



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2013

An Interview with *Samuel* channeled by Lea Schultz

You have described 2013 as a pivotal year for us individually and for the world in general. Is this year especially important compared to years past, and if so, why?

It is absolutely especially important, and there are several reasons. One of them is that the flow of energy coming to you and the planet throughout this time—let's say during the last half of 2012 and moving through the first half of 2013—is at a peak. That alone is remarkable. This is a time in which consciousness is on an evolutionary precipice. This year you're going to see major changes in the way people think. Now, there's not any particular area where I can say to look for this or that, because it's just something you're going to be seeing.

In fact, you're already seeing it with regard to animal rights, for instance. Consciousness is changing there. Also, there are areas in which you're seeing a move toward unity, not out of anger, but simply out of a recognition that it's time to change. And of course in this country you're seeing a lot of change politically.

In addition to changes in consciousness, this is also a very important time in which that new spiritual being—that hybrid—is coming into its own. As fast as changes have been happening, I would expect 2013 to continue that trend, and that's going to be very important.

And finally, a lot of the genetic changes that have been going on will start to show up. That includes the science of genetics confirming many things that you've been learning about and working on. Technologically this should be a very big year. It's a crossroad; it's a precipice. Things are either going to change in a very big way ... or they won't, and we ought to just pack up our bags and go home. It's that important.

At the Lexington Lifescapes in November, you gave some very intriguing esoteric information about what is happening to the hybrid beings that Guardians are

becoming. It was so complex I had to diagram it in order to get a handle on it. I'd like to sum up what I think you were saying and ask you to correct any mistakes I've made. Starting at the largest end of the spectrum, there is a universal pattern that expresses itself through energy, and that energy is being sent via Vesta-Helios to the earth using "plasma," which is a carrier of information.

All right, the energy is not just coming through Vesta-Helios, but the pattern itself that it moves on is held by Vesta-Helios. And I don't know a better word to use than plasma. It's like the plasma in your blood holding the pattern that everything moves through, so your body works.

I've been confused, thinking you were comparing this to the fourth state of matter, which is not solid, liquid or gas. But you're making the analogy to the plasma in our blood.

I'm making the analogy to the plasma in your blood, but the statement also has to do with that other definition. How would you express something that is not solid or liquid or gas, but is a carrier of energy? The closest example I can think of is the plasma that carries the blood cells.

[To David and Paula] You must explain to the readers that you're doing this interview holding puppies.

That energy (as macrocosm) is transferred to the [what you're calling] plasma within our bodies (the microcosm), and the message or frequency will seek a similar frequency within our DNA, which will change as a result of this influx of energy.

Right.

That information can be passed from one dimension to another via crystalline structures such as the crystalline seed within our brain.

Well, it's passed from one to another because the energy is in all dimensions, and it finds itself.

The area formed by the pituitary,

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pineal, and amygdala has a space within it which you've described as a black hole, and you define black holes as portals for energy to go back and forth. So presumably that energy coming through the black hole seeks energy of a like frequency within the crystalline seed in our brain and then moves to the pineal gland, which takes the information and passes it to the pituitary.

that ripple goes out. The energy coming through is touching everything, but when it touches something that has been waiting for that touch it becomes a trigger. Without the energy, it isn't going to go off until a certain frequency is reached. Well, all of a sudden there is that frequency, that energy, and that's going to create the ripple that you'd call the return. It's not that it's a return; it's a natural process.



Samuel, the interviewers, and the assistant interviewers (photo by Heidi Shedlow)

Actually that is happening all at once. It's not really going from one to the other. It's more like a blanket.

Which in turn translates it into chemicals for use by the spiritual body.

Right.

Black holes are both receivers and transmitters of energy. We know that we are receiving cosmic energy that is causing amazing transformations on our planet and within ourselves, but what is being transmitted back, ultimately, to the Universe itself? Are amazing changes being transferred back into the Universe?

It's more like the sun touching the leaves on a tree, which stimulates chlorophyll and photosynthesis. The sun is only doing what the sun does. Any change that results creates a ripple, and

It's not that the energy coming through was only to make that energy exchange happen. So it's a much bigger process than what's going on right now right here on earth.

What is the relationship between the pineal, the pituitary, and the amygdala, and how do they work together with the spiritual body? It seems to me that each has a unique purpose.

