



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2015

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

*You've spoken several times of influxes of energy in 2015 that would influence the spiritual vibratory level of the planet and create opportunities for positive change. What determines the timing of such energy events? For instance, are they the result of changes taking place in life force and the planet or are they just periodic emissions that aren't especially associated with earthly events? Do these things just happen, giving us an opportunity to make use of them, or do they come along as a result of what's going on on earth?*

These are specifically for the completion of the Plan, and particularly for the life force on this planet.

*Does the life force have to reach a certain level of frequency before those energy influxes happen?*

A good metaphor would be a musical scale, with energy being sent in the various tones. Somebody might be able to hear certain tones but not others, and those who are able to hear one tone are going to be able to make use of that tone. Someone who is able to hear three or four of the tones might be able to make a little song out of them. The more tones someone is able to hear, the more they are able to make use of them. That's a very rough way of explaining it.

Some of the energy that's coming through at this time isn't new. It has been coming through for quite some time, but it would never have been able to affect Earth if the Grid had not been healing as it has been. So the fact that energy has been changing and the Grid has been healing means that some of the powerful energy that was meant for the planet when it reached a particular frequency has been able to reach it now. That energy has been more or less waiting for the point when it would be able to come back, and that's because the Grid would allow it.

However—and remember that there is not time and space—as I said at the Retreat this year, the energy has been coming for eons a moment ago—the moment it was needed.

At the beginning of the Plan, the option was made available so that when a particular point would come about—do not ask me when that particular point would be; you'll be able to figure it out—energy would be made available for those who may need it.

Now, the question is, who might need it?

**Guardians in Transfiguration?**

Right. More than that actually, but the possibility of a Transfiguration process happening upon the planet, in any form, would require latent genetic strands to be activated. That means a need for a very high accelerating frequency, something to stimulate that latent genetic strain or strains in order to help bring about those changes. For Guardians that's going to mean bringing about that Transfiguration in a smoother way. But it's also having an effect upon all life force, and that's a good thing—mostly.

**So how can Guardians best deal with the impact of these energy influxes besides just not resisting them?**

Yes, and “don't resist it” is a very good answer. The biggest thing about it is that, as is the case with any kind of energy change, energy is energy: it's neither positive nor negative. What it does is accelerate and mutate. So what you need to ask is, what is it accelerating? What's it going to mutate?

You want to be on top of that acceleration and change. You want to be leading it. You want to look at your life, because what is going on with you is what is being accelerated. And that's what I'm trying to help people see. If you're in a rut, this energy is going to enhance that rut. If what's going on with you is that you are positive, happy—doing good energy work—you're going to have more of that; it's going to enhance that. Start functioning in the most positive ways you can *now*, because all these energy waves are going to advance and

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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

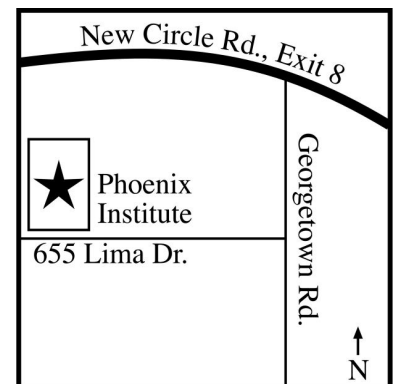
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — August 9

Ad reservations — August 16



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- 5 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 12 Using Color to Create a Happier You  
*Need help learning how to make your surroundings more fitting for your "now"? Come learn about the effects of colors and how you can combine them to create greater harmony and balance!*
- 19 Discussion of the interview with Samuel in this issue
- 26 Game Night: Yahtzee

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- 2 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 9 Get The Skinny On Tasty Vegan Wraps!  
*With a focus on locally available raw superfoods, this class will inspire you to turn over a new leaf in your quest for super-tasty nutrition.*
- 16 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.*
- 23 Create Your Own Zentangles ®  
*Learn how to turn your doodling into creative and beautiful patterns called Zentangles. This engaging practice is not only loads of fun, but provides artistic satisfaction along with an increased sense of well-being.*
- 29 **Samuel's Atlanta Lifescapes Event, 1:30–5:00 p.m.** (see ad, p. 8)
- 30 Game Night: Reverse Charades

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- 6 **Samuel's first-Sunday meeting and live webcast at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)**
- 13 Spiritually-based De-cluttering  
*Samuel's teachings combined with the practical de-cluttering process laid out by Japanese organization consultant Marie Kondo are a winning combo for how to gratefully let go of possessions that don't work anymore and create a joy-filled home.*
- 19 **Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.–1:30 p.m.** (see ad, p. 8)
- 20 Great Reasons To Be Vegan  
*Samuel encourages us to be vegan to raise our frequency, but that's not the only rationale for a plant-based diet. Come discuss the many reasons to embrace this lifestyle that honor the earth as well as our entities.*
- 26 **Samuel's Lexington Lifescapes Event, 1:30–5:00 p.m.** (see ad, p. 8)
- 27 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)

accelerate what's going on with you.

