



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2015

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

*You raised some interesting topics at the first-Sunday meeting in January which we'd like to explore further.*

*You said that 2014 had been about the physical body, while 2015 will be about the mental/emotional body. Were you referring to mass consciousness or Guardians?*

It's going to affect both, naturally in fairly different ways.

*So how will Guardians experience it as opposed to mass consciousness?*

Since 2014 had more to do with the body, I want you—and the readers—to think about the things that went on physically. I want you to not only think about your physical body, but also to think about the larger construct—the body of knowledge, of government, constructs within the physical world. The mental/emotional also works that way, but it has more to do instead with the psychological, the emotional temperature of those things.

Something that you might easily relate to is politics. It's not so much the body of politics itself, it's the emotions that are created around it. It is the emotional temperature, the mental pain or happiness—depending upon what side you're on I suppose. So, on a much larger scale, look at the constructs and the mental/emotional changes as they relate to those larger constructs.

Before we even get to humanity, let's look at it on the plant and the animal scale, all right? Mental/emotional: let's look at the plant kingdom. In 2014 a lot of scientific knowledge started coming out about the benefits from using plant genetics in medicine, having the plant grow what is needed and applying that to humans. Science is becoming much more aware of possibilities within the plant kingdom.

So this year they ought to become aware of mental/emotional responses in the plant kingdom. That should mean such things as how one plant protects another: one plant is beginning to die so the plants around it, literally, grow to protect it so that it gets more food, or less sun, so that it's able to sustain

itself better. That's rarely been recognized, but this year it's going to become more apparent. Additionally, although it has been considered rather on the fringe, there should be a lot more coming out about the sentience of plants. The little old ladies who talk to their garden plants maybe know something after all. Well, of course they do! You know they do! But science is going to start recognizing it, with plants and also with the creatures.

As Guardians you're already a step ahead within those arenas, aren't you? You're already aware of the construct of the body of governments. You've been sending energy to them. Gracious, you've been doing work specifically within them. You've already been working within the plant kingdom, and you've already been working within the animal kingdom. Your job within those kingdoms is to become conversant, and that shouldn't be hard.

The thing is, not all of you are here for those kingdoms. Most of you are here for the human kingdom, so that's where I'm going to spend my time. But for those who are here for the animal kingdom or for the plant kingdom, get conversant with them. Start speaking up for the plants and for the creatures. Do the work. And those who are here for the humans: *do the work.*

As a Guardian, the number one thing to remember is you cannot give what you do not have. The second thing to remember is that if you spend all of your time feeding yourself to make sure you've got it so you can give it, you're just going to be a selfish, egotistical Guardian who's doing nothing but serving yourself. Those are the two big issues that seem to come up for most Guardians—either not taking enough care of themselves to be able to give or giving so much to themselves that they don't give.

In a nutshell, those are the mental/emotional guidelines that I'm going to be asking Guardians to look at and take care of within themselves in this coming year.

So how do you take care of yourself mentally and emo-

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# CALENDAR

Meetings at 5:00 p.m. at Phoenix Institute except as noted.



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.

## Phoenix Rising

is a quarterly publication released on the equinoxes and solstices.

Manuscripts and correspondence are welcome. Send to the editors at

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

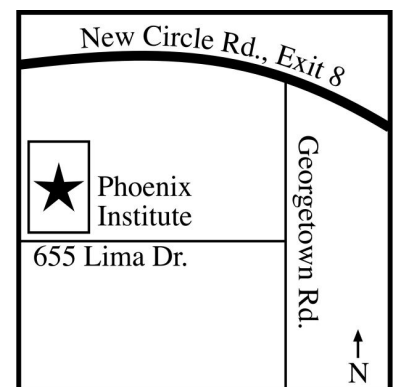
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — April 18

Ad reservations — April 25



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- 4 Full Moon Ritual\*
- 5 **Samuel's first-Sunday meeting. Live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com).**
- 12 Clothes Swap  
*Bring gently used men's and women's clothing to Phoenix for an old-fashioned swap meet to create space for something new to come into your life.*
- 19 Discussion of the interview with Samuel in this issue.
- 26 Game Night: Balderdash

