



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2014

An Interview with *Samuel* channeled by Lea Schultz

Annabelle, Paula's and David's puppy (the one that was seen on Samuel's lap at the December meeting) joined attended this interview. Some readers may recall the discussion at the beginning of the Nevis trip, just after the death of Rosie, that Rosie could be brought back into the form of another dog. "Look for a puppy," Samuel said.

Samuel (speaking to Annabelle): Well, haven't you grown up!

So are you seeing any Rosie in her yet?

Paula: She snuggles like Rosie.

You'll likely see much more of it when she gets older and more stable because group soul—not just with canines, but with any animal—is very in and out until it is more stable, so they tend to be kind of a carcass at first.

David: When you met her in December you talked about Rosie sharing the body.

Right, that's how it tends to work. You know she's a pretty remarkable soul, so it's very possible that—this young I can't tell much—that she is individuated, because since the work in India, many animals that were right on that edge shifted over. Now, that can be problematic for them, so being with you two will be very helpful, but even if Annabelle is individuated, Rosie's need to be with you will allow that inhabitation.

Well, she's certainly moved out of lap size, hasn't she?

Paula: She and Jethro together are such a team.

Yes, I believe that I have met Jethro, too. You make excellent choices, or maybe they do.

David: We find each other anyway.

What is that you have?

Paula: This is a challenge toy. You put treats in and they have to figure how to get them out.

That's one happy puppy.

There has been a lot of interest in the New Year's Eve rit-

ual because it was so different from any ritual we've done before. We have always begun by saying "This is a working of the Light," but to this ritual was added "We call upon the Light that we are, have been and ever will be to work with us and within us for the greater good of all." Please explain why the statement was expanded for this ritual.

Sometimes people want to put meaning into something that isn't exactly the right direction. Over-thinking.

First, that was the beginning of the ritual, but it wasn't the beginning of the experience, which I think had more importance than when the candle was lit and that statement was made. The

reason that there was more added to it is because *you* are more than you once were. And as much as you may not think it to be so, the fact of it is, your transcending, changing self is capable of functioning with a much higher frequency coming in and helping out than had been possible before. Your spirit self likes that. It likes the ritual even more than a few years ago.

Ritual has always been important because it lets your brain know what is going on, but what I was working on in this ritual was letting your spirit enjoy it, and that *was* different. But it was only different because of what you are now capable of dealing with. It actually still followed the same pattern.

Bottom line, remember this: all you really need to do is walk into the room and claim it.

Are you saying that if we had called the energies to work with us for our highest good, we would have had the same energies come in, but as a result of changing the calling, our spirit reacted differently?

No, it's more like when you were a child you drew to you pre-school teachers, but as you grew and changed you began to draw college professors. So in the higher frequencies that you're capable of working in

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now, you are capable of drawing that which is closer to Source. However, to get that you have to be more specific.

So if I say "I call on the teachers who work with me for the highest good," that may not do it.

It's nice, but you're not going to get that higher closure.

Why not?

Because you've not called them.

We had several questions about the "Ancient Son of the Sun, the Galactic Savior," but Lea didn't think you would answer them. Why?

Because you—those who are reading this—have a tendency to over-think and to make something different out of it than what it's actually about. If I were to talk to you about the Son of the Sun, for instance, I can guarantee that there will be people who start calling on the Son of the Sun, or who start becoming convinced that they're getting that energy, and they're not! You're not going to get that energy without me there. Nonetheless, some people will start incorporating it without knowing what they're doing. As change continues to happen, as the group is proving that higher frequency is possible, I'll be doing more experimentation just to see what you *can* call in, just what you can do. But right now it would be best to say it was for my pleasure and not your mental masturbation, because that's what it becomes.

Our next question is, Are all Guardians going through the Transfiguration process . . .

No.

. . . and if not, why not? Does personal resistance have anything to do with how the process happens, and if so, what can we do to ensure we're not resisting the process?

Not all Guardians are transfiguring because not all Guardians have said yes, and even amongst those who have said yes not all of them are consciously, purposefully working on raising their frequency, doing what they really need to be doing. In fact, some are even not serving; they're just playing a game. I

find that pretty unfortunate and pretty heart-breaking, but so it is.

Amidst those who are consciously choosing to serve and grow and work at a higher frequency and experience a greater draw toward their spiritual experience rather than their physical experience, they've got to be functioning at a pretty high frequency for that Transfiguration to come about.

Does resistance play a part in it? Well, for those who are not functioning at a higher frequency, it takes consciousness to get there. It takes resistance to keep you from it.

Now, what would that resistance be about? Well, that is about as large a list as there are individuals, because it's different for everyone. But just think about it: what kind of resistance do you experience even as very high frequency beings? You know, one of the biggest ones [looking at David] is "I don't see it. I don't feel it. I don't think it's there." If you're not feeling it, that doesn't bother me a bit. If you're not seeing it, be careful, because the expectation of what Transfiguration is going to do might keep you from seeing what it *is* doing. And I'll stop there.

Looking at the high attendance at this year's home-base Guardianship Program, it would seem that most Guardians in Phoenix are consciously wanting to go through the Transfiguration process.

Yes, most Guardians in the program are going through the Transfiguration process.

Whether they want to or not?

I think I'd say that most want to. However, it's important to remember that there are more Guardians in the world than are just in this version of the work. And even some of those who are in this work are more interested in the circus than becoming one of the acts.

Not wanting to be left out.

Perhaps.

I know that you're saying that there's all kind of individual



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.

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Phoenix Rising

will be distributed on June 21.