Look at the world right now. You can see what this acceleration has been doing. Look at your last year. That's what the acceleration has been doing to you. Is that what you want to continue having in your life? That's what you need to take a look at. It's also about change—mutation energy—and you can use that. So look for what needs to be changed in your life and use it for that as well.

***You indicated that changes in DNA could allow for changes to the physical blueprint. How would this affect us as Guardians? How about mass consciousness and the planet as a whole?***

DNA and RNA are information. You are information. You're a computer chip. That's not a bad way to think of your genetic structure, especially when you're thinking of the Source Field, which is also information. That's a good way to relate to it.

The more ways that you have to access information, the better you will be able to access the Source Field, better access one another, better access the other kingdoms, better release the boundaries that you perceive between all of the above. It can change the way you understand your world because it expands the way your mind perceives.

At the Retreat I explained the difference between the brain and the mind. I used the example of reading a phrase, which is very easy to do with the newsletter because you're reading right now. So look at the sentence that you're reading and read it aloud inside your mind to yourself, this very sentence. Your brain is looking at those words and it's interpreting each one of those letters, but it's your *mind* that's turning those letters into the meaning of those words. Your mind is the one that's telling you what it means. Your brain is the organ, and every cell of your body has *mind*. Every bit of living matter in the universe has *mind*. That's why—and I'm holding a crystal here right now—that's why you can connect into it. And when you connect into that mind, be it a crystal, a tree, your cat or the cosmos itself, it expands you.

[Laughs] Well! When your genetic structure has expanded, your mind . . . It all sounds like the sixties; your mind has expanded, baby, but without the drugs!

***Groovy!***

Groovy, yes. And that is the gift. And that's exactly what it does. It opens up those latent strands of unused genetic potential—the drugs, but activating those additional strands naturally through these energy activations—opening them up—is going to have an effect much like mushrooms and LSD, and some of

the psychedelic experiences that open doorways in the mind that . . .

***. . . break down barriers.***

Exactly.

***So the physical blueprint is information; it holds information about what will happen with the physical body. So are you saying that opening up the latent DNA is giving us more access to wider information and enabling us to change the blueprint at some point? You've always said that's very difficult to do.***

I've said it's not possible to do, but I have also said that it is my hope that with these changes the Form [Lea] might be able to make that change. I did not mean to give the impression that everybody might be able to do that.

***Does the planet have DNA, and will it be affected?***

The planet has information, but not DNA.

***At the May Lifescape in Lexington you said that you were seeing very ancient, non-mutated DNA coming back as***

***a result of Transfiguration. Would you talk about the nature of this DNA and its significance?***

Every human has what I call a crystalline seed within them, and that crystalline seed is within every cell of your being. It is also a part of your genetic structure, because it is a part of every cell of your being and, as such, a part of your genetic structure.

The majority of that structure is inactive, but as you are slowly literally activating into more Light and becoming less dense, that crystalline part of you is activating as well. I have no better way to describe that. It's an original part of what was breathed into Being. It's a good thing. It's a human thing. It's a body thing; it's not a Guardian thing. It's very unique, very unique, and I cannot tell you what it's going to mean. It has to do with your Spirit connection and it will lead to choices.

***You say you cannot tell us. Because you don't know exactly what it will do or you just don't want to say?***

Well, as long as there is free will, I don't know.

***Darn.***

That's exactly my word—darn! Sometimes knowing that humanity has been given a precious gift and they don't know it can be very scary. Especially knowing what they've done with them before.

***Are you talking about Atlantis?***

Among others. This energy right now is such a gift to you, a gift that's never ever been given before. Atlantis did not have this, so there has never been such hope.