The pituitary works very much with the physical body, and the amygdala works very much with the emotional/mental body, and the pineal with the spiritual body. Working together, they are a function of very powerful wholeness.

The pituitary, among other things, works to regulate the body's hormonal system. People

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The Summer 2013 issue of

Phoenix Rising

will be distributed in June.

Manuscripts and correspondence are welcome. Send to the editors at

Phoenix Institute
P.O. Box 12963
Lexington, KY 40583

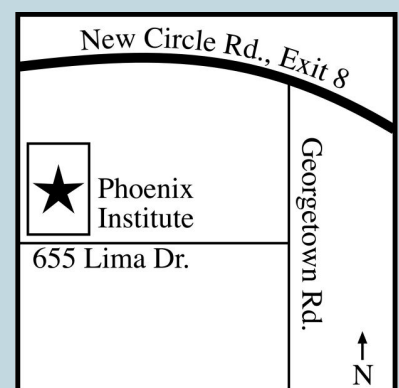
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — May 5

Ad reservations — May 12



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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.

APR

- 7 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 14 Discussion of Samuel's April 7 message
- 18 - 21 **Samuel's 2012 Retreat at Boone Tavern, Berea, Ky.** (see ad p.11)
- 21 Discussion of Samuel's 2013 Retreat
- 28 CommUnity Vegan Potluck/Beltane teaching (see ad p. 5)

MAY

- 5 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 12 Discussion of Samuel's May 5 message
- 18 **Samuel's Pittsburgh Lifescapes Event 9:30 A.M. - 1:00 P.M.** (see ad p. 6)
- 19 Discussion of Samuel's interview in the Spring 2013 issue of *Phoenix Rising*
- 25 **Samuel's Lexington Lifescapes Event 9:30 A.M. - 1:00 P.M.** (see ad p. 6)
Vegan breakfast available 8:30 A.M. - 9:25 A.M. Cost: \$5, or \$2 for beverages only
- 26 Discussion of the May 25 Lifescapes Event

JUNE



- 2 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 9 Discussion of Samuel's June 2 message
- 16 Tools for Manifesting Our Dreams
Samuel has provided many practical tools to help us realize our dreams. Join us as we review some of these tools and share the ones we are currently using for our personal manifestations.
- 23 CommUnity Vegan Potluck and Summer Solstice celebration (see ad p. 7)
- 30 Guardians and Games
Come to a night of relaxing fun playing games with your fellow Guardians.

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.

think of hormones as testosterone and estrogen, but your body runs by way of many intricate chemical processes. Hormones help your organs function, so in a very obvious way the pituitary functions to keep you going physically. When you have a problem with the pituitary system your body's organs start breaking down slowly but surely. It's probably one of the most important physical regulators you have.

The amygdala at one time had the opportunity to become vestigial. Actually, that happened around two hundred and fifty thousand years ago—but you know how I am with time. Humanity was making a transition, and the ability to process higher emotions was at stake. The lower emotions—fear, anger, seeking of security, that kind of thing—were obviously functioning just fine, but what about those higher emotions? The amygdala helps you process higher emotions. Memory has a lot to do with those more defined emotions. Since the amygdala helps you process emotion, it has a lot to do with your memory, which should tell you something about emotion.

The amygdala has a lot to do with your sense of self. If you have something going on in your brain that is causing the amygdala not to function well, you will have a tendency to always think there's somebody following you. You know how when you're in bed at night and you think that there's somebody there? That's your amygdala processing. Unless, of course, there really *is* somebody there.

As you're growing up and your mental faculties develop, your emotional facilities grow in conjunction with them. When there's more emotional development than mental development, or more mental development than emotional development, there is a dysfunction, and you get all kinds of interesting conditions with pretty little labels on them that have to do with personality disorders.

The amygdala also is about your believing you are worthy of your spiritual experience, and that's important.

The pineal—always considered sacred—is the filter through which all of the higher frequencies move through your body. It's not at the crown, but behind the forehead. The pineal is one of the areas of your body that creates the chemicals that allow you to experience mystical realities. The Form says it's called DMT—a brain chemical. Your body puts it out naturally; you don't really have to go to Peru to get it. DMT [dimethyltryptamine] is a gateway drug—literally; not a gateway to other drugs, but ultimately to the experience of oneness that is a part of all spiritual experiences.

