



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2014

An Interview with *Samuel* channeled by Lea Schultz

We'd like to continue the discussion that was in the last issue, which naturally raised a lot of questions.

You spoke about the four function lines, Intent, Thought, Word and Deed, and the ability of Guardians functioning with Intent to create fluctuations in the Source Field unconsciously. What impact do those unconscious fluctuations have since they are presumably not directed by the intent of an individual?

It's a problem because it's just as active an energy as one that has been formulated by specific intent. The biggest problem is that it brings into manifestation what you usually keep hidden as a part of your unconscious self. You don't think that you're giving a whole lot of energy to beating yourself on the head, but it connects into that greater energy arena, finds a like, and manifests. So when you give yourself a hard time because of your income or because you don't think that you're ever going to understand this or that teaching, you're putting it out there to be manifested. It's going to find a like and create.

So it's going to manifest in your life rather than just generally in the world?

It's all about your life, always.

The other three lines, Thought, Word, and Deed, can create unconsciously but it's not usually Guardians who are on those lines. At this time, Intent is far more needed here than with other transitions. Therefore, most Guardians come in on the Intent function line. But sometimes other choices are made for various reasons.

You stated that on all four function lines, conscious living was the key to the manifestation process. What are the hallmarks of conscious living and how do we maintain that state?

The only thing that keeps you from conscious living is your issues of fear. When they come up, in whatever way they come up, that's going to take you out of that consciousness and move you into the human primal brain. Conscious living is about recognizing your connection at all times.

With Source.

Yes. As opposed to just knowing it, it's recognizing and acting on it. Doing that creates all kinds of changes. You're more positive. You do things that are good for you rather than destructive. You draw people to you. You draw creatures to you. You find that your way of thinking changes.

All of the things that come with consciously living love are about conscious living. And you can live it twenty-four hours a day with a simple trick: put this out: "This day I am going to be functioning consciously all day. I am going to be doing my best, and if that starts to change, warn me immediately." Then

you're on to you, and your choice becomes consciously to stay in this place or consciously to move out of it. You're also creating a partnership with the Universe itself by saying "make it obvious."

I'm not sure why it is that Guardians have a tendency to not make things ongoing. It's not hard to do and it works.

You mentioned that even undisciplined thought has intent behind it, but that it can be the wrong intent. How does this differ from "non-conscious" living?

I see them as very much the same. One tends to be more mental and one tends to be more about actions out in the world, but it's the same idea.

Is recognition required in order to make use of fluctuations in the Source Field for manifesting in form? And how can one recognize fluctuation?

No, it's not required that you recognize it. However, the fact is that you recognize it in a thousand different ways. You look up at the sky and there are clouds, and you see something in the clouds. That's the Source Field making a connection with you. You look at a photograph and you see other pictures in it—for example, the way the shrubbery is formed. You look at a rock and you see a face in it. And in your mind you gloss over it by saying "Oh, I'm just making it up," but you saw it be-

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fore you thought about it. That's a fluctuation: the Universe is giving you a little nudge, a little push.

Apart from the thousands of things you've learned to discount, there is usually a very particular sound that comes with the larger fluctuations. Some people are sensitive to it, some are not. When the sun is particularly active and emitting great gaseous outbursts, that's usually because of a fluctuation—not always; it can be the result of a natural process, but very often it's directly related to stimulation because of the Source Field.

Another sign of a fluctuation is the way animals act, particularly herd or flock animals. They are responding to vibrational changes that you never notice.

Like migratory birds?

No. Like when the birds hanging around in the trees suddenly take off and nothing is different than it was ten seconds ago. And why is that? Well, there was a change.

And then, of course, every solid thought you have brings fluctuation into that field.

What do you mean by "solid"?

Humans have a tendency to have a whole lot of just "thought pieces," not fully developed thoughts.

Let's say you start looking and begin to recognize the signs of fluctuation. Can you use that energy? I mean, can you say "My intent is . . ."? After all, we've talked about magnetizing ourselves.