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- 3 **Samuel's first-Sunday meeting. Live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com).**
- 4 Full Moon Ritual\*
- 10 Review, Practice, Integrate  
*Samuel has given us some great techniques for personal growth over the past year. Join us for a review and practice session to help us better understand how to make them work in our lives.*
- 16 **Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.–1:30 p.m.** (see ad p. 5).
- 17 The Magic of Line  
*Anyone can draw effortlessly by not overthinking. Come learn how to quickly capture the essence of an object with a single, magical line.*
- 23 The Resilience Advantage, 9:00 a.m.–4:00 p.m. (see ad p. 9)
- 24 Book Panel  
*Would you like to follow Samuel's advice to read more than you watch? Reignite your reading passion at PI's book panel discussion, where three avid readers will share their recommendations.*
- 30 **Samuel's Lexington Lifescapes Event, 1:30–5:00 p.m.** (see ad p. 5).
- 31 Game Night: Oh Heck

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- 2 Full Moon Ritual\*
- 7 **Samuel's first-Sunday meeting. Live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com).**
- 13 Picnic and Pool Party 6:00–9:00 p.m. (see ad on page 7 for location)
- 14 You Are the Placebo  
*Consciously creating your reality out of the Source Field is a natural extension of the placebo effect. Explore ways to use that power to enhance your health and create positive outcomes in your life.*
- 21 Budgeting with (Virtual) Envelopes  
*Learn to harness the energy of your money by budgeting with the envelope method. Bring more money into your life by being effective with what you have.*
- 28 Game Night: Chicken Foot

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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.

Dates and programs are subject to change.

\*Additional information and updates can be found on the monthly calendar, at [PhoenixRising.DiscoverSamuel.com/calendar.pdf](http://PhoenixRising.DiscoverSamuel.com/calendar.pdf)

tionally in this coming year? Well, by now you've just finished The Guardianship Program and you will be looking toward the Retreat. Come to the Retreat!

Come to the Retreat and get yourself involved in a community. The Guardianship Program was all about giving yourself a good place to heal, being clear with yourself, and healing yourself, being compassionate with yourself. Now get out of yourself and get into the world, but get into the world step by step, starting with surrounding yourself with those who love you, accept you, know where you're coming from, don't think you're an oddball from outer space. Go to the Retreat. Get involved in a community. If you're not where you can do that, get involved where you are and create that community around you. You need the connection; I can't emphasize that enough.

**Because?**

You need that connection because it feeds you. It's too easy to give up when you're on your own, but when you're with even one other person, you can encourage each other. You can help each other along. It makes such a difference.

**When speaking about this, you suggested we pay attention to our hormonal systems. Why is that, and what should we be looking for?**

Well, of course your body has a lot of different hormones that make you function, and several of them affect the way that you think and the way that you feel. So pay attention particularly to those, specifically the balance of your sexual hormones and also your pituitary hormones.

Look at your ability to act instead of react. It's very important to learn to be aware of how you are feeling *while you are feeling*, instead of only recognizing it later. The more active you are, generally, the more likely it is that you are going to be more balanced naturally in your body's hormonal expression. However, mass consciousness and Guardians alike have a tendency toward inactivity, at least in this society, and because of that they tend toward hormonal imbalance. Imbalance tends to mean such things as unexplained anger, an inability to control one's emotions—fill in the blank with any emotion you want—simply, a lack of control, a sense of not being in control generally. These are things that do not help anyone, especially a Guardian.

It's so easy to judge who you are by how you feel. It's not a good way to judge yourself, of course, but it's an easy thing to do. So the more you can do to know what you're feeling, the better. That could be a good time to look back at the teachings on the Rays, perhaps. This is an opportunity to look at how you're feeling and what that might mean insofar as the energy you're producing, to look at what you're thinking and what you're feeling and how they relate to how you're doing spiritually, because those will be the ways that the issues will come to you this year.

**You specifically mentioned—and I'm paraphrasing here—that we should play with color and experiment. Why is that?**

Well, there's no better way to work with your mind and your emotions than through your creativity, and spiritually speaking, one of the greatest ways to access your creation energy is by working through vibration, which is color and sound. It is a pretty easy doorway into helping yourself bring balance.

