is a new type of being. Humans are a spirit wearing a costume. This is spirit and costume as one. No resistance. No defensiveness. It's one. But it's not the next step for humans; in fact, it's not even in line for humans. It's for high-frequency Guardians, and it's what's causing so much chaos.

Everybody's quirky diets?

Among other things.

So I see Intent, Thought, Word and Deed almost sort of like the electromagnetic spectrum, which goes from radio waves all the way up to x-rays.

Sure.

I can visualize this tiny segment, which is the part we can see, and Intent,



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Phoenix Rising

will be distributed in December.

Manuscripts and correspondence are welcome. Send to the editors at

Phoenix Institute

P.O. Box 12963

Lexington, KY 40583

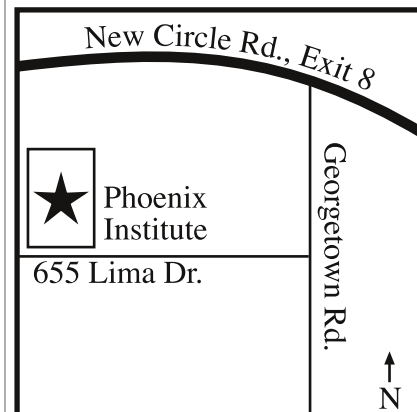
or e-mail to:

PhoenixNewsletter@windstream.net

Winter Deadlines:

Copy—November 6

Ad reservation—November 13



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CALENDAR

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

Dates and programs subject to change.

OCT.	2 Guardians and Games
	9 Samuel's October Sunday meeting and live webcast (at www.DiscoverSamuel.com)
	16 Samuel's Sunday meeting and live webcast (at www.DiscoverSamuel.com) (make-up meeting for November)
	23 Discussion of Samuel's October 9 message
	29 Home-base ritual linking to India working. Rehearsal (required for participation in ritual) at 4:00 P.M. For eligibility requirements or more information, send e-mail to impflower@aol.com .
30 CommUnity Vegan Potluck	
NOV.	6 Discussion of Samuel's October 16 message
	13 Discussion of group trip to India
	19 Samuel's Lexington Lifescapes Event 9:30 A.M.–1:00 P.M. (see ad p. 8) Vegan Breakfast, 8:30–9:25 A.M., \$5 (beverages \$2) Vegan Lunch after the event, \$10. Fall Gift Sale (see ad p. 9)
	20 Discussion of Samuel's November 19 Lifescapes Event
	27 Discussion of Samuel's interview in the Fall 2011 issue of <i>Phoenix Rising</i>
DEC.	4 Samuel's first-Sunday meeting and live webcast (at www.DiscoverSamuel.com)
	10 Samuel's Pittsburgh Lifescapes Event 9:30 A.M.–1:00 P.M. (see ad p. 8)
	11 Discussion of Samuel's December 4 message
	18 Gifts and Miracles of 2011
	21 Festival of Light Celebration with Samuel and Potluck (see ad p. 5)
	24 Christmas Eve Potluck and Gift Exchange (see ad p. 5 for location and time)
	25 Phoenix Closed
31 New Year's Eve Celebration with Samuel and Potluck Reception (see ad p. 5)	
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: <ul style="list-style-type: none"> • Before Sunday meetings, 6:30 P.M., except Sundays with Samuel • Mondays and Thursdays, 6:30 P.M. • Wednesdays, 9:30 A.M. at 147 Kentucky Ave. except Oct 26 and Nov. 23 and 30, when they will be at Phoenix Institute. Please call 859-231-8449 to confirm location.

Thought, Word and Deed would be this little frequency band that Source uses for what Source does.

I like that, but remember that if you can put a label on it that means it's form. So Intent is form, and Thought is form, and Word and Deed are form, but those labels represent a frequency of energy that is by far closer to the creative force of Source than form ever could be. Those labels represent energy. There isn't really "Intent" here in form. It's a frequency, but if you want to get really into it, even frequency is a form thing, so be careful how far you want to take it or you'll lose the ability to understand it.