Manuscripts and correspondence are welcome. Send to the editors at

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P.O. Box 12963
Lexington, KY 40583

or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — May 4

Ad reservations — May 11



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CALENDAR

Meetings are at 5:00 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.)

APR

- 6 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 13 Engaging Your Psychic Talents — *A fun, hands-on way to learn easy techniques for solving everyday problems, accessing your spiritual symbology, and accelerating your spiritual growth through psychic development.*
- 20 Discussion of the Interview with Samuel in this issue of *Phoenix Rising*
- 27 Game Night—Apples to Apples

MAY

- 4 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 11 Game Night—Reverse Charades
- 18 Thought Patterns for Success — *Samuel encourages us to look at our blind spots and what holds us back. Come explore and learn how to change these obstacles into opportunities.*
- 25 Prosperity Swap — *Bring items you no longer want but are still useable (please, no clothes) to Phoenix for an old-fashioned swap meet and create space for something new to come into your life. The items that don't find new homes will be donated to the Anderson Humane Society for their yard sale fundraiser.*
- 31 Samuel's Lexington Lifescapes Event, 9:30 a.m.–1:00 p.m.** (see ad p. 11)
Vegan breakfast 8:30–9:25 a.m. (see ad p. 4)

JUN

- 1 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 8 Controlling Your Thoughts — *Samuel said that 2014 is the year we need to learn how to have our mind under control. Explore various mindfulness techniques that can help you focus and direct your thoughts.*
- 15 The Oz Principle — *Learn how the Oz Principle can help you avoid getting stuck in the victim cycle by taking the steps to accountability, ownership, and personal choice using archetypes from The Wizard of Oz.*
- 22 Stand up, Speak Out, and Lead with Love — *Do you want to have an influence on a local, state, or national level? This nonpartisan, non-political-agenda teaching focuses on effective communication tools to help you be heard by those you wish to influence.*
- 29 Game Night—Chicken Foot

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Phoenix offers four Toning practices weekly:

- After Sunday meetings, 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.

resistance, but how can we be sure we're not resisting the process?

Take a moment and ask yourself, "What could I be doing that I'm not?" I guarantee you will get an answer. I guarantee it. If everyone reading this stopped for a moment and said "What is my resistance about?" they would get an answer. The Universe wants you to know. You are already tuned enough to get those answers, so if you want to know what you could be doing and what's holding you back, just honestly ask yourself and look at it. There are a lot of answers, and what is a really big deal for one isn't that big a deal for another. So, to give a list of what holds you back will lead to some people saying, "Well, none of that's me!" You're human, you're going to have resistance in areas of your life, but you're less human than you used to be, and you're becoming less every day. So the key is *don't let the human win.*

Sometimes you get in circumstances that the human just kind of overpowers you.

So stop it! Catch it in its tracks. Shift. Change it. That *has* to become habit. It *has* to become a conscious thing.

The next questions have to do with the group trip to activate Mekong Dragon force this year. The Mekong is a long river going through several countries, so why choose Cambodia?

One reason is just that it goes more through Cambodia than Laos. And Cambodia is very beautiful because it's so rural. But more than that, Cambodia is at a precipice right now. It's ready for a big shift, and I'd like to try to direct that shift. Also, Cambodia is a very, very poor country, and I think it's very important, particularly for Americans, to see that and learn how to deal with it—not emotionally, but spiritually. Even after the trip to India, there are still those who don't get that poverty is a valuable life choice; it's not punishment. And poverty is everywhere. Cambodia probably ranks amongst the most impoverished in the world, but it's a whole lot harder to be that poor here in the U.S. than it is there. And that mindset, "they"—I need to keep doing what I can to try to change that.

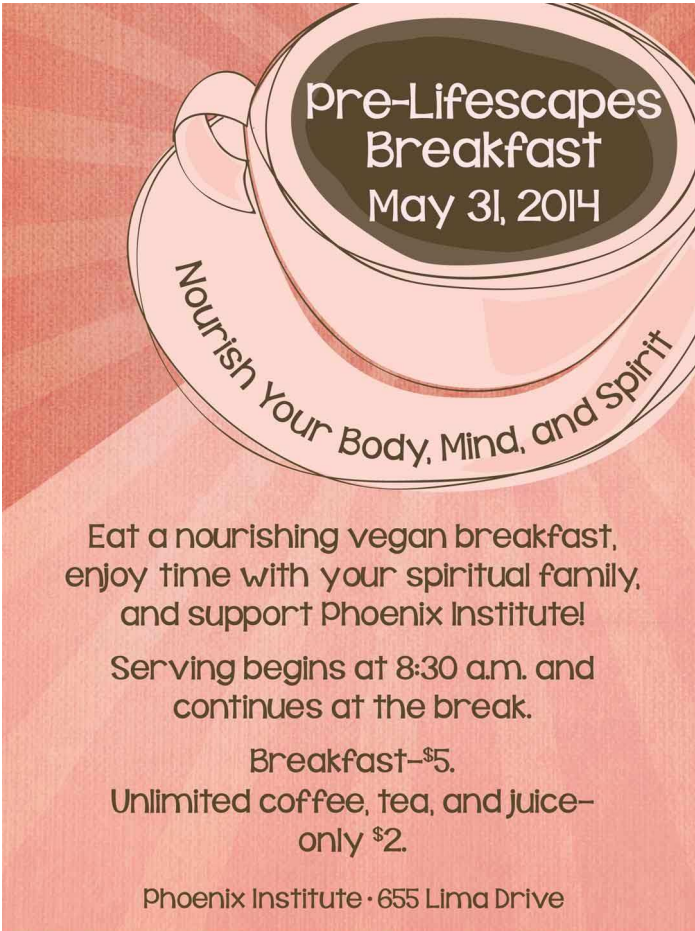
Well, I think when you are a rich American it's easy to next page

ignore it.