Color as a therapy is a very simple way to balance your emotional self. If you invested a few dollars into oil paints and a canvas and a paint brush—probably water colors would be less expensive, or you could just go into your kitchen and mix up a few natural dyes—and just played with color, you would find it like a meditation. Take yourself out of the mindset that says "I have to get money for this; this has to be worth something." Instead, allow it to be "I'm playing here," and you would find it as much an access to your inner self as journaling, as quieting to your soul as meditation, and as healing as color therapy—just the act of playing. It's amazing what it can do.

**Would that be the same as playing with colors in the graphics program on your computer?**

Not likely. If you just sat and looked at it you might get the healing aspect of it, but it's the whole act of putting it together, one color flowing into the next, the physical act of doing the motions. It's the whole . . . *gestalt* may be the word for it.

**You said that the world is at a point of choice and that mass consciousness is wondering if its ways of making changes for good are effective. You indicated that the Guardianship should open doorways showing that doing the loving thing is acceptable.**

**It starts with your relationship  
with yourself.**

**Are you good to you?**

**Do you love you?**

**Do you even like you?**

**Do you trust you?**

**Do you respect you?**

**Do you believe that you are  
worth taking care of?**

**Do you believe that you are  
worthy of friends?**

**Do you believe that your life  
should be filled with an  
abundance of all good  
things?**

**What specific issues in the world of 2015 are Guardians particularly well qualified to address or change?**

Pretty much any time you consciously walk into a public room, such as a waiting room in a doctor's office, and you sit down and send energy out into the room, somebody starts talking to you, don't they? You're at the grocery store, minding your own business, consciously doing your thing, somebody starts talking to you, don't they?

Pretty much any time you are consciously functioning in love, you are a magnet, the black hole sucking to you the issue of the moment that needs help. It's not any one thing; it's all the things that come into your path at that time. And it's those things that only you could do, because Frank can't handle what only Paula can, and Paula can't handle what only David can, because how David would say something isn't what Paula would say, and how she would perceive something isn't how Frank would, even if the three of them were sitting there together—and that is the beauty of it, actually.

Yes, there are many issues in this world, and there are those who are very drawn to very specific issues, and they are so drawn to them that they try very hard to get other people to be drawn to those same issues, sometimes to the detriment of a social life. If you strongly feel compelled, "I am here to build shelters for feral cats" build a shelter for feral cats—do it! But don't stop consciously sending energy and being available when you're at the doctor's office. If you feel strongly compelled to teach Heart Math, teach Heart Math, but don't stop consciously functioning and sending love and being the best you can at the grocery store. There's no letting up, ever. There's not an "off" time for a Guardian. It's 24/7. It's what you're here for.

There are amazing works being done out there in this world, and if you are a person who doesn't have enough to do and has more money than you know what to do with and you're looking for a place to be able to spend your time and your money, by all means follow your heart and look for some of those. At the January first-Sunday meeting, I pointed out a couple of great places, but they're not the only ones. There are all kinds of great things out there. I've got to put in a plug for Phoenix too: it's a great one that could use your time, money, your desire to serve. But you know, the biggest one is you. *You*. People who would *never* go to any kind of meeting anywhere, who would never feel comfortable thinking about spiritual things, will talk to you, even though you'd be talking to them about spiritual things in a way they may not even realize. *You*. *You* make the biggest difference.

***In the Lifescapes at the end of last year, you focused a lot on manifestation and being a Creator. In fact, you said that we are already creating and to be responsible for that. How well are Guardians dealing with that responsibility? If not well, what is the hold-up?***

What's the hold-up? This will be interesting—the hold-ups are believing and impatience.

***Believing that we're responsible?***

Believing in the wrong stuff. For instance, believing that one year of "I am a function of Source in this world," overcomes forty years of "You're nothing. Whoever told you you were king of the world?"

