



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2015

An Interview with *Samuel* channeled by Lea Schultz

You added the label “The Return” in the promotions for the Summer Solstice event. Please explain what that means and why you did that.

The first thing I want you to remember is that the Grids have been detached. They’ve not been complete. They have been slowly healing, and healing is the best word because the Grid is a living thing. It’s not dead—it’s energy—and by way of the Solstice ritual work, it has been completely put together. That was the greatest power of the Solstice work itself, because that balance meant that the Grid would be fully operational.

What will a fully operational Grid mean?

That Shining Energy can come through completely. I’ve got the impression that it’s been able to come in parts, not totally.

You are adding what you remember that I’ve said about The Return. What have I said about the Grid itself and why it was adjusted out of place? Because it was purposefully moved out of place.

My recollection is that it blocked outside interference in the process of life force developing on earth.

Developing on its own and without help. That’s correct. The planet and life force needed to reach a place in which they could function at a particular frequency, on its own, without help. That meant not only without the return of Shining Ones, but without any interference of any kind of high-frequency energetic mutation—there’s no better way to say it; it’s that simple.

When you mention mutation, it usually refers to DNA.

Right. And don’t leave out RNA because that’s really the messenger.

So first, the Grid had to be fully intact again, allowing energy once more to be able to come to the planet, but that was only going to happen if enough of the planet had reached a particular high frequency. Now, obviously that frequency wasn’t going to be high enough to represent the completion of Sacred Status, but it would certainly indicate that it was pretty far along that road.

That’s going to lead us to the Plan itself. Within duality, all life force in form is subject to the Plan, which ends in Ascension. It then moves out of Ascension into a totally separate process, a Creation process. You become a Creator; I’ve discussed that briefly. So the Plan is that all life force ascends, including the planet.

That which has moved beyond Ascension works to help—and the word isn’t really “help,” but “help” could be used, because I’m not sure that there is a way to explain the process in human terms without making it sound creepy, but it might be useful to try to explain it because it has become very misunderstood. What it has become is this very weird story of alien races having come to the planet and experimenting with humans, adding their DNA, and that sort of thing. Have you heard this stuff?

In science fiction.

Well, it’s not just in fiction. It’s out in the New Age community.

People being taken up into space ships and experimented on.

It’s that kind of thing. Then there’s channeled information out there that benevolent races are coming, and chosen ones—oh, my gosh [with head in hands]—I understand how it can get processed through the

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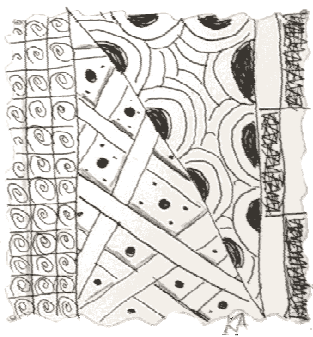
brain that way, because in the bigger picture this is why I'm using a word like *help*, because once "you" are past Ascension, when you become a Creator, a part of your essence is left in every ascended function of form. So essentially, when the planet that was Venus ascended, all of that life force moved forward, but its essence is still a part of every bit of life force, every bit of form, in this universe. And *you* hold a bit of it. And *you*, as a Guardian and you particularly as a Shining Being, have access to the memory of that essence. And that, to one who isn't awakened, can become some kind of other-worldly being; it's "this great creator force that has touched into me and told me something." I'm not exactly sure what all they're saying, but do you see how part of it is true?

That's not actually what I referred to as the Return, but that sort of creation energy *is* returning, no longer as a slight essence in all of form; it's returning as a very strong function of energy through very specific energy transmissions put forth at very specific times, from 2012 through 2017, for the purpose of the completion of the Plan.

When you talk about going through Ascension and leaving an essence, the only thing I can relate it to is when we master a certain thing in this lifetime, that the knowledge of that mastery is then available through our different projections.

Yes. However, that's Mastery, not Ascension.

But we have access to the wisdom that's been attained.



