



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2013

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

***Some animals have worked with humanity for thousands and thousands of years, making us wonder if they have compacts with humanity, and if so, whether that has always been the case?***

I need to ask you, first, what do you mean by “work with humanity,” because being in the presence of humanity is not necessarily working with it; working with doesn’t always have to mean being a service dog. Second, when you say “some” animals, that doesn’t necessarily fit with the last part of the question about animals having a compact or not. For instance, domesticated dogs have a different compact than domesticated cattle, which have a different compact than zebras.

Every being, animal, plant or mineral, has a compact, not with humanity but with its function within the Plan. So the question that you want to ask is, What animals are specifically here to work with humanity as a means of completing their compact within the greater Plan?

***And if we were to ask that, what would you say?***

I’m going to use the terms “level one” and “level two domestication,” level one being a direct and personal contact with humans, as opposed to level two, which is being around humans, working with them but not individually—the difference between a dog or a cat at level one and a dairy cow at level two. Domesticated creatures at level one have a very specific compact, but usually that compact is soul to soul, with an individual. The group soul of Royce [David’s German shepherd of years ago] still comes through for *you* because there is a compact there.

In America dogs and cats are usually pets; reptiles, fish, birds and certain rodents are sometimes, but not as much. Some creatures have come far enough on the evolutionary ladder, energetically speaking, to have an opportunity to individuate, such as dogs and cats, but lizards, for instance, even as pets, are very “group soul” and pretty far from individuation. Parrots are not so group soul and are very capable

of individuation. Creatures like lizards won’t have a compact, whereas the ones that can individuate do. Keep in mind that when I say “can individuate,” I’m not saying they necessarily will.

Until the working that was done in India for creatures and the plant kingdom, that individuation wasn’t even possible. Being two steps below is not the same as being equal to, but two steps below is a whole lot better than ten steps, if that makes sense.

***Would it be different for a parrot that lives in the jungle in Brazil in a group of parrots than for a parrot that lives in someone’s home?***

No, although it is by far likelier that the creature’s frequency is going to be much higher from being around humans, particularly if it’s a Guardian. But it’s like Guardian trees, certain creatures have a higher function than others.

***Just as there are geniuses among the Bushmen, but they don’t get opportunities to develop that genius.***

That might be a good way to say it.

***I’ve always thought that a group soul as a whole sort of fractured into individuals at individuation, but now I’m seeing that a single entity within the group soul steps outside of the group soul. Or is it that individuation actually separates it from the group soul?***

Individuation separates it from the group soul, yes.

***What’s the spiritual purpose of the animal kingdom?***

One of the greatest lessons that humanity has is about compassion to one another. It’s all a part of living love. And probably the biggest purpose of the animal kingdom is to provide an opportunity for humanity to learn to express compassion. Being able to feel compassion and, even more important, love for the lions in Africa or the dogs on your street is *huge—huge!*—because human intolerance tends to want to make anything outside of itself less than, especially something that has fur instead of skin and

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four legs instead of two, and is so totally different. And “different than” plus “less than” equals “can be abused,” which is not love.

Paula, you might have noticed it with your work with the Humane Society and maybe readers have noticed it too, that now there are many more horrifying instances of animal abuse at one extreme and a growing awareness about it at the other extreme. Change is happening within the kingdom itself, and

*How somebody takes care of the creatures is absolutely a signal of where they are spiritually.*

that’s causing the typical human to have to make a decision as to how they want to see the creatures. Well, if they’re low-functioning humans then they’re going to see the creature as less than and its life as not worthy of respect, and they’re going to be more prone to abuse it, by neglect or in other more obvious ways.

Compassion requires a recognition of a certain amount of equality, and that’s why it’s so *huge* for humanity.

What do you think is easier, to have compassion for another person or compassion for a creature?

**Compassion for a creature.**

*It’s a toss-up, but easy? I’d have to agree.*

It’s a trick question because it depends on the individual. I would say theoretically it should be easier to have compassion for another human, but realistically it’s easier to have compassion for something that you consider is already “below you,” and that’s not the kind of compassion you need.

So it brings up all kinds of serious spiritual issues. How somebody takes care of the creatures is absolutely a signal of where they are spiritually.

***That was an interesting question. What came to my mind was that what interferes with compassion in humans is often that judgment of” they should be doing this,” or “why aren’t they taking care of it themselves?” whereas with the creatures, it’s easier to be paternalistic.***

They’re helpless.

***The times I feel most compassion for a suffering human being is when I get in touch with the fact that much of their experience and difficulty is voluntary. I mean much of it is part of what they have accepted as their life lesson. Rather than feeling pity for somebody in a wheelchair, I feel compassion mixed with respect for the challenge they’ve taken on and the lesson they have set out to learn.***

That’s a pretty unusual attitude though. It’s a *great* attitude for a Guardian, but it’s an unusual attitude, because most people deal with that “anything outside of myself is less than,” and that judgment that you’re referring to. Are you saying creatures don’t have that same choice to take on challenges?