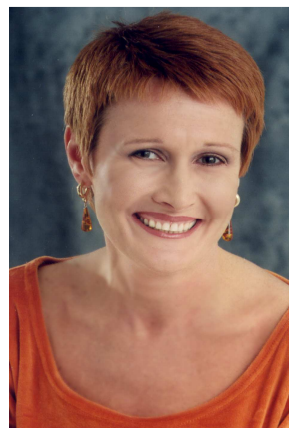
Impatience. Too many want to manifest without becoming the being that the manifestation energy would draw to. Have you ever heard the expression, "I want to become the person my dog thinks I am?" That's what I mean. "I want to manifest this lifestyle without becoming the kind of person I would have to be to manifest it. I want all of that right now! I want the effect of ten years of serious spiritual work after this one workshop."

***I want to win the lottery without buying the ticket, or I buy the ticket thinking I'm bound to win the lottery.***

Both of those. "Well, I changed this one thing in my life because you told me to, so why didn't everything change?" Well, because the only reason you changed it was because I told you to, and you don't get that that was why it didn't work.

Remember, you *always* manifest what you put out there. The key is, you need to be working on manifesting it on *your* timeline, in your lifetime—that's important. And the more you are that person, the faster you will draw that thing and the faster it manifests. But it's all about the true *knowing* of what you are—a deep understanding that there is no separation, that it's all the same—and then the manifestation pulls itself forward. When you are on the path you are meant to be on and it does not pull itself forward, you can absolutely know that something better is on its way. There should be no doubt about that. No doubt.

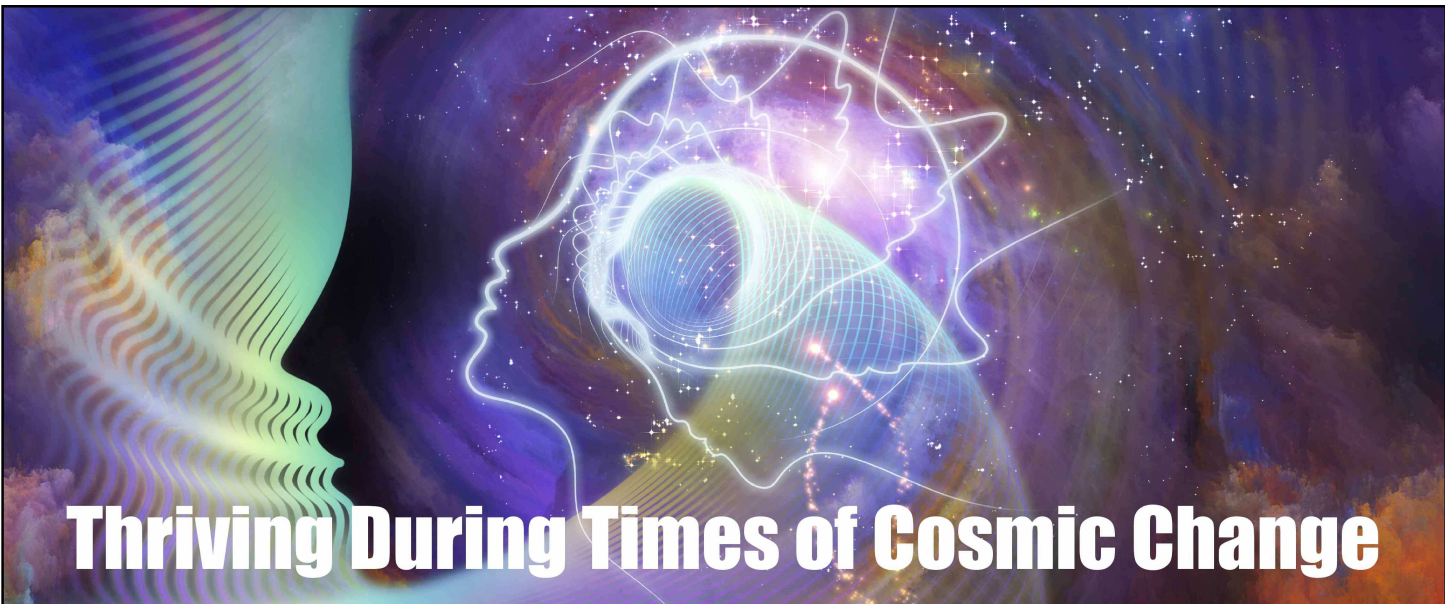
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Lea Schultz

*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.*





# Thriving During Times of Cosmic Change

“Massive influxes of higher dimensional energy are now and will continue creating major changes in the lives of Guardians, and in the world itself throughout 2015. These Lifescapes will be tailored to help you make the best use of these activating energy cycles so that when you look back on this time you can be proud of what you have achieved.”

