



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2013

An Interview with *Samuel* channeled by Lea Schultz

In this interview Samuel answers questions from the 2013 Retreat.

You said at the Retreat that you've been using the term hybrid to avoid using the right one, which is "Transfiguration of Ascendancy"—becoming that which is beyond human. I understood you to ask us to see this process daily because it will make the transfiguration process easier and faster. Please explain what "Transfiguration of Ascendancy" means and how it affects our functioning in form, if it does.

Well, as with anything I put a label on, it just means I put a label on it because it seems to fit what I'm looking at. So, this is not a stamp that the Universe put on it. To use an easy metaphor, think of a chrysalis. What is inside that chrysalis?

A pupa.

Right. Probably that pupa looks very much like a caterpillar. Maybe half as long as your finger, and, depending upon what kind it is—let's say for this example it's white and has a few black dots on it here and there, and has sticky pads you can pretend are feet—it's ready to go to sleep. Its life is over. But while it sleeps, transfiguration happens, and it changes from what it was to become what it is. The ascendancy is that it moves from something that has to stay on the ground to something that can fly.

You have been the pupa or caterpillar, but with knowledge. You have known that you were in that chrysalis, which is why it can be so frustrating. And of late you have been feeling these transformations. And, again to use a familiar example, let's use werewolves, shall we? In the old werewolf movies, when the moon is full and the werewolf starts to change, it's very painful. The hands become paws and the fingers change into claws, and it hurts! Well it's a silly picture, but it's a really fun version of what humans fear.

So there you are inside that chrysalis, and like the were-

wolf you are feeling the changes. When does that pupa become a butterfly instead of a caterpillar? When is that exact moment that it is no longer one and is now the other? Well, there isn't a point like that. It is a constant process of change, and with every change it becomes more like a butterfly. But until that last moment, it's still a caterpillar.

You are feeling those changes. You are experiencing that sense of becoming less acclimated to this chrysalis and the world. [Laughing] You are becoming more flighty. And what is before you now is the choice: Do you want to become a butterfly or stay a caterpillar?

Or stay in the chrysalis, the safety of the known.

That's right.

Is that why so many old habits are raising their heads?

Sure. "I know caterpillar. Everything's all right as caterpillar. Got caterpillar figured out."

So everything you thought you were over is coming back stronger than ever.

That's right.

Is there a reason you chose the word transfiguration instead of a similar word, like transformation.

Transfiguration speaks of a total change, but in this culture it is a reference to the transfigured Christ. The body was still somewhat recognizable but very changed, and I want that reference to be clear in the back of your head. You're still going to pretty much look like you. People will recognize you, but the change is there on the inside.

Please discuss how we are changing cell by cell through the transfiguration process you spoke about at the Retreat. How can we influence the abilities of the new system by using our Intent, such as adding the properties of spontaneous healing?

One of the very frustrating aspects of this is that it's slower than you want it to be—though it's faster

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than I thought it would be. At this point, your ability to create through your Intent, or your ability to use creation energy at will is amplified, but what gets in the way of its being fully actualized are the parts that are still saying “It’s not really going to happen” or “I don’t deserve” or “I can’t have this.” Remember, we’re talking about a being that is in process, and it is still hearing the former self because it has not quite completed the process of becoming the new self. At this point, I don’t see anybody using the abilities of the new being to control the function of either the physical body or the physical world. I am seeing changes on the invisible levels quite a bit—changes that many of you are seeing or have seen. That is going to be mentioned in a later question here.

I went through all of that because it is what makes you not like all of this—it’s the “Well, why isn’t this happening now?” “Why can’t I do it?” “I could make change happen before. Why can’t I do it now?” But we are talking about change at such a massive mental level that it literally will take a new being to believe it.

Fantasy, science fiction, television, movies, they all show these things as fiction: you have severe damage in your joint, and you focus on it and within a minute or two all is well. You have pieces of that kind of experience now, little things that show that it can happen so you don’t give up. But you don’t have consistent control, and until that time comes that you have changed—transfigured—and acquired that consistent control, you’re not going to have the ability to create just by Intent.

What I’m really trying to bring out is that this is a two-level thing. You create by Intent now, and you do pretty amazing things by the world’s standards; you function with Intent and Thought and Word and Deed now. But what is coming is the transfigured version of it.

I believe that’s what the question is

asking: When are we going to be able literally to change the way our cells are responding? And the answer is, I don’t know, because it depends upon when the butterfly emerges.

So it’s going to happen on an individual-by-individual basis.

That’s right. It’s not a tidal wave that knocks everybody over and they wake up and say “Wow.”

So this is a physical, mental, emotional, and spiritual transfiguration.

Yes. Old thought patterns, old reactions, that’s embracing the caterpillar and not the butterfly.

Right.

At the Retreat you said, in effect, that we are releasing our personae, which included our spirituality. We think of spirituality as something to be strengthened. Why would we release it, and for that matter, how can we release it?

Again, that’s one of those things that’s going to show up on two levels. Right now, spirituality is what you *do*. What it will become is what you *are*. Do you see the difference? Spirituality at this point is based upon your doing the best you can, living love here, functioning at your highest at any given time. It’s what you do. You are an example. But you’re going to have to let go of that. That doesn’t mean letting go of doing the best you can do. You will be acting with the knowledge that you are the best you can be, and that is a huge difference.

