



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2012

## An Interview with *Samuel* channeled by Lea Schultz

Questions for this interview were prepared by Heidi Shedlow, who joined the editors in the first interview ever conducted by teleconferencing.

**You have said that the crystalline seed was implanted into our brains at the time of the “Neanderthal Revolution.” Did the seed cause that revolution, or did the revolution cause the seed to be implanted?**

It was an evolutionary thing. The chemicals were there, waiting, and that frequency change created a condensation, if you will, of those chemicals that were in place to become that seed. That is where it began.

Now, although I call it a seed that was implanted, it really was more like a blood clot. Think of the plasma that flows through your veins and has many different components which occasionally, either for normal reasons or because of illness, come together and coagulate or condense into a mass. That’s what I mean when I describe it as a blood clot. When certain frequencies changed, chemicals that are a part of all life force were drawn together to establish that crystalline seed, as had been planned.

**Did this happen during our current earth?**

Yes.

**So what was the nature of the evolution within humanity at that time?**

Although your science tends to place the Neanderthals as right before humans, that’s not accurate. In fact, there were several sub-groups that existed at the same time as the Neanderthal. However, at that point there were two groups that had the most chance of survival, and interestingly, *Homo sapiens sapiens* wasn’t one of them. There were the Neanderthals, which were the most violent, and a group in southern Africa, the Boskop. That particular species had a much larger brain than the Neanderthals or *Homo sapiens*. The Boskop looked like what you would think of as aliens today, with a large cranium and a little face.

Now, these two main sub-races—Neanderthal and Boskop—essentially died out while *Homo sapiens* underwent a certain amount of change. There was no guidance or pressure toward one direction or the other. It was a “Let’s wait and see what happens” kind of thing. The bigger and brawnier beat out the smarter one.

The brawnier ones overcame the smarter ones, and, in the case of Neanderthals, the faster ones. That sounds very much like today, doesn’t it?

**Sadly, yes.**

The bully overcoming the smart one. It’s unfortunate, but that continues today.

**Why a crystalline seed? Had it ever been within humanity before on this earth or any other?**

Yes, during another version of earth, a different experiment. The seed is a part of life force. It’s in all of life force. That’s why you respond to certain frequencies. You are a receiver and a transmitter because of it.

**I’ve been wondering about the various seedings of earth, especially the second seeding. Was the seeding of all of the kingdoms done at the same time?**

No. Remember, I said that the crystalline seed is a part of life force, all life force, but not necessarily at the same point of creation. Life force has to reach a particular frequency in order for all of that to come together. So frequency, placement, location and the timing of development within a species or kingdom are all related, and some had reached the correct frequency at different seedings. If you are limiting it to humanity, then that was the second seeding.

**Was the work we did in India for the plant and animal kingdoms an equivalent of that work?**

Seeding is very different than what you did. What you did in India was pushing a kingdom off a precipice that it was teetering on. It had to do with an evolutionary leap, not a seeding.

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**You said that the Primary Group of Twelve taught humanity to find the doorway to Cygnus. How did they do that?**

They talked to them. Imagine, if you will, a conversation that went nothing like this: "Hey, stranger. Wow, you look really different. Where are you from?" "I'm not from around here. See that place up in the sky? I'm from there."

**[Laughing] All right.**

I'm not sure that that's really what you wanted to know when you asked how was it communicated. It was just communicated, and most ancient civilizations make reference to it, and even worshiped it. So word spread.

**How did humanity's genetic code change?**

Well, it's constantly changing in small ways all of the time. Sometimes it's because of things that you are doing which will have an effect on it, sometimes it's things in the environment that are having an effect on it, but it is constantly changing. But the higher the frequency you work at, the more control you have over the change.

At major transitions like this one (depending upon the nature of the energy bringing that transition about), it is specifically creating evolutionary change, and that's happening everywhere that frequency touches. Your planets in your galaxy are changing. It's an evolutionary change.

**You also said that Cygnus is to transformation what Venus is to the planet. What did you mean by that?**

Think for a moment. What is Venus about?

**It's a second-ray planet that has reached Sacred Status.**

All right. What is its significance to Guardians?

**Isn't it where energy transformed at one point in time?**

Yes, it was the filter through which some high frequency beings have come to the planet for many, although not all, of the transitions in the past.

So with that in mind, what is Venus to the planet? It's a doorway for Avataric

force to come to the planet.

Through Cygnus comes *Shining Force* to be embodied. So unlike Avataric life force, which had to be born into form in the process of coming through, this energy has come straight through.

So Venus has been a filter through which, at times of transition, Guardians have come to this planet through the Avataric function line to take on form. But if you're going to seed *Shining Force* directly, you're coming from beyond the solar system.

