



# PHOENIX RISING

A free newsletter from Phoenix Institute

Winter 2012

## An Interview with Samuel

channeled by Lea Schultz

**Can you give us a picture of how the work in India on the animal and plant kingdoms accomplished its aims and how the Lexington ritual assisted?**

Probably the most important thing to bring out about the rituals is that they're not done in time. You move out of the dimension of time whenever you claim a working of the Light. So Lexington and India were both energized by each other because of that.

The second thing is that Lexington had a really good group of strong-willed and confident Guardians. Because of that, the callings were superb, but the stability of the energy—the ability to hold it at the higher level—was *perfect*. If it had been a working in time, you could say that Lexington sent out the announcement, and India got it answered, but it doesn't really work that way. The way that it actually happened, as far as I'm concerned, is that this was a repeated working, which gave it twice the power. And as it turned out, that was quite needed.

**This was the first time that a group did two separate workings: activating the Brahmputra Dragon and shifting the plant and animal kingdoms to a higher level. Will the result impact future trips and Dragon activations?**

I don't see that it's going to affect future trips, except, of course, every Dragon work makes all the future workings easier. That's why this one was *so* easy.

**Because of the Dragons or because of the fact that we've had so much practice?**

Both.

**What I was looking for in formulating the question was a better idea of the mechanisms of the working, how it accomplished its end.**

Then ask me some specific questions with that regard. Do you mean the mechanics of the ritual itself, because it

was quite different?

**No, I mean the mechanics of the spiritual events going on with the ritual. How does the ritual interface with the kingdoms? How does it actually create that shift?**

In the ritual itself you called those energies that affect those kingdoms, and you called the group souls of the animal kingdom. You brought them forward. That's the work. In order to make an effective call, you cannot be human. You must be capable of holding a frequency higher than the one you are calling long enough for it to respond.

The group had to have that ability in both Lexington and India. As you know, I've been working for quite some time with getting you to be able to hold higher and higher frequency for longer and longer time. And the ability of those who have been working to maintain the energy is what made it happen, even though there were actually people in both places who weren't quite able to either get to that frequency or hold that energy.

That's the mechanics of it. You make the call, claiming what you want, but in order to make the call, these things had to be in place.

**In India and again in the Lifescapes work, you brought up a whole new aspect of Guardianship work, which involved using a very specific tuning fork tuned to a frequency of C.**

Let me clarify that. It's not tuned to your typical C; it's tuned to 528 [Hz].

**A piano's C is usually tuned at 523 Hz. So those few cycles difference all . . .**

It's not a few. It appears to you to be a few, but it's not a few.

**Why are you introducing this information now?**

It's time. You have higher frequencies coming through. You've started working on your ability to function through your whole self, and you're working on

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awakening, so to speak, some of your sleeping DNA. You're working on Creator energy more than you have been, and this amplifies it. You are needing a challenge, and this is it.

***We need the challenge?***

Right.

***Why is that?***

Because my Guardians need to see results or they start losing faith in themselves. Now, that's really a very pitiful statement. It's really sad, but there you go. So, having a challenge that it's pretty likely you will succeed at would be good.

***Would you describe the effects of this specific frequency and how it fits into the work ahead of us, especially the DNA staircase visualizations?***

A little earlier I made the comment that what seems like a very small change in the note C to you is actually a very large difference. It's that the human ear, at least at this point, doesn't have any way of recognizing how much of a difference there is. Do you remember when I asked you to work on using C for manifestation? That's because *this* [528 Hz] sound is the base of reproductive function. I do not mean making-babies reproduction; I mean a-cell-reproducing-itself kind of reproduction—copying, replication, on the atomic level. It's the sound of wholeness. It stimulates the blueprint of all things form. But stimulating it doesn't mean changing it. It opens the door; it doesn't take you through it.

Do you remember what it is that does take you through it with this sound?

***The intent.***

Yes. Having a very specific and clear direction for that energy takes you to that place in which you have the ability to make use of it, in which change happens in a way that's quick enough that you can actually see it.

Why, you might ask, haven't I given this before now? Because it's only now—well, my now is a little bigger there than your now might be—but it's only now that this energy is coming

through so strongly. This solar energy that is coming through is having a somewhat negative effect and needs to be changed, where it can be, as it can be, and there are some of you actually capable of working with it.

***This seems like a powerful force that could be used for either healing or harm.***

True.

***Are there any concerns that you have about its misuse, and if so, what can be done by Guardians to help steer mass consciousness away from this path?***

Answer that question based on knowing that intent is what does it, and you'll give yourself the answer.

***If Guardians don't misuse it, if they don't lay down the pathway that mass consciousness will follow. That is what concerns you.***

Good.

***But how can we affect the intent of others?***

By overwhelming it. Everyone will have their own way of making use of it, but working in groups with a focused intent is going to be the best way to make use of it: a healing circle for the planet, or for each other, for instance, would be very good.