Spirituality needs to be worn as comfortably and without thought as your human self is. You don’t think about breathing or making your hair grow. You’re human. When your spirituality becomes such a normal part of you that, without thinking “All right, I’m going to consciously put love into this,” your love goes into it, you are becoming the spirituality that this world needs, not the old that needs to be released.

We’ve been living next page



Phoenix Institute, Inc. was founded in 1984 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly meetings with Samuel and frequent opportunities for group or public discussion of his message, as well as workshops, seminars and similar educational events for deeper study and to assist in the practical integration of these teachings into the physical, mental and spiritual lives of all who are drawn to them.

Phoenix Institute, Inc. is a non-profit, tax-exempt 501(c)(3) charitable organization that relies on donations and volunteer assistance. Phoenix’s programs are open to anyone with a desire to know more about Samuel’s message.

The Fall 2013 issue of
Phoenix Rising

will be distributed in September.

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 — August 11
Ad reservations — August 18



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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.

JULY

- 7 Drumming Circle (details on last page)
- 13 Bowling Social 10:00 a.m. – noon (see ad on last page)
- 14 Beginning Yoga (details on last page)
- 22 Discussion of Samuel's interview in the Summer 2013 issue of *Phoenix Rising*
- 27 **Samuel's Atlanta Lifescapes Event 9:30 a.m. – 1:00 p.m.** (see ad p.15)
- 28 CommUnity Vegan Potluck/Lughnassadh teaching (ad p. 5)

AUG

- 4 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 11 Discussion of Samuel's August 4 message
- 17 **Samuel's Pittsburgh Lifescapes Event 9:30 a.m. – 1:00 p.m.** (ad p. 15)
- 18 Your Life as a Living Prayer
Share the variety of ways you maintain a spiritual focus and make your life sacred on a daily basis.
- 24 **Samuel's Lexington Lifescapes Event 9:30 a.m. – 1:00 p.m.** (see ad p. 15)
Vegan breakfast available 8:30 a.m. – 9:25 a.m. Cost: \$5, or \$2 for beverages only.
- 25 **Samuel's Sunday meeting and live webcast at www.DiscoverSamuel.com** (rescheduled from July 7)

SEP

- 1 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 8 Discussion of Samuel's September 1 message
- 15 Craft Night: Candle-lamp-pendant Table Centerpieces
Have you ever wanted to learn how to make a lovely centerpiece to hang over a table? Come join in this delightful activity that will include making centerpieces for Phoenix's December Events.
- 21 Rocks-R-Fun: Exploring Quartz 2:30 – 5:00 p.m. (ad p. 7)
- 22 CommUnity Vegan Potluck and Fall Equinox teaching (ad p. 6)
- 29 Discussion of Aug 24 Lifescapes Event

TONING

Phoenix offers four Toning practices weekly:

- Before Sunday meetings, 6:30 p.m. except Sundays with Samuel
- Mondays and Thursdays, 6:30 p.m.
- Wednesdays, 9:30 a.m. at 147 Kentucky Ave. This Toning may be held at Phoenix Institute when necessary. Please see the monthly calendar to confirm the location.

with the perspective of being spirit learning how to live as caterpillar, whereas we need to be spirit learning to be butterfly.

Right. Living the rules of butterfly. It's the difference between accepting and knowing.

You spent quite a lot of time at the beginning of the retreat talking about religion and spirituality. Was the point you were making that our spirituality is something that, even if we don't embrace religion anymore, is still within us because we were raised that way?

Yes.

So that is something that needs to be consciously released.

It absolutely does. You see, if you ask most people—even Guardians—to name five really spiritual people in the world, you'll probably hear things like "Well, there's Mother Teresa and the Dalai Lama." You'll get religious figures, and that's a way to distance yourself from it. It's a way to not have to be spiritual, because who could be Mother Teresa or the Dalai Lama? Who could be the Form? It's ridiculous, but it's handy. And at a retreat you've got an amazing group of people who are there for growth and change and learning new things—all of that really good stuff—who are very much into "living it means doing it right" instead of "when you're there, it *is* right."

It reminds me of when you used to talk about moving over, letting spirit just flow through you without even being aware of it.

But it needs to go one step further now. The kind of spirituality that I'm talking about doesn't require moving over. It just happens naturally. It's like a big litter of puppies all suckling at the same time, and one needs to get in and they just shift a little but don't stop what they're doing; without changing anything, that one gets in there. It doesn't require moving over or changing everything, it's just the way it is.

I finally, consciously, went to another dimension during the visualization you gave during the Retreat. It left me wondering—now that I understand how easy it is—why I would go to different dimensions and what it is I'm supposed to do there. Please explain that to me.

Absolutely. A very good, necessary question.

One thing that the dimensions have in common is that, in all of them, thought creates, but what it creates is different in next page

each of them, even if it's the same thought. The nature of the dimension is going to bring about a manifestation that is different because that manifestation is tuned to that particular dimension.

You've got to keep in mind that when you actually travel in this way, your brain is still processing what you're seeing and experiencing in order for you to think. This is what it looks like and this is what is going on. The brain is still working because you've not left the realm of form, you are in the dimensional realities that make up the realms maybe. That's really not officially correct except in the realm of form. So you could go into a dimension that the brain cannot register, a basic building block that wouldn't look like anything to you. A lot of deep meditators go to the first or second dimension because there's nothing there for them to experience. They get the sense of nothingness "I really went deep!" No, they didn't. It's because their brain could not resonate with the frequencies of those levels and as a result there was nothing for it to attach to and say, Ah, that's what this is.