And a lot of Americans who would never consider themselves rich are, by far, compared with other parts of the world. And many of those here who are very, very poor are right on the same level with these other countries. Western culture doesn't like to think that they've got any of that extreme poverty in their world, and yet there's a lot of it—far more than there should be. And it's harder being that poor here, instead of where you have generations of family helping each other and taking care of each other and a whole country of people where, out of a hundred people, there might be only one who is slightly upscale. As someone living in poverty, you're in the right club there, whereas here you're not.

And then one more thing: the Mekong seeding is very important now. I truly believe that it's going to have a profound effect on all who are on that trip with regard to trust and hope, because that's what that seeding is about. And if that's the case, then those Guardians are going to be opening that door of trust and hope around the world, besides what the seeding itself will do as it spreads over that area. That actually could be a slower process than what the Guardians can do.

That whole area was the site of a really horrifying war back in the late seventies, early seventies, and I've wondered how much of that trauma has been healed and



Pre-Lifescapes
Breakfast
May 31, 2014

Nourish Your Body, Mind, and Spirit

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enjoy time with your spiritual family,
and support Phoenix Institute!

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

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how much is left to be healed.

Well, the Cambodian people live very much in the present, and their nature tends to be not to look back and to be very open and very forgiving.

In four years Pol Pot killed two generations of men, women and children. It was genocide before people knew what genocide really was. The people don't want to forget, but they also don't choose to live in it. Also in that area the Vietnam war had some Cambodian action. I don't know that the misunderstandings are cleared up from that, but again they are a very forgiving people. There is no "Oh, you are American. We hate you." It's "Oh, you are American and you are a tourist. We welcome you."

[Frank] We didn't get any sense in Vietnam or Cambodia of antagonism towards Americans or the West, which surprised me.

Every village has a killing field, but I'm not asking the group to go to them. I think that it's important to see what happened. I don't think it's necessary to see a thousand skeletons piled together and torture chambers open to view in order for your heart to recognize what it was about. EarthLight went because it was going to be available to anyone in the group who was going to want to see it, so you did it for the team.

[Frank] It was probably one of the hardest things I've ever done, but I'm glad I did it because it brought genocide and degradation of others home to me in a way that nothing else has. It was pretty horrifying.

And my hope is that you have become aware that that is going on right now in this world. It doesn't end.

The group will be going to Siem Reap to see some of Angkor Wat. What is the significance of that site to you to take the group there?

It would be a pity to be that close and not see one of the world's great wonders. There are a lot of temples, a very interesting civilization. There is a whole lot in common with the Mayan, the Aztec. Hinduism moving to Buddhism. All interesting cultural things. It's like when I would take you to Europe and have you go on a cathedral tour. You are seeing places that have been very holy to many, many people, and some that still are. You're going to see beautiful buildings, amazing carvings that will touch the artist in your soul. Does it have a part in the seeding of the Mekong? Not more than a church not far from any other seeded river would. However, it will show you the roots of Cambodia's cultural heritage. The people have invested their hearts here.

It seems this year as though you are changing direction in the Lifescapes. Instead of "airy-fairy" topics such as inter-dimensional travel, you are going to be focusing on more mundane topics like relationships. How does this change in direction relate to Transfiguration, and why are you changing?

First, although I am teaching some things about relationships in the everyday, the whole focus is different because I'm dealing with the transfigured being. One of the things we've talked about was the high frequency that's needed in order for the Transfiguration to come about. So where I'm going with it is the differences in human relationships and transcended relationships—the things that you encounter; the things that could be possible. In the day-to-day human experience, relationships and communication will always, *always* be the way you live your love, so no matter how high a frequency you're working at, as long as you're functioning in form on this planet you are going to need to master relationships on a spiritual level as well as a mundane level in ways that you've not had to before.

For instance, many, many people are going to be finding themselves unhappy in long-term relationships, and their human self is going to think, Well, maybe I'm falling out of love, or something like that, which isn't the case at all. It's that a transfigured relationship is not as closed down as a typical relationship. What's needed are *more* connections, not fewer. You need to have more friends. When you're in a relationship, you need to have more outside connections rather than everything just being the two of you, which is so easy, and even kind of desirable on a human level.

Would it be correct to say that emotions play less of a part in transfigured relationships?

Absolutely. And another thing that plays less of a part is sex. [Laughing] Of course, that might bring up more resistance to the process, but there you go. So although it may seem that I'm going backwards, I'm not at all. My job is to keep you functioning here, to keep you from becoming dysfunctional, to help you not give up or burn out, and that means constantly being on top of the difficulties and doing what I can to open doors to where the power and good can be.

You've said that our lives are like onions, and so relationship and communication issues are going to keep cycling around, and each time we evolve we're going to need to learn how to approach them as that new being we are.

True, but this is a bit different. Have you ever seen a carrot that is kind of a Siamese carrot, with a second carrot growing right out of the first one? You don't usually see that with onions, but it's more like that carrot. It's time now to switch to that second carrot. The onion metaphor really doesn't work, because at Transfiguration your transition isn't to a whole new way of having to unpeel everything. It's actually more like you've been peeling off more layers of the onion, and find a carrot attached to it. It's something that doesn't have all of those layers so that metaphor isn't very workable.