***Would that be like the toning circle, which is sending energy to the planet on the tone D?***

No, not at all. Toning is to change *you* to be able to hold a higher frequency. For you to hold it, you need what the sound from toning does to you. But this takes it to the next logical step of using a focused intent repeated by many who are simultaneously using that specific frequency of 528 Hertz. It's very different. Isn't the toning phrase "wholeness for the planet" an Intent? Well, it's the intent of what you're doing, sending wholeness to the planet, but saying that is like saying during sacred sex, "All right, this is to give Hapi some healing." You're directing energy, and it's nowhere near the same as a focused intent repeated by many with that fre-

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***Phoenix Rising***

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Manuscripts and correspondence are welcome. Send to the editors at

Phoenix Institute

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Lexington, KY 40583

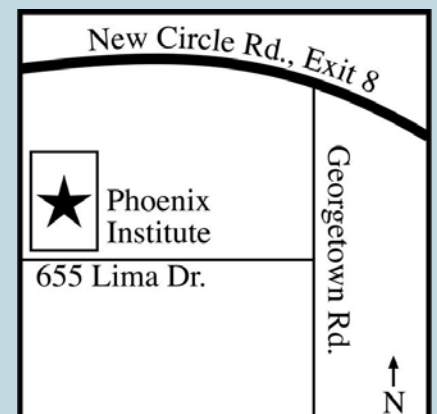
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — January 15

Ad reservations — January 22



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# CALENDAR

Meetings are at 7:30 p.m. at Phoenix Institute unless noted otherwise.

Dates and programs are subject to change.

## JAN

- 1 Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 8 Discussion of Samuel's January 1 message
- 15 What Makes You Happy?  
*Learn how your attitude towards life can make remarkable differences in your level of happiness.*
- 16 The Guardianship Program (Mondays, Jan. 16–Mar. 12)
- 22 Discussion of Samuel's interview in the Winter 2012 issue of *Phoenix Rising***
- 29 Imbolc Teaching and CommUnity Vegan Potluck

## FEB

- 5 Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 11 Samuel's Atlanta Lifescapes Event** 9:30 a.m.–1:00 p.m. (see ad p.10)
- 12 Discussion of Samuel's February 5 message
- 19 Craft Night: Potpourri Mobiles  
*Create a scented mobile and bring the fragrances of spring to your home during the winter months.*
- 25 Samuel's Pittsburgh Lifescapes Event** 9:30 a.m.–1:00 p.m. (see ad p.10)
- 26 Staying Balanced in Chaotic Times  
*Learn how to avoid extremes by maintaining your equilibrium in these rapidly changing times.*

## MAR

- 4 Samuel's first-Sunday meeting and live webcast (at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com))**
- 10 Samuel's Lexington Lifescapes Event** 9:30 a.m.–1:00 p.m. (see ad p. 10)
- 11 Discussion of Samuel's March 10 Lifescapes Event
- 18 Spring Equinox Celebration and CommUnity Vegan Potluck
- 25 Discussion of Samuel's March 4 message

## TONING

Samuel says toning is the most important thing we can do to help bring about completion of Sacred Status. Phoenix offers four toning practices weekly:

- 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. Please call 859-231-8449 to confirm location.

quency. It's very different.

### ***Should we all be buying tuning forks and practicing?***

Not until you've got the DNA exercises down. Not until you're toning regularly so that your body can handle working at frequencies like that. Not until you're at a place that you're willing to devote the time to do something serious with it. And, frankly, most of you aren't. It's better to know that it's a possibility, get caught up in the idea, and *then* start doing it. And, if you [the reader] are wondering if I am referring to you, then that pretty well means I am. If you're wondering, that's because you've got good reason to wonder.

### ***In India you made a comment regarding the work being done there, that it could not be done with a broken heart or a hard heart. In what ways might that relate generally to your work?***

Even though I was making a specific comment at that time to a group that was going through some very difficult experiences, it is true in this work generally that too many Guardians keep a protective wall around their hearts. How long have I been working at getting you to break those down? Eons. *Eons*, because you spend so much of your life with a piece of you feeling so betrayed by form itself that you protect yourself from what you perceive as further abandonment and betrayal. The difficulty with that, of course, is that humanity's lesson is all *about* betrayal and abandonment. For humanity as a species—or as individuals—when you take on form, you're going to take on, for the long or the short of it, issues that have to do with betrayal and abandonment through relationships—because of expectations, because of a lack of communication.

I don't mean to tell you that you're just average, because that's not the case. Everybody deals with those things uniquely. But the fact of it is, these feelings are going to be there. You build this wall around your heart, thinking that it's going to keep you from having a broken heart, when in fact it pretty well *guarantees* that you're going to have a broken heart. If you make your heart hard, it crumbles; if you keep it soft and open, it's flexible. That's the nature of most things in form.