So there are several experiences that will seem like nothing, but the higher you go, the more you will see things that are familiar, until eventually it is everything but this dimension—full sensory understanding, which is what you got in your visualization.

When you are in any of those higher levels, you do have the ability to affect things, but then you have to make a

choice: Am I going to observe or participate?

When you are functioning at the ninth, tenth, maybe eleventh—the twelfth just takes all of that in. I'm going to open a can of worms here. When you are functioning at that level, insofar as the physics of this world can relate to it, you are in a parallel universe.

Now, I don't agree with the idea of parallel universes in the way that esotericism has explained it. It just doesn't work that way. When I say "a parallel universe," I mean where you go in real dreams, what you experience in real dreams. You have the choice in a real dream to participate or spectate, and more than that: to help, to work, to serve, or not. So when those who are able to go as high as you went in that visualization, you want to have decided ahead of time whether you want to be a spectator or you want to work. My recommendation is that you observe at first, but once you become familiar with the process, start participating, and then move to participating and activating, which is serving.

Here is why you want to do it that way: You know that expression "What you do in Vegas stays in Vegas," or something like that? That's not true when you are doing interdimensional work. What you do comes back with you. That's a really good thing when you are in control, you are functioning at your highest and you have chosen to go in order to serve, but it's not so good if you are still dealing with personal issues and you decide that you are going to serve. For instance, you find yourself in a large council room, and your opinion is asked for, but something in you—something not mastered, perhaps fear-based—tells you that you don't have a right to take part in this. Well, they lost and you lost because where you are during that "dream" is as real as this world, your reality.

Another version of it is, you go to what looks like a regular life experience—this would probably be the ninth dimension, maybe tenth, but you're in another time—your intention being to go back to your childhood. This explanation is going to get a little involved. Your physics says it's either very difficult to go through time or even that you cannot do it. You *can* do it but it's very difficult, because you're dealing with so many possibilities, offshoots, decisions. You're dealing with the whole of experience that took you there. You've got to go through the eighth and the seventh and the sixth to get to the fifth dimension, which is related to the fourth, where time is, and merge them all together so that you can make it work.

In the past, I've use a crumpled Kleenex to represent time. You're in the ninth or tenth dimension where you see what looks like flappers [the dancers] of the nineteen-twenties. In order for you to be able to do anything there, you've got to move your awareness into that time, and in order to get your awareness into that time, you've got to take in all of the other dimensions below

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**Pre-Lifescapes
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August 24

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it. Remember time is like a crumpled tissue and you've got to find that one particular spot in there. It's not so easy to do that, but it's not impossible, and some of your wildest experiences will be because you have done it. Why would it be wild? It's because you had to merge it all together rather than just visit the one.

So our present is a merger of all of those things?

Looking at it from the future, it is. Looking at it from the future where the present is the past.

So in the present, which is the past's future, we have to see the past as collapsed.

The present is the future's past, not the past's future.

Using a line to represent time, which I don't like to do, you have the past, the future, the present. The present viewed from the future is the past. The past looking at the present is the future. There is no present looking at it that way.

Would somebody that still had a lot of issues still be able to reach that high a dimension?

It depends on what the issues are. If the issues are about deserving and ability and all of that, probably not, because they will stop themselves. If the issues are about control and power, they probably will, because they believed they could do it. But when they get there, they want it all to go their own way.

I was aware of being an observer.

I recommend you start there.

I guess I'm still not sure what would be a reason for me to be of service there? What would I have to give?

Do you remember the illustration that I once used to explain personalities and time. I said that this index finger represents a personality in nineteen-seventy, and this middle finger could be eighteen-seventy, and so forth. When the nineteen-seventy life is mastered, it gives access to any other mastered lives. Now of course the first one is kind of lonely until there is another one, but still, it's very much like that.

It requires a kind of mastery to comfortably function and move from dimension to dimension. That mastery means not observing the eleventh dimension, but actually functioning in it. You will be without a body but will still have thought. You will be working, if you choose, with what is the equivalent of your group soul. What is the equivalent of your group soul?

Your Group of Twelve.

Yes! Perfect, good! You will be working with your Group of Twelve. When you are working with your Group of Twelve you are working with the mastery of the dimensions, and in working with the mastery of the dimensions you have to have that background in order to function.

Sure, you are functioning invisibly, but with your mind, so you are able to look at that dimension and, because you have your mind, add a perspective of understanding that

helps in the creation and the containment of the creation of that reality. Really big picture, your Group of Twelve holds the pattern for your world. Your Group of Twelve is the means through which you serve outside of form. Depending upon where you go, you may only have access to one of your Twelve until you get the highest level when you have access to all of them.

What can you do in this world with your Group of Twelve? Better to ask, what can you *not* do with your Group of Twelve. That's why you'd want to do it, because that's also why I encourage you to know your Group of Twelve and work with them even if you don't see them or picture them and or have names for them. Just call on them and work with them. Then when you find yourself in this interesting place and you've got the presence of mind to say "See it, hear it, smell it . . . all right, high-level function here. I wish to serve," you can become your Group of Twelve—embody it.

