



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2013

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

***The Transfiguration process that the Guardianship is going through now brings up some interesting questions about spiritual evolution.***

***If everything is Source and Source is perfect, does the term “spiritual evolution” really have any meaning? How can something that is already perfect evolve?***

Show me your finger. Now all of you readers, look at your finger. Has it always looked like that?

**No.**

Do you cut your fingernail? Has it always been that length?

**No.**

As you have grown and changed, it has grown and changed. It has been affected by what particular style you have wanted it to be—small, short, a long claw, maybe decorated with rings. Even though it’s a part of the whole, it has its own function, its own job. Looking at the mechanics of it, can your shoulder work the way your finger does? No, it has its own purpose. In the biggest picture, of course, it is already perfect, just as I have told you you are perfect, and what you are doing is coming to learn that.

Moving through the underbrush of the experience here on earth tends to create interesting thinking opportunities. Some work well for you and some don’t. Does that mean you’re not perfect already? No, it means that the way you are making choices is evolving like your fingernail. And that is what is changing: your choices, the choices of your human self affect the spirit you are by reaching to that spirit more quickly or less quickly.

***Please explain the spiritual evolution of life in this dimension that is not of earth.***

Form evolves. This is the dimension of form, but not all aspects of it use form. So this question relates to that which is a part of this dimension not in form.

***Is it what you refer to as “the unseen”?***

Yes. There is not an evolution for that which is not using

form, even in this dimension, because if you choose that you’re going to be working without the purpose of form—which is very important—you are going to be at a place that you are not evolving, you are functioning as One.

Guardians choose to work here in form. In the most recent Lifescapes, I spoke about soul travel and interdimensional travel. When you reach a place in which you are capable of working outside of form even though you still have form—it’s home for while you are here—that’s a very high-frequency way of living in form.

So ultimately, that which has chosen to be on this plane but not using form is at a frequency high enough that it’s functioning in Oneness and isn’t evolving.

***What is its function? What is the unseen doing? Is it helping?***

Absolutely. They are Patterners, particularly now at this massive time of repatterning.

When this newsletter comes out you’ll be right in the middle of some really big changes.

***Physical changes?***

Electromagnetic changes that will create problems here, and changes related to the chaotic choices that are being made on the planet right now. You will start to see the results between now and probably November or the end of the year. It is a very precarious time to be on earth right now, it really is, and it’s exactly why Guardians are here. Those who hold the pattern are particularly needed at this point, and through November and December, for both external and human reasons. By external I mean off the planet.

***The sun is reversing polarity, isn’t it?***

Yes, but that happens pretty regularly. But the problem is that the energy it is emitting isn’t stable enough to—how do I say this—to control, to be able to ensure that no gamma rays get in or that there isn’t damage within the earth’s atmosphere.

*next page*

**Are you saying that if it were stable we would be able to make provisions for that stable state, but not if it varies so much?**

That's exactly what I'm saying. The sun is doing a balancing act right now. As I said a few months ago, it's very out of balance. Insofar as the Solar Lord, Vesta/Helios, is concerned that's fine; chaos is a good thing. But insofar as your planets are concerned, it causes wobbles in their circuits. That causes an inability to be certain that "this path is so straight we know that it's not going to be hit by this asteroid"—things like that. Needless to say, power surges. It's a real mess, and that's cosmically speaking.

All of that has an effect on individuals, and you'll be seeing more of it. This summer you have seen a lot of people making choices that are out of their usual pattern, and maybe even causing damage.

So you see that, not just on a planetary scale but all over, countries are going through an awful lot of change right now. But you also see that right around you, even in your own homes, choices are being affected because you're not thinking at your best. And you're not thinking at your best because something out there is pounding at you. There's a little piece inside of you that says, "That is not quite right, but I don't know what is," so there's a tension. And it's going to get worse before it gets better.

**Would that tension lead to overly dramatic emotional responses and things like that?**

Absolutely. Sure. Ideally, Guardians are going to be putting out so much balancing energy that it can help those emotional reactions stabilize, but the invisible ones are very much working to hold a pattern. Those that work with groups are, or should be, doing some readjusting of what they are telling their students to do. As a for-instance, I set up a drumming night at Phoenix because Guardians need to be more grounded, which is different than

what I've been saying for some time. Guardians need to be more united—which is *not* different than what I've been saying for a long time. Drumming creates that grounding. So, even taking part in little things like that you're going to feel more stable, and your energy therefore is going to be a part of an ideally more stable ripple that can spread out to create better choices.

**The original question refers to "spiritual evolution of life in this dimension but not of earth." To me that suggests spiritual evolution of intelligent extra-terrestrial life.**

Such as?