**So what you're saying is that because some Guardians have a frequency *Shining Energy* can connect to, it's not necessary to go through the birth process for it to be in form.**

Right.

**Do the four exercises we are doing help us transform our genetic structure to be better connected to the energy coming through?**

The exercises are all about activating what has been inactive. And the reason that you want them activated is that, with this energy coming through, it will allow for greater change than it would if they were not activated. The exercises will enhance your ability to function in wholeness, your ability to recognize your connection with Source and to *be* that Source self, your ability to manifest at will—and that's an important one—and your ability to use frequency to bring about healing for yourself and eventually others.

Most people are stuck on the third exercise and haven't even started on the fourth, although their brains think that they are there. If you are already functioning in wholeness, in even a small part of your potential, then that's going to be stimulated and opened more. If it's not already open, then you will be facing a longer process before it is. By doing the exercises, you are getting a head start—you are opening the door and taking action. On the other hand,

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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

Deadlines:

Copy — November 4

Ad reservations — November 11



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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.

OCT

- 7 Play Night  
*Come to a night of relaxing fun playing board games with your fellow Guardians. (October's first-Sunday meeting was rescheduled on Oct. 21 because of the group trip to Malta.)*
- 14 Discussion of Samuel's interview in the Fall 2012 issue of *Phoenix Rising*
- 21 **Samuel's October meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 28 CommUnity Vegan Potluck and Samhain Teaching  
*A feast of unity and community; please bring a vegan dish and list of ingredients to share.*

NOV

- 4 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 10 **Samuel's Pittsburgh Lifescapes Event**  
9:30 a.m.–1:00 p.m. (see ad p. 5)
- 11 Discussion of Samuel's Oct. 21 message
- 17 **Samuel's Lexington Lifescapes Event**  
9:30 a.m.–1:00 p.m. (see ad p. 5)  
*A vegan breakfast is available 8:30 – 9:25 a.m. Cost is \$5, or \$2 for beverages only.*
- 18 Discussion of Nov. 17 Lifescapes Event
- 25 Discussion of Samuel's Nov. 4 message

DEC

- 2 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 9 Discussion of Samuel's December 2 message
- 16 Guardians and Games  
*Wear loose-fitting clothing for this fun-filled evening that will encourage playfulness and frivolity.*
- 23 **Samuel's Festival of Light Celebration and Potluck Reception** (see ad on last page)
- 24 Christmas Eve Potluck and Gift Exchange  
6:30 p.m. (see ad on p. 12)
- 30 Gifts and Miracles of 2012
- 31 **Samuel's New Year's Eve Celebration and Potluck Reception** (see ad on p. 12 for times)

TONING

- 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.

those who are not doing them have to hope the door gets opened and that action is possible.

***You have mentioned that there's a locator beacon for the Primary Group of Twelve—the first Group to be released from All That Is.***

Right, although, there is so little difference between the first release and the second and third releases of Groups of Twelve that I probably shouldn't be labeling them. It's probably will get people into "one is better than another," but it doesn't work that way. It's all about function and purpose. It's simply a defining of focus for each release.

The locator beacon is the crystalline connection within your blood and your brain which created in you a receiver and transmitter from the seeding of life force. It's not a tunnel or a bridge that connects you back, but depending upon your focus and intent, it is the means by which you would connect. But it also holds your pattern. It allows you to communicate with all of life force.

***At this year's retreat you said that the 528-hertz frequency is already anchored within us. Did that happen because of your work with us, or has it been a part of us since birth?***

It's been a part of you since birth and before that.

What does 528 hertz do?

***It's the pattern of the creation of life force.***

Therefore how long has it been in effect?

***An eternity, or since form has been here.***

Correct.

***Do we have to activate it?***

It's activated by frequency. In a ritual you cannot activate a Dragon until that frequency has been matched.

***How does the sound frequency energy, the 528 hertz, affect our crystalline structure as a whole?***

It's a tune-up. It stimulates every system of your physical; it affects your mental/emotional body and your brain cells. It helps to connect you to your best flow of chemicals—since you are a sack of chemicals. It keeps you at your best.

Now, would you like a preview of coming attractions?

***Of course.***

I believe that the new being will not work at 528 hertz.

***What will it work at?***

I don't know yet, because it's so new.

*(There were some closing comments that Samuel wished to have included)*

Samuel [to Heidi]: Well, I know that that was a bit frustrating for you, but really you did a good job. If you did this for years, you'd have it down pat.

Paula: They were interesting questions.