*Samuel*

## At this time, Samuel plans to discuss:

- functioning consciously within multidimensional reality;
- densities of form, spirit, and illusion;
- the differences between reality and dimensions of reality;
- the signs of time-travel fatigue.

**Note New Times!**

## EVENTS ARE:

**\$69, or \$59 in advance**  
(See registration form for details.)

**Receive 25% OFF**

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

**Pittsburgh  
May 16**

**10:00 a.m.–1:30 p.m.**  
Pittsburgh Airport Marriott  
777 Aten Rd.  
I-376, Exit # 58–Montour Run Rd.  
**412-417-6300**

Directions and Registration at:  
[www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)

**Lexington  
May 30**

**1:30–5:00 p.m.**  
Phoenix Institute  
655 Lima Dr.  
Off Georgetown St. just inside  
New Circle Rd.  
**859-231-8449**

## Registration Form



### 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  AMEXCard#

Exp. \_\_\_/\_\_\_ Billing zip code: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature \_\_\_\_\_

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Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**Pittsburgh Event**—Preregister at [DiscoverSamuel.com](http://DiscoverSamuel.com) or by mailing 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 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 to:  
Phoenix Institute, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583

# Samuel

r e s p o n d s . . .

*It seems there are several types of Guardians here to do the work of helping the planet complete Sacred Status. If they are not working with you through the work of Phoenix Institute, what is their function and how does it generally show up in the world ?*

This question is complex. The term Guardian is mine. Some of those with whom I have a compact have either said no, or have not awakened, or have not activated—three very sad things, very sad things. Yet they are still Guardians, so even if they have not activated, there is always hope. If they have not awakened, there is always hope. If they have said no, it's heartbreaking. However, that does not mean that they will not continue on some spiritual path; it just means they will not fulfill their compact.

***Do they still embody that essence of Guardian?***

No. It's a lost compact. But they can still follow a spiritual path, and because of that, there are other versions of what I do out there. Well, actually, in this time and space there is just one other version.

***But in a lot of other times and spaces?***

Well, they all run together if you are looking at it from my point of view. Nonetheless, that's an option, you know, to find that other version.

The compact with me is very specific and rare, and it's not as though there are millions and millions of opportunities out there and thousands of places for people to go if they don't work with me here. That's why, when there are those who are lost, it is so sad. Each one is vital. Vital.

***I think people misunderstand the term Guardian, because I'll often hear people say, "Well, such and such, they're a Guardian."***

They may be a Guardian as a Guardian tree is, but not in the sense of someone on the Avataric function line, here as a Guardian being from which Shining Force has come. Not that level of Guardian.

***I think the thrust of the question is, Are there big-G guardians doing this work, the work of your Guardians, who are unknown to us and not working alongside us, and if so what do they look like, how do they show up?***

There are those out in the world functioning at very high frequencies on the Avataric function line who are not Guardians, whose frequencies may be much like that of Guardians. If you are a Guardian, you have a specific compact: to guide and guard this world toward Sacred Status. *Your* work is specifically

about Sacred Status. No one is a Guardian who is not working toward the Greater Plan for this planet. There are other things you can be doing, but that's not what Guardianship is about.

***Why would a Guardian or any other energy incarnated on earth at this time choose to come on the Word function line? You have mentioned that most Guardians are on the Intent function line. How would a Guardian coming on Word function differently, and what would the reason be for making that choice?***

It's a very hard choice to make. It's going against the grain, and it's a very hard thing to do.

One of the things that you need to remember is that Intent, Thought, Word and Deed are like the evolution of thinking, sort of, with Deed being very basic and Intent being the more intuitive, almost telepathic version of it. They each come with a particular kind of gift. Intent is about will and creative force, and Word is about a means of affecting people. Word is the ability to create unity, and is a gift. Do you see how that can be? It's very, very beautiful.