**Well, we don't know yet, but presumably the universe has other intelligent life.**

Again, if it has form, it goes through a process just like you. If it does not have form, it's a different process. If you're going to have the Pleiadeans here, they're going to be in a form, and that form is the result of an evolutionary process, and the self that inhabits that form goes through an evolutionary process; that would be the spiritual evolution. There are those who are by far more spiritually advanced than the masses and those that are less.

**Are they going through that evolution as we are, by making choices, and do those choices involve the same sorts of issues that we face? Do they lead to the same sort of contribution to Source through their experience?**

In the realm of form there is one Plan, so they are doing the same thing, but the circumstances are quite different, so what their choices are about can be very different. Depending upon what you're looking at, what they're capable of can appear to you to be very god-like.

**So they experience free will, because they have choices.**

That's right, but the free will—again it depends upon what you're looking at—is different than the free will of a turtle.

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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 Winter 2013 issue of  
**Phoenix Rising**

will be distributed in December.

Manuscripts and correspondence are welcome. Send to the editors at

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

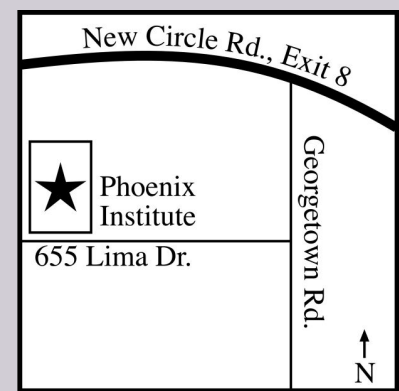
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — November 3

Ad reservations — November 10



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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. (More information is in the ads on the pages cited.)

## OCT

- 5 Potluck House Party (p. 13)
- 6 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 13 Let's Hula. *Come share the aloha as you learn the hula, its history, and spiritual roots.*
- 20 Games Night. *Come to a night of relaxing fun playing games with your fellow Guardians.*
- 27 Samhain Celebration and CommUnity Vegan Potluck (p. 5)

## NOV

- 3 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 9 **Pittsburgh Lifescapes with Samuel (p. 9)**
- 10 Green Drinks: Delicious and Raw *Give your body a power boost! Learn easy-to-fix recipes to start your day off with a bang.*
- 16 **Samuel's Lexington Lifescapes Event (p. 9)** *Breakfast before the Lifescapes (p.4)*
- 17 Discussion of Samuel's Interview in this issue
- 24 Yummy Vegan Desserts. *Vegans like desserts too! Come and learn how to make some decadent treats to satisfy your sweet tooth.*

## DEC

- 1 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 8 Green Living. *Help the planet by learning how to reduce your carbon footprint in a variety of fun and effective ways.*
- 15 Project Magic. *Whether your project is big or small, learn how to plan and manage it from start to finish.*
- 22 Samuel's Festival of Light Celebration and Potluck Reception (p. 7)
- 29 Gifts and Miracles of 2013
- 31 Samuel's New Year's Eve Celebration and Potluck Reception (p. 7)

## 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.

*Or a baby or a novice, One unactivated or unawakened.*

Exactly. So what they are making choices about has a whole lot to do with the nature of their presence.

***Stepping back to what you were saying about the nature of those choices and the circumstances, I just wanted to ask, would you care to give examples of . . .***

Good try. But it's sort of like talking about past lives: it doesn't matter unless it's having a direct effect or impact, and it's not, no matter what people might say.

***No, it's just my curiosity about the universe.***

***We know that group souls can evolve into individuality because we are seeing it happen in the animal kingdom. Please explain if the opposite ever takes place and why.***

Yes, it does happen, and it's not uncommon. It's a death process.

I'm going to use you as an example: In your single life here, you represent humanity in that you look human and function like humans and you have the needs that humans have, right? And that means that you spend the first part of your life growing and changing and becoming wiser—hopefully—and that is an evolution. But it's not the evolution of one species into another. So I'm speaking about the smaller picture. Once you have reached your full height, the process starts to reverse. Instead of being able to create, say, eighty-five million cells a day, you are creating only eighty million cells a day. And gradually you slow down, wind down, and eventually end. That happens on a cellular level, cell by cell. Every individual experiences that same process. So this degeneration occurs on a small scale in the individual, even though the *pattern* includes all of humanity, all of life force on this planet.

But as for spiritual evolution, it does not go backwards. What might make it appear that way is a choice not to act. Everything you know about evolution of any kind is because of action. To choose not to act is to choose death, so any organism that stops acting dies.

***So if I'm a Guardian and I choose, for whatever reason, not to participate in what I came to do, is that a reversal of my spiritual evolution?***

In a metaphorical sense it is. There are many Guardians who are not doing what they could be doing, functioning where they could be functioning, or even aware that they *are* Guardians in some cases. But the spiritual part of them continues seeking a means to function. It may not be through their compact, which is pretty unfortunate, but it is still working on their spiritual nature.