At a time of re-patterning, which is what this is, being able to function as the embodiment of your Twelve and putting that energy into your world is the equivalent of the Shining Ones walking again. Yes, where they go chaos follows, but so does everything that humans have called God or Goddess. Why would you want to do that? Well heck, why not? If for no other reason than to just see what happens, why not? But what that would put into the world is so



**CommUnity Vegan Potluck
and
Lughnassadh Teaching**
Sunday, July 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 Lughnassadh prior to the meal.

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hopeful, so bright, so powerful, and it just costs you a nap.

Are you saying just by being there and choosing to serve I become the embodiment of my Group of Twelve, and it works down and changes this dimension.

Yes, I am saying that.

What am I doing there? Are there projects at that level?

There aren't projects at that level because you are a function of the One.

So I'm not seeing problems and going in and solving them.

Well, yes you are, but not by throwing your skin on and running out and doing it the way Frank or Margaret or Paula would do it.

With Paula's visualization she was observing, what if she was there to serve?

Paula: What it means to me is, let's say I was in the council and I was asked about forgiveness. Then I would draw on all of my experiences in this world that were focused on forgiveness.

Yes.

That's what I would offer.

Correct, yes.

So it would be this wide experience of working with the many aspects of forgiveness.

I understand that, but what if you're not in the council? You're standing in the street.

Everything is about choices, whether it's as obvious as being in a council or in the street deciding whether to grab this person about to get run over? It's always choices.

Would free will reign there as well?

Not in the same way as here.



Lea Schultz

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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 **NEW TONING CD** is here

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**CommUnity Vegan Potluck
and
Fall Equinox Celebration**

**Sunday, September 22
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
Fall Equinox celebration
prior to the meal.**

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Samuel

r e s p o n d s . . .

We often make reference to “life force energy.” In my garden, some of the life is killing other lives—that is, snails and slugs are eating my plants. I kill the slugs because I place a higher value on the life of my plants. Please explain what you mean when you say “life force on the planet,” and comment on the need to sacrifice one life for the higher good of another, such as destroying some life, like pneumonia bacteria with antibiotics, to save our own lives.

Life force energy is that within any form that is ... the word I’m looking for is bigger than “committed to.” It’s “bound to.” It is bound to it in the smallest and at the same time largest version. It is that spark of Source within all things. There is no such thing as one piece of life force being more worthy than another piece. However, it could be said that a being in the process of becoming aware of itself has precedence over one which is not at that level, because that which is functioning on the path is *living*; that which is not on the path is simply possibly *alive*.

It’s very hard to look at wool carpeting which was once on the back of a sheep or a goat, and think that it has any possible potential to become greater than itself [as a rug]. And yet when the rug is fully destroyed, the little spark of life force that was in it will return: to Source as an energy being, and return to form as a piece of energy experiencing the evolution of matter. It’s two sides of one coin. But the rug is never going to become something other than a rug, whereas the lettuce in your garden thinks; it has a reactive ability; it translates sun into properties of light. It can be stimulated within itself; it can be stimulated by outside force. Those are important differences. It is a living function of the One, but the next level above that is life force which can do all of those things plus make decisions and think and have compassion, and love. That’s the animal world. And then on top of that there is that which is capable of consciously integrating with the One which is the human.

So it is all life force, with the exception of plastic, but its *potential* is what makes it different.

Rocks-R-Fun: Exploring Quartz a Greenhouse Event hosted by Phoenix Institute

Saturday, September 21 • 2:30 p.m.–5:00 p.m.

Phoenix Institute • 655 Lima Drive

*Registration fee: \$15

Samuel talks about the crystalline structure of the planet and even our bodies. It is a vital link between the planet, our bodies, and Spirit.

Graduate Gemologist David Oldham will share his passion for, and extensive knowledge of, quartz crystal during this hands-on Greenhouse. Participants will be given an opportunity to explore the family of quartz, and can bring their own stones to class to have them identified by David.

*This Greenhouse is strictly limited to 20 people, and registration in advance is required.

Now I ask you, what is the potential of a snail in the garden as opposed to the flower or the plant that it's nibbling on? Which one has the greater right to life? Well, that's where I would tell you to be careful, because they both have a right to life.

But what about killing bacteria with antibiotics? What if you are exposed to something that can actually harm other cells and lead to the destruction of your form—bacteria that can lead to death? If you are lettuce you do nothing, and maybe you die. If you are a cow, you seek the highest frequency you can find in hopes of gaining help. As a human, you can determine that your life requires that you not die of pneumonia right now, so you choose to allow the pneumonia to go. There are a thousand and one problems in that. What if you are evil?

And you deserve to die.

What if you're not evil; you're very good, but it's your time? What if ...?

All I'm saying is that every situation is different. As that function of life force closest to the conscious function of the One, you need to be responsible for your power. You've got to make decisions, commit to those decisions, live with those decisions and keep going.

In this world you cannot live without ever killing something. Do I like that? No. Wouldn't it be nice if you never had to make that choice? But that would take away your free will. Not allowed. So with your free will you make the highest choice you can, and tomorrow that might be a different choice. It's all about doing the best you can with what you have where you are at the time.

In a newsletter interview last year you spoke of three versions of "humanity" that eventually gave way to the "bully" species of homo sapiens. If DNA is not native to this planet, what were the genetic origins of these three species?

Humans have always been a hybrid, always.

You mean Homo sapiens.

All humans. In fact every bit of life has mixed DNA. It has DNA that is from—note that I am grinning when I say this—from the Big Bang. It has what has become DNA from everything that is on this planet. You are a bit of everything that has been before you.