But to make things worse, Guardians, who tend to spend way too much time in their heads because they've got this inner, high-powered knowing versus their human experience, want to keep themselves from pain, forgetting the power that pain has to bring about change, which includes healing.

In the midst of all of that pain, what happens to a Guardian is that they tend to whine about it. Most Guardians would probably say that what they're doing is being cynical or bemoaning the state of things in the world, or whatever, but really what they're doing is whining. And that's because things aren't going the way they thought they should.

The result tends to be a cold heart. In order to avoid the pain, they detach, but not in a healthy

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way. They avoid any emotional response and don't work things through. And you can't do what you've come here to do in this world in either one of those states—avoiding pain, creating a hard heart and eventually creating a cold one. You're not going to change the world when there are whole parts of you walled off, because you are what the world is going to become—and zombies is not it.

***Well, India was a pretty useful illustration of that whole concept, because there's so much poverty, so much difficulty, along with beautiful people and happy animals and things that lift your heart.***

There were two big things I wanted the trip participants to be able to notice. One of them was that things were not nearly as rough as they had anticipated. I don't mean because they were in a luxurious hotel; I mean because they were in a part of India that's not like some of the big cities to the west. And that made a really big difference. There *are* parts of India where your fears would have been pretty well fulfilled, but I wanted you in a place where your expectations were going to be thrown in your face. I wanted the group to see, in a very clear way, that what is alien to you doesn't mean bad, wrong—or right. "Different" has to be accepted as it is in that moment.

That's a very hard thing to do, as you very well know, a very hard thing to do. But I really believe that the group, as a whole anyway, got it. And that is *huge, powerful stuff* that, if applied to the rest of one's life, will make immeasurably good changes.

***In the last workshop in Pittsburgh, you mentioned that Vesta-Helios is evolving and its previous work is changing. Why is that happening, and what will be the result for the planet and life force on it?***

I also said at that particular Lifescapes that there's not really going to be a way I can tell you it's going to come out, because it hasn't happened before.

The whole idea of this creation was that the creation would reach a point at which it was capable of completing its—for want of a better word—godship while in form. And that's what's happening with Vesta-Helios. Form is always determined by function. As its function is changing, so its form is changing.

Do you remember what the purpose of a Solar Lord is? Essentially it's a Patterner on a level far beyond what a human mind can imagine. It's the closest thing to what most humans think of when they think of the concept of God or Source. It's the most local Creator. Its purpose is the macrocosm of what a Guardian's purpose is, with the planet being the microcosm: to guard and guide life force to the completion of the Plan. Just as a Guardian's purpose is to guard and guide life force on the planet to the completion of the Plan, in the case of Vesta-Helios it's to guide and guard life force on a solar level, at the level of the creation point.

And it's looking like it can take a bit of a vacation now,

**Pre-Lifescapes Breakfast**  
**March 10, 2012**

**Spend the morning  
nourishing your  
body, mind and spirit!**

Eat a nourishing vegan breakfast,  
enjoy time with your spiritual family,  
and support Phoenix Institute!

Breakfast begins at 8:30 A.M. and  
continues through the break.

Breakfast – \$5.  
For only \$2 you can have unlimited  
coffee, tea and juice .

because the planet's working at a higher function. It's taking a bit of that load, as it should. So that's why it's changing. It's quite remarkable.

***When you say the form is determined by the functions, therefore the form is changing, that's too abstract for me. What is it about the form, in this dimension, that is changing?***

All right, the orbit of your sun has made slight alterations—it is changing—and the sun is the physical body of Vesta-Helios. That's a "what might it look like" on a very down-to-human-mind scale.

***The sun's orbit is within the galaxy. It's changing its orbit within the galaxy?***

The orbit is shifting. You keep up with these things, don't you? Surely that's a recognized factor within science.

***I think it would be extremely hard even to measure. I don't know that it is recognized at all. You're talking about relative to other stars.***

Well, how are they going to change physics if they don't take that into account? The laws that you have limited this universe to, because of your limited knowledge of its mechanics, are changing big-time. As your ability to recognize changes increases, it changes the limitations or rules. Much of what you think of as your dimensional reality is based upon mathematical projections that have to do with the way your universe works. When there are

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shifts in that, it's going to be like dominos falling all the way down the line to the way that you allow—and I mean that word—the physical makeup of your universe to function. Most of the changes are because you have reached the point where you can see that change—you've learned how to measure it, and therefore you see it, but it was actually there all the time. When it's recognized that the laws of orbit have changed—that was a pretty pitiful way to say it—everything else will be up for grabs, too. That's going to open a lot of doors. So that's a "what might it look like?"

That information has got to be out there, because the changes are happening. Energetically speaking, it's already beyond the changes, so it's out there.