**Right.**

It’s true, they don’t.

***And often their plights are the result of our actions.***

That’s right.

***How does compassion relate to euthanasia in order to control population of a species as encountered in an animal shelter, or hunting as a way of controlling a wildlife population, even to killing elephants where they’ve overpopulated? Could you speak to the ethics of that?***

There are a lot better ways to control a population. Low-cost or free voluntary spaying and neutering for domesticated animals; relocation for wild animals. But think for a moment—there are so many deer because humans are taking up their space. Maybe it’s the humans who need some population

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Manuscripts and correspondence are welcome. Send to the editors at

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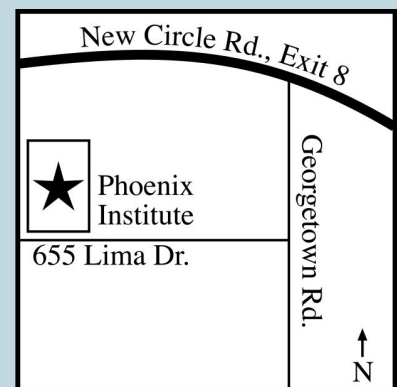
or e-mail to

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

- 6 Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 13 Discussion of Samuel's Jan. 6 message
- 14 The Guardianship Program (details and time on p.11)
- 20 Discussion of Samuel's interview in the Winter issue of *Phoenix Rising*
- 26 Samuel's Atlanta Lifescapes Event**  
9:30 a.m.–1:00 p.m. (see ad p. 8)
- 27 CommUnity Vegan Potluck and Imbolc Teaching  
*A feast of unity and community; please bring a vegan dish and list of ingredients to share.*

## FEB

- 3 Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 10 Discussion of Samuel's Feb. 3 message
- 16 Samuel's Pittsburgh Lifescapes Event**  
9:30 a.m.–1:00 p.m. (see ad p. 8)
- 17 Play Night  
*Come to a night of relaxing fun playing board games with your fellow Guardians.*
- 23 Samuel's Lexington Lifescapes Event**  
9:30 a.m.–1:00 p.m. (see ad p. 8)
- 24 Discussion of the Lexington Lifescapes

## MAR

- 3 Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 10 Discussion of Samuel's March 3 message
- 17 CommUnity Vegan Potluck and Spring Equinox celebration  
*A feast of unity and community; please bring a vegan dish and list of ingredients to share.*
- 24 Financial Responsibility  
*Positively impact the world through the conscious management of your money.*
- 31 A Being of Spirit  
*You are a spiritual being having a human experience. Come and share the ways that you consciously apply Samuel's teachings in order to lead a spirit-led life.*

## T O N I N G

- 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. This toning may be held at Phoenix Institute when necessary. Please see the monthly calendar to confirm the location.

checks!

I think that there are options that are not being looked at, or not being taken into account, that could be. I do not advocate, by any means, a population becoming so dominant that there aren't resources for them, but what hunters say is their reason for killing is not necessarily the truth. I'm not much for encouraging predatory instincts in already violent humans.

***Brief aside: in the past you have said that human overpopulation is not a problem.***

No, I've said that the earth is capable of providing the resources for a greater population, but the fact of it is you're not making use of those resources in good ways. You're greatly abusing the way the land is used and its productivity.

***What is the effect of things like factory farming and the use of growth hormones on the animal kingdom?***

On the animal kingdom itself, not much except where it involves changing genetics. Wild turkeys still look like turkeys, but domestic turkeys often cannot walk because they have been genetically changed into these *huge* meat machines with breasts that are so heavy the birds cannot hold them up. There is more damage being done to farm animals in the United States than anywhere else in the world. That's the bad news, and it's horrible news. Fortunately, it's one of the few American things that hasn't spread out to Europe and become adopted as the norm for the West, at least not at the level it is here.

***Is there karma involved for humans that use animals that way?***

Oh, absolutely!

***It goes back to the compassion issue again. They're being treated as objects, like pieces of wood.***

But there's karma in your treatment of wood—the plant kingdom—too. I can cut up this tree so I can have a place to live, and not ever look at alternative materials, and just keep doing what I want because I need it and I feel I have a right to do that. But that doesn't mean that I'm not going to get the karma for it.

What do you think the karma is for buying into "it's okay to abuse creatures"? And you can pick any number of ways it can be done; let's say killing cattle for meat to eat. The karma is in *relationships*.

Let's see if I can make this make sense without scaring people too much. I wonder if Guardians who have moved to a vegan next page

diet have noticed that their relationships with each other as a whole are changing—hopefully for the better. That is because, as your bodies are finally becoming rid of even the cellular taint of the deaths of these creatures that are eaten, your ability to relate to others changes. And your ability to communicate with the creatures—be they wild or domesticated—absolutely changes, too, when you’re no longer eating animal products.