***Would that be someone we would consider charismatic?***

It could very well be.

The problem with Word is that it is very easily misused. And if it's not well mixed with Thought, of course, then all kinds of problems can come with it.

So here you are at what *had* been the time of Thought, and in flows this great outpouring of Intent, along with this great group of Guardians coming in on the Intent function line. But a few have come in on Word. Now, if you think about it, it kind of makes sense, doesn't it, because there is a need for those who can express what that mind and heart create in order to touch the many.

People say to me, "Oh, I want to write a book and sell it to the masses and speak about it," and I say "Oh good, I'm glad you want to do that. I hope it works out for you. But it's not really likely to happen, though, because you've not come in with that kind of gift. You've come in on Intent, not Word." Word *at the master level* gives you those incredible speakers, those orators who changed history, stopped riots, stopped wars, who affect people's hearts. You've also got the ones who have done tremendous, terrible damage with those words. So there's a burden with it, too.

But there are those Guardians who have come in on Word. Not many. A few.

***So they're working as a bridge of communication between Intent and mass consciousness.***

Hopefully.

Word needs Thought, but if you come in on Intent you are working on creation, you are functioning more in the mental

realm as opposed to the physical realm. When you are in that grocery store, and somebody comes up and starts talking to you, you are able to realize what's going on with them; you get that picture and it falls into place. That's because you're here on Intent.

If you were on Word, you would just start talking and the words would start coming. You've maybe heard people say, "I just started talking, and I then I started listening to myself and I thought, wow, that was pretty good."

***I'm thinking of someone who has come in like the majority of Guardians, on Intent, but who feels driven to get the message out.***

Don't misunderstand. Each of you holds the whole menu and there is a bit of a need to express all of it. But you are fully driven and most of what you do will be toward one of them. That's likely to be Intent.

***So, for someone who is here on the Word function line, active expression of Intent is likely to be on a smaller scale than speaking to the masses.***

Active expression of Intent is not likely to be speaking to the masses. However, speaking to the masses could fall into the lap of somebody who is Intent. They wouldn't plan it; it wouldn't be something they were after. It would fall into their lap because of what they were doing. But if they were Word, they would be seeking it and getting really irritated because it just fell in someone else's lap.

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***Drones are being used in many different ways now. For example, they document animal abuse when access to a facility is denied, and target and take out people who are working against the interests of the U.S. At the same time, many are raising concerns about the violation of individual privacy. Please give your perspective on this rapidly-expanding technology.***

Drones are tomorrow, and just like so many things in your technology, it's an opportunity for you to figure out what it is you believe and to let your voice be heard, or it's going to become just one more piece of your daily life that you have no control over. As with anything, they can be used for good or they can be used for extremely not-good. They are already in your world, and have been to some degree for many years. Now that they are becoming more known, people are starting to say, "Oh no! Oh no! Drones!"

When they show you toxic pig waste, it's "Yay, team!" When they kill a terrorist, it's "Yay, team," except when the terrorist's family gets hurt, then it's not so nice.

There's a whole lot of things going on in this world that I think are examples of somebody having too many toys and too much time and not enough guidance. Drones are going to be filling your airspace if you let them. They'll be used for good; they'll be used for bad if you let them. Truth be told, I'm not really sure how much say you're going to have over it. PR

## Fellowship \* Fun \* Laughter

Samuel says that strengthening our bonds socially empowers the work we do together spiritually.

# Picnic Potluck & Pool Party PALOOZA

Saturday, June 13, 2015

6:00 p.m.—9:00 p.m.

Marion and Don's home

This opportunity to socialize, swim, eat, and play lawn games is a gathering you won't want to miss!

Soft drinks and music will be provided.

Please bring a vegan dish to share, and BYOB if desired.

Swimsuits, lawn chairs, and towels are recommended.

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





# PHOENIX INSTITUTE PITTSBURGH

Starting April 13, meetings are at 6:30 p.m. at the First United Methodist Church, 5401 Centre Avenue, Pittsburgh, unless otherwise noted.