***There's talk about stars rotating around a galaxy's center with the same angular velocity, as if they were on a disk, rather than the more distant stars moving more slowly. It's as if everything is tied together and moving uniformly.***

Don't you love that?

***Yeah, and then there's dark matter and dark energy being tied into that.***

Well, they're recognizing that there isn't dark energy and dark matter. It's only dark matter because humans don't know what it does.

***Like junk DNA.***

You could say that dark matter is the junk DNA of the universe. Aye, it is.

***You said at the most recent Lifescapes, "You have to learn to work with the brain and body to its fullest so that you are capable of the full activation available to you." Can you describe what that "full activation available to you" means?***

No.

***Okay. Can you tell us the best way to accomplish this—learning to work with the brain and body to its fullest?***

Probably the easiest thing is to go back to the basic "know yourself." Know the way you think. Know the way you work. And use your brain and use your body at its highest and best levels. You have a lot of information now about ways that you can better take care of yourself and things that you can do. And pretty much, if you stop and quiet yourself and say, "What can I do to make my brain healthier and work better?" you're going to get answers from that brain. Or, "What could I do to make my body healthier and work better?" You're going to get answers from that body.

***The problem is whether you like the answer.***

Well, that *really* is the problem. The problem is, you choose that "it's telling me to eat better, but I don't want to change my habits. It's telling me to exercise more, but I don't want to do that." You're getting that information, and I *know* that you're getting that information because I see the results of your guilt for not doing it.

Think about the sorts of things that I have talked about over the last five years, even over the last twenty-five years. Take care. Raise it to its best. What are you capable of? Are

you too afraid of failing to even try to see what your best is? Use that body; use that brain. Know what works; know what does not work. And in that process, you're going to find what your weaknesses are in both areas, and that's vital knowledge. You're going to find out what isn't possible, and you're going to have all kinds of issues come up as you deal with that. The fact of it is, dealing with it while you're in the process of improving is going to be *much* more successful than dealing with it when you're in stasis, when you're not moving, because the Universe has to hit you so much harder to make you get it when you're just stopped than when you're moving forward.

Try to spend less time in your brain and more time in your heart. That's the fortune cookie or the bumper sticker version. Guardians think things to death because they're afraid of what they're going to find out.

***About themselves?***

Or what's happening in a situation. It's comforting to think you've got it all figured out, but you'd go a lot further in life if you realize that you're not going to figure it out. All you can do is deal with what you've got in front of you at the moment.

***I think part of the problem is that it challenges your beliefs in what's possible, and I'm thinking about my own beliefs about aging. "Well, I don't think I can do that anymore because . . ."***

"And it's best if I don't try, because I might hurt myself." Yes. And yet until you push that envelope a bit, you don't know how far you can go. But, you know, your human nature has you think "if a little is good, a lot must be better," so be smart. Take small steps that constantly show you success, not big steps that sabotage any hope of it.

***Well, what are those small steps, if you're talking about moving into using your heart instead of overthinking things?***

All right, the first one might be a tattoo across your forearm so that you can see it whenever you need it: "Think the best of this situation or this person." That's simple, but it is just a huge step, because when you think the worst you've got to go through this whole process of justifying it. If you think the best first, then you're working from the heart automatically.

***Sometimes a thing comes to my mind that seems like a loving thing to do, and immediately my brain will kick in and say, "You know, they're going to think I'm silly if I say that or do that."***

So what do you do when your brain kicks in and does that?

***I think what you're asking us to do is to learn how to ignore some of that mind chatter that says, "That's not how I should behave, that's going to make me uncomfortable, I don't really know that person enough to give them a hug," all of the things that that brain says when I have the intuition to do something that***

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*is going to make me stretch. I think what you're saying is to follow that intuition a bit more.*

I am saying to realize that you're making a choice, and to choose the loving act first. Although what you're saying is good, and I do agree with it, to use that as a general statement will get some people into trouble.

**Yes, there has to be a balance.**

That's right. Take little steps.

Another little step: set up a calendar, a to-do list, that will keep reminding you of doing good things for yourself and others, physically, mentally, spiritually. When you see it in writing, you're more likely to make yourself do it. It's just a reminder, but that's all it takes—hopefully.

The brain's job is to keep you safe. Stop needing to be safe all the time. Give yourself one opportunity a day to do something differently—not the tried and true—until you realize you're not paralyzed by doing something new. These are little steps, but they get you there.



*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.*



David Thomson

Mising woman at her loom



David Thomson

One-horned rhino in Kaziranga National Park

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

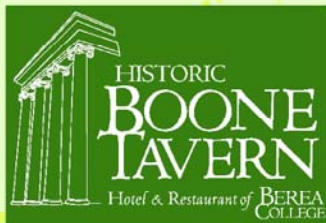
## Phoenix Institute's 2012

# Gathering of the Tribe with Samuel

April 19-22

\$325

(\$355 after March 19)  
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](http://www.boonetavernhotel.com) using Group I.D. number: **33491** 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** a gift that represents you, tagged with your name to give away.