So it's not necessarily a stepping down of energy. You wouldn't say that Intent is a higher frequency than Deed.

No, I would not. It's not a stepping down of energy, it is a specific use of energy showing up as a frequency that's different from what you're used to working with.

It sounds to me as though this new being is needed because we've moved out of the Plan, in a sense, by making leaps that weren't necessarily anticipated, so there's a need for a new access for spiritual energy to come in.

The Plan is for humanity and life force on the planet. But Guardians aren't human. I know you think you are. I know that it feels like you are. I know that you have the restrictions humans do, but the nature of your being isn't human. Guardians are very different. This isn't something that could happen in a human at this point—probably not at all until Ascension. But this isn't even an Ascension thing. This is Guardian frequency at the point that it has recognized at least Shining underpinnings. Some Guardians are beginning to experience a change that is beyond not the Plan, but the Thought of its execution.

Guardians are to guard and guide life force for the completion of the Plan for this planet. You are the means by which the Plan will play out, but you are not the players in it. Do you understand that?


We are laying down energy pathways that can be followed.

Yes!

We're the coaches, not the players.

I like both of those. They work.

A very interesting thing has happened. Some Guardians have made the leap to be able to function in Shining energy. Whenever I talk about that, I am in awe, and I was so delighted and amazed the first time that happened that I wasn't the one calling in the Shining Ones. You were calling in the Shining Ones. You were holding that energy long enough to be able to create what was needed as Shining Ones, and have been able to do that in special situations since then. It was, "well, blow me down" surprising, because frankly, with all of the stuff that you as Guardians let get in the way of what you really are, I wasn't expecting it. That change knocked down a domino that opened a door to what's happening now. So this has to do with those who execute the Plan, not



The 2011 Pledge Program

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Many projects at home base are also underway, including:

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those for whom the Plan was created.

And when you say Guardians, are you talking about all Guardians?

No, actually it's those Guardians who are capable of functioning at that high a frequency.

But you said this is not really a part of the Ascension process for Guardians in form.

It's not a part of the Plan. Ascension isn't a part of the Plan; it's a by-product of it. At the completion of the Plan, Ascension will happen, but that's not the end of the Plan.

So basically you end up with this hybrid that just can hold a higher frequency for longer periods of time. I mean is that it? Why is that useful?

I know that the three of you in particular have great respect and appreciation for what the Form does by allowing me to work through her. Most people really have no idea what it takes. Imagine if I could be in this form all the time without burning the Form up, without having to access her brain, without being obligated to the limitations of form, and imagine if the Form was not limited—and in this case I mean body—to what happens when high frequency runs through it in long periods of time. If it was not obligated to the laws of humanity, and if it was capable of maintaining that for a lifetime. That's what I'm looking at here.

Guardians are just here for this transition, this final transformation.

I don't know that you or I will ever see the completion of a process that is only beginning in the smallest way. And frankly I hope that you're not here long enough to see that, but there are those who will choose to stay, and those who will choose to come back. And they'll see it.

Are you saying that instead of just channeling Shining Energy at intervals, that hybrid will be Shining Energy walking on the earth?

That is exactly what I'm saying.

Isn't that a description of the great teachers such as Buddha, Siddhartha, Jesus?

No, because they're avataric function. Depending on which one you're looking at and at what time, for their time they were a part of "Now we need to lay this out and hold that together." No, *this* is much more; it is a spontaneous-generation kind of thing. Opportunity has presented itself, and it has initiated a change. I really can't say exactly what it's going to look like, but, as an example, when Jesus repeatedly referred to "my father," this coming change would transform that to being more like the Father being here in form, as well as the Son.

I have a couple of questions about Jesus. Where was he and what was he doing during his high-testosterone teens and twenties, the so-called missing years, before he reappears as an adult in Biblical texts?

You could just ask him, you know.

All right, remember that reaching puberty back then was

Community Vegan Potluck

Sunday, October 30, 7:30 p.m.