That's one way to relate to it, whereas with Ascension it's quite beyond that, because by that point you are beyond any kind of form and you are beyond any idea of dimension, and you are into your own power of creation. So it's the same but different. When you are touching into a different you it's just a memory that you're touching into, and in that sense that essence isn't even really a memory; it's a piece of information in the Source Field. Nonetheless

it's an access point, and you're relating to it as an access point.

All of that leads to this point: At the Summer Solstice that particular transmission completed the healing of the Grid and brought about the complete Return, and that return—that particular return—encompassed three things. Those three things are not a final return. It's not the only, the end, of the Return. But here are the returns that are based upon the Summer Solstice event. The first is the return of the Grid, complete and whole, which allows for the complete transmissions, essentially, of creation force energy. The essence in wholeness, no more incomplete transmissions, no more stalled mutations. Second is the return of the Shining Ones in form, which means *full* access to the Avataric function line. The Twelve will be revealed. This is not the original Twelve; this is the Avataric Function Line, which is a different thing altogether. The third is the return of the Divine Feminine, which is—as I have discussed before—the full change from the patriarchal to the Divine Feminine, the matriarchal. That's a very chaotic change, but a very necessary one.

All of this is a cycle. It's foretold, but any prophecy is a cycle, because nothing can be new. It's a cycle because this isn't a new earth. So it's a return.



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

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Manuscripts and correspondence are welcome. Send to the editors at

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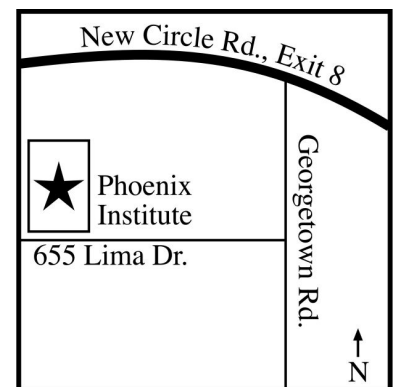
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — October 25

Ad reservations — November 1



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CALENDAR

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

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- 4 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 11 Game Night: Yahtzee
- 18 Discussion of the interview with Samuel in this issue
- 25 Budgeting with Virtual Envelopes
Learn how to become a better steward of your finances using a 21st century version of an old reliable budgeting system: envelopes.

N
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V

- 1 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 8 Tea for Two or Just You
Learn how to prepare a quality cuppa as well as sample teas from around the globe.
- 14 **Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.—1:30 p.m. (see ad p. 7)**
- 15 Unleashing Your Inner Clown
Humor is an aspect of Source and exists beyond physical form. So come learn how to create lasting joy by getting in touch with your funny bone and expressing it to the delight of others.
- 21 **Samuel's Lexington Lifescapes Event, 1:30 a.m.—5:00 p.m. (see ad p. 7)**
- 22 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.
- 29 Game Night: Golf (card game)

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- 6 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 13 Gifts and Miracles of 2015
- 20 **Samuel's Festival of Light Celebration and Potluck Reception (see ad p. 14)**
- 27 What Do Your Crystals Have to Say?
Learn how to merge with your crystals and receive the wisdom they can offer. Lea Schultz will share her method of communicating with crystals in this hands-on class, so bring your crystals. Don't miss this opportunity to unearth new techniques to learn from the ascended mineral kingdom!
- 31 **Samuel's New Year's Eve Celebration (see ad p. 14)**

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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

It's also the return of Guardians Awakening, because the Summer Solstice brought Guardians an opportunity to serve this planet in a specific way. I saw you perform a miracle, really. You came together, you did something, something that should have been impossible. You pulled together in one day, in one place, what should have taken nine places and three days.

And many are still keeping that balanced energy going out, and you saw and continue to see the kind of changes that the world has needed because of it. It's really a very, very needed and beautiful thing. It has changed hearts, it has been The Return of the Guardianship in really important ways. For me, that has been my favorite part of The Return.

Because so many Guardians came together for it?

Because so many Guardians pulled themselves together and made it happen. So many Guardians have been letting themselves stay in spiritual ruts, and as a result not really paying attention. Unfortunately many are still there and some very quickly went right back, but not all, and *that* passionate group is still keeping that flow going, so change is continuing to flow. They are keeping that balance going, keeping a wave of energy flowing right now that is stunning.