**To register:** Send your payment or credit card information along with your name, address and phone number(s) to: Phoenix Institute, P.O. Box 12963, Lexington, KY 40583. Partial and early payments will be accepted; however, in order to qualify for a preregistration discount you must have paid in full by **March 19**.

**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 19**.

### Discounts & Cancellations:

- To receive a \$30.00 discount for early registration, your entire payment must be received by March 19.
- 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 call.
- You must cancel by April 11 to receive a full refund. After April 11, a \$90.00 fee will be deducted from the refund.

# Samuel

r e s p o n d s . . .

***A few years back we heard you say that there would be a mass exodus of people from the planet, leaving (not voluntarily) during the fall of 2011 and through 2012. Please elaborate on when, where and how this will happen.***

It's already happening. *Read the newspaper.* It's right in front of you. Japan. Thailand. Every continent has had plant, animal, human passings in huge numbers by weather, by earth changes, earthquakes, tsunamis, flooding, and—this is really an unpleasant one—by unexpected rises in crime due to certain kinds of people being less able to maintain their sanity.

Animals have also been behaving in quite unusual ways, too. Just read your newspaper and you'll see it. You've got wolf packs hunting humans, and wild animals being far less afraid of encroaching on human territory, without starvation making that happen. You have crows acting like raptors. It's pretty massive.

***A few years ago you alluded to the possibility that if enough Dragon energy was activated, the remaining Dragons would awaken and activate like dominoes. What do we need to do to make that happen, and if that point hasn't occurred, can we start doing remote activations?***

They are getting easier, as you have noted, but as they get easier, I start directing you into working with larger bodies of water. For instance, where the early work was with rivers, I very soon had you working with underground river systems, as well. Next we're going to try massive bodies of water, such as the Mediterranean Sea. If you can do *that*, then maybe you can do *this*, because there is a trickle-down within each.

***You talk about activating the Dragon force of the Mediterranean, and from there moving on to other seas, or oceans. Are the oceans seeded in the same way that the rivers are?***

They are seeded, but not with the same kind of energy.

***Is it Dragon energy?***

It is a kind of Dragon energy, but it is for a different purpose altogether than what you've been working with.

***It sounds like the work with the seeded bodies of water won't be completed, then.***

There will always be seeded water that can be worked on, but I hope that very soon there will come a point in which the greatest seedings are doing the work instead of

*you* doing it, because there are other things that you can be doing. And, my goodness, do you remember the good old days when you just went on trips to have fun. [Laughing] Wouldn't that be nice?

***You know, I'd forgotten about that. It was eons ago.***

***Well, this time you had us doing other work in addition to the Dragon work. What other kinds of work lie ahead besides the Dragon work?***

It makes itself known when you become available to it, so there isn't a to-do list that way.

***As a result of the work in India, was the animal kingdom awakened, or was it activated?***

Some of both actually. Looking at it energetically, you would say it was shifted to its next evolutionary level.

***You said some plants were actually further ahead than some animal species.***

Right.

***And you said the animal kingdom was "dragging its feet," and that different animal species were "checking in," before it finally activated. How did this happen and why?***

Are you asking about the mechanics of it?

***When I think of a group soul, I think of everything united as one. But then you said that different species were checking in and making a decision about whether to move up to the next evolutionary level. It's hard for me to understand that.***

Well, it's certainly difficult without anthropomorphizing it, and I encourage you to do that simply because it gives you something to relate to when, of course, it's not like that at all.

But are you asking how can something resist a call when it's so ready and so clear, or are you asking how is it that the reptiles stepped in first, and the dogs stepped in later, and . . . which are you asking?

***[Laughing] Both. We've been editors well over twenty years. When you suggest two good questions, we know better than to rule one out.***

***How could the animals resist? I mean the plants just fell right over.***

More or less. The next step for most animals was a form of individuation. The next step for most plants was a form of free will, because most of them have already had a certain amount of individuation. For animals, staying unchanged was a safety mechanism to stay amorphous rather than be pinned down. Does that explain the hesitancy? It's easier to stay a part of a "pack" than it is to have to be accountable for one's own decisions.

So, the answer is that, as a security mechanism, taking that next step involved more than a physical evolutionary change because it was a development of *mind* to a higher level than group mind, and that's a much bigger leap even than moving from the ocean to land— **next page**



really. So, as is fairly typical, apparently, when you reach form the rule is, "If it's change, resist it!" However, this is a change that would have come about anyway. The animal kingdom was putting it off, not rejecting it. If you were looking at this in time—which you can't really do—then you would say "give it a little time and it will come around," and indeed it did. It was all already done; it just wasn't complete.