***One reader in particular had questions about their relationship to Source and to the various energies that can***

**Look at your last year. That's what the acceleration has been doing to you. Is that what you want to continue having in your life?**

*be called on during rituals. He wrote, "At the Retreat you said that now and over the coming years the world would be needing the energy of sixth- and seventh-density beings. However, you were clear that we are not yet at that point, and in fact most of us are only functioning in the fourth density, though a few function in the fifth density within this world that mainly continues in a third-density illusion. What do we need to do to be able to function in higher densities and help the world as we've come here to do?"*

I chose the word density because I think *dimension* isn't a good word. I don't like the word because it implies a mathematical version, and that is not what I am referring to

at all. Einstein's version and the quantum mechanics version of dimensions and parallel dimensions and all of that, it just gets things way off. So I'm talking about densities, and these densities are about energy and frequency. It's all fairly equivalent to what you might think of as dimension, but if you think dimension, you're going to also be thinking space/time, and that's just going to throw you off.

Dimension tends to be a mathematics, physics, quantum place; not even place really—an idea—whereas I'm talking about a spiritual construct.

***You said it's like frequency. Could you make a distinction between it and frequency so that it's clear they are not synonymous? I'm not sure of the difference.***

In what way? Because there is definitely frequency within the densities.

***Frequency is a quality within density?***

Yes, but it's not a major quality within it; it's just a part of it. I don't want to get off on that because the densities are about energy, but it's not energy as in quantitative mass; it's energy as in the energy that makes up the Creation force of the Universe, as opposed to the energy that *creates* the Universe. The *force* of creation as opposed to those things that do the creating—the atoms and the bits and pieces.

***Actual manifestation.***

Quantum bits. They really don't get separated. They really are all in the densities, but they are in the lower levels of those densities. They are in the first and second densities, all of those. Everything that you think of as your marvelous world of science and math is in the first, second and third densities, but they're not the real world. They're not really what it's all about. But

everything that people think of as the real world, all of that stuff isn't what I'm talking about.

The densities are different than the dimensions, although those things that you think of as dimensions are found in the first three densities.

***So what do we need to do to be able to function in higher densities?***

Most of the world thinks that fourth density is the next big thing. And maybe, *maybe*, the great *enlightened*, incredible ones—one or two of them—might be fifth density. So how in the world are we going to have sixth- and seventh-density beings here to change this world to sixth and seventh density? And, how ever are Guardians going to be able to fulfill their com-

compact if what the world needs is sixth- and seventh-density beings? How is that going to be possible at all?

I would say do absolutely everything you can to make absolutely the best of this year's energy. Stop messing around. Get out of your ruts. Do *everything you can* to purify, release, let go of the old, change. Nothing—*nothing*—old is going to be working after this year. So anything that has been part of your comfortable way of doing is not going to be anymore. So you should kick it out *now*, before it kicks you out, because that's the great thing the Universe does for you: it keeps pushing you along.

So Guardians, who are essentially functioning at fourth density—which, by the way, is pretty amazing in this third-density world—are going to be moving to fifth density, and maybe a few to sixth. They are going to be making some real stretches. Now, the bad news is, that is a huge leap—a *huge* leap.

So how is that going to happen? By working together, that's how. The way it's always worked. And with the big stuff, by coming together in One Mind and One Heart—the way it's always worked.

And with the *really* big stuff? Reaching out and joining the world, coming together that way, which you will be doing more than ever before, because it needs to be done. You're going to be seeing Phoenix joining in with the world more than ever before [in world-wide spiritual events], and I'm going to be encouraging it because it is going to be more needed, not so much because you need it but because they need it. Your energy needs to be out there; it's the most important kind of social activism there is.

**Everything that you think of as your marvelous world of science and math is in the first, second and third densities, but they're not the real world.**



***As you talk about higher levels of densities, I wonder if you mean the veil is thinned, that we're more aware that this experience isn't reality.***

Third density is the evolution. At the fourth density, you're still here, but you're unattached. At the fifth and sixth densities, you're still in a body. At the seventh density, you're no longer obligated to a body. At the eighth and above, you don't have a body.

***Can who we are now call on our sixth- and seventh-density selves in ritual to help out energetically? And based on that, what is the highest energy we can call upon in ritual?***

That's a tricky question, because who you are is not a sixth- or seventh-density being, and you cannot call what you are not. The fact of it is, even outside of time and space who you are is not *that*. But the Entity you are is beyond that. So you would not be calling through the densities.

So what is the highest you can call? Well, without me there, call upon your Entity. If you call upon your Entity—and that would be your big-E Entity—you will be calling the greatest you can call. And, hopefully, you will surprise yourself.