Yes and no. No because when you recognize it, it puts intent onto it, that unconscious kind of intent we talked about earlier. But yes because when you become very aware of these things, you will find that, like the birds, you become sensitive enough that you recognize it at the start and *then* can make use of it.

But, frankly, I doubt that's going to happen, because you've spent so many years learning to just ignore those things. But it's always possible. You are constantly amazing me.

What is the highest and best use of a Guardian's power to manifest?

What do you think the highest use is?

I think a lot of time is spent on your own stuff . . .

So true.

. . . whereas it could be spent on healing the world, trying to bring about Sacred Status or bringing peace to war zones.

Those are symptoms. What is it you are here to do?

To live love.

So, since what you are here to do is live love, what's the greatest use?

Living love.

So the answer is, Whatever it is that puts you into a space where you can live that love.

Science says dark matter has the mass to hold galaxies together. You have said that dark matter has the "potential for all things." How does what you call "potential"—which is an abstract sort of thing—translate into something material in the world of form?

All right, is the question how does potential manifest into the world of form?

No, the question as I intended it had to do with clarifying what dark matter is. Is it this material thing that has mass, or is it this abstract potential? Or are we talking about the same dark matter?

Plasma. That's what I call it. It's a carrier, just like your blood plasma. There are the red cells and the white cells and the neutrophils and all of that stuff. But it's a plasma made up of vibration, frequency, and energy movement. The potential part of it is, once Intent has been put upon that energy it starts forming into a thing. Until that point, it is simply that energy. That potential manifests by way of the Source Field.

Dark matter is for all *practical* purposes weightless. It has mass because of the effect of its frequency. It has form because of its movement. It becomes mass times velocity.

Plasma becoming manifested is the result of intent. The difference between the two is the Intent of Source and the intent of a created being using what



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 2015 issue of

Phoenix Rising

will be distributed on December 10.

Manuscripts and correspondence are welcome. Send to the editors at

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

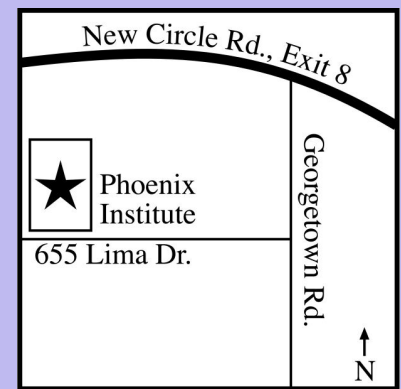
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — October 26

Ad reservations — November 2



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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.)

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- 5 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 8 Full Moon Ritual
- 12 Thought Patterns for Success
Samuel encourages us to look at our blind spots and what holds us back. Learn how to change these obstacles into opportunities.
- 19 Discussion of the Interview with Samuel in this issue of *Phoenix Rising*
- 26 Game Night — Pig

N
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- 2 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 6 Full Moon Ritual
- 9 Handling Difficult Communications
Reacting to holiday stresses, family or work issues, and just plain mean people can bring out your worst communications. Gain tools that will help you communicate with love, even with emotionally-charged people.
- 15 **Samuel's Pittsburgh Lifescapes Event**
9:30 a.m.–1:00 p.m. (see ad p. 11)
- 16 Planning for Success: Putting Creation in Motion
Learn proven steps in the creation process to take your ideas from imagination to implementation. This teaching includes spiritual as well as practical principles to help any project flow more smoothly.
- 22 **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. 8)
- 23 Review, Practice, Integrate
Samuel has given us some great techniques for personal growth over the past year. Join in this review and practice session to help better understand how to make them work.
- 30 Game night — Yahtzee

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- 6 Full Moon Ritual
- 7 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 14 Gifts and Miracles of 2014
- 21 **Samuel's Festival of Light Celebration and Potluck Reception**
(see ad p. 5)
- 28 Game Night — New Year's Charades
- 31 **Samuel's New Year's Eve Celebration and Potluck** (see ad p. 5)

T
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Phoenix offers four Toning opportunities 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.

Source has created.

For readers who were unable to accompany you on the recent trip to Asia, please summarize the work that was done on the Mekong River.