**Why did the reptiles jump in first, while canines hung back? How is it possible to do that when you've got a group soul?**

It depends on how many within the animal group are moving in that direction, as opposed to those that are nowhere near it.

Other than plants, reptiles are the fastest evolving group on your planet. They are, as a whole, more capable of managing chaotic energy of change than any other form of life short of the plants. As a result of that, there are many more species within the greater whole of the animal kingdom that are capable of that spark than, well, dogs, for instance. Reptiles adapt faster, and that creates a greater ability to manage change, and therefore a willingness to accept change.

**So if you resist change, the chances are you might become extinct?**

Probably. Yes.

**I'm surprised to hear you say that, after reading that crocodiles are essentially unchanged for millions of years.**

But I'm not saying that's true of every species; but in general, yes.

Think for a moment, just as an analogy: if you cut off your little finger and could regrow it—which you can—you wouldn't be too afraid of cutting off your little finger, would you? Well, it's a whole lot like that. If you know that change makes things better, you're not going to resist change. On the other hand, if you know that change means pain, of course you're going to resist it.

**Does individuation within the plant and animal kingdoms imply a greater degree of separation within those kingdoms?**

All right, I don't want you thinking that what they're all doing is individuating. They are moving toward that. Some of them are pretty close to it, and some of them are nowhere near it. They're all just taking another step closer. Asking specifically about individuation without relating it to something that's individuated is too general for me to give a better answer.

**When a species moves into functioning more in individuation, how does that affect the way an individual relates**

**to the group soul of its species?**

I'm not going to pretend that I can tell you what a pattern is going to look like that hasn't ever been seen before. Probably it will become more of a leader than a follower within its power to influence the whole. Probably.

**How might greater individuation affect the evolution of new species of plants and animals?**

I don't see that ever having that effect at all.

**Especially for animals, would individuation likely lead over time to a need for symbolic language, such as humans have?**

Why? They already have language. And just because you can't translate what a dog is saying doesn't mean he's not talking to you. Language is so much more than vocalization. An octopus can communicate with animals that use a sonar-based communication system, such as dolphins and others. An octopus is capable of learning a pattern and repeating it even though it's not capable of creating the same type of sonic energy in order to respond. That's saying, more or less, that it can *understand* a language even without *communicating* in it, whereas what you now see more often is communication entirely without language being the way the gap is bridged.

**Dogs have very expressive faces and they communicate with other dogs through those facial expressions.**

That's right, and other body movements.

**What the question is asking about is using symbols. When a dog moves its face a certain way, and another dog reacts to that, the other dog isn't saying, "That dog is thinking this, so I'll react that way."**

Well, actually, it is like that. You have learned that when something looks like an *A* it means the sound "ah" or "ay." You've learned to relate those things. If you tell a dog "sit" and you put its little butt on the floor and you say "sit" again, it eventually learns what you want it to do. But that's not communicating. That's not sharing a picture. On the other hand, you do have the ability to share a picture, and some animals are able to receive even if they can't send back.

Language limits communication. It limits you. Think of what you can see in your head that you cannot put words to because your language cannot express it. Having language doesn't mean you're advanced. It just means you have language.

*If you have a question for the Samuel Responds column, please e-mail it to: PhoenixNewsletter@windstream.net.*



# Samuel's To-Do List for the 2012 Lifescapes



## Atlanta Feb. 11

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](http://www.DiscoverSamuel.com)

## Pittsburgh Feb. 25

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](http://www.DiscoverSamuel.com)

## Lexington Mar. 10

Phoenix Institute  
655 Lima Dr.  
Off Georgetown St. just 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 the Lexington Lifescapes must be received 24 hours prior to the event to qualify for a pre-registration discount.**

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

Lexington  Check  MC  VISA  Discover  
Atlanta  Check  MC  VISA  Discover  
Pittsburgh  Check  MC  VISA  Discover

Card # \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

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 Events

Pre-register at [DiscoverSamuel.com](http://DiscoverSamuel.com), or pre-register by mail (please make checks payable to EarthLight):  
EarthLight, P.O. Box 835, Lexington, KY 40588

### Lexington Event

Pre-register by mail (please make checks payable to Phoenix Institute):  
Phoenix Institute, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583

# PHOENIX INSTITUTE PITTSBURGH

Phoenix Institute/Pittsburgh, Inc.

## The Guardianship Program

There is new energy coming to our planet creating unique opportunities in our lives. Samuel's 2012 Guardianship Program can help us make the most of this remarkable energy. And, for the first time, all of Samuel's Guardianship Programs will be working on the same version, which will accelerate our energy and help us reach our highest potential.

If you are interested in participating in this life-changing experience, you can pre-register with Fund Raising by January 9 (which is preferred), or sign up January 16 as we begin this amazing program.

The Guardianship Program will begin January 16 and continue through March 12. For more information, please call 412-422-5500.