Therefore there are many Guardians who are really, really just people with regard to their spiritual function and potential. Throughout this world—and it's not just here but anywhere in the world—life next page

force feels that need to express a connection with Source—and it is a primary need—to seek a way to fulfill that need of humans usually becomes a religious journey—Christian, Jewish, Muslim—this culture most often. And that journey becomes their way to function, even if it is baby steps instead of fulfilling their potential.

**Can that turn into fanaticism?**

Well, it will if they're not following the path they came here to follow, because that fanaticism comes—well, it comes out of fear ultimately—but it comes out as a sense of “That isn't the one! This doesn't work for me either. Let me look somewhere else,” and then somewhere else . . .

**Going to extremes to stop the pressure.**

Right. “Let me get more unhinged.”

**In the case of a group soul such as in the animal kingdom, if a species becomes extinct, is that a form of reverse evolution of that group soul?**

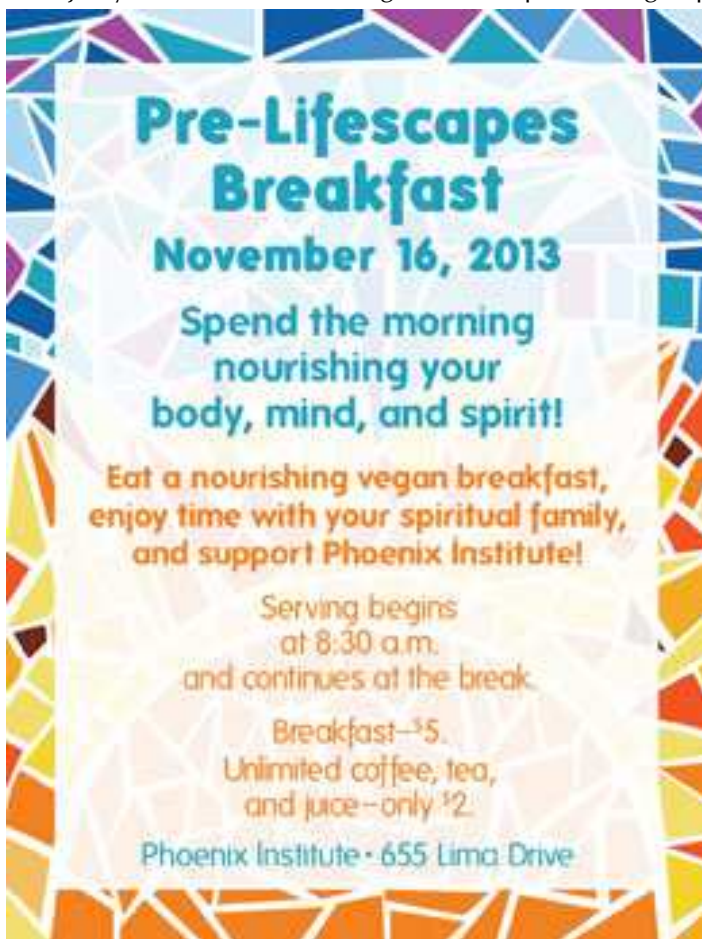
No, it's just no longer in form.

**To what end or purpose do group souls evolve? And is that the same as asking why they go extinct? Have they fulfilled their evolution?**

Well, fulfilling their evolution is not always the reason for going extinct.

**We humans can cause that.**

Right. The goal is always individuation, so when there is a majority of individuated beings within a particular group



soul function, the group soul takes on a different job. I will use dogs as an example. Particularly amongst Guardians who are constantly putting out a very strong energy force that changes plants and animals all around it, dogs particularly are individuating. Now, individuation comes at different levels. The individuation of a dog that doesn't have a whole lot of ability to think isn't going to make much of a difference. The individuation of a dog that *can* think—and there are breeds that are very intelligent, no matter *how* they act—makes a bigger difference there. You are starting to see that amongst creatures. Creatures right now in your world are behaving so oddly. I love it! Birds are watching you, and learning from you. And, of course, it's all about how they can take advantage of you to survive or what they can learn by watching your patterns.

There's going to come a point at which all dogs become individuated, and again that doesn't mean that you're going to look at a dog three years from now . . . what is that little dog with the big head?

**Chihuahua?**

Yes, Chihuahua. Sorry, all lovers of Chihuahuas, but they're not real smart. There are breeds that are less smart, but the Chihuahua is the example I'm going to use. A Chihuahua might individuate but wouldn't look any different to you at all because it just doesn't think well enough. But in a German Shepherd that even before individuation was highly intelligent and can think through problems and puzzles and so forth, you're going to see that difference.

**I understand that ants and bees might be different because they have a hive mind, but what does individuation mean to a chigger group soul?**

What is a chigger?