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.

adulthood. It was a time in which a child left the home and did not depend upon the parents for support, and often got married and created their own family, and on and on and on.

I believe that if it's not out there right now, much more information is becoming available or will become available soon, about those years of Jesus' life.

I'm going to get pretty heretical here, so I'd like for you to take your culturally Christian hat off, all right?

The big answer is, Jesus was learning to lead. He did that by traveling, not as much as some might say, but more than most think. For instance, did Jesus ever go to India—absolutely. Did he ever come to America—absolutely not. Sorry, great Mormon faith.

Egypt?

Egypt, yes.

Great Britain?

Not Jesus, but his wife did after he was gone. Yes, he married; he had a family. I think that in the sixties and seventies it was very popular for children of college age maybe to travel around with a backpack, and maybe work their way around different countries.

Usually Europe.

Yes. Sort of like that.

In that same process of experiencing other cultures and religions, Jesus became a leader by way of political disruption, through the arguments he had—and he had a very

argumentative nature—with religious teachers, which of course turned out to be quite a doorway, and where so much of his work is focused from there on.

That's the bland answer, but really all I'll give.

What became of his family?

There are those in the world today who still hold that bloodline, but it's not the big mystical "make a movie about it" kind of thing.

What was his wife's name?

Go ahead, tell me.

Mary is a good guess. There are a lot of Marys in the Bible.

Miryam is how it would be said. There was not a Mary back then.

He had three daughters and two sons that lived. Honestly speaking, it could be the other way around. It could be three sons and two daughters that lived; I'm not certain. I'm not trying to move back in time to give you that kind of accuracy for this answer.

It was a hard life, because when he went to Jerusalem, he had to give up his family life.

Maybe that answers part of the next question. Jesus is always portrayed as pure and sexless. I can't help but think that a high-frequency carpenter would be pretty hot. What can you tell us about Jesus' sex life?

He had a wife and kids—don't you lose a lot of sleep

The poster features a dark blue background with a starry pattern. At the top left, the text 'Phoenix Institute' is in a serif font, and 'December Events' is in a larger, decorative serif font. Three overlapping light blue circles contain event details. The top right circle is for the 'Festival of Light with Samuel' on Wednesday, December 21 at 7:30 p.m. The bottom left circle is for 'Christmas Eve Potluck' on Saturday, December 24 at 6:00 p.m. The bottom right circle is for 'New Year's Eve with Samuel' on Saturday, December 31 at 11:00 p.m. Each circle includes a brief description of the event and a request for attendees to bring food.

Phoenix Institute
December Events

Festival of Light with Samuel
Wednesday, December 21
7:30 p.m.
Join Samuel and your friends for a celebration of the Light that Guardians bring to this world. Please bring vegan party food to share at the potluck that follows.

Christmas Eve Potluck
Saturday, December 24
6:00 p.m.
204 West Lexington Ave., Danville, KY
Join your Phoenix family for this very special time of socializing and sharing. Please bring a vegan dish for the potluck dinner, and a small wrapped gift to give away. The gift should represent you and have your name on it.
Please call 859-227-4425 for directions.

New Year's Eve with Samuel
Saturday, December 31
11:00 p.m. (Doors open at 10:30 p.m.)
Welcome the year 2012 in style! Experience the beauty of Samuel's extraordinary New Year's Eve ceremony. Join with your Phoenix family to send Guardianship energy and the light of love into the world. **This year the celebration afterward will be a potluck. Please bring a vegan appetizer or dessert to share.**

when you have kids?

Yes, and then your sex drive.

It was a little different in that time, of course, because roles were not only much more defined than they are now, but you also had around you those who were there to take care of the family for the parents.

Servants? Or do you mean extended family?