**9 Weeks for \$25  
(or \$30 at the door)  
Mondays, Jan. 16–March 12, 2012  
Each program is 90 minutes long,  
beginning 10 min. after  
Toning, about 7:30 P.M.  
The Nuin Center  
5655 Bryant St., Pittsburgh**

This program requires a commitment and will be closed after January 16 to those who are not registered participants.

Meetings are at 6:30 p.m. at the Nuin Center, 5655 Bryant Street, Pittsburgh, unless otherwise noted.

### JAN

- 2 Toning, followed by a discussion of Lexington's January first-Sunday meeting with Samuel
- 9 Toning, followed by a discussion of Samuel's interview in the Winter 2012 issue of *Phoenix Rising*
- 16 Toning, followed by The Guardianship Program
- 23 Toning, followed by The Guardianship Program
- 30 Toning, followed by The Guardianship Program

### FEB

- 2 Chili Cook-off and Imbolc celebration, followed by toning at 7:45
- 6 Toning, followed by The Guardianship Program; Prosperity Table
- 13 Toning, followed by The Guardianship Program
- 20 Toning, followed by The Guardianship Program
- 25 **Samuel's Pittsburgh Lifescapes Event**, 9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Dr., 412-561-2861; followed by lunch at Loving Hut, 5474 Campbell's Run Rd., Pittsburgh, 412-787-2727
- 27 Toning, followed by The Guardianship Program

### MAR

- 5 Toning, followed by The Guardianship Program; Prosperity Table
- 12 Toning, followed by The Guardianship Program
- 17 Toning, 10:00 a.m., followed by a celebration of the vernal equinox, at Panera Bread in Waterworks Mall
- 19 Toning, followed by a vegan potluck and discussion, "Tools for Healthy Guardianship Living"
- 26 Toning, followed by a discussion of Lexington's March 4 meeting with Samuel

### TONING

Toning usually lasts about 50 minutes, but depends on the size of the group. We tone:

- Every Monday at 6:30 p.m., prior to the meeting at the Nuin Center
- Every Thursday at 7:00 p.m. at the Nuin Center
- Most Saturdays at Panera Bread at 942 Freeport Road, Blawnox at 10:00 a.m.

The time and location of Saturday toning changes generally once a month. Check the PIPi hotline (412-422-5500) for the current time and place.

# SOUTHERN LIGHTS

## Lessons in Virtual Leadership

by Pat O'Malley and the Writers Gallery

One day last July, a good friend named Samuel asked me how I had been spending my time lately. Thinking I was about to get my buns rearranged on the baking sheet for wasting time on frivolous activities, I found myself making a full confession: almost every day I had been online playing Kingdoms of Camelot.

Instead of raised eyebrows, Samuel asked me to explain the rules to him. Of course, anything referring to Camelot is a draw for me, and this happens to be a war game complete with castles and buildings, resource fields and troops, including knights, swordsmen, heavy cavalry and more.

The game starts out this way: You have one city that resembles a ring fort. You are provided with the means to start building things like resource fields, buildings and cottages, and eventually a rudimentary army to protect yourself. You are given one week of protection in magic mist to start building while no one can see or attack you.

Eventually, though, you can be seen and attacked, and as you gain might, it becomes obvious that you need to join an alliance if you want to keep from getting creamed. At that point everything changes, because an alliance means you are no longer alone. Suddenly you are chatting in real time with people from across the world who are also playing the game and are now part of your alliance. You have become part of a larger whole. There are an alliance chat and a global chat that anyone in the domain can participate in.

The alliance has a hierarchy of leadership that provides guidance to the whole. The alliance is one of hundreds of alliances that exist within the domain, and in turn it also communicates and forms relationships, good or bad, with other alliances. Wars break out and alliances band together to fight or make peace. It is interesting to watch people interact with each other. The anonymity of an online game leaves behavioral choices wide open, and some people choose the low road every time. Others choose the high road, and those people become universally respected leaders.

This story isn't so much about the game as it is about the opportunity for leadership it provides—not that I needed the experience, since I am in positions of leadership at work and elsewhere. But apparently the world is so devoid of good leaders that it became a situation where either I stepped up or remained silent when people began acting out. Samuel

## 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 Saturday, Feb. 11

(see the ad on page 10)

If you would like more information about Phoenix South, please e-mail [PhoenixSouth@comcast.net](mailto:PhoenixSouth@comcast.net).

was very interested in the skill sets I use: communication, negotiation, diplomacy, manipulation to get people to do what I want (wink, wink), encouraging people, keeping them motivated, having a common vision, and learning from my own and others' mistakes. The fact that I lead people from around the world instead of only my five staff members at work also seemed to tickle him.