A portal drug.

It is literally that.

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Your pineal will atrophy as you get older and as environmental poisons leak into your system, along with all the things that cause the pineal to atrophy. As that begins to clear, the DMT stimulates very vivid dreams. Are you finding your dreams interesting these days? If not, work at clearing your pineal. It stimulates a flow of chemicals that allow the body to experience ecstasy, that state of profound flow and oneness with all things.

Is that what the Buddhists call Nirvana?

Yes.

When The Sufis spin, are they cleansing the pineal?

Stimulating it, yes.

The things that I've read say that the pineal is basically solid by the time we're twelve years old. So when we're forty or fifty years old, how is it possible to reverse that?

I would totally disagree with that. You can reverse it quite a bit, actually. In most people in their thirties, it's probably about halfway gone, depending upon the individual. Without dissecting the gland, they can't know the actual amount of atrophy, and I can't believe that they've done enough research into the pineal that they can say that happens by twelve.

So reversing the atrophy is why, in the Lifescapes, you were stressing not eating onions and garlic.

Yes, and nightshades. And get rid of fluoride. Won't your dentists love that one! Work on getting rid of chemicals. Mercury is a very bad one for the pineal. You break one of those

compact florescent lights and then you are inhaling mercury. People don't even think about that. Mercury and the pineal are like worst enemies.

Diet, exercise, visualizing the spinning of the pineal. I have been saying for years, "Spin that pineal," because what you're doing with that visualization is sending a frequency to it that will cause it to respond.

Do you spin it back and forth?

And then forward and then back, like a gyroscope. Any which way. Just move it. It's like a puppy. You give it a little attention and it perks up and wants more. That's what that exercise does.

So those three—the pineal, the pituitary, and the amygdala—work with the whole body and define a very definite space that holds your dynamo, your body's energy focus. That's the black hole I've been talking about.

Mind you, the same thing is also in every cell of your being, so the black hole, like the crystalline seed in the brain, isn't the only one, but it certainly is the one that has to do with how you function, how you see yourself, and how your spiritual experience relates in the world.

For those who have been doing the sun exercise ...

Which is excellent for clearing the pineal, by the way.

By merging with Vesta-Helios, how are Guardians handling this influx of energy physically and mentally/emotionally?

I have only heard and seen good things happening. That's pretty much all that *can* come of it. I am seeing individuals creating a relationship with the Solar Lord. I'm seeing individuals *feel* something even if they cannot explain it. I'm seeing people, in a couple of cases for the first time ever, finding that there is an exercise I have given that they really want to do because it feels good. A lot of the original fears are being dispelled.

You mean fears about damaging our eyesight.

Aye. And then on an even higher level I am seeing, for instance, that golden pyramid I'm always nagging you about—"Visualize a golden pyramid over the top of your head. Now keep it there!"—it's now there and it's staying there. You're being fed in a way that's very vital to the spiritual system. It's making you more malleable spiritually and helping you to stop being so rigid.

The problem with that is that when the spirit becomes less rigid, it can create some emotional difficulties, because when things aren't the way you want them to be, or you have built your life around a particular way of being, then when you start thinking maybe you were wrong, all of those emotional defense systems come into play to make you resist the new so that you're *not* wrong. Or you can get very depressed because, "This is greater than I thought it would be, and it's so much more that I must not be worthy." So I am seeing some fallout in that way. As the spiritual self becomes more functional, the emotional

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**Pre-Lifescapes
Breakfast**
May 25

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.

Phoenix Institute • 655 Lima Drive

self, when in a state of resistance, becomes less functional.

You've said that we need to take our contacts out for this exercise. Now Paula has artificial lenses in her eye [from cataract surgery].

Those are not a problem. They're different. They're made of a different material and are part of her eye.

I do find that I have to do the exercise really early, when the sun is just over the horizon. If I try to do it an hour later, it bothers me.

That is exactly, *exactly*, what I'm trying to get people to do, to find a time that works for *them*. How hard is that? And do you find a difference in the sun's energy at sunrise and sunset, or is it about the same?

Actually it's easier for me at sunset. At sunrise it seems brighter to me because there's less moisture in the air than at the end of the day.