Either extended family or those who chose to function as extended family in order to serve and be of help. It would be more like his cousin's wife who chose to travel with them and take care of the babies so that Miryam could take care of Yeshua [Jesus]. More like that. But—again take off your Christian-culture cap here—do you remember that I've said that love at the highest function is not about "you are destined to be heterosexual." There were no such labels as heterosexual and homosexual. It was whatever you needed to keep you warm at night. So Jesus's sexual life was a recognition that "Sex is a powerful and beautiful part of love, be it with this friend whom I love, or this one I have taken on to be the mother of children."

As many Guardians are finding, the more you work at higher frequencies the harder it is to have regular sexual contact, but the contact you do have is very often better. So, the closer Jesus was to his purpose, the less his sexual needs were indulged.

Some say that we have more than two strands of DNA, in fact as many as twelve.

All right, first you've got more than twelve, and I have a hard time thinking that your science is still fixed on two. Is that right?

Well, yes, but are we talking about the same thing? The two that seem to be referred to and what science has focused on are the two strands for one double helix. When you're talking about more than twelve, what are you talking about?

I'm talking about the means by which DNA commits and the RNA communicates. DNA creates; RNA holds the pattern. Your genetic strands, so to speak, are the connections between the DNA and the RNA, not a chromosome that holds a certain amount of DNA and RNA. Within any chromosome, there can be a hundred connections.

You mean connections between DNA and RNA.

And really that's where the work gets done. Now, I'm hesitating because it's a visual thing. In the staircase visualization I have given, you have between one staircase and the other a bridge. Essentially, when I say "strand" I am referring to bridges; this little piece or strand that I'm talking

about is another version of a bridge.

So, instead of the staircase being a double helix, we've got an RNA staircase, so to speak, and a DNA staircase and the bridge is between them.

And they are the true means by which information is activated or not.

So when you're doing the exercise, the first visualization is to connect with your whole self, just a way of accessing the doorway. The second one is to connect with your Source self. The third one releases anything that is not whole enough in order to create. It's letting go of your humanity and opening the door to creation. All right, that opening the door to pure creation is what those bridges are for. Therefore, only there are you actually activating latent genetic

The first visualization is to connect with your whole self, just a way of accessing the doorway.

The second one is to connect with your Source self. The third one releases anything that is not whole enough in order to create.

messages.

In the visualizations, I am doing everything I can to make it so simple that what you are visualizing is not going to get in your way, because some people want to over-think things a little bit. And it's very easy to get caught with that. I want this to be simple enough that you don't need to know biological sciences to be able to do ultimately what is an energy work.

So, what's the effect? Pretty big. Everything.

So you probably might not have come up with that exercise a year ago.

Absolutely not.

This is what's been happening since the Mississippi trip.

Correct.

Is this preparing us for the hybrid?

Apparently it is. Apparently that connecting with the whole self is stepping off the bridge.

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.



Lea Schultz

Samuel

responds . . .

If we are Source in form, why is it so difficult to change thoughts, behaviors or beliefs, even when we are willing?

First, remember that when you're in form you abide by the rules of form. The Source you are took on those limitations for a purpose! And on a more practical note, being willing does not mean you are patient. You can't expect a belief that you've had for fifty years to be absolved from all the karmic connections to it in five minutes. It's hard because you have a life that makes your beliefs okay, rather than your being willing to see a belief that's not working for you as abhorrent and beneath you. Everything and everyone around you says, "Don't change!" Your whole physical experience resists change that it considers possibly dangerous. I want to remind you that it's not hard, but you've got to really get that you really are perfect, you have already made this change. You just have to live it until you believe it.

What will it look like at the completion of Sacred Status within the plant and animal kingdoms?

There are few amongst the plant and the animal kingdom that are anywhere near enough to individuation that it would allow for the automatic, conscious awareness of the change being spoken of. These creatures' patterns of life force are probably not going to notice a big difference on their own. They might slowly become aware of some things, but they don't have the individuation muscle worked out at all. However, their children, those future generations, are going to be coming out with that being the only thing they know. And that's where you'll start seeing changes. Now, the good news is, in the plant kingdom that can be a matter of weeks, like maybe only two. And in some parts of the animal kingdom it can also be weeks, maybe twenty or so, but not long.