But what about vegetarians, who are still getting eggs and dairy products like cheese? Creatures smell that on you, and it creates a conflict. But the greatest issues are conflicts in those interpersonal relationships going on during that time. I hope that this is making sense because it’s so important. With a vegan, conflict isn’t the issue; it is an issue of respect, your respect for each other as opposed to fighting about something. It becomes more about your treatment of one another on a day-to-day basis, the respect that you show. How you treat the creatures is how you treat each other.

***And you’re not just talking about Guardians.***

No, I’m talking about humanity.

The animal kingdom is neck and neck with the human kingdom. That’s why you shouldn’t be eating animals; they are too close to your own system; it causes too much difficulty within your own system. It’s too much like eating each other.

***It seems that companion animals, like cats and dogs,***

***have a healing effect on their humans. For example, people who keep pets live longer. What is the nature of that healing process?***

Well, of course, that would be a part of the compact wouldn’t it? You know that there are creatures nowadays with the ability to sense—literally smell it or see it—disease or the change in your smell that disease creates. They’re being trained to act on that. I love that.

***I just did an article on that. There is a dog from our Humane Society that is owned by a diabetic and is able to actually be more accurate than her Glucometer in telling her when her sugar is off.***

And this is an example of the compact with humans—to serve and help. Mind you, the compact humans have with creatures is to serve and help, too. Ideally it goes both ways.

The unconditional love that a dog gives is a different kind of healing than the love a cat will give. Remember I have said that a dog teaches you to accept unconditional love, and a cat teaches you to give that love unconditionally. What do you think the difference is? The answer is that the cat’s healing ability comes with the opportunity it gives the human to serve and give and fulfill its commitment to the creature.

So many people hold stress and illness in their body because they’re not doing what they’re here to do. I don’t mean that the only thing you’re here to do is help the creatures, but that’s a part of it. When you have a cat, that cat might be really loving and friendly, but it’s pretty much always on its terms, isn’t it? To give to that cat what it needs, and to love it and give it a place in your home and your heart, even though it’s going to be on its terms, changes you. I’m going to make a very wild statement here: people who have cats can be changed for the better faster than people who have dogs.

***Changed meaning healthier?***

They can become healthier, happier, more complete faster.

***Because it takes them outside of themselves more?***

Takes them outside of themselves more, yes, because it’s a part of that giving. Giving opens you up to receiving more than just trying to receive does.

So along with creatures actually being trained to let you know there is something going on with you, sensing low sugar levels or cancer or oncoming seizures—things they are capable of doing naturally but can be being trained to do so as to make it really useful—simply their presence in your life and in your heart creates changes in you that lead toward that greater health in a big picture. That can help you with your diabetes and help you with the rest of your life.

***What about the feeling a person can have that an animal has found them? This woman whom I interviewed went to the Humane***

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**Pre-Lifescapes  
Breakfast  
February 23, 2013**

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 at the break.

Breakfast—\$5.  
Unlimited coffee, tea, and juice—  
only \$2.

***Society shelter and felt that she was found by the dog she eventually adopted. Is there something that attracts an animal to a particular human, or are we fooling ourselves when we think we've been "chosen"?***

A high-frequency creature can have a compact with a particular human. It's what I mentioned earlier when I spoke about your connection with Royke. That connection is there for *you*, and shows up in whatever creature you have when you have that need.

To move it into a broader picture, just as with humans, where there can be a chemical connection or a repulsion, so it is with creatures. But with high-frequency creatures, even more than the chemical connection which says, "We would get along well; we would make a good connection; choose me," there is the spiritual connection, the energy connection: "Our frequencies work together well." Not at the same level, but the complementary aspect of it. So, on both of those levels, absolutely, you can be chosen.

And then there is the third, odd little connection, and that is when there is a familiar. There you have absolutely been chosen, but for a particular purpose and for a particular amount of time.

***What's the nature and the origin of the consciousness that a familiar acquires by becoming a familiar? When does an animal become a familiar, and why does a particular animal become that familiar?***

The first thing you need to remember is that the process you're talking about is energy channeling through a creature. It's energy that has a specific purpose for a specific person. It might be, for instance—just to get people thinking—one of a Group of Twelve that has a specific work to do and comes to help in that way. Now, that's a really unlikely situation, but the idea is that it's an energy presence there to serve. So don't think of it as "a really elevated cat comes into my cat." It's also not a human coming into your cat. It's a force of energy with a specific function to benefit that human.

***Is this awareness an aspect of the animal group soul, or does it stem from some other source or level?***

It's from a different source and a different level altogether. Familiars aren't typical. It's a rare thing. Interestingly, it tends to be Guardians that are able to draw an energy that is capable of channeling through a creature. The question you've not asked—and maybe you're going to—that I think is by far more interesting, is, Why can energy forget what it is and get trapped in a body? How does that happen? *Why* does it happen?