Depending upon the season, depending upon the landscape. It's different for everybody, and it has a lot more to do with the environment than with anything else.

The best time is right at sunrise or sunset, but you've got a two-hour window.

So it sounds like, for the most part, you're seeing positive results.

Yes. I'm very pleased with it.

Has the relationship between Guardians and Vesta-Helios been there all of the time, or is it because of the new hybrid being?

It has always been there. It has always been possible. It has always been available, but what you're able to gain from it now is different than what has been possible before. So the answer is, both.

It's always exciting to know where you will be taking a group of Guardians each year. This year you are going to the Caribbean. Please explain why you chose that particular area, and what you hope to accomplish on that trip.

First, it's easy to get to because it's close. And it's easy to do the work because the Dragon is not hiding. That helps. It's also going to be an easy trip because the energy of the area is very restful, and there aren't any side trips planned. I think the joke around here is that the schedule will be "Get up. Have breakfast. Meet with Samuel. Eat lunch. Have some free time, go to the beach, take a nap, go to the spa. Have dinner. Repeat."

That's Paula's kind of trip.

I really think that after a few trips that have been so hard on so many of you—just sucking you dry—this will be a very needed break.

Second, I'm going to be able to bring in some things I've not done before. You see, I am trainable; Malta did teach me that when you give this group threshold living—a beach, sunshine—that you're very likely to get very quick unity. So I'm very interested to see where we will go from there. When

you stay in one place, as you did during the trips to Canada and Costa Rica, you're able to soak up new teachings. Canada gave you Star Weaving; Costa Rica was merging, healing with the pentagram, and Devic communication,. It's rare to have that kind of time, so it's very special.



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.

CommUnity Vegan Potluck and Beltane Teaching Sunday, April 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 its ingredients.

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

Phoenix Institute • 655 Lima Drive

The 2013 Spring Lifescapes Events

with
Samuel

Repatterning Anger, Fear and Pain

In his second series of Lifescapes in 2013 Samuel will share new information to help us orient our transforming selves into a place of power to meet the demands this changing world brings to us.

He will discuss ways we can:

- regenerate the power of our pineal gland;
- naturally reactivate our quantum chemistry;
- understand how to use our minds as doorways to learn to
release anger and fear,
and let go of pain.

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

Receive 25% OFF

- your first event with Samuel.
- for every new person you bring. (max. 50%)
- when attending this Lifescapes event a second time!

Pittsburgh May 18

Residence Inn Pittsburgh Airport
1500 Park Lane Dr.
SR-60, Exit Robinson Town Ctr. Blvd., left
on Summit Park Dr., right on Park Lane Dr.

412-561-2861

Directions and Register at:
www.DiscoverSamuel.com

Lexington May 25

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

859-231-8449

Breakfast at 8:30 A.M., \$5⁰⁰
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:

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, 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 . . .

I'm troubled by the fundamentalist Muslim belief that God is so weak that He needs someone to interpret and enforce His will. But I realize we can look back in the history of Christianity and find the same pattern of torture, maiming, and execution of so-called sinners that this belief leads to. The founding messages of both these religions was tolerance, love, and acceptance. Why did they stray so far from their origins?

Well, I think you can probably answer that question yourself just by thinking about the nature of humanity seeking power.

But having gone wrong, why didn't the core message ever allow them to self-correct?

I don't think that you can generalize and say as a whole everybody was on one side or the other. There were always those who stayed true to the original message and did self-correct. But as a whole, one can manipulate the masses because the masses *desire* to be manipulated. Then they don't have to think; they just have to do the things on a list to be all right. Having "rules" is just too tempting.

What is it within humanity that makes it possible for religions to go awry?

It's abusing the innate, natural desire for oneness with the Universe, so that that desire can be controlled by a few for whatever they believe is needed. Power is ultimately the answer.

Within that smaller group of power wielders, what would be the fear that drives them?

Well *their* fear would be about not having the power. As I look back, the fear of not being enough shows up in a skewed way in the power-hungry. Do you see how that can be? You prove to me that I am enough because you're willing to believe what I have to say and you do what I tell you to do.

Again, though, you're not going to be led around if you're not a sheep. Be a wolf.