Heidi: Well, I really admire you, David and Paula. It's like being in a session and later thinking, "Oh, why didn't I ask that?" You're with it enough to ask the follow-ups that we wished we'd asked in sessions.

Paula: Sometimes.

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Samuel: It's a kind of wisdom that is built until it's a very easy flow. In fact, our interviews sometimes go longer because they're able to ask so many things, and we can get into some pretty interesting conversations because of it. And almost always—as with this one—there'll be more than you need.

David: The danger in doing the interview is that you'll slip into a conversational mode.

Paula: Then you can lose the thread.

Heidi: I tried to follow it closely.

David: It was a good job.

Heidi: I sort of knew that.

Thank you for your help.



*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.*

## Pre-Lifescapes Breakfast

November 17, 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!

Serving begins at 8:30 a.m. and  
continues through the break.

Breakfast—\$5.

Only \$2 for unlimited coffee,  
tea, and juice.

## Mass evolution

*Additional comments from Samuel on changes in DNA*

**[PR] Normally mutations to DNA come into the gene pool from one individual who experiences a mutation in one reproductive cell, and that change gets carried on by offspring generation after generation. Are you talking about a different process, one in which change happens simultaneously to a broad group?**

[Samuel] I am, and the version of evolution you gave is old and not correct. Your science should know better than that by now. Actually, mass genetic change happens all the time, but what's going on right now is a change that is big enough to be noted. You see the effects right away instead of in tiny increments.

What you're referring to is the "viral" version in which an outside influence creates a small change in a specific gene pool. That's completely different from what I'm talking about.

**So, the viral version involves a physical change, whereas what you're talking about refers to a spiritual evolution?**

What I'm talking about actually refers to frequency. Now when I'm referring to energy as a frequency, it nearly always has to do with the spiritual, but if you're talking about something that has to do with changes within your physical, like your DNA, defining that as spiritual becomes a little awkward.

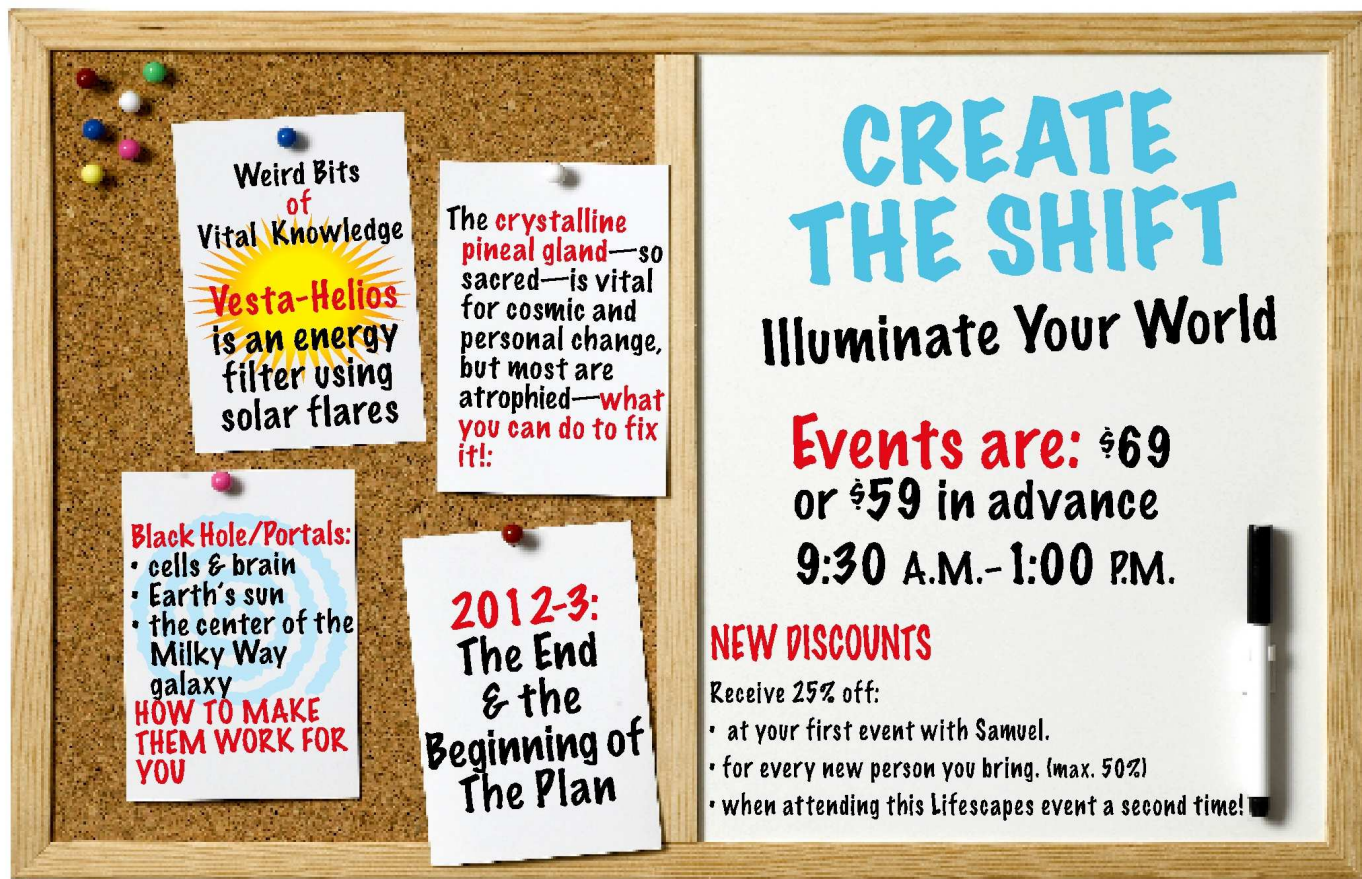
Let's use nuclear energy as an example. Let's say that there was an atomic bomb that went off two blocks away, but somehow you lived. And let's say that you came out of your shelter too soon. Radioactive fallout rained down on you, which was a massive hit to your physical body and your genetic structure. The evolution I'm talking about is like that, but it's across the board rather than just to your genes because you came out of the shelter too soon. That type of evolution, from DNA damage, would go very, very slowly over generations. The current type has changed a whole generation immediately.