**It's a microscopic creature that gets under your skin and makes you itch.**

So the chigger group soul—other than being able to make decisions, I don't know if it would make any difference at all to the chigger group soul. But let's take a different insect. (Oh, the Form is going to hate this so much; I'll do everything I can to erase it from her consciousness.) Take cockroaches. They are very intelligent, very trainable, even capable of coming when called. You can teach it using taps, and when it feels the vibration it will come. It makes choices. It learns. So when they individuate, what do you think that's going to create?

**They're going to find a lot more ways to get into your house!**

That's true.

**They will cooperate, maybe.**

Yes, they might learn to work with you rather than against you, not because you start putting breadcrumbs in a pile and saying “All right, cockroaches, this is your pile,” but because they've watched you and learned your patterns, and they've thought, “If I do this, I can

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stay out of danger.” They don’t do that now, but after individuation they would be able to.

***So we’re talking about each individual cockroach learning this separately.***

Right. Cockroaches and German Shepherds are already smart, smarter than you think. Not all cockroaches are the same, and there are different degrees, just as with dogs: German Shepherds versus Chihuahuas; the Indian cockroach is different than a typical American one. And chiggers are kind of the Chihuahua version. They really function better as a whole. There are creatures with hive mind—bees, ants, as you mentioned earlier. Individuation for them isn’t going to look like a change; they will just be more effective because they will still have that ability and the need to work as one organism—because that’s what they have evolved for.

***Would the ant group soul separate into separate “individuated” ant colonies, or would each ant be individuated?***

It’s more like right now in this room, Stuart and David and Paula are all here for a common purpose, but you’ve all made that choice to be here. You could just as well be doing something else, but you made that choice because it’s a part of a common purpose, individuated but fully directed toward the greater good of the whole. And that might make them more evolved than humans!

***How does the spiritual evolution or the moving into higher frequencies of one’s spirit functioning through form affect the physical DNA?***

It’s a frequency thing. At a certain point your physical DNA moves to a frequency that stimulates a kind of activation for the spiritual. It’s an automatic process, and it’s not a really high-level thing. It kicks in when you’re about four to seven years old for most humans; Guardians tend to come already active that way.

When somebody activates, it’s because they’ve been seeking spiritually, because since they were that age (four to seven years old) they had a sense of being a part of a greater whole, but unfortunately the typical spiritual outlets aren’t very satisfying. So when they finally find their path, it’s like everything changes at once: inside, outside, what they think, how they think, what they’re interested in. It’s massive change. It’s not because their DNA has actually *changed*; it has *activated* so that they are better able to access the result of the frequency it puts out and brings back.

***At the recent Atlanta Lifescapes you discussed an aspect of spiritual mastery that is required before access can be given to parts of this dimension outside of earth, or to other dimensions. Can you explain that?***

You need mastery over your mind to be able to quiet it, which is so much harder—here comes the joke—than people think. You’ve got to be able to experience non-thought in order to shift out of the body. Otherwise you are just

visualizing, which can make very amazing things happen, but you’re still in the body. So releasing the mind is probably the most important thing. You will take with you all your issues if you can’t do that.

***How do you practice in order to be able to achieve this state of non-thinking? In the past your meditations have used the brain’s associative process and just directed it for sending energy—I’m thinking of the five-minute meditation—and you haven’t really emphasized having the brain disengaged. How do you practice that?***

Well, you’re not disengaging it. You’re using it in a very different way. If you disengage it altogether you’re not going to function at all.

***It sounds like Zen meditation, stilling the mind chatter***

Yes, exactly.

***And that’s achieved through meditation?***

Yes. What you want to do first is learn how to focus on one thing.

***The breath?***

Actually, not at first. Look at a point on the wall or an object. Look only at that, and then begin drawing your focus in more and more narrowly until you get a tunnel vision and that’s the only thing you are seeing. Start with a single object and when you can focus on that without your brain saying “Oh, I think you’ve got it now. Good for you!” then



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and  
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7:30 p.m.**

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There will be a brief Samhain celebration  
prior to the meal.

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move it to something like your breath. I actually prefer your heartbeat to your breath, because you can quiet yourself down enough to feel your heartbeat and then regulate it. Focusing on the breath isn't going to give you that experience. So when you've learned to truly focus, then go within your physical body and focus on your heartbeat, and at that point focus on relaxing and slowing it down, or maybe speeding it up a little. Don't change its rhythm, just its speed.

When you are able to control your heart, then you're controlling your mind enough to do the work.

***But to me it seems like there's a very big distinction between focusing and controlling the mind and what you've said earlier about being outside of the mind and stilling it—experiencing no mind.***

I see what you're saying. What I'm saying is, "no mind" is the absence of the judge in you—or the fretter in you—because you cannot fully turn off your brain and keep living.

***What would you remember of the experience? If there is no mind, there should be no memory.***

Typically what happens is that you dream about it, because your brain isn't following you. That's what that focus has done. The brain stays in that focus.

***When I was flirting with Buddhism some years ago, I did the "stilling the mind chatter" thing, and it was hard.***

It is.