Having said that, Shining Energy seeded what would ultimately become you, which is *Homo sapiens*. *Homo sapiens* overpowered the Neanderthal, which had a far more ancient DNA. More *not of* this world than *of* it. As a result, the Neanderthal were not comfortable in form, not as smart, not as strong, but they were by far more spiritual—so connected with the earth, so *connected*.

Homo sapiens was stronger, and smart and clever enough to plan in ways that the others could not. Neanderthal spirituality saved *Homo sapiens* by coming together with

them and creating a new pattern in the DNA of the *Homo sapiens*.

Are you saying that they are interrelated physically?

They were breeding. That's not to say that it happened constantly, but enough. [Geneticists have recently determined that 2% to 4% of human DNA comes from the Neanderthal. —*ed.*] It was a necessary part of the Plan.

What I'm not going to say here is that many years ago those from Mars came here and brought their DNA to the planet. Shining Ones came here. That's all it took. That's where the most refined final product came from.

Would you include DNA from previous versions of earth? Is that even possible?

Well yes, it is possible, because they all build off of each other, but they don't really influence one another, so I hesitate to say that. That would stretch it a little more than I want to.

At the November 2012 Lifescapes in Lexington, you said that the twelve planets are not projections of Vesta-Helios, but they are projections of something else. What are the twelve planets a projection of?

They are not a function of your Solar Lord. Now think for a moment, we're looking at a bigger picture here.

They're the Solar Lord's Group of Twelve?

Sort of. What are they a projection of?

Source.

All right. Source as a creative function is what?

All That Is.

All That Is then releases into creation. So we're talking about creation. What was that?

The Els.

Yes. And the Solar Lords are Els, but [laughing] Big Els. So really it just goes back to the basic creation process.

Several years ago you said that Mars was wanting to help Earth. How does Mars help, and what has happened that makes that help necessary?

In the very same way that Guardians are here to help mass consciousness, so your sacred planets want to help that which is moving toward Sacred Status. It's not weird. It's simple. Remember that the planet is just the outer shell. For a planet that has become sacred and ascended, there is only that shell left.

Mars, being so recently balanced, still has what humans would call ghosts, emanations of what was, yet still capable of functioning, not in big ways but in small ones. Mars is capable of disrupting dimensional boundaries here. I really don't want to go into that. Mars, by going into its past and disrupting your present, is able to leave messages for you—crop circles, and UFO sightings and radio patterns, and things such as that.



PHOENIX INSTITUTE PITTSBURGH

Phoenix Institute/Pittsburgh, Inc. (PIPI) presents

Our Healthy Living Program

During this time of transition, when physical fitness is vital for Guardians to be able to easily adapt to the energy coming to our planet, PIPI will be hosting two events focusing on strengthening and stretching techniques for our bodies. Please join us for these informative and fun events. You'll be glad you did!

Please bring a towel or yoga mat for exercising on the carpeted floor.

Body Strengthening through Body Weight Exercise

When: Monday, July 15, following Toning, which begins at 7 P.M.

Where: Nuin Center, 5655 Bryant St., Pittsburgh, PA 15206

Yoga for Beginners

When: Monday, Sept. 16, following Toning, which begins at 7 P.M.

Where: Nuin Center, 5655 Bryant St., Pittsburgh, PA 15206

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

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

JULY

- 1 Toning, followed by a discussion of Samuel's interview in the Summer issue of *Phoenix Rising*; Prosperity Table
- 8 Toning, followed by discussion of Samuel's July first-Sunday meeting
- 15 Toning, followed by a Healthy Living program focused on body strengthening
- 22 Toning, followed by a discussion of "Samuel Responds" in the Summer issue of *Phoenix Rising*
- 29 Toning, followed by Story Time Social and Vegan Picnic

AUG

- 5 Toning, followed by a celebration of Lughnassadh; Prosperity Table
- 12 Toning, followed by a discussion of Samuel's August first-Sunday meeting
- 17 **Samuel's Pittsburgh Lifescapes Event**, 9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Dr. (412-561-2861); followed by lunch at The Loving Hut, 5474 Campbells Run Rd. (412-787-2727) (see ad page 15)
- 19 Toning, followed by a discussion of Samuel's August 17 Lifescapes event
- 26 Toning, followed by Suggestion 6

SEP

- 2 Closed for Labor Day
- 9 Toning, followed by a discussion of Samuel's September first-Sunday meeting; Prosperity Table
- 16 Toning, followed by a Healthy Living program focused on yoga
- 23 Toning, followed by a celebration of the Autumnal Equinox
- 30 Toning, followed by a discussion of Samuel's interview in the Fall issue of *Phoenix Rising*

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 7:00 p.m., prior to the meeting at the Nuin Center
- Every Thursday at 7:00 p.m. at the Nuin Center
- Most Saturdays Toning will be held at 9:30 a.m. in the tented area behind the Hofbrauhaus.

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.

AWAKENING AND ACTIVATING THE DRAGON FORCE OF THE CARIBBEAN SEA

Download a trip brochure with all the details at www.DiscoverSamuel.com.

Your **HUMAN** self will be strengthened by the powerful Dragon Force and the unique earth energies of this magical area.

Our time together nearly every day will strengthen your **SPIRITUAL** self.