You've heard of the idea of eighty/twenty? Twenty percent of the people do eighty percent of the work. That's about right. Well, I would say both of you know that to be true!

Certainly Phoenix's Leadership does.

So when you talk about keeping balance going, are you talking about that energy coming in and flowing out through us into the world?

Yes.

And that maintains balance.

Yes.

At the Summer Solstice ritual, you said that you would be upgrading our "light bodies." What is a light body and why would it need upgrading?

You needed to have that upgrade in order to hold the energy to do the work at the Serpent Mound, and only for the work at Serpent Mound. The spirit that you are can only hold so high a frequency, so you needed to have a temporary change. You temporarily needed a new

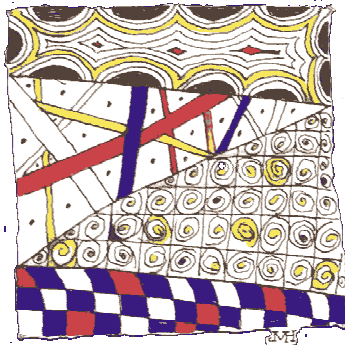
light body that could handle a much higher frequency.

If you imagined what lightning in a bottle would be like, you would think, “Oh my gosh, what would it do? The bottle would explode! It would be horrible. It would be a terrible thing!” Holding that kind of energy transmission, even in the kind of spiritual frequencies that some of you have, it would have been impossible for many. So upgrading that light body was a protective thing, allowing it to hold the energy that was needed.

That’s why what you experienced there felt so nice; it caused your physical body to release all of the pleasure chemicals, your body’s natural DMT, and you were blissed out. It was a very heightened sensory experience because the physical body got to be everything it could be for about three days before that body finally degraded.

When it was upgraded, was that a personal individual thing, or was it as a whole group?

It was individual by individual, because what would be needed for each person would be different. And as I’ve said, some people kept the upgrade. Do you know how to keep that upgrade? By continuing those activities that keep it whole. What do you think those are? What else would keep your highest frequencies? What keeps your body pure, your energy high? This isn’t hard. What are the things that I asked you to do?



Give up caffeine. Give up alcohol. Stop three times a day and have quiet time. Toning.

You let go of artificial stimulants. You let go. Right. There are many things that you can do that keep that energy going. Some people are doing them, and as a result their light body isn’t degrading. But most people aren’t.

And keep in mind that the physical body’s degrading has nothing to do with the light body degrading.

You have said that you want Guardians to move from the fourth density to the fifth and even the sixth density. How vital is it that Guardians accomplish this?

How vital is it? Oh my gosh. How dramatic can you get on paper? IT . . . IS . . . SO . . . VITAL!!

“Density” signifies transition. You’re born into third density, and I’m laughing because I almost said “barn into.” I laugh because if you want to think about third

density, all you’ve got to do is think barn, because those are the behaviors of third density—acting like animals instead of humans.

Instinctual behaviors.

Instinctual behaviors, exactly right.

Now, to those who are reading this: Stop for one moment and think about your life. Take a look at your life. Fear behaviors. What are fear behaviors? Just stop for a moment as you’re reading this and think, what are fear behaviors? Are you thinking about it? Fear behaviors show up as things like your desire to control what’s going on because you are afraid that if you’re not in control it won’t work out the way you need it to. Or maybe the good old “you’re not enough,” or you’re hard on yourself all the time, or you’re paranoid—people don’t like you—you’re always compensating, or you’re . . . and I could go on and on and on. What fear behaviors get in the way of your life? Fear of money? Fear that you’re not enough to handle what’s going to happen tomorrow? Fear that you don’t have the right relationship? Fear that you’ll never have a relationship? Fear that you’re not enough because you *don’t* have a relationship? Fear that you don’t . . . what? Have the right job? Have the right friends? You’re not making your parents happy even though you’re fifty years old yourself, or sixty, or seventy? Fear that you’re letting yourself down? Fear that you’re letting *me* down? Fear that you’re letting the Universe down? Well, maybe you are—so change it! Fear that you cannot change it?