***You have constantly to pull the mind back in. It's a constant battle to stop your head from taking over.***

It is. Were you given exercises to help you?

***I used to focus on the tip of a stick of incense.***

And could you get to that tunnel?

***Well, it's difficult. You're continually having to exert discipline on your mind.***

Yes.

***But what happens when you start getting it is you lose an awareness of time.***

Yes! Very much!

***You come back and you've been sitting there cross-legged for half an hour and didn't realize it.***

And that's because you've started shifting. Chanting sometimes helps, because you're focusing not so much on words, but the drone that comes out of it. A sound can help with that focus.

When you reach a certain point of non-mind—as opposed to non-brain—the shift happens automatically, and that's why you need to know what it is you are wanting out of this, what you're going to do, where you're going to go. You have to know because it's an automatic shift. It's a reflex, but it can only happen when you are in that very controlled but non-thinking state and when you have released your issues—because they will come with you and they will cause you to think bad things are happening.

***Would you say that thought and awareness are entirely different things?***

You can think and not be aware, but if you are aware you know you are thinking. Mind is what knows it's thinking. And it's the mind you've got to shut up.



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.

**DRUM**  
WEDNESDAYS  
JULY 17–OCTOBER 2, 2013  
7:00–8:00 P.M.  
**CIRCLE**

**Move to the beats of a drum circle at Phoenix!**

SHARE the rhythm  
EMBRACE the harmony  
CONNECT with yourself and others  
EXPERIENCE the healing power of music  
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Drums, maracas, empty liter bottles—they all work!  
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If you have any questions please call  
Steven at 859-338-8720.  
655 Lima Drive Lexington, KY

# Samuel

r e s p o n d s . . .

*The gold cord work in the past used to change us, not the other person. Now it seems it's doing more than affecting us. Please explain the reasons behind this change.*

Gold cords have always affected both. You would not out of the blue get that phone call from somebody you've been doing gold cord work with if it was not affecting the other person. You are simply now more conscious of that effect, it's not new.

*Samuel, I remember a long time ago when you gave us words that were like mantras. In our groups of three, we would sit and do three ah hus. I found this a way to stay "in the moment." It would silence my mind chatter. Now you are going to be giving us teachings on traveling while our physical body stays put. However, once I set my intent to go traveling without my physical body, I am wondering how I can keep from judging the experience or having expectations. How can I stop my mind from questioning if I am doing it right or comparing my experience to other*

*people's?*

If you have reached that point where you are capable of releasing—or controlling—the mind, you're not going to bring expectations *with* you. You might start out with expectations, but as you focus the mind, thought changes. At the beginning, you will probably make up an experience—really. Not that you *think* you are making it up, but you'll make up an experience because your brain is still reading the essence of what was going on and it doesn't know what to do except turn that into some kind of memory. The more experienced you become at it, the more you realize "Turn that mechanism off. I don't need that."

What makes it not fun to do this is that when you are really doing it you don't remember it. You don't come back proud of yourself for changing Putin's heart. You don't. But your dreams will start becoming vivid and real, which is pretty much your brain releasing those emanations. But you'll know. It's like the difference between a real dream and a regular dream. Well, this is the difference between a

## You Are Invited to Phoenix Institute's December Events



### Samuel's Festival of Light Celebration

December 22, 2013  
7:30 p.m.

This special night, led by Samuel, is a celebration of Light—both that light which is in the world and that Light which is the power within ourselves.

For each event, please bring a savory or sweet vegan dish to share at the potluck afterward. Please bring it in your own serving dish along with a list of its ingredients.

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December 31, 2013  
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655 Lima Drive, Lexington, KY

real dream and an *ultra* dream. You'll know it. Like I said earlier, this is something you have to do. Talking about it doesn't make sense. You've got to do it.

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***At the recent Atlanta Lifescapes you mentioned that we are changing our compact and destiny related to the Transfiguration process. Does that mean we are changing the way our entity fundamentally functions or its potential in this dimension or other dimensions? Please explain in detail.***

You're not going to change the way your entity functions except that you have greater ability to function spiritually. The change in the compact isn't "I'm not going to be doing this." The change is "I am functioning as a god and doing what I should be doing, what I came here to do."

***So you're not changing the compact; you're actually expanding its definition.***

That works. I'm saying that you're not getting out of the compact through a loophole, but because of what you have become, you are capable of doing more than when you first set it up.

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***You said about the DNA step visualizations that if practiced long enough, they will become automatic. How do you know when that has happened and when to stop?***



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Increase your flexibility \* tone your body  
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Think for a moment about your living room in your home. Now, are you seeing the pieces of it or are you seeing the whole?

***Seeing the whole room.***

And just like that, it's all there. When this exercise has become a part of you, you put out the intent "I'm going to do the first DNA exercise," and just like the picture of your living room, it's all there.

Stuart, would you do one rhythm with your feet and another one with your hands?