Do transfigured relationships have more potential in terms of spiritual growth or spiritual expression?

Well, it makes sense that it would, but I don't know. I can only tell you what could be, not what it will be, because this whole Transfiguration process is a really pleasant surprise. I don't have answers, just pathways of possibility, so what I want to do is to direct you to the higher possibilities.

Would it be useful to have your "dictionary definition" of Transfiguration?

Well, it might if I could come up with one, but you know, in the past year and a half I've been having trouble coming up with a description of what's going on. Have you ever looked under a microscope at cells dividing? You know that it starts out a single cell, and then a second kind of pops out of it, and you've got two, and then you've got four, and on and on. When is the point that a cell says "Let's expand," and what is that called? As far as I know there's not a name for that, but it definitely transfigures the cell. It's not a hybrid; it's its own thing. Your human self is getting smaller. Your spirit self is getting bigger. The human

will always be there, but it won't be the first choice. It's a miracle. We could call it that.



Lea Schultz



Samuel is pure, unlimited energy, an intelligence that has communicated through Lea Schultz since 1984 in a process he calls transformational channeling—working in the energy of those in his presence to assist them in their spiritual development.

Every night before you go to bed, speak out loud three to five things that you have been grateful for that day. That changes you; it puts you on the right footing, right there. You go to bed filled with gratitude. You are likely to have a profound effect on your night dreams which you will see come forth in your day dreams.



Samuel

r e s p o n d s . . .

Samuel, it was so good to hear a bit of good news about 2014 from your first-Sunday webcast. I have been hearing a lot of gloom and doom prophecies for this year and I simply refuse to believe them. What's the story on these prophecies from remote viewers, astrologers, numerologists and the like? Are they on to something, or are they tapping into the collective unconscious of a psychologically depressed, fed-up population?

I look to the second. Here is something you want to remember: when you hurt your shoulder and you go to the orthopedic surgeon, what do they do? They want to do surgery. That's their specialty. You go to the dermatologist and your problem has to do with dermatology. It's where you put your focus.

I've tried many ways to help you understand the paradox that time doesn't exist the way you think of it. The future has already happened, but there are still choices that can change it. You [Guardians] may want to forget it, because it's not something where you see the immediate effect: that you open doorways for mass consciousness. What *you* do redirects this *world*. I believe that if every Guardian actually got that, change would happen so quickly.

If what you do is write for the newspapers, you're going to look for events that are sensational. Why? Because that causes people to buy your paper. It's no different with remote viewing, with the way that you're going to interpret omens or astrological happenings. The way that you view the world is going to be how you interpret what you're seeing.

I love that this writer is recognizing that there has to be another option, that maybe this issue is about latching on to the negativity that's in the world instead of a positive view. It's so important, *so* important, that you consciously choose the positive even when the negative is smacking you around the head. It's got to become a habit, because then you create that positive end that is already there but needs to be made solid by free will.

A certain remote viewer has been talking about a solar "kill shot" in which the sun will send off a number of high-powered solar flares toward the earth and knock us back into the Stone Age—literally. Is he seeing our reality or a different one?

Well, you know that would always be a possibility if there were not protective mechanisms in place—naturally or created—if you did not have the Grid that you do, if there

were not seen and unseen protectors and watchers, and if your sun were just a star instead of a spiritual being, a Solar Lord, whose work is with this world.

Which he wouldn't destroy purposefully.

It's much more likely that you are going to have a rock hit you than have all your electronics knocked out forever. I do think that it's very realistic that you might have tremendous radio blackouts across the world because of solar emissions. You've been experiencing them over the last month.

But that's not a world-wide catastrophe. A bigger catastrophe is what's going to happen if your magnetic shift happens sometime soon. I say that as a joke, but something like that would have a far greater effect than what is going to happen with your sun, even though your sun is putting out some pretty extreme natural radiation that is creating solar winds affecting your satellites, and so on. Remember it goes back to where your focus is and how you're seeing things, because you can choose to see ice cream for everyone as a really negative thing or a really fun, positive one. It's just perception.

Are concurrent multiple realities possible? I've apparently been slipping between a couple; for example, I can make an appointment for 1:30 on Tuesday and I wake up on Tuesday to discover it's at 9:30 a.m.

Are there multiple realities? Absolutely, and I'm not talking quantum mechanics, multiple universes. I'm saying multiple realities. There is a short answer that says for every person in the world there is a reality. But there is a longer and more complex answer that says that reality is more like a child blowing bubbles. You might picture one bubble that attaches to another bubble, and where the two come together there is a point of change. Space-time as you know it is not non-existent, just more flexible than you think.

I would warrant that many of you are finding that things you're relating to your memory—"Oh I just got it wrong or wrote it down wrong"—really have more to do with those whose reality bubbles are intersecting with yours. It's the reality bubble of Paula and David, and, right now, Frank, and everything that you are thinking, the presence of your energy itself (not to mention Annabelle [the puppy who sat in on the interview] tossed in for the fun of it), and those energy changes, all create opportunities for perceptual change. What Frank is thinking is affecting you even though

you are not hearing a thing, and that causes you to shift and make different decisions, create a different bubble, and that's because Frank's bubble and your bubble came together.

In a big picture, beyond individual reality, the way time works is changing. That has something to do with the rotation of the earth that's in change right now. With the Earth's heartbeat changing, the internal core is spinning differently than it has been, causing your planet to be slightly off from its usual—and by usual I mean the last few million years—place in the universe. And that creates a shift, even just a tiny one, that affects everything, including the way you perceive time and space.