Anger is fear. Frustration is fear. Guilt is fear. Depression is fear. Yes, it’s also chemicals, but it is exacerbated by fear.

These are third-density behaviors, and fear is the greatest. And no matter what density you are working on or trying to work on, or whatever density you woke up in this morning and determined “Here is the density I’m at today,” the moment one of these behaviors shows up in your life, that’s when you’re right back in third density.

When you move out of third density, you’re moving into service. You’re moving out of just looking at yourself, where fear resides, and you’re moving into looking at others. Its big problem is compassion. Compassion a problem? Yes, because it is a judgment issue. You’ve got to be really careful with compassion because it can be *your* way of not dealing with your own issues, or it can be your way of justifying judgment.

I think I have such compassion for the poor people in Cambodia who live along the Mekong. What a horrible, harsh life they live.

Excellent example. *You* might think that, while *they*

are perfectly happy.

It's a judgment made on the basis of my cultural beliefs.

Precisely. You're judging a whole culture based on your culture. It's easy to do.

Another version is you need a little drama in your life so you take on somebody who is poor and oppressed, and you make things better for them because you need it.

And there's a lot of do-gooders who actually don't help. It happens a lot with animals, with people who are serial rescuers who end up being emotional abusers because they have too many creatures, because they want the glory of the rescues. At any rate, compassion can be a detour. It can be a judgment. It can be a way to side-step your own stuff.

Third and fourth densities are danger zones. They are fraught with "Be careful here" signs, so pay attention. And pay attention when something in you says "Be compassionate."

However, right now is the time when compassion is needed too, so that also means learning to balance that.

So in third density you're still in instinct and fear, and at fourth density you're still in justification and serving yourself with the excuse of serving others. Fifth density, on the other hand, and sixth density, and seventh density are when spiritual behaviors really start, because at that point you have moved out of yourself enough that you are no longer serving just to fulfill your own needs; you are serving others. In sixth density, you're coming from the heart, and seventh density you're serving the Light itself. So that's where you need to be, because those are the arenas in which this world is truly making change. The problem in that is there's nothing in it for you. *There's nothing in it for you.* So what to do?

Completely detach, I guess.

Yes, but what's the problem with that? Well there's no problem with that unless you're in third or fourth density. No problem at all unless you're still feeding ego, and of course that's the rub.

To paraphrase Jerry, what will it look like?

The answer would be different for everyone, but essentially it is what an egoless being looks like. And the fact of it is, that will never be known.

You recently sent out a OneHeart message that Guardians need to be aware of being surrounded by people going through a tough time, as we will also if

we're not careful. What can a Guardian do to avoid those tough times? And what is the best response to those around us who are experiencing tough times? Is there any way we can recognize the signs that this is happening early on and take steps to curtail it?

Starting about mid-July another energy transmission came through, and it's actually a glorious energy transmission, a wonderful surge of creation and manifestation energy. It's good, except that kind of energy tends to create difficulties for people, because it opens up an opportunity for change.

The nature of the change—and I mentioned this at the July first-Sunday—has to do with poking deep, deep down into your core issues, and bringing them up to the surface. Now, this is wonderful because if you have things that you have not gotten rid of yet, you're going to see them now and be able to get rid of them. This is the opportunity to finally finish off the last of the "nasties."

The dross.

Yes. But that scares the dross out of some people and throws them right back into third density. That's what I have been seeing so much of, not only out in your world but amidst Guardians, and that was why I talked about it at the July meeting. If you've not been seeing it in yourselves, you've been seeing it in people around you, and certainly you've been seeing it in the world since mid-July. It will peak at the fall equinox, and then it's going to fade away, and by the end of the year it's going to be over. But in the meantime you're going to be seeing a whole lot of questioning: "Am I doing the right thing?" "Am I in the right place?" "Am I in the right relationship?" "Am I in the right job?" Midlife crisis kinds of things. "Why am I doing this? Do I still believe this?" "Do I still want this?" "Am I . . ." Fill in the blank. The issue is throwing out the old but not knowing what to do next, and as a result too many people are going to have thrown out their foundation and have nothing to replace it, which is very dangerous.