What about in utero?

That would depend upon where they are in the process of growth and development. Mainly it would be brain changes more than body changes.

So for all of the people who are really eager to see what happens with their dogs and cats come December, you'll not notice anything at all. If anything, they might laugh a little more obviously at you because they're always laughing now—you just don't recognize it.

And you are more likely to notice changes within the plant kingdom, because you're going to be able to hear them better. In fact, some of them do reach out now and again and smack you when they get really desperate, don't they? "Give me attention here!" But you will become more aware of their emotional states, of their awareness of you, and you will see

that right away—in fact you are seeing some of that now.

Please explain the process that our beloved dogs and cats go through when they pass on.

What happens to a creature when it dies? It depends upon whose creature it was, whether it's the creature of a Guardian or a creature of the planet—the wild kitty that comes to the farm occasionally—your-cat-but-not-really-your-cat kind of thing. So I'm going to answer the question in a very broad way.

Just as with humans, creatures experience a passage toward oneness, but in the case of creatures it's oneness with the group soul. That passage toward oneness takes them two places: the first one is for a bit of rest, and that rest has everything to do with a complete release from the body.

Now, for a dog, for instance, how long does that take? Well, for a human I ask that you wait about three days. So should you do that with a dog? No. Probably about three minutes is all that you need, because once the body has fully shut down, it's gone. But unlike humans, it's going to be there to the very end. The human soul can leave early. "Forget this. I'm out of here. You're going to keep the body alive? I'm not going to be here for that. Adios."

But if that creature has been with a Guardian, then I get the menagerie, and the reason I get the menagerie is because of you. What you have done to your creatures is create a strength of personality that is going to wait for you. It's that same kind of bond that makes up a ghost. (It's such an awful way to say that, but what people think of as a ghost is actually personality essence remaining because there is a connection that is being regularly fed.) Your creature's personality furthermore has been intensified in ways beyond canine mind—or feline mind or hamster mind or chirpie mind—to have a heightened awareness. A Guardian's creatures, even if they are not individualized, are more self-aware.

Have your dogs ever been embarrassed?

Oh, yes.

But theoretically that is not a dog thing. There are scientists who would say, "Oh, they don't feel that high kind of an emotion," but you've seen it, you know it absolutely happens. It's that kind of self-awareness that puts them at the Crystal Palace. Now, truth be told, when I say that I sit in front of the fire, and I've got a yowlie cat on my lap and dogs all around, that's more to do with your vision than the creature's. But what the creature is experiencing is an awareness that it's waiting for you, and therefore experiencing its best time with you.

[Turning to David] Royke. [David's German Shepherd, whom Samuel met during the 1980s]

Yes, I was going to ask. Is she playing in your backyard?

She's playing in my backyard. Almost every time I see her she seems to have an over-sized ball in her mouth. What did she like to play with? Did she chase balls? But this is not like a tennis ball. What is she showing me?

She did chase tennis balls, and sometimes she would

EMPOWERMENT:

Personal and Planetary
Clearly and Simply
from

Samuel

It's

TIME

to start looking at things

DIFFERENTLY

and it's

BEYOND TIME

to stop giving away
little pieces of yourself

EVENTS ARE:

\$69, or \$59 in advance

9:30 A.M. – 1 P.M.

(See registration form for details.)

**Lexington
Nov. 19**

Phoenix Institute
655 Lima Dr.
Georgetown St. inside
New Circle Rd.

859-231-8449

Breakfast at 8:30 A.M., \$5⁰⁰

The Resource Ctr. opens at 9:00 A.M.

**Pittsburgh
Dec. 10**

Residence Inn Pittsburgh Airport
1500 Park Lane Dr.
SR-60, Exit Robinson Town Ctr. Blvd., left
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Directions and Register at:

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

Card # _____ Exp. ____ / ____

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

get two in her mouth. She couldn't decide to take this one or that one, so she'd get both in.