There were two kinds of work done in Cambodia. One of them had to do with bringing healing and a change of consciousness to the worn-down people of Cambodia—worn down most recently by hundreds of years of dictatorship and terror and genocide and on and on, but also by literally a couple of thousand years of abuse.

But before you can put out healing for another, before you can send wholeness to another, you must have that healing within yourself. So the first big work had to do with a cleansing of the participants, a clearing of the little hidden “I don't want to think about this” stuff, whereas usually when you are going into a ritual you just think of the big stuff: “What do I need to get rid of? What should I leave at the door here?” The clearing work brought about within the participants a kind of a lightness, a freedom, that was very, very beautiful to see because that brought about a confidence—all of the things I wanted for the people and this area. That was a wild and wonderful working. That was the one where everyone almost got blown off the deck.

The second part of the work there was to awaken and activate the Dragon Force of the Mekong, but in activating it, it was using what was to create something new. And that's an important part of it. In that case the activation was repurposing that seed to take in the effects of the healing the group did and therefore amplify what was originally seeded. The Mekong is a primary seed, and its work was unconditional love. You cannot love unconditionally without healing, so the reseeding was about that, as well as about trust and knowing and all of those functions of wholeness that pull that puzzle together.

Interestingly, during the time that the group was there, there were political talks getting started that were very effective markers of how the group was doing because they brought together those who had never come together before. These politicians came to agreement because they were willing to set aside their own egos and bring healing to the situation. So it was a very powerful trip. Very important work for the planet was done.

It seems very sad to me that an area that had the seeding of unconditional love should have known such war and terrible conflict which are the antithesis of unconditional love.

But that's the extremes. It's the fear that love

creates in those who are *not* loving. You're either loving or you're expressing fear, and the fear creates all of those horrors. It's perfectly understandable if you look at the extremes—and very sad.

Next year we're returning to the island of Nevis. Please explain what work you will be doing there.

We are going back to Nevis because you've done some of the best work you've ever done there. The energy there is such that it can't easily be found anywhere else.

During that trip we're going to be making such a big shift in the work that I want it to be done in an area where, because you have good food there and much less—or no—jet lag, it is easy for you to be your best. To do the work you do on our trips, you need to be at your best. And, the biggest reason you are usually not at your best is because you live in a world full of rush and push and give, give, give. And it is very healing to be at a place like Nevis where you receive, receive, receive.

More than that, you will have a very hard time, just short of impossible, finding a more active energy font than that little island. And, I'm not talking about ley lines coming together. I'm talking about active energy created for the purpose of magical working. That's because the nature of the force makes that island the center of the torque on your planet. Last year I had you recognizing portals there.

Yes, some will find the location is pretty boring with only sun and beach, great food and loving company, but I don't really mind that. During the trip I want to get your physical gifts out in the open by way of that energy. I want you changing nature by then, and you'll see it happen there. I want you understanding the powers and elements in a different way because of the force of solar energy that goes through there.

Vesta Helios is in change now. I'd like for you to learn how to be it. I really want you learning how to take that energy and transport it to where you are. It can be done.

And I would love to make each of you a Dragon

There are a number of areas in the world that it seems would benefit from the awakening of a Dragon seeding. For example, the whole continent of Africa outside of the Nile region as well as Russia, and the Tigris and Euphrates. Russia is doing a lot of harm. Vladimir Putin—we keep sending the guy love but he just doesn't get it. It's a fairly stable area, so why not do a trip and find the river and awaken the Dragon there?

I find it very important and practical that the group is showing that they do not have to be physically there to do an Awakening and Activation. That's a great relief, actually, because there's too many seedings to do only one a year.

On the other hand, what you have done so far is you have opened nearly all of the really basic life-function seeds. Having done that, and with the way the energy works through tributaries—one flowing into another that flows its own way—much of the territories of Africa, much of the territories of the United States, and Canada, and Mexico and Central America and

other areas of the world have already been stimulated in very positive ways. There are places that are cut off on their own—like the Antarctic; you're just not going to do anything with that Dragon.

The Antarctic? I thought that the Dragon seedings had to do with where civilizations arose.

There used to be a civilization there.