Now, I consider that change in your perception a really good thing, because what that means is you, as consciously aware Guardians, are becoming more aware of portals and creating portals. Remember that your life in the eighteen-hundreds is going on right now, right where you are, and your life in the twenty-three-fifties is going on right now. And when you really get that, you realize that time is fluid, not set. It's speeding up right now, and that's throwing off *your* current perceptions, which makes it harder for you to be confident in your reality. And that creates what you're thinking of as memory problems.

You said time is speeding up. Relative to what, if not to the time we inhabit?

It's a planetary thing. Your planet itself is undergoing such a change right now. Your perception of time is based on your body's cells' relationship to the magnetic core of the planet. Your sense of gravity is a function of that spinning dynamo within the center of your planet, which is an electromagnetic force causing what you think of as gravity. That spinning, that electromagnetic force, is changing. It's speeding up. So you adjust to that, but not fully. And for you that creates the change in time.

Now I realize that that's a pretty poor way of trying to explain something, but it's a very involved kind of thing. It's something better saved for a Retreat, for instance, when I've got much more time.

You [David] have noticed—and probably most of those who are reading this have, too—that time is going by much faster. That is perceptual, but it's also specific, objective. Did you know that the Naval Observatory atomic clock occasionally needs readjustment? Do you know that in the last five years it has needed more adjustment than ever? And it's not because it's an old clock. Time is changing, objectively and perceptually.

[Frank] The dimensional overlap that you mentioned.

The bubbles? I didn't call it a dimensional overlap.

[Frank] Sorry. A reality overlap. Would that also account for things disappearing and then coming back?

That probably is actually a dimensional overlap. Are you talking in this house [on Kentucky Avenue]? You've got to remember that this house is a portal. It's a dimensional pass-

through, and so you're going to have a lot of that. If you hung out in this house long enough, you'd start at least sensing, if not seeing, warped time, and it would show up as seeing somebody that you might think of as a ghost walking through the room in seventeen-hundreds garb, just doing their own thing, not bothering you, not trying to connect with you at all.

[Frank] But I'm aware of it more now—things disappearing and then coming back, things suddenly being different than they seemed a moment before.

But how it is in this place is not necessarily the way it is at everybody's house [To David]. Are you having things like that happening at your house?

The only thing I can connect with in all of this is that I've noticed the weeks are rushing by, but I haven't seen people walk through the house.

Well, no, you wouldn't have seen that at your house, but there is a question a little further along about or maybe it did not last, but it was about spirit attachment to a place.

Ghosts.

You would have ghosts at your house, even though your house is very new, because the energy stays with the place. But that's a whole different thing.

Well, getting back to the original question . . .

I was speaking about the nature of this house [on Kentucky Avenue], how a place of dimensional shifting where you see or sense a different time doesn't mean that that's a ghost, and it's important to realize that. In fact, here there is no personality connection at all unless you create it out of your fear or excitement or whatever.

And besides, ghosts don't take things from you. A lot of times unseen energy that you have very strong compacts with tries to get your attention.

David, you've got a part of your twelve that hangs with you everywhere you go, just as clear as can be to me, and since humor is eternal it's not surprising to me that those pokes and jokes—hiding something and bringing it back in a very obvious place—are going to come about.

I occasionally have had something happen that seemed so statistically unlikely that I wondered if it wasn't just a "hey look" sort of thing. Is that what you're talking about?

That's exactly what I'm talking about.

I dropped a can of WD40 on a tile floor once, and it bounced and bounced and bounced and finally landed upside down on its little red cap, and I said, "This can't happen!"

How many times have you tripped on the stairs and somehow did not fall down when you should have? Or driven down the road and did not have the accident that should have happened? It's not just house games; there are these other versions of what can come about.

If a ghost had been haunting a house that gets torn down, what happens to the ghost? What if a new structure takes the place of the old one—what happens then?

Remember that a ghost is just personality essence. It cannot harm you. You—Guardians—are a magnet, though, for personality essence that isn't stabilized, so you can get a sense of ghostly beings more than probably John Doe out in the world can. But for the most part ghosts aren't what people like to think they are.

Personality essence attaches to a place, an earth connection that holds it, not a room that disappears when the house is torn down. And again, that has something to do with that electromagnetic thing that I was speaking of earlier. The important thing about remaining personality essence is for you not to have emotional attachment. If your mother dies and your emotional attachment is very strong, it draws that personality. But when you can have no emotional attachment, that draw diminishes.

Which is better.

Well sure. That's right.

If we can only "feel" our personal timelines to about age of sixty-nine or seventy, which is how I've always felt, does it mean we're going to be done and check out at that time, or is there some major event coming up in about fifteen years or around say 2030 that we or I can't see or feel?

Everybody has doorways that are opportunities for leaving here. And the older you get, the fewer of those doorways there are usually, because you've already passed many of them. Guardians tend to come with a good amount of them because you are always given the opportunity to continue on or not. If you're not going to be doing what you're here to do then you may as well not be here. So those opportunities will show up a lot. They will often show up as you get really sick or you're in a really terrible accident. You're not conscious that you were given a choice at that point, but you said I'll stay and so you did not die. The more attuned you become to yourself, the more aware you are of those coming options, but any particular one, even if there are five more behind it, is going to look like the end of the line until you get past it. And then life goes on a while longer ...

The next part of that question was, Is there something that is going to happen in fifteen years that may be a planet-wide thing? I would change that to, Is there a major event going on in the world that can create that sense that fifteen years is all there is left? And I'm going to turn that around and say, Based on everything that I have spoken about so far, how would you answer that?