***And is it harmful for the animal or the group soul?***

I only *help* the Form; she is the channel of my energy, and any energy force working through a creature will only help that creature. The danger is in the energy's being in that body so long that it gets incorporated into the systems of that body. I *use* the Form; I am the pilot in the cockpit; I am able to see what she cannot because I can activate the brain in

ways that the body itself cannot do. But if I were here all the time, the body would begin to wear down—any form would begin to wear down, burn out—and as that happened the body would then stop fighting it and start incorporating it, for survival.

So I would be better able to use the form; the form would be less able to resist me. But if that were to happen it would damage the form. So rather than allow that damage to happen, the body starts incorporating it.

So you've got a cat. And you've got this energy that has a particular function that is there to do a specific job. It's there twenty-four hours a day, not just occasionally going in and out, as I do. And although the cat's body starts out being stronger because of it, it will start slowly getting weaker. If that energy's job isn't done, it's going to stay there, and eventually the body incorporates it. When the body incorporates it, it's very much like what happens when you come into this earth: you've forgotten what you are, and you think you're human, and you function and think and act like a human and even die like a human. When that incorporation happens, the spirit energy becomes bound into that form until that form dies. Then it's released.

***Is there harm in that process occurring?***

Yes and no. It's very harmful to the energy, because it's stuck, eventually to the point that it's stuck without a function. When it no longer has a function, it starts becoming just a cat. And it's harmful to the cat—or the dog, or the horse, or the pig, or whatever—until the body incorporates it, because the body is using energy fighting this invader. Now, your body is fighting invaders all the time, and you don't really notice. Most creatures would not really notice any kind of change, but the energy itself does.

Like I said, familiars are rare things, but may not seem so rare because Guardians tend to draw familiar energy. Any harm is temporary and the energy is eventually released, but until then the process of dealing with a constant extra energy creates problems.

***Speaking about relations between an individual animal and a human makes me wonder what can lead to a sudden reversal in that relationship, or even the relationship between two animals. Our dog Rosie suddenly turned on one of our other dogs, Winston. What's going on there?***

You're dealing with primal mind versus soul. Herd instinct. Pack instinct. Rosie was being a dog. Winnie is old and doesn't accept a challenge, and Rosie was saying "I can beat you." It was a dog thing.

***What do you mean doesn't accept challenge?***

Winnie sees himself as the respected elder, and feels he should not be challenged.

***Right, even though he can barely walk anymore.***

And he lost the challenge.

But the other example is dog on human,

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where just out of the blue, the dog goes crazy and attacks. That has to do with an associative response to abuse which *could* be a food issue or a health issue. Let me explain what I mean there. Your dog's domesticated survival depends upon you feeding it what it needs to live. It doesn't go out and hunt often.

The typical dog gets fed some kind of processed food that, when it's low quality, is often made up of animal scraps that can include dog or cat.

**Ew.**

Well, the better ones don't, and the good news is that humans in this society are getting more aware and paying attention to what's in the food and to what's going on behind the scenes. But still, the cheaper foods are made from—there's probably an official word for it—the leftovers, the things that humans won't eat.

**Offal.**

When a creature relies on you to keep it alive and what you are feeding it is not doing that, it's going to go into survival mode, and for some that can mean that the pack alpha—the human—is the threat. So it thinks, If I get rid of you, or this ten-year old who isn't giving me the nourishment I need, then I will be free to get what I need on my own.

When an animal gets food that has meat of its own kind in it, that creates a brain problem, the same reason that cannibalism among humans isn't a long-term thing.

### ***Do you mean in the physical brain?***

Yes. You're not designed to eat yourself, and when you do it breaks down the brain. And if you have a very protective species anyway—Standard Poodle, German Shepherd or Doberman Pinscher, or any of those—Chihuahua—and it starts losing brain function, it gets psychotic just like a human does, and when it gets psychotic, everyone is in danger. People don't realize that feeding bad food can be a dangerous abuse, like beating on them.

***What happens when an animal, especially a highly intelligent animal like a whale or a dolphin is in close proximity to humans? Researchers found that a whale was mimicking human speech, and they even determined how it was doing it, by controlling the airflow. Is it intentional? Is the whale actually trying to figure out a way to communicate with humans, or is it just mimicking sound like a parrot might?***

All of the above. But remember, developing any kind of language is about giving the proper response and then getting feedback. Any kind of training is about that. So, you have these dolphins in the ocean that are hearing all of the noise created by—gosh, there are so many things in the ocean now creating horrible noise, but let's say radar or sonar, and the dolphins start making that same noise. They're not getting any feedback from it, so it just becomes one of the noises they can make. But you've got this whale that is in a research facility and has very regular human contact, humans constantly talking to it, and the whale is clever enough to recognize that it's a kind of communication. It's not *its* version of communication, but it gives it back a little bit and gets encouragement: "Oh, sounds like it's talking." And it gets encouragement to the point that it creates the recognition in the brain that says, "Ah, language. This sound has this meaning."