On Gondwana?

No, in just the last earth, actually, which I consider pretty recent.

Russia is pretty cut off, as are a lot of the Pacific islands. And that's where you need to go—hopefully mentally—to do the work.

How do these areas fit into the Dragon work as a whole? What other life functions, such as the unconditional love on the Mekong, are involved in those seedings that haven't been awakened?

As I said, nearly all of the primary functions, the necessities of creating a civilization, are open and working. The Mekong, as a primary seeding, is unconditional love, but it's not the only one that has to do with love. It's the only one that is *only* love, because there are secondary and tertiary seedings that support that. So what hasn't been opened are the supporting energies.

Russia, for instance, is very much about the right use of power because it is seeded with Will. Now, Will with love becomes the right use of power. Will with fear becomes abuse of power. So it's a very important seeding, but it's not a good time to open Will in this world right now.

What is happening because of what has already been opened is that individuals are recognizing their need to stand up, speak out and in a sense are establishing Will in a positive way and a negative—without the seed. That's really a good thing. But if that Dragon were to open—Will—in a country that is already so enmeshed in power games, the chaos that is typically created with Dragon activation could prove to be horribly destructive.



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.



Festival of Light

December 21, 2014

5:00 p.m.

655 Lima Drive • Lexington, KY

Free of charge

Join Samuel and your friends for a special celebration of the Return of the Light. Afterward, there will be a vegan potluck, so please bring a vegan savory or sweet dish, ready for serving, with a list of its ingredients. This gathering is sure to get you in the holiday spirit—the spirit of community, gratitude, and love!

If you have any questions please call
Jean Elder at 859-229-4352.

New Year's Eve

December 31, 2014

10:30 p.m.

655 Lima Drive • Lexington, KY

\$10 at the door

Spend New Year's Eve with Samuel!
This is a tradition for many in the Phoenix family. So please join us again this year for another special New Year's Eve ceremony and ring in 2015 in ways that are sure to touch your heart. There is a \$10 fee per person, which includes a reception prepared for you by loving hands at home base. Bring in your New Year with joy and celebration with the family of your heart.

CONSCIOUS

LIVING

Each of us has a unique perspective about living in form. We asked the Lexington Leadership "What does 'conscious living' mean to you? How do you do it on a day-to-day basis?" Here are some responses.

I practice ongoing gratitude for my present moments. I choose to align my thought patterns so that positive manifestations are my typical result. I choose my words using love as a guide. I give myself some quiet time to move beyond my mind chatter. — *Steven*

For me, conscious living is being "intent-full" in whatever I do. It's not worrying about the future and just being present in each momentary experience. In my now, I am fine. When I'm doing something new, I tell myself to focus on what I'm doing and not go off into distracted thinking. — *Heidi*

An important aspect of conscious living for me is trying to edit my words before they snag my vocal cords. I think conscious living is when I am so self-aware of trying to be more loving in a situation. — *David Oldham*

For me conscious living means being aware of what I hope to accomplish with each thing I say (my intent). It's considering the likely response to what I want to do before I do it, and working to ensure I act in a way that works toward my goals. I need to be aware of my emotional state and realize that it can impact my perceptions. It's using words that unite rather than divide. — *Frank*

I always try to see the long-term aspects of my decisions, trying to see the big picture and not just focusing on the here and now. In addition, I try to never forget my original intent when I begin a project. — *Marion*

When I'm living consciously, in every moment I'm asking myself, "What can I do to bring love to this situation?" Often the answer is to be quiet and listen. That means that my ego, which is dying to give the perfect advice, has to take a back seat. — *Anonymous*

For me it means that I have to be on to myself, and to be aware of my fears as well as those things that make me happy. I have to know my patterns of behavior. I make a conscious effort to do even the little things with a loving intent. — *Jean*

My summary of conscious living is to say to myself: Is this the most loving way to be/do/handle this? Am I taking the high road and assuming the best? Does this person/plant/animal/situation know and feel my love? Can I do better now? To me, it's all about the love. — *Lea*

Samuel

r e s p o n d s . . .