Is the current state of Islam in this regard analogous to medieval Christianity? It has occurred to me that we're seeing expressions of repression, intolerance, and punishment in Islam now that are similar to the Inquisition in that era, and it makes me wonder if religions have a life cycle.

So you're asking if all religions go through a period in which they are abusive enough to bring about change?

Yes. Was medieval Christianity going through an adolescent phase which we're now seeing in Islam?

You know, they're really not so different in age.

Seven or eight hundred years and that's about the length of time since the Inquisition.

Well, everything works in cycles. Certainly patterns that

work will show up over and over, even patterns of abuse. Remember that Islam, Judaism, and Christianity are all up-starts, no matter how old they seem to you.

Religion is all about control, and you are drawn to the version that you believe you are worthy of—which breaks my heart. I think that current Islam is a whole lot more like evangelical Christianity than it is like medieval Christianity, because they're both about saying "This is the *only* way, and if you don't believe it then you're going to go to hell."

As I write this, prominent news stories involve children massacred in an elementary school resulting in a national reevaluation of gun policies, health workers massacred in Pakistan leading to an outcry against the Taliban, a woman raped to death in India resulting in demonstrations calling for world-wide awareness of issues of violence against women. Please comment on the meanings of these deaths in a larger perspective, and especially how they relate to the transition of the planet. Were those lost lives due to commitments and compacts made before entering this plane, or are they simply due to the exercise of free will of those fighting against transition?

For the masses, greatest change usually comes about due to an emotional response rather than some kind of ra-

CommUnity Vegan Potluck and Summer Solstice Celebration

Sunday, June 23, 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 its ingredients.

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

Phoenix Institute, 655 Lima Drive

tional, scientific knowledge.

Nowadays, your news allows you to see something happening on the other side of the world as it's actually going on, so there are more opportunities for events to create emotional responses that have the potential to bring about great change. But there is never any kind of guarantee that it's going to happen in that way, so there always have to be many opportunities and many compacts for change to become possible.

In any given situation, there will always be two forces at work—push and pull; good and that which fights against good. In one such case, the rape and death of the woman in India caused many people to stand up and say “All right, enough of this!”

A year ago—you know how bad I am with time so it might have been more than a year ago—the same kind of thing went on in Pakistan: A family killed a daughter who had been raped. And on and on and on. Not everybody in situations like these volunteered for it, though very often, when faced with that kind of experience, an individual going through the horror can have a spiritual response rather than a negative one. Oh, I know you hear about the vengeance, but more often in those moments of horror, people who did not come in to make their life about changing beliefs give themselves to that very thing. It's very, very moving, that power of the human spirit to respond in times of horrible distress.

Nonetheless, you will see variations of the same kind of experiences in different areas of the world over a relatively short time. That's when you can say, “Hello, there's a pattern here,” and you pretty well know the incident relates to a major change coming about in the thinking of mass consciousness, or at least an *opportunity* for a major change.

Good can come out of anything, but when the same thing keeps happening over and over, then even the blind can see the pattern. That's what's happening right now, and it is a part of what is making 2013 so important. You can't put your hands over your eyes and pretend not to see it. Too much is coming to a head and showing a pattern.

How did humanity get to a place of violence and abuse of power if the Shining Ones came to the earth? Shouldn't that strong spiritual energy have prevailed?

[To everyone in the room] All right, all together now.

[In unison] Free will!

You've always got a choice. You can function as one and remain fully aware of your connection with Source and all that you truly are. Or you can separate from that and learn on your own.

Well, if you don't remember what you truly are, it's understandable that you'd say, “I want to separate and learn on my own.” And the reason that sounds so reasonable is that you're doing a version of that every day. It just seems like such a lousy bargain to me.

What do you see when you look at a dog that we are unable to sense?

More than any other domesticated creature, canines were designed to support humans. There were several different places in the world in which early humans were around wolves. Wolves were being used as meat and for protection even though they weren't living in the same space. Eventually they became a part of the home and helped to open up emotional abilities in humans that had not opened yet.

Canines are closer to humans chemically than any other kind of creature. Their brains emit the same kinds of chemicals as yours and for the same reasons. And when I'm saying “you,” I'm not talking about Guardians; I'm talking about the human species as a whole. The human and the canine create a bond that benefits both—*both*, because they are so alike; and they are so alike because they have evolved together. They are designed to be perfect companions—sorry, cat lovers.