Why would anybody think that a sea mammal would be less intelligent than a land mammal? If you can teach a monkey to communicate, why can't you teach a dolphin or a whale to talk? Well, the main reason is that they're not built to create your language, just like speaking Croatian would be very hard for you because a whole lot of what's being said requires tongue and palate and throat sounds that you're not used to making. But with practice you *can*. The creature has more limitations. But it's all about motivation with any training, anytime. So, if that creature is motivated enough and it gets the feedback of what's going on, it can create at least what sounds enough like language to be able to get some basic communications across. By far, it's better to communicate psychically than vocally.

***There are some species that are in decline because of things over which we seem to have no control, such as bats with white nose syndrome or colony collapse disorder in honeybees. What, if any, is the common factor underlying these various issues?***

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CommUnity Vegan Potluck  
and  
Imbolc Teaching  
Sunday, January 27, 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 Imbolc prior to the meal.  
Phoenix Institute • 655 Lima Drive

Humans. You're taking over their natural territories, their natural food supplies, the cycle of life that they live in and if they cannot adapt they're going to die off.

Honeybees, hive collapse, has more to do with the pesticides that your factory farms are putting out in such clouds, and the plants that are being sprayed being so changed that the vibratory rhythm of the bees is disturbed.

***Changed genetically?***

Yes, plants so genetically different from what they originally were like that the bees' rhythm is affected. Bees are all about rhythm.

***But even something like the fungus that causes white nose syndrome has its roots in human activities?***

The creatures are weakened, and something like a fungus that has always been around affects masses instead of a select few, because they are so stressed from the changes going on in their world. You'll still have that same thing out in the New Mexico desert, in a canyon, in a cave hundreds of miles from any human, because the change that humans have made has a far-reaching effect.

Is it right to say the humans have a greater right to be here because they are the higher creature? There is something to be said for that, but right now there's too many humans, and they are unthinking and unaware of the damage their presence is doing. They are not using resources wisely, and they are not taking into account the rest of the world: animals, plants, minerals, and humans. And all suffer because of it.

***I just read that there's discussion in China about lifting the ban on [more than] one child. What would be, the environmental implications of that? They have a stronger, more stable middle class now, but that middle class is soon going to be using more resources, and that stress will be put on the environment.***

China has a lot to account for—a lot. You should take note that their Golden Age was back when there was, by far, fewer people and by far more land.

***Do you expect food production to be affected by these declines, or other pressures to arise?***

It already is. You're going to find the results of it in every part of your life, because you can't throw a rock in the water and not have waves. You cannot create havoc in one part of the flow of life and not have other parts affected. The decline of bees alone is having a massive effect on farming, but also on the products that come out of sharing a life with beehives. It's tentacles. And they go far and they go deep.

***Given that there are many endangered and almost extinct species, should we be striving to save them, or should we accept this as a natural evolutionary process, even though it's being caused largely by humans?***

Both. There are some that are too far gone to help. What is done to try to protect a few isn't going to make a difference. For a body that's gone into total organ failure, there is a

point of no return. Well, this is kind of like complete organ failure within a particular group. There is a point of no return. It's not going to work. The energy behind that blue-print is gone.

However, not looking at the ideal, which would have been correcting the problem a couple of hundred years ago, rather than now, I would say that if what humans did before they jump in to save a creature, a species, is to know that there is habitat capable of maintaining them—if that's the case, then by all means, save them, even if it's going to make it harder on the humans.

If habitat is not going to be available in the real world, then there are going to be consequences in the larger picture, for instance, the insect is food for the bird that is food for the . . . and on and on and on it goes. When you take a piece of that out, what's directly below it is going to expand into the vacuum. So you let this bird go, and you might end up overrun by mice or cockroaches or whatever because of that. There will be consequences. If you're willing to deal with the consequences and there simply is not space, then what can you do in this real world?

Do I like that answer? No. Is there an alternative? Of course. But is the alternative realistic, considering where humans are now?

***What happens to the group soul when a species goes extinct?***

One of two things: it continues or it stops. [smiling] Remember that energy never ends and that you're dealing with a group soul you're not dealing with individuation. The energy of a group soul will move to its closest frequency.

I don't see any instances where domestic creatures are being allowed to go extinct.