**Is this massive change something that will be passed on to future generations of humanity through the normal reproductive process?**

This change is happening very fast, but instead of the effect being seen over hundreds of generations, I am already seeing the change in Guardians in this generation, and even in some Guardians' grandchildren, skipping a generation. But for humanity as a whole, it's more like seeing it in ten generations instead of a hundred, just as an example. What's going to be seen is still in process and has not fully happened yet.

This energy has been coming your way for five or six years and will continue for another six to ten years, but not with the same intensity that's going to happen over the next few months. It's as if you are approaching a fire and starting to feel the heat, then as you get really close it's very hot, and then you feel it less again as you move away from it. What's coming through now and in the next few months is going to have the greatest effect.

# Samuel's To-do List for the last Lifescapes of 2012



## Pittsburgh Nov. 10

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 Nov. 17

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.



Put on your  
seat belt,  
Samuel says  
these will be  
2012's weirdest  
Lifescapes!

To preregister, 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 preregistration discount.

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

Lexington  Check  MC  VISA  Discover  
Pittsburgh  Check  MC  VISA  Discover  AMEX

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 or more new people and paying \$29.50!

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Phone (h) (\_\_\_\_) \_\_\_\_\_ Phone (w) (\_\_\_\_) \_\_\_\_\_

### Pittsburgh Event

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

### Lexington Event

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

# Samuel

r e s p o n d s . . .

***The Higgs boson or the “God particle,” made the news this summer in the world of science. Earlier this year in Atlanta, you referred to 528 Hz being the Fibonacci version of the boson. Please explain more fully what you mean by this.***

I’m saying that the sound, the frequency, builds on itself. The response within your body is a leap, which causes another leap, and this causes another leap.

I think that it’s very sweet that they are calling the Higgs boson the “God particle” and that they think that it’s going to be the end of the search for the beginning of matter. But it’s not like that. There is no smallest; it continues. Once they recognize the Higgs boson—because it is not “found”—that will open the door to scientists’ recognizing other, smaller, particles. The Higgs boson is going to open the door to greater and greater understanding of the laws of physics.

Five hundred twenty-eight hertz stimulates life force through a continual process, so that when this system is affected, that amplifies this system, which is then affected, and that affects this system, until the whole of life force and its pattern is complete. The Higgs boson is going to open the door to greater and greater change in your understanding of how this whole universe works. Your physical life force with 528 hertz is like the physical universe, which is being opened up because of what this particle will show. And what it will show is that it’s not the end, but it’s a part of a greater whole.

***The lack of knowledge about the Higgs boson has prevented physicists from saying they have a complete theory. You’re saying that with the discovery of it, they are going to find something deeper.***

Exactly. They might go a couple of years with the idea that they’ve found it, but once the Higgs boson is firmly established, it’s going to open the door to reveal more.

You know, once it’s in the Grid, others can get it. And that’s going to be how it leapfrogs.

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***When healing myself with the fourth DNA visualization, how do I know whether something is in my blueprint or not, and whether it’s actually possible to heal it?***

If no matter what you do it does not go away, then it’s a part of your blueprint.