Together these will solidify your **TRANSFIGURED BEING** in a way that *nothing else could*.

This stabilization of your hybrid self will allow you to be more ready than ever before for our work in the time ahead.

My hope is that you will come out of this trip with a **CONFIDENCE IN YOUR SHINING SELF** that other trips have not allowed us to focus on.

SIGN UP
TODAY!
Only 6 rooms left!

10 days at award-winning
5-star accommodations with prices from
\$2,634-\$3,817*

For details download the trip brochure at
www.DiscoverSamuel.com.

Samuel

October 21-30, 2013

The island of Nevis, located on the threshold of strong torsion energy where the Atlantic Ocean is pulled into the Caribbean Sea, and the Caribbean is pushed into the Atlantic, is where we'll be doing our work.

The combination of those energies along with the energy of the Dragon Seed will have you energized in ways you'd almost forgotten were possible, and you'll be more ready than ever before for what lies ahead.

Samuel



YOUR TRIP INCLUDES

- Meeting with Samuel almost daily
- A special ritual to Awaken and Activate the Dragon Force of the Caribbean Sea
- 9 nights (10 days) double-occupancy accommodations at the award winning Nisbet Plantation Beach Club on Nevis, British West Indies
- Airport transfer via vans and water taxi to and from Nisbet Plantation Beach Club
- Hotel portorage
- Tips and gratuities for all included services and meals
- Vegan breakfasts and dinners daily—9 breakfasts and 9 dinners
- Complimentary:
 - in-room wi-fi
 - use of the fitness center with free weights, treadmills, and recumbent bike
 - use of beach lounges and hammocks
 - tennis courts with rackets and balls
 - ocean front fresh water swimming pool and hot tub
 - island-style croquet lawn with equipment

ACCOMMODATIONS

Choose from the following room types (prices vary).

4 Upper Premier Junior Suites

Located closest to the ocean, these suites feature a king-size bed or two twin beds, full bath, wet bar and balcony overlooking the ocean.

No longer available

6 Lower Deluxe Junior Suites

Also located closest to the ocean, these suites are identical to the Upper Premier Junior Suites, but are on the ground level and have an open patio facing the ocean.

10 Deluxe Garden Suites

Located in the middle of the resort, these suites have a king-size bed or two twin beds, full bath, separate enclosed porch with pull-out sofa bed, and patio.

12 Superior Rooms

Located closest to the Great House, each features a king-sized bed or two twin beds, well-appointed bathroom, screened-in porch and patio.

2 Superior Rooms with inferior view/location*

Located closest to the Great House, each features a king-sized bed or two twin beds, well-

No longer available



Deluxe Garden Suite

*One of these rooms is located right next to the tennis court and its porch and patio face the tennis court. The other is next to and faces the seldom used beach access road and adjacent property.

SOME RECENT

Nisbet Plantation Beach Club Awards

Condé Nast Traveler's:

- Gold List of the World's Best Places to Stay, 2005, 2008–2013
- Reader's Choice Awards Best in the World, 2004, 2007–2012, #1 Resort in the Caribbean
- Top Spas Poll: 2011–2013, #2 in the Caribbean & Atlantic

Travel & Leisure Magazine's:

- World's Best Awards, 2010–2012, #2 in the Caribbean, Bermuda and the Bahamas
- T+L 500, #1 in the Caribbean, Bermuda and the Bahamas, 2011–2013
- World's Best Service, 2011–2012, #2 in the Caribbean

Trip Advisor:

- Top Hotels in the Caribbean, Traveler's Choice, 2013, 2012
- Top 10 hotels for Romance in the Caribbean, Traveler's Choice, 2013
- Top hotels for service in the Caribbean, 2011, 2012
- Certificate of Excellence, 2011–12

U.S. News & World Report:

- 10 best Hotels in the Caribbean, 2013 (#6)

AAA:

- 4 Diamond Award, 2007–2013

Dear Friends of Samuel,

I'm David Oldham, the new head of Phoenix Institute's Fund-raising Committee. I used to feel that paying to go to workshops or on the rare trip—well, that was quite a bit of money—surely counted as enough support for one person. It wasn't until I got involved in Leadership that I became aware of Phoenix's expenses and financial situation. Even then I felt that my additional gift of time was enough of a contribution. Now, as head of Fund-raising, I know that it takes much more than that to keep this organization going.

Concerned that others may feel the same way I used to, I'm writing this letter in the hope that you will either join Phoenix's pledge program or increase your donations, and thus be a part of Phoenix's continuation and expansion.

We're all familiar with the security and relief that comes with a steady income. Just like you, Phoenix has recurring monthly bills that require it to have a dependable monthly income. When I think of the expenses Phoenix has, three areas come to mind. They are the costs of maintaining and improving our building and grounds, the development costs for the new website, and Lea's speaker's fees for bringing us Samuel.

The Building

We love the building because it creates home base and it's fully paid for (thanks mainly to one large donation years ago). It's a cinder-block building with carpeted concrete floors and patio furniture in the lobby, but it has a lot of potential. The utility bills alone for the building are \$550 per month.

Here's how you can help

If you commit to donate \$45 a month for a full year, it would pay the equivalent of one month's utilities. With your additional support, we could even begin to consider ways to improve home-base, like remodeling the snack room, modifying the sound system so that the electrical wires don't cross the open floor, and replacing the patio furniture in the lobby.