*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.*

# The 2013 Winter Lifescapes Events

## Repatterning Your World

*"Early 2013 will be pivotal, not only for the planet as a whole, but for you, personally. How will you re-build your world? What actions can you take that will support your physical self, stabilize your mental self, and strengthen your spiritual self? What can you do to restore trust and passion so you can get excited, get going, and get down to work?"*

*"Because you are not who you were, nor what you are becoming, orienting yourself in a place of power is vital to the demands this new year will bring your world and your life. By enhancing the tools I have given, you can be prepared on all levels for 2013."*

*Samuel*

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

### Atlanta Jan. 26

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. 16

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 Feb. 23

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 **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:

Atlanta  Check  MC  VISA  Discover  AMEX  
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) (\_\_\_\_) \_\_\_\_\_

#### Atlanta & 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 . . .

**Please explain why Helios-Vesta had to become Vesta-Helios after the Fusion of Masculine and Feminine.**

It did not *have* to change. Here's an example: David and Paula, you are two individuals working together to create this newsletter. But say that David gets sick, so Paula puts a lot of the issue together. Now you might say it is Paula and David who created it. In the same way, Helios is the physical sun, and Vesta is the spiritual sun, but after that merging, Vesta—the spiritual—is the lead, even more important than the physical sun itself.

**The working in Malta focused on oneness and unity. How will our relationship with the other kingdoms change because of it?**

There are pieces of that question that make it hard to answer. Who is that "our"?

**I think the question is about Guardians.**

A Guardian is not likely to see any change, because the big change for Guardians came at the India working, where the animal kingdom itself changed to another level. Also, the oneness is a function of healing. I really hope people understand that: that healing must occur for oneness to happen.

**That's why we say wholeness.**

Healing-wholeness. So, this Dragon's work has to do with healing, and I don't see how even a Guardian would notice that.

**Given that previous workings have resulted in chaos in the areas around where the Dragon we were working with was raised, how will the most recent working affect the European Union and the civil unrest in the Middle East?**

Well, I don't know. And I have to say that I hope Guardians are taking that as a need to be sending constant energy to try to tone things down and avoid the chaos. I don't see the European Union being affected as greatly as the Near East: Turkey, Lebanon, Syria, and parts of Israel. All of these are very hot right now. On the other hand, if *healing* were to be the strongest energy they are getting, then that could be a very powerfully positive change.

**So if in the love circle at toning we always said we are sending healing wholeness to that area, that would help.**

Yes. Lovely. Absolutely.

Raising a Dragon is always risky.

**During the trip to Malta, you said that Gozo was an Atlantean outpost or retreat. Please explain how the raising of the Mediterranean Dragon will affect the healing of the abuse of power in Atlantis and what, if anything, Guardians**

**need to do to complete that healing.**

I really don't see it working that way. As I said in my questions and answers for November in a question that was somewhat like that, in that it's about power—the use of power and the great abuse of power and the Guardian using power in the right way—all of that. But it's not . . . you're not going . . . Let me start again. A Dragon seeded to the frequency that is "now" is not going to have an effect on a frequency outside of this time, this earth, this experience, this part of the experiment. There's just too much difference.

**In Malta you said that no other Dragons had the negative possibilities that the Dragon of the Mediterranean does. Please explain further.**

Well, I think I explained that when you asked the question about it also brings chaos, and it's a Dragon in an area that's already in chaos.

**The working in Malta was done twice, first with your help, then without it. Please explain why the ritual had to be done a second time without your help.**

What happened was I realized that I was causing the frequency to be too high to match the seed, and that was because the group was in such a good state of oneness that they had a very high frequency going already. I was just pushing it over the top, not in a good way—too much—

## CommUnity Vegan Potluck and Spring Equinox Celebration

Sunday, March 17, 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 the Spring Equinox  
prior to the meal.

Phoenix Institute • 655 Lima Drive

and that's as useless as not enough. So if I backed off and they could maintain that high frequency, then that would probably do it. And as it happened, it did do it.

Now, that's why I wonder if that means that the group might be capable of at least trying to see if the frequency can still be matched without having the benefit of being right at its location.

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***In the recent Malta and Pittsburgh rituals, the Star Weaving had one difference from the way we had always recited it during toning: there was no pause between "I AM" and "a manifestation of Christ Consciousness in the world." Please explain why there was no pause then but there still is when we do it during Toning.***

Stop doing it during Toning now. Say it without that pause.

***Oh! Okay.***

This isn't going to be a very helpful answer because it's just that you've gotten into the habit of doing it a particular way and it really doesn't matter either way. The "I AM" statements are very specific: "I AM," and then you're going through the functions of Source, and then you're going through the manifestations of energy. But when you get to that very last one, it's a result of all of the others. So rather than it being an "I AM" statement, it just happens to start with "I am." So, to try to make that point, I asked that you not put that pause in there, so that you get the sense of "Having done all of this, I am a function of Christ Consciousness in this world."

***That makes me Christ Consciousness?***

Exactly. So it's just everything but that one. So pause with each statement except that last one.

I will say that people take the Star Weaving for granted and don't really pay attention to what is happening there, but it is a *powerful* thing. Together, those statements say "This is the process of Creation to the completion of the Plan."



*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.*

The mark of a Guardian is serving even if you don't have free time — setting it up in your life as a scheduled commitment no different than if you took on a second job.