It depends.

That's right. It's about the future, and the future is liquid. And you will draw that which functions with how you think, and what your frequency is about, which is why you need to

be positive, why you need to act like *every* day is your last day, and not like "fifteen years from now might be my last day." And you need to start now creating those futures that work positively with your growth and change for the better rather than creating a time in which the world ends.

There are definitely timelines that speak of world-wide catastrophes from now until the end of this century—by asteroid, by flood, by ... Don't let that be a way. Let Sacred Status complete; let the world move into Ascension, not apocalypse.

Nevis was a great place to come together as a group, meet every day, and eat great vegan food. We even activated the Baltic Dragon remotely from Nevis. Do you see the group returning to Nevis in the near future? What other kinds of workings could we do from there? Couldn't we do all of our workings there?

I believe that the Mekong could be the last in-place Dragon working, because it is my hope that if you could activate the Baltic Dragon without being at the Baltic, as you did, you'll be able to do that for other seeded rivers as well. So that would mean it's not necessary to go to the seeding in form. You can go to the seeding outside of form.

We could go to fine vacation spots and do the work from there.

Yes, you could. However, Nevis is a very unique area. There aren't that many places on the planet where you're going to get that kind of energy. It might be a good place to go back to if it seems the group can't open seeds from other areas, but at this point my plan is to try activating Dragon force in other powerful places like the Retreat, or very strong active energy places like Avebury. We'll just have to see.

Or Mexico?

I agree that the ritual and energy was so empowered at Teotihuacán, Tulum and other Mexican sites, but I suppose now there would be a lot more tourists than when you were there.

Some people who have been a part of Phoenix for a while are not coming around much any longer. It seems to be part of a trend that has been occurring in all three cities. Why is this happening?

Because I'm not nice anymore; I'm pushing you harder. This work isn't a spectator sport; it's active, and those who have been seeing it as a spectator sport have been feeling that. On the other hand, in each city are those who have not been around for a very long time but who are showing up again for the same reason. They are tired of the spectator sports and *really* becoming aware of how important it is to get some action going. This work will never be for the masses. It's not easy enough for them. Also, there are those who have backed away and are doing that thing where

you've got to make this work "bad" to make your choice acceptable. And there is some negativity out there as well that's allowing people who want an excuse to have one. Don't fall prey to stupid human tricks. You're here to fulfill a compact as a Guardian. Don't waste this life.


I've gotten fever blisters ever since I was a teenager. The herpes virus hides in the cell bodies of neurons. I would like to eradicate the virus from my body, despite current medical knowledge which says that can't happen. Assuming it is possible, which of the several self-healing techniques that you have given us over the past couple of years would be best for this healing this condition, and how would you augment the visualization?

I would not augment a visualization, I would say that any of them would work just fine. The thing that you've got to remember about healing—and which is often the great excuse for healers who don't want to stick with it to become as strong as they would like—is that if it's a part of your blueprint, you're not going to heal it. But you've also got to realize that movies and television with "let me touch you and you are automatically healed" isn't realistic, because you've got to rebuild cell by cell, and that means it often takes more energy and more repetitions for your brain to coincide and allow those changes to come about. Your brain is the key, and in the case of the herpes virus, staying away from trig-

gers—high stress situations, ultraviolet rays, putting crystals in your mouth, that kind of thing. (That was a joke for this specific questioner.)

By means of CMEs, flares, and solar wind the sun spews x-rays, UV radiation, protons, and electrons in addition to visible light. How would you compare the effect these different particles and wavelengths of light have on us?

It's possible that some things I said already might answer some of that. But to answer just the way it's asked right here without further clarification, I'll say, you are protected in many ways, physically, spiritually. Your planet is, as well. In the very same way that the sun's light can create problems for you—sunburn, skin cancer—your body also heals it until it has been so damaged that it no longer *can* heal it. So what does that tell you? Don't be stupid. Realize that the sun's rays and the water you drink and the air that you breathe can all be harmful to you, but you have ways of counteracting it. So do that.

Learn to be thankful for everything. You learn from the hard times, too. I want you to see the other side of things, and you do that by pure  thankfulness.

Tune up your Body! Wisdom from the Yogis

a Greenhouse Event with Chris Walling
hosted by Phoenix Institute

Saturday, March 22, 2014
1:00–3:00 p.m.
(Includes 10-minute break with beverages)
Registration fee: \$15

This afternoon of Applied Yoga Therapy is intended to offer participants a brief introduction to Yoga Tune Up® techniques in this exciting experiential Greenhouse. Chris Walling, a certified yoga instructor and Yoga Therapist, will help participants explore the application of Yoga Tune Up® techniques to:

- ◆ Keep the body hydrated, flexible, and strong for years to come;
- ◆ Explore exciting clinically proven yoga sets that help improve memory and cognition;
- ◆ Enable the pineal gland and the endocrine system to be healthy, happy, and whole!

Please bring a yoga mat, a blanket, and yoga blocks & straps (if you have them).

Phoenix Institute • 655 Lima Drive



Time Change for Monday Meetings!



Starting on Monday
April 1, 2014, our
Monday meetings
will begin at 6:00 P.M.
Toning will follow at
7:00 P.M.

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

Meetings are at 6:00 p.m. at the Nuin Center,
5655 Bryant Street, Pittsburgh,
unless otherwise noted.