- 4 Full Moon Ritual (check the hotline\* for further information)
- 5 Viewing of Samuel's first-Sunday meeting at the home of Crystal and Retta, 1270 N. Negley Ave., Highland Park
- 6 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table.

**This is the last night for meetings held at the Nuin Center**

- 13 Game Night: Apples to Apples with vegan snack potluck, followed by Toning at 7:30 p.m. (**new location**)
- 20 Toning, followed by a discussion of Samuel's interview in the Spring *Phoenix Rising*
- 25 3:00 p.m. Drumming Circle at the home of Cindy Paulding, 7136 Michigan Avenue, Swissvale
- 27 Toning, followed by Leader's Choice: Dance lessons with Connie Durning

- 3 5:00 p.m. Viewing of Samuel's first-Sunday meeting at the home of Susan Rupani, 5647 Bryant Street, Highland Park and Full Moon Ritual (call the hotline\* for time and location)

- 4 Celebration of Beltane; Prosperity Table

- 11 Toning, followed by a discussion of Samuel's first-Sunday meeting

- 16 **Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.–1:30 p.m., Pittsburgh Airport Marriott, 777 Aten Road, 412-788-8800;** followed by lunch at Loving Hut, 5474 Campbell's Run Rd., 412-787-2727

- 18 Toning, followed by a discussion of the Pittsburgh Lifescapes Event

- 23 4:00 p.m. Drumming Circle at the home of Cindy Paulding, 7136 Michigan Avenue, Swissvale

- 25 Closed for Memorial Day

- 1 Healthy Living: Cooking with vegan whole foods; Prosperity Table

- 2 Full Moon Ritual led by Tamar George (check the hotline\* for time and location)

- 7 5:00 p.m. Viewing of Samuel's first-Sunday meeting at the home of Linda Hite, 1611 Trinity Street, Pittsburgh

- 8 Toning, followed by a discussion of Samuel's first-Sunday meeting

- 14 10:30 – 2:30 p.m. Group gathering to listen to Lexington's May 30 Lifescapes Event at the home of Crystal and Retta, 1270 N. Negley Avenue, Highland Park

- 15 Toning, followed by Leader's Choice program: Heart Math

- 22 6:00 p.m. International Food Fest, followed by a celebration of the Summer Solstice at 7:15 p.m. Toning at 8:00 p.m.

- 29 Toning, followed by a discussion of Samuel's interview in the summer *Phoenix Rising*

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

- Most Mondays at 6:30 p.m., unless otherwise noted, prior to the meeting at the First United Methodist Church, 5401 Centre Avenue, Shadyside. (See note for April 6 above)

- Every Thursday at 7:00 p.m. at the home of Crystal and Retta, 1270 N. Negley Ave., Highland Park.

- Most Saturdays Toning will be at 9:15 a.m. at the Nuin Center. Starting May 2, Toning will be at the King's Estate in Highland Park.

The time and location of Saturday Toning change generally once a month. Call the hotline\* for the current time and place.

**\* Call PIPi's hotline for latest information about schedule changes: 412-422-5500**

Please join us for the first meeting at our new location:

**Monday, April 13, 6:30 p.m.**

**First United Methodist Church, 5401 Centre Avenue, Pittsburgh**

The meeting will be followed by Toning at 7:30 p.m.

We hope to see you there!



# The Resilience Advantage™

## Skills for Personal and Professional Effectiveness

**Saturday, May 23, 2015 • 9:00 a.m. – 4:00 p.m.**  
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Like a smart phone invisibly connecting us to a large network of information, the energy of the heart literally links us to each other and to all living things, including Earth itself. This short video explains the importance of this connection how we each add to this collective energy field:

<http://www.heartmath.org/about-us/about-us-home/hearts-intuitive-intelligence.html>

**Chris Walling**, PsyDc, MBA, FACMPE, E-RYT, ACC, will be leading this training. Chris teaches around the world and is a sought-after speaker. He is well-known for his impeccable communication style and intuitive southern warmth.