***How long is it necessary to do the exercise before the effects of the healing or renewal become apparent?***

Well, you ought to notice something pretty fast. The problem is that every one of you has a different level of sensitivity. So what Frank or Paula might recognize right away,

somebody else might not. You have to know how your body works. You have to know what is going on when you are emotionally sick as opposed to physically sick, and to be able to recognize how it feels when you are getting a virus as opposed to when you are overworked. You must be sensitive enough to know the difference between having knee pain from stretching too hard and an arthritic knee that is just going to hurt.

Until you are at that place that you know you, you’re not going to be sensitive enough to recognize subtle changes, and in that case many small changes will have to build up before you are able to say “Ah, something’s happening!” The more sensitive you are to yourself, the more quickly you are going to recognize those changes, and the less sensitive you are the longer you’ll need to practice to build up that awareness. It’s personal responsibility again. Know yourself.

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***Samuel, you said that time is not linear, but at the same time you said that this unique configuration of the stars and galaxies, whose energy will affect us for the next nine months, only happens every 36,000 years, which is a linear concept. I would appreciate it if you would straighten out what seems to be, to my human way of thinking, a contradiction.***

I used an illustration recently of a piece of crumpled-

CommUnity Vegan Potluck  
and  
Samhain Teaching  
Sunday, October 28, 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  
along with a list of ingredients.

There will be a brief teaching  
on Samhain prior to the meal.

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up paper. I said you are on a crease, and to you it looks like a line, but what it really is is this whole crumpled-up ball. While you are viewing your experience on that line, you relate to time as a linear process. It's getting off that crease that takes you away from that linear idea that every 36,000 years something happens, because you become aware that all time is NOW, that it has never stopped, that it has never not been happening. You realize that the past is as close as the present, but that the brain wants the linear time because that allows it to separate thoughts more easily.

So in order to move out of time, you've got to move out of mind. In order to be timeless you must be mindless.

It is a contradiction when you are stuck on that crease, but when you shift out of that, it is no longer a contradiction, because you access at whatever point is needed.

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***Please explain what is needed to create the change that you are anticipating is desired by May 2013. For example, how many Guardians able to hold a particular frequency are needed? If more are needed, what, if anything, can we do to attract the number needed and help them step into their compacts?***

[Laughing] It sounds kind of like "How many Guardians does it take to change a light bulb?" Is there a critical mass of Guardians?

"All of them" would be the best answer, but since that's not necessarily realistic, how about "as many as possible."

Guardians affect the Grid, so what a Guardian is doing and thinking, and whether a Guardian is functioning at their highest can open the door for those who are capable of moving through it. Guardians are the hope because they're going to open the door. It's a Grid thing.

How many? It's not as much the quantity as it is the quality. I would much rather have one hundred truly focused, connected, high-frequency, intent-unified Guardians than one thousand who aren't unified, who aren't sharing the same intent, who aren't playing with it, thinking it's fun. There isn't a critical mass like with Sacred Status.

Every Guardian opens a door that no other Guardian can open, and there will be those who can only go through that door and not another. So the more Guardians there are doing this work, the more doors can be opened, and the more who can then find a frequency that works for them and go through their door.

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***I have been thinking of my personal Group of Twelve as individuals, in and out of form but separate from me. However, it has occurred to me that my Group of Twelve might be simply aspects of me existing in other dimensions, or other projections from my Entity existing in different times. Please discuss this hypothesis.***

That's right, that's ultimately what it is. Big picture: each aspect is a frequency function of a specific dimension. Each dimension is not bound by time, only this one. So only in this one would you have projections into different times.

But any one of those twelve are not necessarily fully accessible to you until you are functioning at your highest frequency, and when you are functioning at your highest frequency, then you are able to connect with those frequencies that incorporate the level that you are functioning at. That is to say, some are slightly higher, slightly lower, hugely higher, hugely lower.

If you really want to get into it, the only place you have frequency is where you have form. The only place you have dimension is where you have form. So, ultimately, it is all you, but different variations in reality. I think that's the best way to say that. Different variations in reality.

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***You have in the past made reference to various astronomical bodies, such as Sirius, the sun, Capella, Venus when they served some purpose related to energy. To astronomers a constellation, such as Cygnus, refers to a general direction.***

Right.

***And it encompasses anything in that direction, from nearby stars to distant galaxies.***

That's correct.

***Are there specific stars or other bodies in or near the area of the sky called Cygnus—for example—which serve as the doorway or energy source you attribute to Cygnus? If so please describe them, or clarify what you mean by saying a constellation serves this purpose of a doorway or source of energy.***

It is the GPS locator, meaning you type in "Where is this energy coming from?" and it shows you Cygnus. And it's coming through it from the black hole in that general direction.