I did not put this in the OneHeart message; many people are going to experience it as a political thing, while for others it could be a personal thing. Many people are going to experience betrayal and trust issues, a sense of a personal "what have I done?" Again, it's not that they have been betrayed; it's the *perception* that has to do with that fear and paranoia stuff from their deep-seated issues that are finally coming up. People have hidden parts of themselves, and those



parts are going to come to light. And if you have not been your true and honest self, it's going to come up between now and the end of this year. If you're the one who hasn't been honest, get clear now—but this is your chance—but also be aware that if you are with somebody who you feel is not being honest, consider waiting, not jumping to conclusions, not seeing the worst, because this might be about your fears and trust issues. Don't assume; allow, and let the truth show up. Let things flow and go as they will.

Yes, because it's that judgment thing again. I cannot know what kind of internal work David is doing in himself. I just don't see it. Everyone has that kind of internal process going on, and to interfere with that might throw them off, and might make them feel judged and upset.

True. And I'm saying one of the things people tend to do when they feel somebody's been dishonest or made a mistake, they jump at that, and I'm saying wait until you know the facts. Don't jump first. Wait. Think the best. Amongst yourselves think that way.

So how can you see it coming? One thing that you want to remember is that this is also a time in which creation and manifestation is very heightened, and so focusing on your intent is very important. Your ability to see beauty and compassion and to be balanced is also



Lea Schultz

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

heightened. So focus on those things rather than what is not working. That's going to be a very, very big help for you. Remember that you manifest what you're thinking about, so think about what you do want rather than what you do not want.

You are accelerating what you are about. That's dangerous, but it's also great unless you're functioning in third and fourth density. So be careful. It's a time of opportunity, which is a really good thing if you know what you want, if you're not functioning in fear, if you're able to work in unity, if you're working in community. Working solo? That passed in April, and it will no longer work in your life; at least as a Guardian it won't work.



Begin preparing for the 2016 Retreat with Samuel now!

Phoenix Institute's

Gathering of the Tribe with Samuel

August 25–28, 2016

Boone Tavern Hotel • Berea, KY

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Look for more details in the coming months.

Reconfiguring the Matrix of Consciousness

By September the energetic matrices maintaining the old structure were being dissolved. Now they are reforming, bringing a new clarity and, as a result, generating new truths for all willing to see and hear. This is creating an ascended revolution.

This is a pivotal time.

The earth and all life force have come through a powerful date with destiny that can be seen as chaotic and destabilizing; your help is needed to ensure this transition time remains focused on the truth of Love, positive possibilities, and the Greater Vision.

A new Lifescapes event with

Samuel

Samuel also plans to talk about:

- What is going on now
- What is coming next
- How to be your best during trying times
- How to help those around you now
- Functioning in Ascended Densities

Receive 25% OFF

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

EVENTS ARE:

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

Pittsburgh
Nov. 14

10:00 a.m.–1:30 p.m.
Pittsburgh Airport Marriott
777 Aten Rd.
I-376, Exit # 58–Montour Run Rd.
412-389-0679

Directions and Registration at:
www.DiscoverSamuel.com

Lexington
Nov. 21

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:

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Phone (h) (____) _____ Phone (w) (____) _____

Pittsburgh Event—Preregister at 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 . . .

Please clarify the effect of both cannabis and alcohol on our physical forms as it relates to shifting to sixth and seventh densities, allowing us to complete the work we came here to do.

Once you get past the fourth density, you recognize that alcohol of any kind drops your frequency, so you no longer desire it. So in the fifth density there is no desire for alcohol because it drops you back to the third and fourth density.

Cannabis on the other hand, has a different effect on the body. Unfortunately, in most places in the United States and on this planet it is not legal to use it, and therefore it's probably inappropriate for me to discuss it in any way except to say that there are many plants that are naturally capable of having medicinal and spiritual value for the body when used in a balanced fashion with Intent for non-recreational purposes.