For Guardians, looking at the spiritual aspect, having a dog come into a canine body makes it very easy for energy to create a familiar, because dogs are already loyal and dedicated.

They bring out the *best* in people, and they give your love a way to expand. Again, I'm sorry, cat lovers.

I cannot imagine a better “can opener” for the heart. I also find their minds amazing. They put together so many more things than you realize is even possible, so that they end up knowing you better than you know yourself. The slightest change in a facial expression—even a twitch of a finger—is a signal to them. Needless to say, because of the chemicals that you give off, they can differentiate between five kinds of fear, or what's to worry about or what's not.

They're not just can openers; they are ice breakers. You immediately trust someone with a dog.

For the most part, yes, ninety-nine percent of people. But there *are* those who see them as commodities.

What do you sense going on with the dog, in a telepathic way, that we're unaware of.

They're constantly—constantly—communicating, so I adore having the creatures around. When you brought Pixie to the meeting or when Quinn is at a meeting, and I get them up with me, they talk to me. They realize that they've got someone who knows what they're saying. But it comes as a package of knowing; it's not a word. You are capable of getting it that way, too; you just have to expect it. And, of course, when you communicate back to a dog, you should do it with pictures.

Dogs watch you constantly. Of course, puppies are *always* learning from you, and with them you have more of an opportunity to see the instinctual facial mechanisms. Of course, while you're focusing *continued back page*

PHOENIX PITTSBURGH INSTITUTE

Phoenix Institute/Pittsburgh, Inc. (PIPI) presents

International Food Fest

Join your spiritual family for an evening of fun and great vegan food during PIPI's annual International Food Fest. Enjoy vegan recipes from around the world and make new friends during this delightful event. Please feel free to bring your own international vegan dish* to share with everyone. Bring a friend or come by yourself – we promise you don't want to miss this wonderful event!

Please stay for Toning, which Samuel says is the most important thing we can do for ourselves and the planet, which will begin at 8 P.M.



When: Monday, June 24, 6–9:00 P.M.
Where: The Nuin Center, Pittsburgh
Cost: \$9 for adults, \$5 for children 10 and under

*If you would like to bring an international vegan dish to the event, which will enter you into a raffle for a prize, please contact Tillie at 724-938-2561.

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.

APR

- 1 Vegan Chili Cook-off, 6:30 p.m., followed by Toning at 8:00 p.m.; Prosperity Table
- 8 Toning, followed by a discussion of Samuel's April first-Sunday meeting
- 15 Toning, followed by a discussion of Samuel's interview in the Spring issue of *Phoenix Rising*
- 22 Toning, followed by a discussion of Samuel's 2013 Retreat
- 29 Toning, followed by a Mystery Bag Social with vegan snacks

MAY

- 6 Toning, followed by a celebration of Beltane; Prosperity Table
- 13 Toning, followed by a discussion of Samuel's May first-Sunday meeting
- 18 **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 (see ad, p. 6); followed by lunch at Papaya Restaurant, 210 McHolme Dr., Pittsburgh, 412-494-3366
- 20 Toning, followed by a discussion of Samuel's May 18 Lifescapes Event
- 27 Closed for Memorial Day

JUNE

- 3 Toning, followed by a discussion of Samuel's June first-Sunday meeting; Prosperity Table
- 10 Toning, followed by a discussion of "Samuel Responds" in Spring issue of *Phoenix Rising*
- 17 Toning, followed by a Healthy Living Program focused on food; Artist Table
- 20 Toning, followed by a celebration of the Summer Solstice
- 24 6:00 p.m. International Food Fest, followed by Toning at 8:00 p.m.

TONING

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.
- Starting May 4 toning will be held outside near the Cheesecake Factory at 9:30 a.m.

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

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 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. Cheese-free pizza is available at the other. 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.

the E-word

by Pat O'Malley

As the 2013 Guardianship Program was gearing up in January, Philomena, Dina, and I were chatting about its requirements. In years gone by I willingly signed my name in red ink on my compact, only to find myself hitting a wall of resistance as the program progressed. True confession: I was somewhat resistant to the menu plan. Where were the chips and beer? But all three of us agreed that the exercise component seemed to create a resistance, maybe not across the board among Guardians, but wide enough that Samuel continues to virtually beg us to do it: the dreaded E-word.