It's all about doorways. If a doorway is labeled "one" then only ones can go through it. Doorways are a frequency just like in Dragon Work or ritual. Portals are doorways. A black hole is always a doorway.

***So when you say Cygnus, you're referring to a black hole within that constellation.***

Precisely.

***I don't know that Cygnus is in the direction of the center of our galaxy. Is that the black hole you are referring to?***

No, it's not. That's different. Surely your science, your astronomers, don't think there's a limited number of black holes, do they?

***But there's only one black hole at the center of our galaxy.***

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# A Journey Through Love

by Paula Thomson

When I first heard Samuel in the spring of 1987, I had no idea how drastically my life would change, or how much I would learn about myself—not just my strengths, but my weaknesses, my fears and, yes, the lies I would tell myself and others in order to feel like I was in control of my world.

Lies?! Yes, lies. Many of us say, even without thinking about it, the things we want to believe ourselves, but I added to those some intentional ones—usually the “little white lies” that our society seems to accept as a norm. For example, I had a great fear of hurting people’s feelings, so I would “adjust” my conversations to make sure I didn’t cause anyone to feel uncomfortable or get mad at me.

Samuel’s teachings helped me see that my “people pleasing” actually arose from fear, and that my unwillingness to set boundaries or to risk offending someone was a way of running away from that fear. Instead of being confident and willing to take risks, I was anxious and sometimes even depressed. I didn’t want to admit to myself or others that I was not who I seemed to be, so each conversation became a mine-field as I tried to maneuver around the sore spots and things that might give me away.

But the great thing about having listened to Samuel over the years is that he has not only helped me face my “dark side,” he has also given me tools to heal those parts that haven’t been working quite right since I was a child. As I practiced Samuel’s instructions on how to compassionately confront, I came to realize that I could stand up for myself in a way that didn’t threaten others. Not only did my self-respect improve, but I gained the confidence to deal with others more honestly—without the lies.

Samuel has likened learning about ourselves to peeling an onion. Sure enough, just when I think I’ve got it, another layer pops into view. But Samuel’s tools keep coming to the rescue. Over the past year I’ve become more involved with our local Humane Society. As a result of making a donation, I got an invitation to one of their fundraising events, which led me to consider what other ways I could contribute to that work. Like probably ninety percent of the people there, the thought of actually working at the animal shelter made me shudder. How could I look at all of those abandoned and neglected animals without my heart breaking, knowing that some of them would never make it out? I would probably

come home with three dogs and a basket full of kittens—every week! I went home with the niggling suspicion—well, more like certain knowledge—that I was running away from a fear—the fear of emotional pain. But I had practiced facing my fears with Samuel, and that enabled me to drive over to the shelter the following week to help scoop out litter boxes and play with muddy dogs.

It wasn’t long before I realized that, as Samuel had said, my energy seemed to help the animals, and their response in turn helped me. The happiness I saw when I threw a ball for a dog that had been caged all night far outweighed the occasional downside or stab of pain at some sad situation. Having a cat purr and snuggle into my arms helped cancel out the tears over the one that would never find a home. Facing my fear and moving through it enabled me to do work that brought me not just joy but satisfaction about fulfilling my compact as a Guardian.

Of course, I did bring a dog home, but that’s a whole other story.

When I was asked to run for vice-president, the old fear popped up again, this time in the form of excuses—more lies, really: I was too busy, too involved with other things. But as I mulled it over, I thought about the leadership skills Samuel has taught over the years, and I realized that I knew how to set boundaries that would enable me to fit everything in. So I put my name up, and was elected.

Thanks to knowledge and skills I have gained from working with Samuel, I’ve been able to give our volunteers the two things they need in order to feel good about their work: respect and recognition.

However, the thing that has helped most has been consistently putting love in everything that I do at the shelter. I am able to go there consciously radiating love from my very heart. I think it’s why people sometimes say to me, “You are such a *kind* person,” or, “You make me laugh; you’re so much fun,” or, “It’s so much better since you’ve been helping to run things.” It’s the proof of Samuel’s teaching that what you put out you get back. The love, respect and recognition I give is returned to me many times over.

Of course, there *is* a down side. We now have four dogs and counting. But I’ve managed to resist the cats, at least for now.

Samuel’s tools keep coming to the rescue.



# PHOENIX PITTSBURGH INSTITUTE

Phoenix Institute/Pittsburgh, Inc. (PIPI) presents

## *Laughter, Love and Light!*

A preview of PIPI's upcoming events!