**The fee for this all-day event is \$50 and includes a book for each participant.**  
**For more information, please contact Jeanean Jacobs at [jjacobs@thefamilyark.org](mailto:jjacobs@thefamilyark.org).**

**To preregister, please complete the information below:**

Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Best way to reach you by phone: \_\_\_\_\_

Preregistration is required by **May 9, 2015** to ensure that each participant receives a workbook. Participants who cancel for any reason will receive a full refund minus the cost of the book; no-shows will receive no refund.

**Mail preregistration to:**

**Registrar, Phoenix Institute, PO Box 12963, Lexington, KY 40583**

## Here Be Dragons? From Trusting to Knowing

by Dina Shadwell

As I write this, it is January and I am still basking in the glow of the New Year's Eve ritual with Samuel. Every New Year's Eve with Samuel is an amazing opportunity for new beginnings. It seems like every year he says *this* year is the most important one yet. And every year I believe him, because every year we are standing in our present moment. But something really does feel different to me about this particular year. Samuel has told us that humanity is on a precipice, on the verge of self-empowerment, asking, "Can we really do this? Is it worth the risk? Can we make changes in our government, in our economy, in our lives, just by standing up and letting our voices be heard?" And the Guardianship is also changing. Samuel has been talking with us for a while now about this unexpected transfiguration we are going through. And the New Year's Eve ritual really brought that home for me.

Samuel has told us that with this transfiguration, our Spirit rules our form instead of the other way around. But what does that really mean? What does that feel like? What does that look like? I've been thinking about this since New Year's Eve, thanks to the role I was randomly selected to play in the ritual. At the end of the ritual, I was to be one of several anointers. Part of my script was familiar. We've been using these words in ritual for a few years now. But there was something about looking fellow Guardians in the eye and saying these words to them that made me really absorb them: "With your every breath throughout this year you will see as Spirit sees, hear as Spirit hears, speak as Spirit speaks, and love as Spirit loves." With every breath. Whether I'm conscious of it or not. So what is Spirit seeing through my eyes this moment? What is Spirit saying? How is Spirit loving?

I'm sure we've all pondered this before, but it's a new game now. In the last newsletter interview with Samuel, he said that everything he is doing right now is part of the process of making each of us Dragons. He said:

It's the difference between sending energy and creating and establishing the energy out of oneself. If you are a Dragon in this world, that means you are functioning in Shining Force. You are aware of specific needs for specific frequencies, and you are capable of adjusting your frequency to meet those needs. You are protecting a function of life force. You are a powerful being of magic.

So you might ask, How is that different from what we are right now? Well it's quite different because what I want is

for you to move out of your head and into your world. What I want is for you to move away from sending the energy, and hoping it makes a difference, to merging with a place that then changes that place.

Now, the trick, if you will, is that it's not a function of trust; it's a function of knowing.

I don't know about you, but for most of the time I have been working with Samuel, I have had to rely on his feedback to know, well, first of all, that I was even a Guardian, then to know that I am on the right track, that I am doing the work, that I am having an impact in this world. It's easy for me to trust Samuel. He's got the biggest picture. I've got these two eyes and an alleged third eye that I do my very best to pull into focus. So if I can't trust myself, at least I can trust Samuel. But since this talk of transfiguration, I have felt a shift—not in a hee-bie-jeebie kind of way. I still have my two (or three) eyes, but I have taken the trust I have for Samuel and merged it with my own heart. The separation I have felt while being in this form has been profound, and it has led to a lot of pain. So I have made a conscious effort to see myself as One with Samuel, One with All That Is, especially when I am feeling pulled into human pain or suffering. It sounds like a mind game, and I guess it is. But I am feeling the shift from trusting to knowing. And I think it's all part of our transfiguration, of seeing/hearing/speaking/loving as Spirit, on our way to becoming Dragon Energy.

Like learning to play an instrument, with enough practice it becomes second nature. With enough practice, I can learn to see from a big picture perspective, to hear without judging, to speak and act with love, hopefully in every moment. It doesn't mean my days of practicing scales (or DNA exercises) are over. It just means it's a lot easier to make beautiful music—hopefully the kind of music that Dragons love to dance to.

## 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](mailto:phoenixinstituteatlanta@outlook.net).



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