What's the significance to Source of someone in great need or suffering praying to God for satisfaction, relief, understanding? In a similar vein what does it mean to Source when someone prays for a sign, something to help them make a difficult, life-changing decision?

You know that Source and God are two very different things. God is a creation that *humans* need, but it's not Source. So you are really asking, What does Source think when people relate to God instead of to Source?

Or, since God is the human construct, does this interaction with God, this communication with God just go into a vacuum?

No, it benefits you. Absolutely, it benefits you.

Apart from just the psychological benefit of the prayerful state, what part does Source play in that benefit?

Well, if somebody is using the word God but they are actually making a Source connection, that requires that they recognize their oneness with all, their connection with Source, that they are a part of that. Many who pray to God aren't at that stage, but if somebody is addressing God and they recognize they're a piece of all of that, then they're going to be affecting the Source Field for manifestation and more quickly bringing about what they're asking for than if they weren't praying. If they're *not* recognizing it that way, then, although they are putting out that thought with intent—and thoughts are things and will draw like things—it's like spitting in the ocean and asking for a wave, as opposed to creating waves.

So, without the understanding of co-creatorship with Source, the prayer is a thought form that goes out, not a manifestation process.

Yes. Well said. I always try to be careful because, on one hand Source is beyond personal interaction, on the other hand, because of *you*, Source understands personal interaction. So you've got to be careful.

"You are a function of Source in this world" means that, because of you and what you feel and what you think and the way that you react to this world, you're creating a reservoir of knowledge that personalizes the impersonal—if it chooses.

One of your most emphatic teachings in the past was "You are greater than that which is in the world." You made it clear that the power of our will and intent trumps physical world influences. This seems at odds with your more recent teachings that our frequency, and therefore our ability to work as positive influences in this time of

transition, is limited by such worldly physical things as grains and onions in our diet and fluoride in our toothpaste. Please explain this apparent contradiction.

I don't see it as a contradiction at all. For you to be able to function at your best, manifest at your best, to be able to merge and be *what* you are instead of *who* you are, the who you are needs to have no issues.

But wait! Is it even possible for the human to have no issues? No, it's not possible, but it's up to you to do everything you can to eliminate them, which includes such things as keeping your pineal as absolutely clear as it can be, because you have control over that. The toothpaste you use and some of the foods that you eat, for instance, can influence that, along with having your body as healthy and as active as it can be. So putting many of these things that you have mentioned into play makes the human less the roadblock and allows the spirit to function more freely.

"Greater is that which is within than that which is in the world," however, isn't about will. It's about the spirit you are overcoming the human you are.

Around the world many people have reported seeing creatures that our science has not been able to confirm. On one occasion you suggested that a large hairy wild man my mother observed eating corn in a field behind her home might have been some sort of dimensional breakthrough. Does this idea of a dimensional breakthrough account for such creatures as Yeti and Bigfoot?

Yes.

If such breakthroughs happen across dimensions, can we interact with these creatures verbally or in other ways?

Not usually, because the crossover isn't fully here. But depending upon the kind of energy you are capable of putting out and your ability to move interdimensionally, without time and space, you can enter that space and make a connection.

Now, having said that, I also want to say that your world has odd creatures that aren't out of another dimension, that are a part of your world but just don't get seen very often. So don't think that it's a crossover in every situation. Sometimes it's Bigfoot.

Is there awareness on the part of the breakthrough that it's out of its own dimension?

No. Again, it is *possible* it could know but generally speaking, no.

How long could such experiences last.

I have no way of answering that. Each one is unique.

Are they coming through deliberately?

Generally, no.

I heard you say once, and I'm paraphrasing, "It had not been anticipated that Guardians would become so enmeshed in the world." Anticipated by whom?

Those who work invisibly with this Plan.

What impact has it had on the work we came here to do as Guardians?

Tremendous effect. Tremendous effect—some good and some not so good. Earlier I made the comment that Source doesn't have feelings and reactions and attachments, and if you had come here without the ability to take on those things, you would indeed be more focused, you would indeed probably not have to be here very long. But the reason would be because you would be pretty ineffective.