### *Thanks "Giving" Vegan Potluck and Silent Auction*

Share your gratitude for all that happened in 2012 while enjoying delicious vegan dishes during this delightful event. Please bring a vegan dish to share. During the evening, bid high and bid often at our Silent Auction!

When: Monday, November 19, 6:30 P.M.,  
Toning, 8 P.M.  
Silent Auction, 6:30—7:30 P.M.,  
Winning bids will be announced at  
7:35 P.M.

Where: Nuin Center, 5655 Bryant St., Pgh.

### *Green's & Berries Holiday Celebration*

As 2012 closes, celebrate this magical year with a delicious vegan dinner and wonderful conversation with old and new friends. Bring a vegan dish to share.

When: Monday, December 17, 6:30 P.M.  
Toning, 8 P.M.  
Where: Nuin Center, 5655 Bryant St., Pgh.

### *Winter Solstice Celebration*

The winter solstice, the ancient Festival of Light, is a magical time for PIPI. Please join us for this special celebration and please bring a vegan snack to share.

When: Thursday, December 20, following  
Toning, which begins at 7 P.M.  
Where: Nuin Center, 5655 Bryant St., Pgh.

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

Meetings are at 7:00 p.m. at the Nuin Center,  
5655 Bryant Street, Pittsburgh,  
unless otherwise noted.

OCT	1	Toning, followed by Healthy Living: Change Through Joy; Prosperity Table
	8	Toning, followed by Suggestion 6
	15	Toning, followed by a discussion of Samuel's Sept. 16 make-up meeting; Artist Table
	22	Toning, followed by a discussion of Samuel's group trip to Malta
	29	Toning, followed by a discussion of Samuel's interview in the Fall issue of <i>Phoenix Rising</i>
NOV	5	Toning, followed by a celebration of Samhain, Prosperity Table
	10	<b>Samuel's Pittsburgh Lifescapes Event</b> , 9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Drive, 412-561-2861; followed by lunch at Ya Fei Restaurant, 1980 Park Manor Blvd., Pittsburgh 15205, 412-788-9388 (see DiscoverSamuel.com for more information)
	12	6:00 p.m. Silent Auction bidding opens, followed by Toning at 7:00 p.m., and a discussion of Samuel's November 10 Lifescapes Event
	19	6:00 p.m. Silent Auction bidding until 7:30 p.m. Thanks "Giving" Vegan Potluck Dinner and Discussion; Silent Auction winners will be announced after dinner. Toning at 8:00 p.m.
	26	Toning, followed by a discussion of Samuel's November first-Sunday meeting
	DEC	3
	10	6:30 p.m. Vegan bake sale followed by Toning at 7:00 p.m., and a discussion of Samuel's December first-Sunday meeting
	17	6:30 p.m. Greens & Berries Vegan Potluck Dinner and Discussion, followed by Toning at 8:00 p.m.; Artist Table
	20	Toning, followed by a celebration of the Winter Solstice
	24	Closed for Christmas Eve
	31	Closed for New Year's Eve

## TONING

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

- Every Monday at 7:00 p.m. except Nov. 19 and Dec 17, at the Nuin Center
- Every Thursday at 7:00 p.m. at the Nuin Center
- Most Saturdays Toning will be held at 10 a.m. at the church building at 22nd and Sarah Sts. on the South Side.

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

## STEWARDSHIP

by Pat O'Malley and the Writers Gallery

Samuel has discussed the concept of stewardship with us over the years, most often as it pertains to money. He has questioned why we think the Universe will provide us with more money if we can't balance our own checking accounts, and he often gives us gentle reminders that if we can't appreciate and cultivate what we have, we and we alone will staunch the flow of prosperity. Apparently the Universe doesn't like mixed messages. The "I want more, please" vs. the "I wonder how those credit cards got maxed out" puzzle is ours to manage. It is, after all, our creation.

Stewardship is about our ability to responsibly manage the resources we have been given. For me this means that the mantle of stewardship I choose to take on (or not) covers everything in my life: money, relationships, time, my physical, mental, emotional health, obligations I agree to, communication with others, spiritual health, and the list goes on. I always think of my stewardship ability as an umbrella that covers my life. Whatever falls beneath this umbrella will bear the fruit of my efforts. Or not. The choices I make are mine, after all.

Because free will rules, it means we have choices, and those choices ultimately teach us about stewardship. Philomena Slater shares how the choices she made helped her hone her stewardship skills as they apply to money:

"My father used to always say, 'It is not how much money you make but how you manage the money that you have that determines whether or not you'll have money for what you need and want.' Consequently, I was always faced with the responsibility of prioritizing what I wanted or needed that required money.