Maybe that's it, because her mouth is open more than it would be for one tennis ball.

They even will show up when I'm here with you just as their means of working on that personality essence. She's not old. She's not middle aged. She's not a puppy either. Like humans, they show up looking as they did when there were at their best with you.

That's what I get because of you and them.

Most have that brief time of rest until they are completely out of the body—and again, it doesn't take long for everything to shut down—and then they reabsorb and if the personality is a very strong personality, it can reclaim time—that's the best way for me to say that. You will always be able to find a piece of Royke in any creature you have, because she will reclaim some of that time in that body, but it's not the same as reincarnating.

Winston [David's and Paula's current dog] has certain things that he will do that are Royke doing it, and you will know that. You'll get it. "Royke used to do that same thing," and Royke's saying [somewhat sarcastically] "Hello!" It's that piece of the personality wanting to connect in, and in the group soul situation there's the capability of doing that.

But they won't be able to do that if all goes according to plan this year.

It will be interesting to see what they are able to do. I see

it more as an ask-and-accept kind of thing. "May I touch in here?" asks Royke. "Of course," replies Winston. There will be an awareness that allows decision-making on that level.

Do familiars and temple guard pets have different processes?

Well, a familiar isn't a canine or a feline, so the body's gone and the spirit simply returns. There's nothing there. And a temple guard doesn't have a different process than what a Guardian's long-loved creature will.

From your perspective, what sort of "course corrections" from us Guardians does our world need most?

How long do we have? [laughs]

If every person reading that question would stop and ask, "Universe, what do you need of me so that I can be what I need to be to do what I'm here to do for this planet and all life force on it?" you would get your own unique answer to that question. There isn't a pattern to that because you are individuated, and as an individual, the unique way that you are managing your time in this world and the issues that you come up with, and the experiences that you've had and what they made of you are not like the person right next to you, even if that person is your twin.

So the best answer is that what is needed is for everybody to ask that question of the Universe every day and then act on the answer.

S

Great Meals, Fall Deals Before and after Lexington's Lifescapes with Samuel Saturday, November 19

Start your day early with a delicious breakfast of vegan treats.

Beginning at **8:30 a.m. until 9:25 a.m.**

and during the break, enjoy eggless tofu salad, assorted breads (including some wheat-free breads), fresh fruit, coffee and tea for only \$5.00, or just beverages for \$2.00.

A scrumptious vegan lunch

of Moroccan lentils over rice, hearty vegetable lasagna, green salad with chopped veggies and a variety of dressings, whole-grain Italian bread along with gluten-free corn bread, fresh fruit, desserts and non-alcoholic beverages will be offered for only \$10.00.

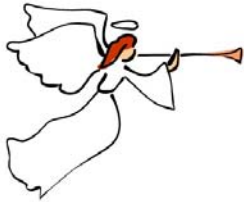
Can't stay? No problem – **take-away is available upon request.**

All proceeds go to Phoenix Institute to support its many programs.



PHOENIX PITTSBURGH INSTITUTE

Phoenix Institute/Pittsburgh, Inc. presents



Greens & Berries

Please join your Phoenix family for a magical evening of fun, laughter and vegan delicacies during PIPi's Greens & Berries holiday event.

We are featuring a celebration of the winter solstice. Please bring your favorite vegan dish to share.

When: Monday, December 19, 2011

Time: 6:30 to 9 P.M.

Where: The Nuin Center
5655 Bryant Street, Pittsburgh

Please call 412-422-5500 for more information.

Everyday Magic

Samuel has suggested two meditations to help us activate our latent genetic code. Linda explains how these meditations have made a difference in her life.

"This year, Samuel asked us to do two meditations to help us activate our latent genetic code. Through these meditations, I have been able to relax and connect into my heart connection which helps me absorb more and more light into my body, filling me up like an open vessel. I have been focusing on courage, through these meditations, which has helped me develop more clarity to make positive choices quickly, and more decisively.