## 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.

# Samuel's 2013 Guardianship Program

*"The 2013 Guardianship Program is intended for the hybrid being you are becoming. It has been designed as a response to the influx of transformative energy coming to Earth at this time, and to create ways to amplify what your special energy needs for your highest function during this crucial time." —Samuel*

For your greatest success as a Guardian, your hybrid self must be adept at working as part of a team while becoming stronger as an individual. To that end, this program will provide opportunities for "spiritual activism" (global and local) and demonstrate how you CAN make a difference by showing you ways to:

- Recognize and use your gifts, talents, and skills
- Understand and strengthen your pattern of successes
- Recognize and change your pattern of difficulties
- Incorporate a healthier diet and specific exercise for better physical and spiritual health

**DON'T  
MISS  
IT!**

**DATE:** Mondays, January 14—March 18

**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.

To preregister, please complete the information below:

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

E-mail address: \_\_\_\_\_

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

Mail preregistration to:

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

# PHOENIX INSTITUTE PITTSBURGH



Phoenix  
Institute/Pittsburgh,  
Inc. (PIPI) presents

## Spring Equinox Celebration

Celebrate the Spring Equinox on Thursday, March 21 with your spiritual family. This wonderful event celebrates spring's awakening, balance and new life. We hope to see you there!

When: Thursday, March 21, 2013,  
following the 7 P.M. Toning

Where: Nuin Center, 5655 Bryant Street,  
Pittsburgh

## Vegan Bake Sale



Join us for PIPI's Vegan Bake Sale. Purchase tasty vegan desserts to help satisfy your sweet tooth! These cookies, cakes and pies help remind us why a vegan diet tastes so good!

Where: The Nuin Center, 5655 Bryant Street,  
Highland Park, Pittsburgh

When: Monday, March 25, 6:30-7:00 P.M.

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

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

### JAN

- 7 6:30 p.m. Toning, followed by a discussion of Samuel's January first-Sunday meeting, Prosperity Table
- 14 6:30 p.m. Toning, followed by The Guardianship Program orientation and opening night
- 21 6:30 p.m. Toning, followed by The Guardianship Program
- 28 6:30 p.m. Toning, followed by The Guardianship Program
- 31 7:00 p.m. Toning, followed by a celebration of Imbolc

### FEB

- 4 6:30 p.m. Toning, followed by The Guardianship Program, Prosperity Table
- 11 6:30 p.m. Toning, followed by The Guardianship Program
- 16 **Samuel's Pittsburgh Lifescapes Event**, 9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Drive, 412-561-2861; followed by lunch at Loving Hut Restaurant, 5474 Campbell's Run Road, Pittsburgh, PA 15205, 412-787-2727 (see ad p. 8)
- 18 6:30 p.m. Toning, followed by The Guardianship Program
- 25 6:30 p.m. Toning, followed by The Guardianship Program

### MAR

- 4 6:30 p.m. Toning, followed by The Guardianship Program, Prosperity Table
- 11 6:30 p.m. Toning, followed by The Guardianship Program
- 18 6:30 Toning, followed by a celebration of the Vernal Equinox, Artist Table
- 25 6:30 p.m. Vegan Bake Sale, followed by Toning at 7:00 p.m. and a discussion of Samuel's March first-Sunday meeting

### T O N I N G

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

- Every Monday at 6:30 p.m., unless otherwise noted, prior to the meeting 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 on the corner of 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.

Revitalize your body ♥ Rejuvenate your spirit ♥ Rejoice with your spiritual family

# Phoenix Institute's 2013 Gathering of the Tribe with Samuel

April 18-21

Boone Tavern, Berea College

**\$235**

(\$265 after March 18)  
Price does not include lodging.

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

- ♥ 4 days with Samuel
- ♥ Daily group Tonings
- ♥ Socializing with Phoenix friends and more!

#### 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 50617, 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!

**PLEASE BRING** something to give away that represents you.

#### FOOD:

In order to help keep your costs as low as possible, meals are NOT included in the registration cost. There will be limited vegan options offered by Boone Tavern. You may choose to bring a cooler and your own food. There are also a couple of restaurants in Berea that will have the capability of vegan options. One will have a daily vegan soup. Pizza is available at the other if you would like to bring your own vegan cheese for a pie. The pizza crust is not gluten free.

Welcome Spring with your spiritual family!

See you at the Retreat!