When I told Samuel how amazing it is to see people who have never met become so devoted to one another, he reminded me it is because energy is transmitted through the Internet and the medium of live-streaming. This means, just as Samuel is able to affect our energy when we watch him via live-streaming, I am able to directly affect the people I interact with in this game. I have seen over fifty people in my alliance, living around the world, come together in unity for a common cause. Sound familiar?

This game also provides ample opportunity to learn how to make quick decisions and how to learn from mistakes. For those people who are afraid to step up in real life, something like this provides an anonymous opportunity to lead and hone those skills. These people may never meet you in real life, but they will remember if you were a dreadful or a good leader. As in real life, if you lose here, you actually gain in the end. But unlike real life, it's easy to let it go quickly and move on without it defining who you are.

Samuel's excitement about online possibilities in leadership is undeniable. When he mentioned [next page](#)

at the last retreat that Phoenix leadership could be from anywhere, thanks to Skype, Phoenix Southerner Dina Shadwell jumped at the opportunity and offered her services wherever they might be best used. Now she participates on the Publicity Committee, communicating electronically with Lexington leadership and providing digital artwork for the newsletter and other publicity as needed.

And our own Phoenix South leader, Kathryn Haggerty, has been spreading her leadership wings through cyberspace as well. In light of last year's success of including a small group of "outlanders" in The Guardianship Program through the virtual reality of Skype, Samuel's vision was to expand that opportunity to outlanders across the globe. Kathryn realized that translating that vision of creating a "virtual Guardianship Program" reality demanded leadership and a team. To build the Skype-TGP team, she enlisted the technical expertise of Tina Kuhn and the Online Guardianship program leadership of Marion Kee. Together they use the same skill sets that work for me as I lead my "virtual alliance" to victory: communication, negotiation, diplomacy, encouragement, motivation, and focus on a common vision. The result has been to develop Samuel's vision into the creation of a global Skype-TGP opportunity.

Samuel has said it often—this is not a time for being a "monk on the mountain." As Guardians, we are here to lead, and with technology the possibilities for touching other lives are becoming endless. We're running out of excuses!



Kali statue ready to be used in the Diwali celebration



Meditating at the Kamakhya Temple

It's a world filled with all kinds of things to break your heart, and you need to find balance with that, because you cannot live your life with a broken heart and do what you need to do, but you cannot live your life with a cold heart and do what you need to do. — Samuel



## Easy Texas Meatballs with Apricot-maple BBQ Sauce

Third place in the 2011 Vegan Appetizer Cook-off

by *Lea and Frank Schultz*

### Meatballs

- 3 packages defrosted Yves Meatless Ground Meat (or a similar vegan "hamburger")
- 12 oz. tomato paste
- 2 large roasted red peppers, finely chopped
- 1½ tsp dried basil
- ½ tsp dried Italian Seasoning
- Egg replacer equal to 2 eggs  
or 2 Tbsp flax meal and 6 Tbsp water

### Sauce

- 1 bottle Annie's Natural Maple-smoke BBQ sauce
- ⅔ cup Smuckers Simply Fruit Apricot Jam

Preheat oven to 350 degrees.

Place the flax meal and water in a small bowl and allow the mixture to thicken for 10 minutes before using.

Place all the meatball ingredients, including the flax mixture, in a large mixing bowl. Combine everything well.

Prepare a cookie sheet (with sides) by lightly spraying it with oil. Using a spoon to regulate the size, make meatballs from the mixture and arrange on the cookie sheet. Bake for 15 to 20 minutes, or long enough for the balls to keep their shape.

While the meatballs are cooking, melt the sauce ingredients together in a saucepan over medium heat, stirring occasionally. Pour the sauce over the meatballs and cook for 15 more minutes until heated through. Place in a serving dish along with toothpicks.

Make your life better and take *LESS TIME* doing it!

## Samuel's 2012 Guardianship Program

*At the end of this program  
you will have an attainable plan  
for manifesting your dreams!*

*And isn't that what you've been wanting?*

**Now, for the first time ever:**

- Samuel has changed the length of the program!  
*The 2012 Guardianship Program runs for 9 weeks instead of 12.*
- The same program will be taught in Atlanta, Lexington and Pittsburgh,  
*allowing everyone to be fully updated!*
- Instead of an online program, *Phoenix South's program will include SKYPE for those who live outside of the three main cities!*

**DATE:** Mondays, January 16–March 12

**TIME:** 10 minutes after toning ends

**DURATION:** 90 minutes

**LOCATION:** Phoenix Institute building (655 Lima Drive)

**FEE:** \$15 with preregistration; \$20 at the door.

Cash or check. Please make checks payable to  
*Phoenix Institute, Inc.*

*For  
Lexington  
only*

To preregister, please complete the information below:

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Best way to reach you by phone: \_\_\_\_\_

Mail preregistration to:

Phoenix Institute, Registrar, PO Box 12963, Lexington, KY 40583