He's got three rhythms going there with both feet doing different ones.

[To Stuart:] When did you know you were doing it?

***I didn't think about what I was doing or I would have messed it up. I just let it come out.***

Right. Now put those two things together: the idea is that whole vision, and that click of multiple processes going on at the same time having happened. That's how you know. Thank you Stuart.

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***Recently, you have given many different exercises that we are supposed to do—the DNA step work, the sun exercise, the workroom, the gold cord work with ourselves, the gold cord work in areas where there is chaos, the huddling and Hu-ing, and the sending to the planet with the 532 Hz chime, etc. Is there a priority to these in terms of their importance?***

I know that you—including the readership—think that there isn't enough time in the day to do all of this. But you waste so much time. It is not an impossible task to do all of these unless you are still at the beginning stages and have to think every little piece of it through. If you are just beginning with these exercises, then I recommend that you put a different one on every day of the week, and you do that for a few weeks until you've gotten to where your mind and your body knows the process and it can complete it in moments.

***They become automatic.***

Yes, exactly. I'll go through the DNA exercises—number 1, number 2, number 3—and I'm using the Form's brain for this. How long did that take? Ten seconds? On a nice Scottish day like this, your sun exercise is going to be most definitely a mental process and it will take you about five seconds. I don't understand why it's a problem.

***It's a priority and a discipline.***

Absolutely.

***I know people who use the first half hour of the day to do it.***

I have to say, I don't really know why it would take half an hour, because the more you do it, the less time it takes unless you're waiting for the "feel." Still, that's good for some people. They like doing it that way.

You could just carve out little continued page 13



# The 2013 Fall Lifescapes events

## Pittsburgh Nov. 9

Residence Inn Pittsburgh Airport  
1500 Park Lane Dr.  
SR-60, Exit Robinson Town Ctr. Blvd., left  
on Summit Park Dr., right on Park Lane Dr.  
**412-561-2861**  
Directions and Register at:  
[www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)

## Lexington Nov. 16

Phoenix Institute  
655 Lima Dr.  
Off Georgetown St. just inside  
New Circle Rd.  
**859-231-8449**  
Breakfast at 8:30 A.M., \$5<sup>00</sup>  
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 time!

### EVENTS ARE:

\$69, or \$59 in advance

9:30 A.M. – 1 P.M.

(See registration form for details.)

Creating Portals

Time Gates

Interdimensional Travel

## How to take the NEXT STEP in

# Soul Travel

Light

Visualizing Projection

Primary Split

## Samuel

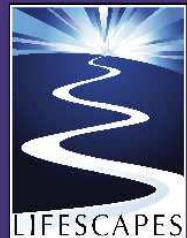
Frequency Match

Quantum Self

Entanglement

Releasing Time

Dream Realities



Preregister for Pittsburgh event 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!  
 I am paying \$44.25 for the Lexington event because I attended the Pittsburgh event.

#### 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 \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

#### Pittsburgh Event

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

# PHOENIX INSTITUTE PITTSBURGH



Phoenix Institute, Pittsburgh, Inc. (PIPI) presents

## PIPI's Winter Festivities

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

Share your gratitude for all that has happened in 2013 while enjoying delicious vegan dishes during this delightful event. Please bring a vegan dish to share.\* During the evening, bid high and bid often at our Silent Auction!

When: Monday, November 25, 6:30 p.m., Toning, 8 p.m.  
Silent Auction, 6:30—7:30 p.m.,  
Winning bids will be announced at 7:35 p.m.

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

### Green's & Berries Holiday Celebration and Winter Solstice Celebration

As 2013 closes, celebrate this transformative year with a delicious vegan dinner and the Winter Solstice celebration, the ancient earth festival where we celebrate the return of the light. Please bring a vegan dish to share.\*

When: Monday, December 23, 6:30 p.m.  
Winter Solstice Celebration, 7:30 p.m.  
Toning, 8 p.m.

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

\*Please have your dish at the event by 6:15 p.m.

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

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

- OCT**
- 7 Toning, followed by a discussion of Samuel's first-Sunday meeting, Prosperity Table
  - 14 Toning, followed by a discussion of "Samuel Responds" in the Fall issue of *Phoenix Rising*
  - 21 Toning, followed by a Healthy Living program focused on holiday vegan eating
  - 28 Toning, followed by Suggestion 6

- NOV**
- 4 Toning, followed by a celebration of Samhain, Prosperity Table
  - 9 **Samuel's Pittsburgh Lifescapes Event**, 9:30 a.m. to 1:00 p.m., Residence Inn Pittsburgh Airport, 1500 Park Lane Drive, 412-561-2861; followed by lunch at Papaya Restaurant, 210 McHolme Dr., Pittsburgh, 412-494-3366 (see ad p. 9)
  - 11 Toning, followed by a discussion of Samuel's November 9 Lifescapes event
  - 18 6:00 p.m. Silent Auction begins, 7:00 Toning, followed by a discussion of Samuel's November first-Sunday meeting
  - 25 6:00 p.m. Silent Auction concludes, followed by Thanks "Giving" Vegan Pot Luck dinner at 6:30 and Toning at 8:00