***One reader wrote, "Samuel, during the Retreat I understood you to stress the urgency of each of us taking responsibility to heal conflicts, be peace, and work in unity in our personal lives in order that this focused Intent, Thought, Word and Deed would ripple out into the greater world to allow the same for humanity across the planet. Now that it has been a few weeks of this focused, conscious Intent, what changes have you seen as a result of our effort?"***

I'm actually already seeing great changes, a few negative, but mainly positive ones. There have been great changes in Intent, huge changes in Thought, large changes in Word and Deed, changes that have rippled out through not only those who were at the Retreat, but those who were affected by those who were at the Retreat.

Many people who were at the Retreat came back to some real hardships and have faced them with some very positive and powerful attitudes that exhibit great change of heart and strength of spirit. I'm seeing real changes in the way that people are looking at the world, and *extreme* changes in compassion and forgiveness going on that are making *huge* differences, not only in personal lives but in relationships within small groups.

[Laughing] I'm also seeing some really happy plants and animals—really. There are some cheering houseplants. Some people who had not been are really taking care of their plants now. I see some compassion that wasn't there before. Also another kind of sweet thing that has started happening—and this

is directly out of the Retreat—is a whole new respect for the mineral kingdom. That was an unexpected surprise, but a very good one, a very, very good one.

One negative thing that I am seeing is that some of the unfortunate difficulties that have been dropping on people have brought back a lot of their old fears and automatic responses—

anger and negative, foul, sticky, stuff.

And I'm seeing some people just falling back into old patterns a little too quickly. And I want to remind everybody one more time: I know, I know ... we laugh a lot. I'm always telling you, "This year is so important," and it is,

but *this year is so important*. This energy shouldn't be wasted. If you just fall back into your rut, if you just keep doing the same things, if you don't trust, if you don't take that extra step, if you don't do something [Samuel becoming very emotional] things won't change, and what good is that? If you don't believe you came here for a purpose, why bother with all of this? If you don't get that you're a Guardian and that this year is special and that *you* are special, and that this energy is about *you*, and that this is an opportunity, no, it's not about guarantees and it's not about getting to have everything you want—damn it. It's about serving the world, not ego or praise or accolades. Damn! It's about doing what you're here to do. It's why you're here, and I can't emphasize that enough.

It's such an important time. It's so vital and you are so vital. You are the key to it. Don't waste it. Don't waste it. You do the best you can, where you are, with what you have.

That's it. But you *do* it. You *really* do it.

**This energy right now is such a gift to you, a gift that's never ever been given before.**



*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.*

# CREATING

## Day by Day

by Paula Thomson

**A**t the Retreat, Samuel spoke of our need to move beyond the illusion of form, which prompted me to ask, “How am I buying into the illusion in my own life?” Years ago, Samuel summed up “the illusion” very nicely when he told us that we were not humans with a spiritual component, but Spirit learning to function in form. That has turned into a really important lesson for me recently.

We are very lucky to have a lovely place nearby to walk our dogs. It is a little-traveled gravel road which runs along the side of a creek, tree-lined and peaceful—except when the dogs bark at something that only a canine could find interesting—and a great place for contemplation.

I’ll have to admit, though, those walks over the past few years have triggered some pet peeves of mine. One of them is litter. Too often, as I’d walk along, I’d see soda cans and cigarette packs along the road. It annoyed me, not only because it’s unsightly, but also because I’ve never caught anyone in the act that I could “re-educate.” Another jarring note are the patches of climbing euonymus, an invasive vine, starting to scale the majestic trees.

Last year, I started picking up the litter as I walked, and pulling the vine out by its roots when I could reach it. There was a certain amount of satisfaction in taking action to combat the problems—but inevitably the litter started accumulating and the creeper, well, crept into the places I had cleared. As I got ready to take my walk, I could feel frustration mounting as I anticipated the litter I would see, and as I set out with the dogs my hawk’s eye would begin scanning the woods for the inevitable patches of euonymus. My walks became less peaceful and more an exer-



*Blue phlox*



cise in how my negative expectations would be met.