The Grounds

Great love and care have been given to the beautiful and diverse plantings on our grounds, the home of our portal. Even though volunteers do the bulk of the work to maintain the grounds, we must still pay someone to cut the grass, plow snow, and do necessary pruning and trimming of shrubs and trees.

Here's how you can help

If you pledge \$110 each month, it would pay for the regular maintenance of our grounds for the entire year.

The Website

To build the new website, Phoenix has drawn heavily from a few incredibly talented persons within the organization who have been extremely generous with their time. It has been a work in progress for two and a half years. When it is finished, our new e-home will integrate all of Samuel's diverse work. It's a very complex, costly, and time-consuming project. We need a final push to get it up and running. To accomplish this, we need to hire someone familiar with programming web modules in Drupal. With our current budget, Samuel has authorized \$5,000 for this expense. Even then it's not certain everything will be completed.

Here's how you can help

As far as I'm concerned, the website is everybody's "home base." We need to raise \$5000 to bring this to conclusion, and any amount given toward this goal would be a tremendous help in our efforts.

Lea's Speaker Fee

By now, you must know that Phoenix Institute, Inc., is the nonprofit (and tax-exempt) part of Samuel's work for home base in Lexington, and EarthLight Inc. is the for-profit part. The annual group trip, the Lifescapes events in Pittsburgh and Atlanta, as well as private sessions with Samuel are all handled by EarthLight. Great lengths are taken to ensure and maintain the propriety and legality of the relationships between Phoenix and EarthLight.

All three members of EarthLight, Lea, Frank, and Stuart are equally chosen for this work. This work has been their full-time job for over 25 years. They have devoted their lives to bringing us Samuel so that we can try to remember what we are in order to bring about the completion of Sacred Status. They do everything they can to keep costs down. For instance, to attend another channel's meeting, the same length as one of Samuel's Lifescapes, I've paid five times what I normally pay for a Lifescapes, and there are abundant examples of channels charging considerably more.

In the past year or so, Samuel has asked that Lea only channel once a week whenever possible. This is so that she does not jeopardize her health to the point that she is not able to channel. Even though Samuel requests first-Sunday meetings remain free of charge to the public, Phoenix compensates Lea \$750. The other times that Lea is needed to channel Samuel for Phoenix are for monthly Steering Committee meetings and quarterly Leadership meetings. The Leadership in Lexington voted unanimously to compensate Lea for her time, albeit at a reduced rate, for these business meetings. These are expenses concerning the workings of Phoenix Institute that most people might not be familiar with.

Here's how you can help

Phoenix, under guidance from Samuel, strives to be an example of fiscal responsibility. We can't begin to compensate Lea and Earthlight properly until the monthly income of Phoenix increases substantially. If you have been used to enjoying Samuel's first-Sunday message and want to give back, think "monthly pledge."

We are all here for the planet and all life force on it, but Phoenix is the organization that coordinates our group efforts. Please participate in the Pledge Program. All financial gifts, big or small, are combined to help keep this organization moving forward. You have no idea what a difference your monthly support makes.

**All my love,
David Oldham, Head of Fund-raising**

WE WANT YOU FOR PHOENIX INSTITUTE'S 2013 PLEDGE PROGRAM

Please participate in the Pledge Program. All financial gifts, large or small, are combined to help keep this organization moving forward. You have no idea what a difference your monthly support makes!

Phoenix Institute is a nonprofit, tax-exempt 501(c)(3) charitable organization.

Phoenix Institute Pledge Program Enrollment Card

Name _____

Address _____

City _____ State ____ Zip _____

I commit to a monthly pledge of \$ _____

My email address is: _____

We'd like to thank our Pledge Program donors in a future issue of *Phoenix Rising* (no mention of the amount of the pledge will be made). If you do NOT want your name mentioned as part of the Pledge Program, check here: _____

Please detach form and return to: Phoenix Institute, P.O. Box 12963, Lexington, KY 40583
Or you can submit this information by e-mail to: PledgingBringsProsperity@PhoenixInstitute.org

Turning Points

by
Dina
Shadwell

It's been many months now—perhaps a couple of years—since Samuel began talking to us about the metamorphosis we are going through. As I understand it, our DNA is changing so that we are holding a higher and higher frequency. We are embodying our Shining Selves more and more. That sounds pretty groovy, and I know what that feels like when we are doing a working with Samuel, but it's the day-to-day living of the metamorphosis that continues to baffle and surprise me. What does it mean that my DNA is changing? What does that feel like? What does that look like???

Well, apparently it looks like whatever we are expressing in any given moment, which is a scary thought. At a recent Lexington Lifescapes Event, Samuel asked about how this metamorphosis was showing up for us on the physical level: how many of us were experiencing issues with bones and muscles? Digestion? Heart and respiration? Then he said the metamorphosis could be showing up on an emotional level, and if so, that was our ego's way of resisting the change.

Ouch. I had spent much of the winter in a bit of a funk. I was discontent, frequently weepy, sometimes fearful. And it seemed that the more aware I became of my true self—the What I Am as opposed to the who I am—the harder it became to live inside this tiny little costume. But how could I do the work I came here to do if I were not wearing the costume? That was the whole point of this game, right? Spirit in form. But I continually found myself craving the Spirit part without the form part. Which led to misery. So I continued on with my inner work, asking for light to be shed on my blind spots as I struggled to embrace my new self, my whole self, form and all.