- DEC**
- 2 Toning, followed by a discussion of Samuel's December first-Sunday meeting, Prosperity Table
  - 9 6:00 p.m. Vegan bake sale; 7:00 Toning, followed by Suggestion 6
  - 16 Toning, followed by a program "Reflections of 2013"
  - 23 6:30 p.m. Greens & Berries Holiday Vegan Pot Luck, followed by a celebration of the Winter Solstice at 7:30 p.m. and Toning at 8:00 p.m.
  - 30 Toning, followed by a discussion of Samuel's interview in the Winter issue of *Phoenix Rising*

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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
- Saturday Toning in October will be at 9:30 a.m. in the tented area behind the Hofbrauhaus. Beginning November 1, they will be at 9:15 at the Nuin Center.

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.

# THANK YOU

**Phoenix Institute would like to thank those who helped support us in 2013 by their participation in the Pledge Program. Thank you for your vision and love!**

Anonymous	Rebecca Gilbert	Brandi Parker
Anonymous	Elizabeth Hagan	Laura Reed
Kathy Adams	Kathryn Haggerty	Jeannine Romeril
Michelle Anderson	Angela Henson	Margaret Romeril
Colleen Arcury	James Horacek	Charlotte Royalty and Gayle Stockdale
Kathleen Bailey	Kristina Houser	Sharon Schimmel
Bonnie Bayly	Louise Jones	Dina Shadwell
Mary Brainard	Katie Joyce	Heidi Shedlow
Helene Camp	Marion Kee	Philomena Slater
Marion Clark and Don Cowan	Claudia Marshbanks	Steven and Janet Smith
Jerry Cook	Suzanne McIntosh	Lakshmi Sriraman
Crystal Doll	Eckehart Messner and Nanci West	Suzie Stammer
Martin Downing	Elizabeth Mitchell	David and Paula Thomson
Jean Elder	Karen Miyares	Ken and Catherine Tuggle
Lisa Elliot	David Oldham and Greg Stratton	Joni Wooldridge
Carol Gailey	Mary Claire O'Neal	

**Phoenix Institute would also like to thank those who have helped Phoenix during the past year for their monetary support outside of the Pledge Program. Thank you so much; we really couldn't do it without you!**

Hank and Sharon Brainard	Gail Klement	Mike O'Rourke
Sherlie Crowell	Stephanie Landregan	Mahender and Jayalakshmi Pampati
Harvey Embry	Jan Lee	Jean Pope
Sallie Gailey	Suzanne Lorrin	Marj White
Brooke Grant	Sheryl Meacham	Cam Wood
Bobbie Junod	Pat O'Malley	

**May each of you be blessed beyond measure with an abundant return of your gifts to this work, bringing you prosperity, ease, and joy for all time and in all ways!**

*With love and gratitude,  
David Oldham  
Head of the Fundraising Committee*

## The Power of Three

by  
Dina  
Shadwell

Anyone who has been to a Retreat with Samuel knows how he encourages us to mix it up—don't have every meal with the same people; sit with someone you don't know that well. Although we know that Samuel enjoys a good chuckle, I doubt he presses this point for his own amusement, to watch us squirm as we stretch our comfort zones. He is constantly encouraging us to make new connections. To me, one of the (many) beauties of spending time with "the tribe" is being able to connect with people I would never otherwise have a chance to meet if I were strictly running with my usual circles of colleagues and friends. Samuel obviously sees the bigger picture and knows the creative potential we have within our motley Guardianship circle. And recently, the creative potential of one particular triune of Guardians came to beautiful fruition.

Carol Gailey from Lexington, Frank Valley from Pittsburgh, and Philomena Slater from Atlanta had been connecting with each other over the years at various events with Samuel, first as separate twosomes, then more recently as a threesome. Carol found that she shared entrepreneurial interests with Philomena, so they eventually decided to schedule time every week to talk on the phone about how their individual business ventures were going. They became "touchstone partners," as Carol calls it. That initial ten-minute phone call to discuss business quickly and readily evolved into an hour-long discussion of all sorts of matters, but especially the business of Guardianship, or as Philomena puts it, "How do we do this thing called being a Guardian?"

Because Philomena and Carol had each already created a connection with Frank, it wasn't long before the three of them decided to share a monthly phone call—to check in with each other, discuss the latest first-Sunday message from Samuel, bounce their visions and creative ideas off of each other, and exchange perspectives on integrating and applying Samuel's teachings, on living the Guardianship. As Carol says, their conversations "thrill the soul."