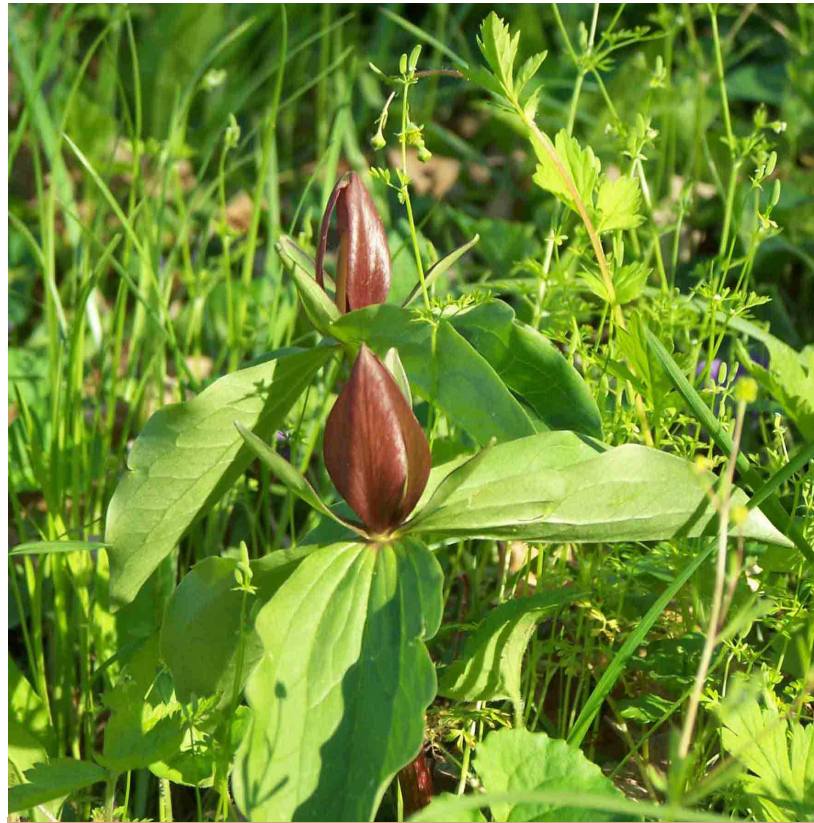
Samuel has brought up the need to discipline our thoughts many times and it occurred to me last spring that by focusing on what I didn't like on my walks I was actually making things worse, adding energy to it and allowing it to manifest. So instead of focusing on the litter and the "bad" plants, I started looking for the wildflowers and appreciating how lovely they were. I would look up at the stately trees and say, "Hello, grandfather. I'm so glad you are here and giving me shade on this hot day," and send out waves of gratitude and appreciation.

This spring the woods next to the road seem to be bursting at the seams with blue phlox and wild ginger. For the first time—and we've lived in this house for seven years—I suddenly discovered the hillside on our property was dotted with trillium and the wooded slope filled to brimming with phlox. How could this be? I've walked our property many times in the spring and never seen a single trillium.

It took me a while to put things together, but eventually I began to see that by not focusing on the things I found disturbing last year, like litter and invasive plants, and paying attention instead to the beauty of the wildflowers and the majesty of the trees, I had actually changed my perception to create a different world for myself!

Was I actually the reason my world had changed for the better? Was it my ability as a creator that had caused the wildflowers to bloom more prolifically? And where was the litter? It seemed to have disappeared.

Yes, I could say that the incoming energy is



*Sessile trillium*

causing the wildflowers to multiply or that some other person who walks that same road decided to take home the litter. But instead I am choosing to believe that by shifting my focus away from the negative and focusing on what I saw as beauty I was creating more of it and changing my perception of the world around me.

Samuel continues to stress that we can be powerful creators, which is why our Intentions, Thoughts, Words and Deeds are so important. If nothing in this world is real and I am truly "Source," then my perceptions are creations that can be changed. I don't need to ask why the wildflowers took over the woods or who carried off the litter. Instead, I can accept that *my* world has changed for the better because I made a choice to act differently. Imagine, if we Guardians changed our focus to see only the good, the peaceful, the just, and the compassionate in the world, what a beautiful world we could create!

PR

# Sirius

## The Sun of the Sun

- A Guardian's Sirian Connection
- Why now?
- Dragons and Crystals and Stars, oh my!
- More on The Return

**Receive 25% OFF**

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

### Atlanta Aug. 29

1:30–5:00 p.m.

Residence Inn Atlanta Kennesaw/Town Ctr.  
3443 Busbee Dr. NW  
I-75, Exit #271–Chastain Rd.

**859-233-3577**

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

### Pittsburgh Sept. 19

10:00 a.m.–1:30 p.m.

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

**412-561-2861**

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

### Lexington Sept. 26

1:30–5:00 p.m.

Phoenix Institute  
655 Lima Dr.  
Off Georgetown St. just  
inside New Circle Rd.

**859-231-8449**

### EVENTS ARE:

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

### 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:**

- Atlanta  Check  MC  VISA  Discover  AMEX  
 Lexington  Check  MC  VISA  Discover  
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**Atlanta & 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 . . .