Do you want to give us a list of them?

Actually I think you could probably find that on the Internet.

I understand that alcohol is grounding, but with the high levels of energy coming in right now, isn't that a good thing?

There are ways to ground that are not destructive to the body. There are ways to ground that are actually good for the spiritual body. For instance, send a beam of light from your heart down to the heart of the earth, then up through the crown chakra and on up. It's very quick and doesn't have a negative effect on your spiritual energy.

Wine and beer made in Europe are more pure

than in the U.S. If we use alcohol, should we drink the European versions in preference to those made in this country?

If you're going to drink alcohol because you don't mind remaining in the fourth density, only then I would agree with you. Drink Scottish ale and Scottish whisky, and be happier for it. But remember, you're consciously choosing an activity that drops your frequency and keeps you at a lower frequency.

If you attended the Solstice ritual, will using the 528-Hz chime still benefit you? If you were not at the Solstice ritual, should you use 528 Hz or 432?

Understand that 528 Hz is like spring tonic; it's a really good all-over healing tone. It's excellent. You can never go wrong with it. It never hurts.

On the other hand, 432 is special. It has two unique effects. One effect: on a physical level, for those who were at the Summer Solstice event, it's going to bring back that memory of the light body, which is really good. In the interview (p. 3) I said most people released that within three days. The 432 brings back the body's memory of it. It raises that frequency right back up. It's a physical reminder. It's like smelling your grandmother's apron and having a memory of cinnamon rolls in the morning, and that is wonderful.

However, that's somewhat limited.

And you had to have been at the Solstice.



What frequency is that?

If you want to check the frequency of your chime or tuning fork, you can find a huge variety of sound tools for both iPhone and Android to help.

*Probably the most useful type is a **tone generator**, which produces a pure tone of any frequency you specify. You can compare that tone with the tone in question to see if they are identical. If they are, you will hear a single unwavering sound. If there is a difference, you will hear a wavering sound. The speed of the wavering corresponds to the difference in frequency of the two tones.*

For the iPhone, apps include "Tone Generator" and "Signal Generator," among many others. For Android, try "Sound Generator" and "Tuning Fork."

Right, but there were a lot of people at the Solstice.

The other thing is that that particular sound stimulates the heart, the crown, and the next four chakras. That's pretty powerful. That's a very stimulating vibration. Would I recommend you use that? Yes. Would I recommend you use that instead of 528? Yes. Every time? Yes. Do I ever see a reason for 528? I can see why you might choose 528, sure, because it's an all-over healing tone, but there is also a reason to work on those higher vibrations, because right now that's what you need to be focused on.

I think you had put certain limitations on using the 528-Hz tone.

There is the same limitation for 432. Use it no more than three times in a day.

When we did the visualization for healing the kingdoms of the earth we used the 528. Should we move to 432?

That's a good question. It's a healing meditation so I'd still use 528 for that specific visualization.

Can we use the 432 at home?

Yes. I understand that you can find many classical, and even non-classical, pieces based on 432. And you can find the tones on YouTube, but you would have to use one of those little machines to make sure that what you were hearing from your computer was actually creating that frequency.

Regarding the changes to the Star Weaving, why are we connecting with Sirius now instead of Alcyone?

Remember that Alcyone and Sirius are filters. Some people have thought that they came from those stars, but that's not accurate. They are filters. Energy comes through them. You are not from there. And I've always said that that energy came through, not from.

There are two words I've tried to stay away from: star gates and star seeds. But the problem is both of them are very viable terms. They both work because they are star gates, and you have been star-seeded.

Having the Grids healed, Sirian energy is now the predominant filter, and I want you to be able to make use of that filter.



What is the significance of the new practice during Star Weaving of using crystals and raising them up? Is it an energy manipulation or is it just symbolic?

The ascended mineral kingdom has always been active, but you have not been as capable of making use of it, so it's never been useful to put a crystal in your hand. Now I have an active crystalline seed—you—filtering through the crystalline core—Sirius.

During Toning, why do you want the masculine energy circle on the inside consistently now instead of your earlier preference for it being on the outside?