The subject of sacred geometry—or "geometry," as Samuel has called it, since it's all sacred—abounds in our

world and in our work with Samuel. So this has been a topic of conversation between the three. From pyramids and star tetrahedrons in our visualizations to the simple triangle in the painting that hangs behind Samuel at Phoenix Institute, we seem to easily resonate with these sacred symbols. Frank Valley says he has always been particularly drawn to the symbol of the triangle. As he learned early on from his engineer uncle, there is strength in the physical structure of a triangle. It cannot be bent. And this is how he sees his relationship with Carol and Philomena. "There's just a completeness in three. There's a sacred energy that's created that I sense most profoundly with Philomena and Carol."

Out of this sacred flow of energy came the recent Summer Solstice working that was done simultaneously in all three cities. Yes, the working came with Samuel's stamp of approval; yes, Lea contributed her thoughts to the final scripting of the working. But the genesis and launching came from the already-in-motion sacred flow that Carol, Frank, and Philomena had created. In the June first Sunday meeting, Samuel charged us to "practice the power of your thought and the power that comes from sharing the same thought . . . because your world has great need of those who are capable of affecting energy with their mind." He also said June 23 was particularly important. So Frank, Carol, and Philomena discussed some what-ifs. "What if we created a common intent? What if we invite others to join us? What if we coordinated the three cities?" And together, with each of them bringing their strengths to the table, they created a beautiful, powerful working that united the three cities and beyond, that took advantage of the larger energies at play on June 23 to focus our unity consciousness into a vision for repatterning this world, bringing "new elements of wholeness, balance, love, joy, fulfillment, and an openness to further new patterns of love."

I know I felt profound gratitude for this working and was amazed at how quickly this tricity triunity brought it together. Each of them has told me that Creator/Patterner function was at play in this process. Philomena identifies herself with Creator energy, Frank with Patterner energy, and Carol identifies as Creator with a strong Patterner function as well. So

### Schedule of Events

You are invited to Phoenix Institute/Atlanta's weekly programs. Dates and programs are subject to change.

**Tonings**—Mondays, 7:00 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 and the Fourth Monday discussion—an opportunity to share the enduring power of the gifts from The Guardianship Program .

*Power of Three — cont'd* the balance of ideas and foot-work, of Intent/Thought and Word/Deed, really paid off in this creation process. And the three of them seem to be a shining example of the potential we have as Guardians, as Creators/Patterners, as the microcosm working within the macrocosm of the three cities and beyond.

All it took for them was to start up a conversation, to recognize the chemistry they have that flows beyond words, and keep the communication open, keep supporting each other. As Frank said, "The greatest resource I could possibly have are these sacred connections. Look at the magic that occurs." Indeed. Look at the magic that can occur when we join someone new for lunch. PR

*Samuel Responds — cont'd* pieces of your day: "While I brush my teeth, I am going to do the DNA exercises. While I take a shower, I'll do the 5-minute meditation. I'll do my cord work at this place of the day." Why not? And that might work better for you.

Until the time comes that you see what it's doing for you, you won't do it. And that's the difficulty, because until you do the exercise enough, you won't see a change.

If there is chaos in your life you are seeing a result. It just needs more control. That's usually the very first sign of change: the natural human resistance to it that creates

chaos.

***Is there one exercise more important than any other?***

Toning.

Some do build off of others, but they all create changes that are important. The thing is it's the fast track, and the fast track is often the rockier track. So if you don't want the fast track, don't do them.

***How about someone who wants to get on the fast track? Where would they start and how would they progress?***

Well, I will have to go with the very first thing they need to do is Toning because that's going to shield them from cracking up. And then they will learn about this to try and that to try, and that to do. But through it all, Toning keeps you stable.

***So there's no progression necessarily?***

It's not about the order I've given them in, because everyone comes in at the right place for them. So allow the Universe to put it in front of you: "I just heard about the DNA exercises so I'm going to do them." Go with that.

***I'm sure many people think there's a "right" way.***

Of course. Humans like that. It's comforting to have the list that you can check off so that you can know if somebody's not doing it that way, they're wrong. It's so handy.

S

## AUTUMN POTLUCK HOUSE PARTY

**SATURDAY, OCTOBER 5, 2013**

**6:00 P.M.—9:00 P.M.**

**@ ANGELA AND DAVID'S FARMHOUSE (NOT FAR FROM DOWNTOWN LEXINGTON)**

Have fun being with great people, enjoying good food, laughing, and dancing by starlight on an early fall night.

Please remember to bring a vegan dish to share. (Feel free to BYOB.)

Also, consider bringing a flashlight to get back to your car at the end of the evening.

*For more information including directions, please contact Angela Henson at 859-533-6872.*

**FELLOWSHIP \* FUN \* LAUGHTER!**



# **Change is good!**

**(and we're changing)**

Beginning January 5, 2014,  
Sunday meetings will move to 5:00 p.m.