***At this time in Lexington, we have completed nine full-moon rituals. Please comment on what changes you have seen as a result, both in the world and in the Guardians taking part.***

I love the full-moon rituals. I just wish more people understood the power of them. One of the things I began seeing immediately was, of course, the community aspect of it, because I love to see what happens when people come together and create something with One Mind. A lot of power always comes from that. The second thing is the joy that happens when somebody creates a ritual that others then get to put together and make happen.

And that's not even to say what happens in the world that comes from them. For example, there have been two or three different rituals that have related to the kingdoms—plants and animals. After the delightful one with all of the dogs, look how much better Ollie is doing. He had all of that attention and healing going to him, and he's doing so much better now.

Awareness is changing rapidly. Locally in Lexington, Atlanta, Pittsburgh, or wherever the focus is, change is happening, obvious change—nowhere near rapidly enough, of course.

It could be even more helpful to begin making the focus of each ritual not so broad. Instead of the whole animal kingdom, maybe to work on no dog-fighting or cock-fighting in Kentucky, or wherever you live. Or homes for homeless humans. Better quality food, instead of the entire plant kingdom.

But generally speaking they are a positive—great things.

***In the past, you have said that the Holy Spirit has to do with communication. Please explain the relationship of the Holy Spirit to the Source Field, and its role in working with our own connection to the Source Field.***

The Source Field is information, and insofar as the Christian Trinity is concerned, the Holy Spirit is the means by which God communicates information to Christians. So essentially, then, the Holy Spirit is the Source Field for Christians. Or the means to the Source Field, more accurately. Prayer would be the access to the Holy Spirit, which is the access to the Source Field, which is their access to God.

***How is it that cats see into the future but dogs cannot?***

I wondered when I would get asked that.

Cats have a different kind of memory than dogs do. Dogs tend to be more forgiving, and as a result they don't choose to remember. A cat chooses not to forget, and that makes the

difference. It's not the same thing as your ability to think about what's going to happen in the future and then worry about it. It's not the same as that.

David, what are you going to do tomorrow?

***Walk dogs. As always.***

All right, you're going to walk the dogs tomorrow. I say to the cat, "Thomasina, what are you going to do tomorrow?" [Long silence] That was Thomasina thinking about tomorrow. On the other hand, if the dog had smacked into Thomasina, and you said, "Thomasina, what are you going to do tomorrow?" Thomasina would say, "Get back at the dog." Because that's the way it thinks. Now, that's not a bad thing, it's not a mean thing; it's a survival instinct.

***Is this a group soul decision, one made on the basis of an individual animal?***

No, it's a species kind of thing. It's a cat thing. It's a dog thing. Canine. Feline. The feline survives because it remembers something that hurts it. The dog survives because it forgives what hurts it and makes friends.

***You often say that if we are unable to adapt to the Transfiguration process, we will be "left behind." What will happen to those who are left behind?***

It's not left behind as in "you don't get to go to heaven" or that kind of Christian thing, or you don't get to go on vacation, or something like that. It's more like you don't progress to the next cycle. You remain in the illusion.

***I suspect that you get to the other side and say "Darn, I missed it."***

Absolutely. I find that heartbreaking. I don't want that for you. And it's a real possibility for too many Guardians, because there are those who haven't awakened yet and those who have awakened and not activated, and there are those who have awakened, activated, said hello and goodbye. And there are those who just don't care.

***In the Winter issue you described our "bigger disasters" as being political divisiveness and the fact that government represents corporations at the expense of the people. Putting this together with your recent urging for us to carry Intent, Thought and Word on into Deed, it sounds as though you are calling for more concrete action to bring about change in these areas. Are you urging us to a higher frequency and intensity of energy work for the Grid, or are you hoping to see us take more action at the physical level?***

If you are speaking of acting politically, no, but if you mean acting spiritually, yes on both counts. I think you can be a spiritual political activist. Tell me how.

***By working for positive change in these areas. Instead of attacking what is, working for what needs to be.***

How would you do that? Would you write letters? March

on Washington?

**Well, that's a big question. I have felt a strong pull to do something in the world, and originally I was thinking about a walk across the state just to bring attention to the particular problem I feel strongly about, hoping that would focus more attention on the issue.**

You've got to do something when you feel that pull. You've got to remember that you reach people no one else reaches. You go places no one else goes. There's always that. But there is a balance to find, and you've got to weigh that in it. If this is what strongly pulls your heart, then this is what you should do, because that's what I think Guardians should do. They should follow what strongly pulls their heart. But I don't

think you're going to make much difference in any political arenas in this world.