One recent example, is when I began feeling a tug to visit the house I lived in as a child. I told myself many reasons why I shouldn't visit. Then one day, I found myself on a bus and unexpectedly, we were passing the house! As I watched the house pass in front of me, I realized, that was all I needed. Something in me changed. I saw how I was holding on to an emotional attachment, to a time in my life that no longer served me. I am now actually able to see what I was longing for, already existed in my life. These meditations have helped me become open to releasing attachments that are not for my highest good." ~ Linda H.

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

OCT.

- 3 Toning, 7:00 P.M., followed by first-Monday focus group; Prosperity Table
- 10 Toning, 7:00 P.M., followed by a discussion of Lexington's October 9 meeting with Samuel
- 17 Toning, 7:00 P.M., followed by "Honor the plant kingdom," a teaching and discussion of working with plants. Artist's Table
- 24 Toning, 7:00 P.M., followed by a discussion of Lexington's October 16 meeting with Samuel
- 31 Toning, 7:00 P.M., followed by Suggestion 6

NOV.

- 7 Toning, 7:00 P.M., followed by a celebration of Samhain; Prosperity Table
- 14 Toning, 7:00 P.M., followed by a discussion of the group trip to India; Silent Auction bidding begins
- 21 6:00 P.M., Thanks "Giving" potluck and close of the Silent Auction; followed by toning at 8:00 P.M.
- 28 Toning, 7:00 P.M., followed by a discussion of Samuel's interview in the Fall issue of *Phoenix Rising*

DEC.

- 5 Vegan bake sale, 6:00 P.M. Toning at 7:00 P.M., followed by a discussion of Lexington's December 4 meeting with Samuel
- 10 Samuel's Pittsburgh Lifescapes Event**
9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Drive, 412-561-2861; followed by lunch at Loving Hut, 5474 Campbell's Run Road, Pittsburgh, 412-787-2727
- 12 Toning, 7:00 P.M., followed by a discussion of the December 10 Lifescapes Event with Samuel; Prosperity Table
- 19 Greens and Berries potluck and winter solstice celebration, 6:30 P.M., followed by toning at 8:00.
- 26 Toning, 7:00 P.M., followed by a celebration of the fall equinox

TONING

Toning usually lasts about 50 minutes, but this varies with the size of the group. We tone:

- Every Monday at 7:00 P.M. prior to the meeting at the Nuin Center.
- Every Thursday at 7:00 P.M., at the Nuin Center
- Most Saturdays in October at 9:15 A.M. at the Cheesecake Factory, South Side. Starting Nov. 12, toning be at 10:00 A.M. at Panera Bread at Waterworks Mall, 934 Freeport Road, Blawnox.

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

SOUTHERN LIGHTS

The Poverty Consciousness Node

By Pat O'Malley

For me, one of the most exciting things about the upcoming India trip is that I can actually afford to go on it. Cheers to the Universe, with which I am one, and to my partner Michelle. We all know that participating in a trip with Samuel often involves those unsung heroes and heroines who stay home with children, pets and jobs. Without these partners some of us—and I am most definitely one of those—would experience difficulty beyond mere finances.

I was feeling pretty powerful as I made that first payment, perhaps even a little cocky about my amazing ability to manifest at will. Then came the second payment, and as I made out the check, I noticed a little twinge inside my brain next to the node that governs heart rate and respiration. I experienced some slight discomfort, but managed to wipe the sheen of perspiration from my brow without anyone noticing. For the next week and a half my thoughts kept straying to the next payment-due date while strange phrases floated in and out of my consciousness involving the words “what if.”

Two weeks later, sitting at my desk, surrounded by mounds of paperwork with due dates, the same mounds that had been there the week before, I became cognizant that something had gone off kilter. There was a constant throbbing from the area of my brain governing heart rate and respiration, but it seemed to have spread to my stomach sometime during the week. When I got home that night I noticed my dining room table and the desk in the computer room also seemed to be buried under piles of stuff, and I sat there stewing over my sudden inability to get things done.