- APR**
- 7 6:00 p.m. Discussion of Samuel's April first-Sunday meeting, followed by Toning; Prosperity Table
 - 14 6:00 p.m. Soup/Stew Cook-off 2014, followed by Toning at 7:15 p.m.
 - 21 6:00 p.m. Discussion of Samuel's interview in the Spring issue of *Phoenix Rising*, followed by Toning
 - 28 6:00 p.m. Play Night with potluck vegan snacks, followed by Toning

- MAY**
- 5 6:00 p.m. Celebration of Beltane, followed by Toning; Prosperity Table
 - 12 6:00 p.m. Discussion of Samuel's May first-Sunday meeting, followed by Toning
 - 17 **Samuel's Pittsburgh Lifescapes Event**, 9:30 a.m. to 1:00 p.m., Pittsburgh Airport Marriott, 777 Aten Road, 412-788-8800; followed by lunch at Ya Fei Restaurant, 1980 Park Manor Blvd., Pittsburgh, 412-788-9388
 - 19 6:00 p.m. Discussion of Samuel's May 17 Lifescapes Event, followed by Toning
 - 26 Closed for Memorial Day

- JUN**
- 2 6:00 p.m. Discussion of Samuel's June first-Sunday meeting, followed by Toning; Prosperity Table
 - 9 6:00 p.m. Discussion of Samuel Responds in the Spring issue of *Phoenix Rising*, followed by Toning
 - 16 6:00 p.m. Healthy Living program featuring "Creativity," followed by Toning
 - 23 6:00 p.m. International Food Fest, followed by a celebration of the Summer Solstice at 7:15 p.m., then Toning at 8:00 p.m.
 - 30 6:00 p.m. Discussion of Samuel's interview in the Summer issue of *Phoenix Rising*, followed by Toning

T O N I N G

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

- Most Mondays at 7:00 p.m. unless otherwise noted, after the meeting at the Nuin Center
- Every Thursday at 7:00 p.m. at the Nuin Center
- Most Saturdays in April Toning will be held at 9:15 a.m. at the Nuin Center.
- Starting Saturday, May 3, Toning will be held outside, behind the Hofbrauhaus Restaurant on the South Side at 9:30 a.m.

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

HEALING YOUR HEART — RECOGNIZING YOUR DIVINE IDENTITY

"This Lifescapes will give you new techniques designed to activate your Transfiguration in a real-world way. You will learn to recognize behaviors which signal the deep core issues that drain your passion. Then, using specific sound frequencies for realignment and recreation you'll be able to open your heart to healing and activate your Divine Self."

Samuel

Healing Your Heart

Learn how to:

- recognize your Fear Displacement Behaviors;
- Re-pattern negative neural pathways; and,
- quickly eliminate the deep core issues which are creating life-draining behaviors.

Recognizing Your Divine Identity

Using a new technique of combined Sound and Word Healing Samuel will help you activate Vibrational Realignment on a Soul level, allowing you to reconnect to your heart and begin activating your Divine Identity.

You are the Coming Shift!
It has never been more important to understand what you are so you can better function as who you are.

Receive 25% OFF

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

Pittsburgh May 17

Pittsburgh Airport Marriott
777 Aten Rd.
I-376, Exit # 58—Montour Run Rd.

412-561-2861

Directions and Register at:
www.DiscoverSamuel.com

Lexington May 31

Phoenix Institute
655 Lima Dr.

Off Georgetown St. just inside
New Circle Rd.

859-231-8449

Breakfast at 8:30 A.M. \$5.00
The Resource Center opens at 9:00 A.M.

EVENTS ARE:

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

(See registration form for details.)

Preregister for 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:

Lexington Check MC VISA Discover
Pittsburgh Check MC VISA Discover AMEX

Card # _____ Exp. ___/___

Signature _____

email _____

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 sent to Phoenix Institute and 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, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583

PROSPERITY THINKING IT THROUGH

by Dina Shadwell

"This is a year that you are going to be changed. . . . This is a very masculine year you're coming into. . . . Money is going to be on people's minds a lot. Enough, not enough. It's really important that you take a look within and you get the issues worked out by which you judge your sense of prosperity. Money often comes with the word deserve. A really great relationship with masculine energy usually eradicates that. That sense of 'I deserve' is a direct relation to an abuse of masculine force. So think that through."

—Samuel, January 2014 First Sunday

It seems like any time Samuel talks to us about prosperity, it's a good time for me to hear it. In fact, prosperity was the very first topic I ever heard Samuel speak about. I was in massage school, and Pat O'Malley was one of my teachers—my favorite, as a matter of fact. She was not shy around the topic of energy and how we could use it in our massage practice. She also talked freely about her friend Lea who channeled this energy named Samuel. Over the six months that I spent in massage school, I'm sure I asked Pat a bazillion questions about Samuel. And during our final practical exam, while half of my class was giving a massage for their final grade, the other half got to watch a video of Samuel talking about money and how our relationship to it was tied in to our relationship with our father and with the big Our Father—the cultural God we grew up with.

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

Programs vary from month to month, but regular features are 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.

If you would like more information about Phoenix Institute/Atlanta, please e-mail phoenixinstituteatlanta@outlook.net.

Over the years Samuel has helped me see how my beliefs about money have kept me struggling just to scrape by. I've taken a close look at what my father taught me about money: you can't do what you love and make money; there's a certain amount of sacrifice in one's personal life that must happen in order to make money; and there's never enough. But it wasn't until very recently that I started examining the "Our Father" influence on my beliefs—because I thought there *was* no influence. I had long ago left the church, mostly because there was so much "Father". In the midst of He, Him, Lord, and Father, I couldn't find a place to fit in. Where are the women??? Where are the Goddesses??? So I went searching, and I left Our Father in the church.