"I remember shopping for new school clothes. My mother would show me the money that had been appropriated for my clothing, then off we would go to Penney's or Lerner's. As I would try on different outfits, my mother would give her feedback on the fit of the garments and their

overall practicality. Then came the reckoning—we would look at the price tag.

"The year that I was entering the eighth grade I had selected one dress that would cost the full amount of the money available for my school clothes that year. I deliberated and weighed my options. I would have to wear this

dress often and really enjoy it. My only other clothing would be those items that still fit from the prior year. I recall this as a turning point in my value system around school clothing. I realized that for the first time I would make my decision based on fashion, quality, and how the garment made me feel. I chose to have only that one item for school that year. I truly loved the way I felt each and every time I wore that outfit.

"I developed the belief that, as Samuel teaches

us, money is a resource, however bountiful or scarce, and I have stewardship over how it works for me, and what matters is balance and acceptance with my choices and the outcomes of those choices."

As Guardians, we may frequently find ourselves in positions of leadership, which can compound our stewardship responsibilities. For example, I am responsible for cultivating the growth on many levels of the employees that I supervise in my department. Over the years I have helped train and motivate, guide and, well... set some fairly strong boundaries with those I supervise. One person along the way has consistently shown that she is an excellent organizer and has been rewarded with additional tasks that give her more responsibility along those lines. What she isn't good at is having or setting healthy boundaries with others. She tends to throw innocent bystanders under the bus in order to save her own hide when she makes mistakes. This person is excellent at creating office drama, which is not part of her job description. After many review meetings with this person over the years, I realized I was going to

### 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 more information about Phoenix South, please e-mail PhoenixSouth@comcast.net.

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**Stewardship, p. 10** have to remove some responsibilities from her if she was going to stay in my department. Filing and organizing things behind the scenes may have been boring for her but it kept her away from others. If she can evolve, then so will her responsibilities. In order to be a good steward for my office, I needed to take action regarding a person who was not a good steward of her interpersonal skills.

Over the years, Samuel has helped me see that I really am a co-creator with Source. The Stewardship that was entrusted to me from the beginning shifted as my perspective did. My ability to move out of fear and into love had a profound impact on my ability to recognize and embrace my Stewardship. Moving out of fear and into love opens the door to greater understanding on all levels. Samuel says this is the time, living love is what we are here to do. If we can function in love and open doors, especially regarding Stewardship, so can others. Let us be the example the world needs to see.

**Samuel Responds, p. 7** Correct. And that was the primary galactic sun. It is a transforming star.

**Everywhere we look we see many galaxies, and at the center of almost all of them are black holes. So somewhere in the vicinity of Cygnus is the specific black hole that is the portal or the doorway to energy coming our way.**

Precisely. And what you want to remember or play with, think—about—is where is that energy coming through a black hole coming from? And I'm not going to answer that. I'm going to just let you play with it, because your science likes to think that holes just draw energy, suck it right in, everything flows into it, but it's two-way.

**Stephen Hawking pretty well established mathematically that black holes radiate.**

Lovely.

**It's been measured since then. There's a lot of energy coming out of black holes.**



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

*Samuel determines which ones get answered, but try to avoid "yes-no" questions as they usually get a "yes" or "no" answer. Samuel won't answer questions about who he is, or anything that puts the focus on him rather than the work.*

# Legacy of Love

You've experienced for yourself the way Samuel touches hearts and changes lives. You've seen how his practical teachings make change easier and a positive, productive and fulfilling life a reality. Wouldn't you like to see Phoenix Institute's work in Lexington, Kentucky, Samuel's home base, continue to transform the lives of future generations? Did you know there is an easy thing you can do to help that happen?

## *A Legacy of Love.*

It's easy to invest in the future of Phoenix Institute in Lexington by including a bequest in your will. Speak with your attorney or estate planner about wording that is best for your circumstances, but a very simple example would be, "I bequeath \$\_\_\_\_\_ (or \_\_\_\_\_% of my residuary estate) to Phoenix Institute, Inc., a Kentucky nonprofit, tax-exempt corporation, located in Lexington, Kentucky at 655 Lima Drive (mailing address: PO Box 12963), for its ongoing programs and for its continued development."





P.O. Box 12963, Lexington, KY 40583

## Festival of Light with Samuel

Sunday, December 23, 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

Monday, December 24, 6:00 p.m.

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.

# Phoenix Institute December Events

## New Year's Eve with Samuel

Monday, December 31

11:00 p.m. (Doors open at 10:30 p.m.)

Welcome the year 2013 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. Please bring a vegan appetizer or dessert to share at the potluck celebration afterward.

All events are being held at  
Phoenix Institute • 655 Lima Drive.