**Well, when I started researching the ongoing activism, I found out how many people are already working to draw attention to the issue.**

I think there's very little that changes politics in this country, or most countries on this planet. I think politics changes very little in this world. You don't really want to know what I think really runs politics in this world right now.

**So you're saying what is effective is the energy work.**

I think I've said that.

**And that is where our energy needs to go.**

Especially now.



## ***In the Vegan Kitchen***

Many thanks to Catherine T. for sharing this easy recipe with us. Delicious!

### **Vegan Gluten-free Crackers**

(Makes 80–120, depending on how you cut them.)

1 cup garbanzo bean flour  
1 cup brown rice flour  
1 cup all purpose, gluten-free flour  
½ cup sweet sorghum flour  
½ cup potato starch  
¼ cup arrowroot  
1/3 tsp xanthan gum  
2 ¼ tsp salt  
¾ cup canola oil  
2-3 cups water  
½ tsp coarsely ground sea salt or kosher salt

Line two 12 x 18 inch rimmed cookie sheets with parchment paper. Preheat oven to 350 degrees.

Sift all the dry ingredients except the coarse salt into a large bowl.

In a smaller bowl, mix the oil with 2–2½ cups of water. Beat wet and dry ingredients together using a whisk to eliminate any lumps.

You are making a liquid batter (not a dough) which should have a viscosity somewhere between whipped cream and pancake batter. Depending on the variables such as age of the ingredients and humidity, you will need to add enough water to produce this consistency.

Pour half of the batter on each cookie sheet and smooth it evenly over the parchment paper, making sure the edges and the middle are the same thickness.

Place the pans in the preheated oven and bake for 30 minutes. Take the pans out and score the top of the batter, which should be hardening at this point, according to the size of the cracker that you want. If scraps of the batter stick to your knife, cook it a bit longer before scoring.

After you have scored the tops, sprinkle them with the coarse salt and put the pans back in the oven to cook for a further 20 minutes. Turn off the heat in the oven, but leave the crackers in there so that they will dry out without burning. Store in an airtight container.

# PHOENIX INSTITUTE PITTSBURGH

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

- 1 7:00 p.m. Full Moon Ritual led by Karen Foltz at King's Estate Park in Highland Park
- 5 5:00 p.m. Viewing of Samuel's first-Sunday meeting at the Doll/Flagg home, 1270 N. Negley Ave., Highland Park
- 6 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 13 Toning, followed by Leader's Choice: Talking to others about this work
- 20 6:00 p.m. International Food Fest (rescheduled from June), followed by Toning at 7:30.
- 25 5:00 p.m. Drumming Circle at the Paulding home, 7136 Michigan Avenue, Swissvale
- 27 Toning, followed by Leader's Choice: Energy sending exercise from the Feb. 14 Pittsburgh Lifescapes
- 30 6:30 p.m. Full Moon Ritual led by Priscilla Robinson, at the Labyrinth at The Waterfront, 8880 Waterfront Drive, Pittsburgh

- 2 5:00 p.m. Viewing of Samuel's first-Sunday meeting (call the hotline for location)
- 3 Toning, followed by a discussion of Samuel's first-Sunday meeting, Prosperity Table
- 8 5:30 p.m. Celebration of Lugnassadh and pot-luck picnic at the Carpenter home, 222 Arch Street, Verona
- 10 Toning, followed by Leader's Choice: Latin dancing
- 17 Toning, followed by Healthy Living: Raw food preparation and tasting
- 22 5:00 p.m. Drumming Circle at the Paulding home, 7136 Michigan Avenue, Swissvale
- 24 Toning, followed by Back to Basics, Part I: Review of Samuel's Practical Tools
- 29 10:00 a.m. Full Moon Ritual at King's Estate Park, led by Susan Rupani
- 31 Toning, followed by Back to Basics, Part II: Review of Samuel's Practical Tools