Learning to overcome your human self because you are choosing your spiritual self, that is the most beautiful thing in any world. And that's what makes it work, because you become accessible, able to be related to.

Would it be fair to say if, in fact, we did not become enmeshed, that we wouldn't be going through Transfiguration?

Oh, that's one of those things that I would say is absolutely true, but that's because I have a tender place for humans. Even amongst humanity, I am certain there are those who would say that's not an advantage.

Transfiguration or being enmeshed?

Transfiguration. Even amongst the group in this room, I would say there would be those who would say it is too much trouble.

I've been merging with my Group of Twelve every morning since you suggested it, and I've noticed recently a difference in how it feels. I've noticed almost no difference between before I merge and after I merge. Before the trip I could feel an added presence after I merged. Please explain how and why the connection with our Group of Twelve changes over time.

It changes because you change.

Your Group of Twelve is both you and not you. In any life experience as you come to know yourself better, you gain easier access to that part of your Twelve. However, it's the not-you part of your Twelve that really is of interest to anybody reading this. The more you know yourself and your issues, the more you grow, the higher a frequency you work at, the more access you have to your Twelve. But the more conscious spiritual behavior you put out, the more your Twelve has access to you. And I would say that the difference experienced by the questioner is that the Twelve is initiating more contact, rather than her initiating more.

I'd love to learn the technique used by the whirling Dervishes in order to activate my pineal and achieve the altered state that the Dervishes achieve. Besides the intent, how is the practice different from twirling, and how can spinning with intent help us activate our pineal glands?

There is a reason there are very few of that religious persuasion [Sufism] over here in the United States. It's a religious mindset you don't have here. Anybody can do the same actions but not have the effect. For the Dervishes, it's a ritual. Each action has a meaning, each particular dance given at a particular time for a specific purpose—it all comes together in a particular way. Even amongst themselves they don't all have positive other-worldly experiences.

But it's not for you. Jump up and down instead. Clear your lymph system and stop using fluoride. And Tone.

It's not just a belief; it is a long-held, generation-after-generation, written-into-your-very-bones kind of belief that you just don't have here. And I'm glad.

Does it have anything to do with the pineal?

Well, spinning does, and most spiritual practice does, but spinning your pineal as I tell you to do and the spinning and dancing of religious fervor, those are two different things.



**pre-Lifescapes
Breakfast
November 22, 2014**

Nourish Your Body, Mind, and Spirit

Eat a nourishing vegan breakfast,
enjoy time with your spiritual family,
and support Phoenix Institute!
Serving begins at 8:30 a.m. and
continues at the break.

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

For more information or to volunteer to help,
contact Angela or Gayle.

Phoenix Institute - 655 Lima Drive

Learn how to unlock your energy system and bring balance to your body, mind, and spirit.

- September 27, 2014
- 1:00–5:30 p.m.
- Phoenix Institute
655 Lima Drive

Jin Shin Jyutsu® Self-Help



Phoenix Institute is proud to present a workshop on Jin Shin Jyutsu® Self-Help by certified practitioner, Laura Paytas. This hands-on practice facilitates balance in the body's energetic systems by working with twenty-six "Safety Energy Locks" and holding them in various combinations using gentle touch. This ancient art can bring harmony to mind, body, and spirit.

Registration Fee: \$50

This workshop is a combination of lecture and experiential application. Each participant will receive a Jin Shin Jyutsu Self-Help Book II (\$14 value), which is included within the cost of the workshop. Books I and III, which are not necessary for the course, will also be available for \$14 each. There will also be laminated 8½ x 11 "Safety Energy Lock" charts for \$5 each.

Preregistration is required. Please complete the information below:

Name: _____

Phone: _____ E-mail: _____

Mail preregistration to: Phoenix Institute, Registrar, PO Box 12963, Lexington, KY 40583

Cancellation policy: Participants who cancel for any reason will receive a full refund minus the cost of the book; no-shows will receive no refund. In either situation, the person's Jin Shin Jyutsu Self-Help Book II will be available at Phoenix Institute at any regular meeting after the date of the workshop.