**TO REGISTER:** Mail your registration and check or credit card information to **Phoenix Institute, Registrar, PO Box 12963, Lexington, KY, 40583**. Partial and early payments will be accepted; however, in order to qualify for a pre-registration discount you must have paid in full by March 18. **The Early Bird Retreat price is \$235. The price is \$265 after March 18, 2013.**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_  
e-mail: \_\_\_\_\_

Please check your method of payment: Check \_\_\_\_\_ Credit Card \_\_\_\_\_  
Card Type: VISA \_\_\_\_\_ MC \_\_\_\_\_ Discover \_\_\_\_\_  
Card #: \_\_\_\_\_ exp: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

*All future communications regarding the Retreat will be by email unless you clearly request otherwise.*

**Discounts & Cancellations:** To receive a \$30.00 discount for early registration, your entire payment must be received by March 18. If you must cancel your registration, please inform the registrar by leaving a message at (859) 231-8449. Your cancellation will be considered received as of the date of your phone call.

# SOUTHERN LIGHTS

## ENOUGH, ALREADY!

by Dina Shadwell

Samuel tells us that as long as we are Spirit wearing this human costume, we will continually face issues of feeling as though we're not enough—not good enough, not smart enough, not rich enough, not spiritual enough, not fill-in-the-blank enough. And, like an onion, these issues will continually get smaller or easier to manage the more we work at peeling away their layers. For me, this not-enough issue has shown itself in a myriad of ways throughout the years, but one of its most obvious manifestations has been through food and body issues. And although my inner child—that chubby, insecure, unpopular 11-year-old—mostly lies sleeping now, every once in a while she wakes up to remind me that I still have layers to peel.

I recently had the good fortune of being cast in a play—a small but funny role in a British bedroom farce, with a talented ensemble and director. It was only after I was hired that the director told me, by the way, that the script called for me to appear in my underwear. Now, I'm in my mid-forties and in pretty fit condition, but even in my twenties, I'm not sure I would have leapt at such an opportunity. In fact, the last time I was called on to appear in a tiny costume, I was in my twenties. It was an extremely clingy, little black dress. But at the time, my inner 11-year-old woke up to tell me that I was not "sexy enough" to wear that dress, which led to a bleak period of near-anorexia and full-blown bulimia. But that was two decades ago! I was light years away from that girl, thanks primarily to Samuel, who has reminded me that I have value in this world whether I'm on stage or off, regardless of what costume I am wearing. So surely I could face this newest challenge. This underwear moment was supposed to be comedic, after all. I know funny! I'm up for this! So I pulled up

my big girl panties (literally) and jumped bravely in.

Rehearsals were going well. We didn't deal with the technicalities of the underwear moment until a few days before opening, when costumes were added. The director was a friend, someone I trusted to not let me make a fool of myself. And he reassured me that he would not. My com-

fort was essential to him. So we worked out the moment: on my final exit, the towel I was wearing would drop to the floor, revealing, at the last possible moment, my backside in a pair of British flag underwear. Comedy gold, right? We'd find out once our first audience was in attendance.

First preview night, the theater seats were filling up, the show began, and I was doing fine. There was no turning back at this point anyway. I'm fine. Really. Here we go.... Towel drops, underwear flash, big laughter, lights out, curtain call. It worked! And then, on the drive home...the

meltdown. "Oh my god, what am I doing?!?! I can't show my fat bum to all these strangers!!!" I was doing just fine while I was in my safe rehearsal cocoon with my trusted director. But then the audience had to show up. Samuel's onion metaphor immediately came to mind. "I thought I had worked through this stuff! Really? You're going to show up again??? It's been twenty years!" Obviously, I had another layer to peel off.

So following Samuel's advice of getting out into nature for some grounding, I took my panicked crying self for a walk through my favorite wooded park. I called on Samuel and all the energies that work with me for the highest good to help me get through this, to show me what I need to know. And then I brought my mind into the present moment. The smell of the woods was familiar

next page

### 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, January 28.

(See the ad on page 8)

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

*Enough* and comforting. The trees were beautiful. I noticed each one as I passed by, and I felt gratitude for them. And then, as if the trees were speaking directly to me, it hit me: each of these gorgeous trees is unique. Each one has its own beauty. Trees don't go around judging themselves and each other as being too fat or too tall, not branchy enough or barky enough. I laughed out loud at the notion of a tree fashion editor dictating that "leafless is OUT this winter!" Trees just are what they are: a unique expression of Source in this world. So I determined to merge with the tree kingdom, calling on their strength to just be what I am today, to accept my form as it is. What's the worst that could happen in this situation? A critic writes that the whole play was ruined by Dina Shadwell's derriere? Not likely. Enough with this beating yourself up for not being the Hollywood ideal. Enough with beating yourself up for beating yourself up. Enough, already! Just be.

So we finished the run of the show. I can't say it was a breeze, but the panic left, and the underwear moment got a big laugh every night. I faced my fears and came out the other side relatively unscathed, even by the critics. I doubt that particular onion is completely gone, but I know it's getting smaller and smaller the more I die to my ego and embrace my true nature as a unique expression of Source in this world. I also came out the other side with gratitude—for the farcical situations the Universe provides for me to deal with my onions. And I am ever grateful to Samuel for reminding me of the tools I possess to help peel those onions away. 