On more than one occasion, while meditating on this issue, the image of a snake popped into my head, as if to say I were shedding a layer of skin that I no longer needed, lightening my load, making room for the new to emerge. The image stayed with me as I continued my struggle.

When spring came, I really got fed up with the funk that was still plaguing me. Thank goodness for the retreat with Samuel. I needed rejuvenating.


On the first day of the retreat, Samuel asked us to look for turning points. What is it about them that is catching our attention? What can we learn

about ourselves from these moments? "That's a very big piece of recognizing the power of you—the Greater You," he said.

The next day passed without me noticing any turning points. By the third day I had so much going on in my brain that I forgot to be on the lookout for them. What I did notice was that it was a beautiful day, so I decided I wanted to be outside to soak up some earth and sun energy before our working with Samuel. I knew there was a nearby wooded path, so I set out to find some company and go for a walk. My dear friend Greg was game, so we set off. It was muddy but beautiful, and Greg and I enjoyed talking and laughing together. Eventually, aware of the time, we headed back. Before we emerged from the woods, as we were crossing a bridge over a stream, Greg said, "Let's stop and look." Greg quietly gasped and pointed toward the edge of the stream. "Look! A snake!" It was sunning itself at the foot of a tree. It blended in so well with its surroundings I never would have noticed it on my own. In fact, I never would have stopped to look had Greg not suggested it. It was my turn to gasp—"It's a turning point!" There I was, surrounded with beauty, enjoying the company of a loved one, and the Universe gave me a gift: a confirmation that I was indeed shedding the old; a reminder that I'm not in this game alone, in fact, I need my fellow Guardians to help me fully realize myself; a reminder to stay aware of the present moment, lest I miss seeing the many gifts I am surrounded by. I gave Greg a grateful hug, and we headed back to join the group for the working.

That moment did indeed turn out to be a turning point. My emotional funk seems to be lifting, and I am getting better at embracing this experience of Spirit in form rather than resisting it. In fact, I am getting more and more excited to see how this metamorphosis evolves. Instead of craving some other-worldly Oneness with

Source, I am looking forward to an even greater Oneness with Source in this world of form. Part of that Oneness is staying aware of points of change, staying conscious of how I can create change by walking into a room and filling it with love, by consciously putting a charge into a touch, by consciously putting power into my words, as Samuel said at the retreat. I have a feeling the key word there is "consciously."

My power is in the present moment. How can I consciously change this moment, this world, for the better? 

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.

**Atlanta's next Lifescapes Event
with Samuel is Saturday, July 27.**

The 2013 Summer Lifescapes

Atlanta July 27

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

Pittsburgh Aug. 17

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 Aug. 24

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.

Receive 25% OFF

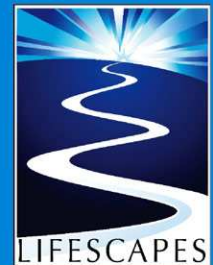
- your first event with Samuel.
- for every new person you bring. (max. 50%)
- when attending this Lifescapes event a second or third time!

EVENTS ARE:

\$69, or **\$59** in advance **9:30 A.M. – 1 P.M.**

(See registration form for details.)

the Matrix
Interdimensional Travel
Projection
Time Gates
Magnetism
Real Dreams
Group of Twelve
Causality
Pineal Clearing
WITH
Sammuel
Light Speed
Density
Portals
Resonance
When, Why, and How-to
Gravity
Shift



Preregister for Atlanta or Pittsburgh events at DiscoverSamuel.com or by mail.

Preregister for Lexington event by mail only.

Please check the amount you're paying:

- I am paying \$59.
 This is my first event with Samuel 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!

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 _____

Name _____

Address _____

City/State/Zip _____/____/____

Phone (h) (____) _____ Phone (w) (____) _____

Atlanta & Pittsburgh Events

To preregister by mail, send this completed form with check or money order payable to EarthLight to:
EarthLight, P.O. Box 835, Lexington, KY 40588

Lexington Event

Lexington registrations must be received 24 hours before the event to qualify for preregistration discount.

To preregister by mail, send this completed form with check or money order payable to Phoenix Institute to:
Phoenix Institute, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583



Coming in July — Two New Events

July 7 Drumming Circle

Drumming is an ancient art that is both unifying and grounding. Don't miss this special night that's sure to awaken the rhythm within you. A drum is not needed to attend, but please bring a drum if you have one.

July 14 Beginning Yoga

Yoga is coming to Phoenix! Bring a mat if you have one, and a medium-sized blanket for an introduction to this centuries-old practice that reduces stress, improves flexibility, and massages your internal organs.

Saturday,
July 13, 2013

10:00 a.m.
until Noon

Collins
Bowling Center
205 Southland Drive
Lexington, KY

Shoe & lane
rental fees
not included

Saturday Bowling Social

Are you ready for some FUN?

Socials are a wonderful opportunity to get out of your usual routine! Relax and play because you deserve it, and because doing so strengthens your bonds with a spiritually-centered group, and that empowers the greater work we're here to do.

The Social Committee is providing an event that gives the opportunity for people to come together for some casual competitive team play. This bowling get-together requires only that people meet at the bowling center and socialize. Those who wish to bowl can form teams and play for up to two hours.

Cheerleaders are welcome too!

For more information, please contact Angela Henson at AngelaPIbiz@gmail.com.
Please RSVP to Angela no later than Wednesday, July 10.