PHOENIX INSTITUTE PITTSBURGH

Phoenix Institute Pittsburgh, Inc. (PIPI) presents

Two Special Events!

Greens & Berries Holiday Celebration

As 2014 closes, celebrate this magical year with a delicious vegan dinner and wonderful conversation with old and new friends. Please bring a vegan dish to share.

When: Monday, Dec. 8, 6 P.M.
Toning, 7:15 P.M.

Where: The Nuin Center

Winter Solstice Celebration

The winter solstice, the ancient Festival of Light, is a magical time for PIPI and our beautiful planet. Join us for this very special celebration. Please bring a vegan snack to share.

When: Monday, Dec. 22, 6 P.M.
Toning will follow, 7 P.M.

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



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.

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- 6 Practical Spirituality: "Sacred Creative Art"; Toning; Prosperity Table
- 8 6:00 p.m. Full Moon Ritual, Highland Park at Memorial Grove (call the PIPI hotline for directions)
- 13 Discussion of the interview with Samuel in the Fall issue of *Phoenix Rising*; Toning
- 20 5:45 p.m. Vegan Bake Sale
6:00 p.m. Leader's Choice program featuring "Latin Dance Class"; Toning
- 27 Healthy Living; Toning

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- 3 Practical Spirituality: "Manifestation Magic, Part 2"; Toning; Prosperity Table
- 6 Celebration of Samhain followed by a Full Moon Ritual
- 10 Discussion of Samuel Responds in the Fall issue of *Phoenix Rising*; Toning
- 15 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 Papaya, 210 McHolme Dr., Pittsburgh, 412-494-3366
- 17 Discussion of November 15 Lifescapes Event; Toning
- 24 Practical Spirituality; Toning
- 30 10:30 a.m.–2:30 p.m. Group gathering to listen to Lexington's November 22 Lifescapes Event, at the home of Karen Pisano (address available by calling the PIPI hotline)

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- 1 Leader's Choice, topic TBD; Toning; Prosperity Table
- 6 11:30 a.m. Full Moon Ritual
- 8 Greens and Berries Vegan Potluck Dinner; Toning at 7:00 p.m.
- 15 Discussion of Samuel's December first-Sunday meeting; Toning
- 22 Celebration of the Winter Solstice; Toning
- 29 Discussion: "Reflections of 2014"; Toning

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- 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 Toning will be held at 9:15 a.m. 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.

What will *Samuel* talk about at the last Lifescapes of 2014?

Finding Balance

The 7-rayed Key to the Source Field

Repatterning Your World

Healing Toxic Relationships

Compassionate Living

The Quest for Leadership

Repatterning Anger, Fear and Pain

Transforming Relationships

Soul Travel

At this time we don't know, but we know it will be perfect for what you need NOW!

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
Nov. 15
 Pittsburgh Airport Marriott
 777 Aten Rd.
 I-376, Exit # 58-Montour Run Rd.
412-561-2861
 Directions and Register at:
www.DiscoverSamuel.com

Lexington
Nov. 22
 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. ___/___ Billing zip code: _____
 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 information, 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 information, check, or money order payable to:
 Phoenix Institute, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583*

Heal the Self, Heal the World

by Brandi Parker

Samuel says we must have wholeness and love and healing before we can give them out. One of the things I have learned about healing is that it doesn't matter whether it is a paper cut or an emotional fracture; it's still a wound I have to heal in order to be whole.

Samuel once asked me why I thought as a Guardian I would choose to come into my life experience via a Guardian mother who was about to leave her own life. I provided him with quite a philosophical answer that he simplified into a few words. I specifically chose her so I could have the experience of learning what it is like to be there for others. As shocking as it was, every cell of my form knew it was true. I realized in that moment the magnitude of the effect her passing had on my life. Abandonment and self-confidence issues have been an uphill battle for as long as I can remember. When those emotions began to heal, I learned to be there for myself and consequently for others.