What I didn't realize until Samuel made me aware of it is that, even though I had learned to translate "religion" to "spirituality", and "God" to "Source" or "the Universe", I still held onto a sense of "I deserve." Or don't deserve, as the case may be. I know the Universe wants me to be prosperous because it will help me better do what I am here to do (I deserve), and yet I am still scraping by. So I must be doing something wrong. It's my fault. Obviously, I don't deserve. *Aaargh!!!* There it is. That insidious belief!

My dear friend and fellow Guardian, Brandi Parker, has been instrumental in my evolution away from poverty mentality toward prosperity. She is such an amazingly powerful manifestor, that I often come to her for guidance. She says:

At times in my life I managed money well, and at times I did not manage it at all. Once I found out, with Samuel's help, that manifesting and abundance were actually laws of the Universe, I dove in. I worked hard to change any lingering beliefs that I can't have what I want. I still actively practice three principles. I don't worry about money. I respect it, and I take care of it. When I think of money, I think about the things it has allowed me to do for myself and others. I think of generosity. I think of it as a tool. I have positive emotions about it. I am frugal and thoughtful about it. I plan ahead and I expect to have it when I need it. I think that is a big piece of prosperity for me, the expectation that I will have what I need. I don't have any beliefs that work to the contrary of that. Samuel tells us that when we "use [money] wisely and well, things flow more easily." For the most part, my life flows very easily. Learning to detach has helped that. I do not experience any negativity or stress from feeling that I don't have what I need.

next page

The LESSON of the COFFEEMAKER

by David Thomson

Samuel often asks us to think on what we have accomplished in our lives, how effectively we're living, and what might be standing in the way of being fully engaged in our Guardian work—what he would call being Activated. He has given us a lot of remarkable techniques for getting ourselves revved up and moving toward our goals, personal and spiritual, and I'll have to say it's no fault of Samuel that I've had trouble making some of those work for me; I just haven't found the hooks that I needed. Not too long ago, I found one, though, finally. It had to do with procrastination. If you've shared my difficulty with getting moving, see if this helps.

I'm a morning coffee drinker, and although I've had a series of coffeemakers that had timers on them, it took me a long time to discover how really pleasant it was to have almost immediate gratification when I rolled out of bed in the morning. Even then, I only set the timer sporadically, mostly out of laziness.

One morning I realized I was feeling a kind of gratitude for having a hot cup in my hand without having to wait with my bare feet on the cold kitchen floor until I heard the *chhluurp* as the last of the water spewed into the filter. But wait! Who was I grateful *to*? Myself? Samuel has often told us to include ourselves in our gratitude, to thank ourselves for this or that, but, come on, really? How do you even *do* that?

Then it came to me that it wasn't I who prepared the coffee. There is the person I am now—call him the Morning Me—and there is, or was, the one who took some action at bedtime with me in mind—the Night-before Me. (Let's call him just the Night Me for simplicity's sake.) The bare-feet-on-the-cold-floor Morning Me is benefiting from the kindness and forethought, even the *sacrifice*, of Night Me, who took that extra minute or two last night to create a gift. And I, being—or striving to be—the generous soul that I am—or would like to be—have a chance to pass the favor

forward tonight before I go to bed, since, after all, our roles reverse according to the time of day.

Ever since it occurred to me, this trick of the mind has been helpful in getting me going each day. The idea that putting coffee in the machine is an act of generosity is just what it took to make me start doing it every night. It allows me to feel good about myself for performing an act of kindness.

Slowly the logical extensions of the idea dawned on me . . .

I have a cute notepad with a defense of procrastination printed at the bottom of each page in tiny letters:

HARD WORK PAYS OFF AFTER TIME,
BUT LAZINESS ALWAYS PAYS OFF NOW.

As a joke, it's cute, but, when lived, it's a joke with a sting. And I *have* lived it, and felt the sting. The "little" version of the sting is when Morning Me has cold feet as the result of Night Me's forgetfulness or lethargy, or—to put it bluntly—selfishness. Oh, well, big deal. I may mutter a bit, but I'll get through it.

But the big version, and sadly it's *really* big, is that Present-day Me (the real me) is stuck in the *life* that results from the indolence and self-indulgence of Past Me, when *he* was thinking of himself instead of me. All those minutes and hours, months and years of inertia, lack of confidence, failures of ambition, and fear of not succeeding on *his* part (of playing computer games, for Pete's sake!) left a legacy that, well, I'm not very pleased with, to say the least. I could be happier, things could be better, if Past Me had only realized that self-discipline is really just another word for generosity.

— And generosity is a verb. Giving those gifts to the Me I don't even know yet, or to the many Yous and Thems in the present whom I *do* know, is not about fighting temptation, sloth, and indulgence; it's about realizing that the gifts I can pass around, or pass forward, are far more important than the fun but inconsequential little ways I can find to let my life slip by. Using my present moment to create lasting meaning in my life is by far the best gift I can give to Morning Me.

Prosperity — continued

With Brandi's help, and Samuel's, I am still learning to change the dichotomous "I deserve/don't deserve" into plain old "I AM." I am energy. Energy is. Money is energy. Money is. But dichotomy is a reflection of that original release from Source into form, so it's no wonder so many of us have a hard time letting go of it. It seems to be part of our DNA.

But, as Samuel told us in January, "You are in a year of great creation. Powerful, creative energy for change is going on right now. It's a year in which your financial outlook can improve markedly. And I want you to be there for it. When that ship comes in, I don't want you at the stable."

Me neither, Samuel. I'll be at the dock.

PR