The July first-Sunday with Samuel was terrific because it was then I discovered I was suffering from an inflamed poverty consciousness node, inconveniently located next to the node governing heart rate and respiration. Imagine my surprise, especially since I distinctly remembered having said poverty consciousness node surgically removed right before the last trip I went on.

The symptoms were clear: an unexplained slowdown with day-to-day activities, eventually leading to an immobilized state of being on all levels. Fear of not having seemed

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.

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

I trust Samuel would agree—it's
not necessarily a bad thing to
keep repeating lessons

to have taken over my brain. I had begun unconsciously procrastinating at work, which resulted in a rapidly growing pile of unfinished business. At home this phenomenon manifested itself as tumbleweeds of dog and cat fur rolling across my hardwood floors. My bills were getting paid on the due date instead of a few days before, even though I had the money. It was as though I was afraid to part with it because, heaven forbid, all of a sudden it could run out.

It's a rare thing to experience an “aha!” moment while sitting in front of the boob tube, but I managed one during the July first-Sunday meeting with Samuel. The impact was immediate. The next day, the pile on my desk was visibly reduced. The fur balls disappeared from my floors, and my bills were paid before the due date. At first I was dismayed to find my poverty consciousness node was still alive and well. After some review, however, it was very clear that it was not the node it had once been. For one thing, it had only taken me a few weeks to notice its symptoms, and once I experienced the aha! moment, that sucker shriveled in front of me, sort of like the Wicked Witch when Dorothy dowsed her with a pail of water.

I trust Samuel would agree—it's not necessarily a bad thing to keep repeating lessons. It only means we are that much closer to completion. The good news is that we are moving through our completions faster than ever.

For the past year, former Atlantan Pat O'Malley has been joining the Phoenix South meetings via Skype. The Writers Gallery is thrilled to now have Pat among our ranks.



Runner-up in the 2011 Appetizer Cook-off

Vegan Artichoke Turnovers with Roasted Apple Aioli

by Marilyn Rodgers

Turnovers

One 17.3 oz package of Pepperidge Farm puff pastry, thawed

One 15 oz can artichoke hearts, rinsed and drained

3 oz Tofutti cream cheese

½ cup Parmesan Sprinkles (see below)

1 shallot, quartered

1½ tsp lemon zest

1 egg substitute for glazing (optional) (1½ tsp Ener-G Egg Replacer + 2 Tbsp water)

Preheat oven to 350 degrees. Pulse artichokes, cream cheese, parmesan sprinkles, shallot and lemon zest in a food processor until mixed but still chunky.

Roll out puff pastry into a 12 x 12-inch square, and cut 15 3-inch rounds. Repeat with remaining pastry sheet.

Spoon 1 Tbsp of filling on each round. Fold the round in half and press the edges together with a fork to seal. Transfer to a greased baking sheet.

If using glaze, mix water and egg replacer together thoroughly and brush tops of turnovers with the mixture. Bake for 15 minutes or until golden brown. Serve with Roasted Apple Aioli as a dip.

Parmesan Sprinkles (makes 1 cup)

½ cup white sesame seeds

2 Tbsp nutritional yeast flakes

1-2 tsp chickpea or light miso

Heaping ¼ tsp salt

Grind the sesame seeds into a fine powder in a food processor. Add the remaining ingredients and pulse until well blended. Can be stored for up to a month in an airtight container in the fridge or can be frozen. Shake before using to break up any lumps.

Roasted Apple Aioli

1 Granny Smith apple

1 cup Veganaise (vegan mayonnaise)

1 tsp apple cider vinegar

½ tsp ground coriander

Preheat oven to 350 degrees. Bake apple, covered in foil, in a baking dish for 30 minutes or until soft. Remove core and scoop out flesh. Blend in food processor with the rest of the ingredients.

Next issue, the third-place recipe:
— Easy Texas “Meatballs”