In Cambodia, when Samuel gave us the homework of identifying areas within ourselves that needed to be healed, I knew it was time to turn over the last of the rocks that were hiding my innermost pain-filled behaviors. I had traveled across the globe to help bring healing to a third world country, and so I wanted to complete this homework and look at my issues with a depth and honesty as never before. At the same time, I recognized a fear of what I might find out combined with relief that I was in the most loving surroundings possible for the work I was about to do.

It wasn't difficult to start my list of issues needing to be healed, but the more honest it became, the more poignant and evident the connection was of each issue leading to the next. As a result, layers of negative core beliefs began to reveal themselves. The impact of Mom's leaving was woven throughout. I felt like I was playing connect the dots, with each one bringing a new awareness into the source of my pain. Sitting in my room with paper and pen in the middle of the night, I began to feel surrounded with love that grew more and more palpable as I continued to do the work.

The next step was to read out loud what I had written to myself, which I did the following day. It took a few deep breaths and some "just do it" encouragement from my inner voice. I truly felt like Samuel was there with me as I began speaking words I never thought I would hear myself say. This homework was becoming a very cathartic experience.

The process of compassion and self-forgiveness followed, which resulted in a shift within my entire being. As Samuel in-

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.

For more information about Phoenix Institute/Atlanta, please e-mail phoenixinstituteatlanta@outlook.net.

structed, I restated out loud each behavior with acknowledgment of why it has been in my life. I claimed it was no longer needed, and then expressed heart-felt compassion and self-forgiveness. The lightness and relief in my heart were almost immediate. I had finished the homework and I was still alive!

During the next several days, the energy settled over me. I tried not to over-analyze the experience but to just let it be. Eventually my awareness of the power in the work I had done toward healing myself reached a point for which I had no words. We are the microcosm of what lies ahead for these incredible people and the rest of the planet. Of course Guardians had to do this self-work of healing before we were able to seed the Mekong River with healing energy.

Reentry after Cambodia has been markedly different from earlier trips. Whereas before I felt like I was trying to put my larger spirit self back into a tight, constricting rubber suit, this time I feel like my spirit is flowing through each day with a healthy understanding of myself and more loving ways to handle life. I feel a new kind of calm; previous defenses are no longer set on a hair-trigger; I'm more present in each moment. I can identify healing within myself on spiritual, emotional, and physical levels. I still have some things to take back through the homework process, but I no longer feel I'm not enough, which has been the resounding belief system for me in this life.

Every part of the healing work for Cambodia, from the preparatory inner work to receiving the ritual cord, was intensely personal. Samuel's gifts of self-forgiveness and self-healing have brought my life experience full circle and allowed me to understand "healing wholeness" in a brand new way. These gifts have brought me a deeper level of gratitude and expanded me beyond what I ever thought possible. I suspect both Mom and Samuel knew it would!

Retreat ri-treet'

1. a place affording peace, security.
2. to take oneself away, esp. for shelter or seclusion.
3. a gathering in spring of Guardians returning to seek the wisdom of Samuel's teachings through Love, Unity, Compassion, and Oneness.

We wanted to plant the seed about preparing yourself to attend next year's Phoenix Retreat. The Retreat will be March 26–29 at the beautiful Boone Tavern Hotel in Berea, KY. Like last year, this is an earlier date, and we knew you would like to know about it. So please mark your 2015 calendar for these dates to "retreat" with your Phoenix family!

Look for more details in the coming months.

With love,
Greg and Heidi
Retreat Task Force Co-heads

March 26–29, 2015
Boone Tavern Hotel
Berea, Kentucky

Save the Date

Imagine yourself here!

with

Samuel



Nisbet Plantation Beach Club

October 9–18, 2015



* Firm * Fit *
Fabulous!

Gently stretch and **strengthen** your body with yoga-based exercise in a **FREE CLASS** presented by Phoenix Institute.

- * Mondays through December 15th
- * Class begins 5 minutes after Toning (approximately 7:15 p.m.)
- * Please wear comfortable, non-binding clothing, and bring a yoga mat and a small blanket or large towel to help with various postures.

655 Lima Drive, Lexington, KY
859-231-8449

Increase your *flexibility* * tone your body
strengthen your muscles * improve your *posture* * release your *stress*