- 6 5:00 p.m. Viewing of Samuel's first-Sunday meeting at the Garry home, 121 Aspen Lane, Seven Fields, 412-322-1306
- 7 Closed for Labor Day
- 13 10:30 a.m.–2:30 p.m. Group gathering to listen to Atlanta's August 29 Lifescapes Event at the Miyares home, 265 46th Street, Lawrenceville
- 14 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 18 Pre-Lifescapes Vegan Pot-luck Dinner at the Carpenter home, 222 Arch Street, Verona from 6:30 p.m. to 8:30 p.m.
- 19 Samuel's Pittsburgh Lifescapes Event,**  
10:00 a.m. to 1:30 p.m., Pittsburgh Airport Marriott, 777 Aten Road, 412-788-8800
- 21 6:30 p.m. Autumn Harvest Vegan Pot-luck Dinner, followed by a celebration of the Autumnal Equinox at 7:15 p.m. Toning at 7:45 p.m. Silent Auction
- 26 4:00 p.m. Drumming Circle at the Paulding home, 7136 Michigan Avenue, Swissvale
- 28 Toning, followed by a Full Moon Ritual led by Tillie Dubnansky

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 .
- Every Thursday at 7:00 p.m. at the home of Crystal and Retta, 1270 N. Negley Avenue, Highland Park.
- Most Saturdays Toning will be at the King's Estate Park in Highland Park at 9:15 a.m.

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



# PHOENIX INSTITUTE ATLANTA

## *Living Oneness*

by Dina Shadwell

Oneness seems to be Samuel's theme right now. At this most important year of our lives, the time we were born for, Oneness is critical. The Writers' Gallery—Pat, Brandi, and I—have been discussing Oneness. What does it feel like? What are our experiences of Oneness? Each of us can point to particular moments when we have felt One with All.

Brandi shares a particular experience that has stuck with her:

It was an early summer day in Atlanta and I went to one of the Chattahoochee River parks. I wandered down to the water, took my shoes off and waded in. The water was cold and felt wonderful in the heat. I was watching it flow over and around my feet when I realized something shifted and I felt like something was flowing all over me—kind of like water but different. I looked at the sky and then at the trees on both banks and felt a connection with them that I couldn't process. I looked back at the water, then upstream at a fisherman standing in shallow water. I felt like I was the water and the man. Whatever was happening made me aware of life all around me. I heard voices and turned my attention to the bank where a man and woman were in a swing talking and laughing. The connectedness was growing in magnitude and I felt like I was everyone and everything at the same time. I kept looking around, expanding the content of what I could see and feeling an "other world" sensation of love and oneness.

And Pat remembers a recurring dream she used to have:

It felt more like a nightmare because it frightened me so much. The dream came to me sporadically until I was about three years old. It felt so real that, at the time, I wasn't able to differentiate it from reality. The dream: In the beginning there was light and it had no form or boundaries. Suddenly the light began to change. It began pouring like water into a shape, and as it filled the shape, an intelligence emerged that knew what was happening. That's when I became aware of myself as "I". Before this I was everything but not an I. Looking down at my arms and hands as they filled with golden white light, I began feeling bound. My previously unbounded energy was suddenly held captive by a small vessel, and it was horrifying to me. The dream al-

ways ended with me exclaiming, "My God, what have I done?" Perspective is everything, and as I grew up the dream took on new meaning. I remembered what it felt like to be without form. I was light, I was huge and I was without limit. My fear of death fell away because I knew it would mean release and a return to what I truly am.

My own experiences of Oneness are not necessarily as profound as these, but I'm guessing we all have had moments where we have felt connected to All That Is, even if the moments were fleeting. When that happens, it's easy for me to crave more of it, to want that to be a permanent state of being. And then there's the crash back to "reality"—the costume of form, the feeling of being separated from my true Self.

Samuel has helped me to realize that my feelings of separation and my cravings for something bigger can translate into a feeling that I am missing out on something. And that translates into a feeling of lack, which is an anti-prosperity issue. Once again, Samuel has helped me connect the dots. With diligent work and more moment-to-moment consciousness, I have been able to move into forgiveness for separating from Source and to see my form as a necessary part of The Plan for Sacred Status.

As Pat says, "Separation has always seemed like a perception issue. If we shift our view of things we would see that Source is everything around us, that everything may have a personality but it still came from Source. If we could see that, instead of the costume Source is shrouded in, we would realize we are not alone. It would be easier to merge with everything around us because, really, isn't that where we really want to be? Back with Source? We can do it on Earth first, since we are Source in form. Period."

This is Samuel's call to action for us. For me, it's a change in perception that allows me to claim this form experience as part of the Bigger Picture. The more I do that, the more I trust that life is unfolding just as it should. And I am able to experience more Divine Joy in this body and trust that I have all I need to fulfill my compact. No more excuses. It couldn't be a more exciting time to be in form!

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).

**Atlanta's next Lifescapes Event with  
Samuel is Saturday, August 29.**

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