Of course, each of us has our own perspective on the exercise journey. Philomena is an exercise enthusiast and professional. She shares: "My attraction to exercise and athletic activities was born out of dire necessity. Twenty years ago, two auto accidents within two weeks of each other created a condition that left me unable to do my job. I can still remember sitting in the office of my orthopedist, hearing her say to me that I had one of two choices. I could either undergo spinal surgery and lose movement in my neck, or not have the surgery and look forward to a life of pain with relentless and unpredictable muscle spasms. At the same time I was being treated by a cardiologist who advised me that my hypertension was not responding to medication and that I must figure out a way of getting daily aerobic exercise or risk a heart attack. Suddenly I felt trapped. The injuries to my neck and back prohibited me from doing aerobics, and yet my heart function was at risk if I did not follow the medical recommendation. I was at a crossroads.

"Samuel has often said, 'Everything in form begins with asking the right question,' which for me became, What do I want to see myself becoming? So at the age of 45 I embarked on a program of planned exercise and macrobiotic food that opened within me a passion I never knew I had. Following that passion has taken me to untold levels of physical performance and self-assurance. Unity consciousness has been the bonus as I find myself teaching group fitness and promoting the benefits of teaming up with others to energize the body and jump-start the spirit. Despite its demand for time and energy, exercise continues to be the connection that works for my healing in so many ways."

Dina shares: "Unlike Philomena, I have not quite made that body/spirit connection through exercise. When I am

exercising regularly, I feel great. But then my work schedule changes, or the weather does, and my routine is blown. Exercise falls by the wayside—again. I have been blessed with a fairly reliable form, so I have managed to get away with my off-and-on regimen. So far. But, as Samuel asked during a recent Lifescapes dialogue about exercise, what's it

Schedule of Events

You are invited to Phoenix Institute/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.

going to take? In my relationship with food, it took a bout of bulimia to wake me up, and then it took years to find balance and healing. Am I waiting for two car accidents like Philomena had, or will I make the change before the two-by-four strikes? I know that it is going to take trust that I will serve this work and this world better if I get regular exercise. That was all the motivation I needed to become vegan. Why the resistance with exercise? It's definitely time to release that resistance and make exercise a priority. Thankfully, I have plenty of fellow Guardians for support."

As the three of us continued to chat, it occurred to me that Samuel's Guardianship Program works with the mental, physical and spiritual aspects of myself. What a cool trinity! I like the spiritual and the mental parts but somehow have gotten myself disconnected from the physical. You'd never know that I lettered in softball and volleyball in high school, or that I was in a body-building program when I lived in New York City. It occurred to me that ignoring my physical aspect meant I was also choosing to ignore my mental and spiritual needs, since every-

next page



E-word — cont'd thing is affected when one part of a trinity goes flat. Call it my “aha” moment. In the first week of The Guardianship Program, off I went, fully conscious of every physical nuance I was experiencing. That first week wasn't pretty. I had to pull the crane out of the basement to get me off the floor after assuming the cobra position in the Sun Salutation. My legs ached terribly after I went to bed at night, probably from the trauma of squatting with a weight held out in front of me, as Samuel has instructed us to do. It took a full week for my brain freeze to clear and my legs to stop screaming, but the next Tuesday I came bounding home after work with enough energy to do anything. If exercising and eating healthy for one measly week could make me feel so good, I wonder what effect it is having on my ability to hold the higher energy that's been coming in for a while now. Since everything we do goes into the Grid, here's hoping we all make and keep the body/mind/spirit connection flowing, for our own personal joy and for the betterment of the world. And here's to avoiding two-by-fours.

PR

Samuel Responds — cont'd on their faces, with each other they are communicating in many other ways. With a puppy you're going to see a lot of mimicry because the puppy is learning from you what each expression means; they're trying to communicate. And they are just huge bundles of trust and love, or at least they can be.

They're excellent for teaching you healing—how to use your healing energy. Needless to say, they are good healers themselves. They are excellent in helping you get out of yourself and become more playful.

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

Samuel determines which questions get answered. Try to avoid yes-or-no questions; they might get one-word answers. Samuel won't answer questions about who he is, or anything that puts the focus on him rather than the work.