Because the Divine Feminine is the predominant energy now and I want that feminine energy enclosing the masculine energy.

You said that the Serpent Mound is ceremonial and relates to the stars. What was the original function of the mound when it was built and what is its significance to Guardians now?

It was built over an ancient meteor strike, which was a seeding. It is a scar, more or less, that survives from earth to earth. And when I say that, what I mean is that it is revived for every earth. It's that important. It's essentially a beacon, and it and the others like it anchor earth energy.

You mean other places on earth that are serpent figures?

Well, only nine of them are serpent figures. I'm referring to their energy function.

So is the effigy that we call Serpent Mound the same as someone building a church on a sacred site?

Yes.





In the Vegan Kitchen

Life without garlic and onions

By Paula Thomson

After Samuel revealed that garlic and onions were not good for the pineal gland, I've discovered to my surprise that there is still a life in the kitchen after you eliminate them! All it takes is a little creativity and a willingness to experiment.

I've found that if you slightly increase the amount of spice in a recipe, it is often just as tasty and you don't miss the garlic and onion at all. And chopped celery gives the texture of onions while adding its own unique flavor.

Some people are adding asafetida to their recipes. Asafetida is used in Indian food, and our resident expert, Lakshmi, says that putting a pinch of asafetida into about a tablespoon of hot oil before using it will enhance the flavor.

Hummus is almost a mainstay of the vegan diet. Have you wondered if it can be made without garlic? Try this version. It's a winner, always receiving rave reviews at Phoenix's potlucks!

THAI-COCONUT CURRY HUMMUS

By Steven Smith

- 2 cans drained (or 3 cups cooked from scratch) garbanzo beans
- 1 lemon (juice only)
- 1 lime (juice only)
- 1/2 cup shredded, unsweetened coconut
- 2/3 cup coconut water
- 1 Tbsp. curry powder
- 2 tsp. agave
- 1/2 cup tahini
- 1 1/2 Tbsp. olive oil
- Salt to taste (optional)
- Cayenne pepper to taste

Mix all of the ingredients in a powerful blender such as a Vitamix.

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PHOENIX INSTITUTE PITTSBURGH

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

- 4 10:30 a.m.-2:30 p.m. Group gathering to listen to Lexington's September 26 Lifescapes Event at the Rupani home, 5647 Bryant Steet, Highland Park, 412-417-6300. Bring a brown bag lunch.
- 5 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 12 Toning, followed by a discussion of Samuel's interview in the Fall issue of *Phoenix Rising*
- 19 Toning, followed by a social evening
- 24 4:00 p.m. Drumming Circle at the Paulding home, 7136 Michigan Avenue, Swissvale
- 26 Toning, followed by a Full Moon Ritual led by Mark Campbell; practice starts 10 minutes after Toning ends

- 2 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 9 Toning, followed by a celebration of Samhain
- 14 Samuel's Pittsburgh Lifescapes Event, 10:00 a.m. to 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
- 16 Toning, followed by a discussion of the Pittsburgh Lifescapes Event
- 21 3:00 p.m. Drumming Circle at the Paulding home, 7136 Michigan Avenue, Swissvale
- 23 Toning, followed by Healthy Living: Sharing our gritudes
- 24 Full Moon Ritual led by Karen Pisano (consult the Hotline for time and location)
- 30 Toning, followed by a social evening

- 7 Toning, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 13 10:30 a.m.-2:30 p.m. Group gathering to listen to Lexington's November 21 Lifescapes Event at the Hite home, 1611 Trinity Street, 412-818-6976. Bring a brown bag lunch.
- 14 Toning, followed by a Review of 2015
- 21 6:00 p.m. Greens & Berries Vegan Pot Luck Dinner, followed by a celebration of the Winter Solstice at 7:00 p.m. Toning at 7:30 p.m.
- 26 10:30 a.m. Full Moon Ritual at the Miyares home, 265 46th Street, Lawrenceville, 412-322-2377
- 28 Toning, followed by a discussion of Samuel's interview in the Winter issue of *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.
- Every Thursday at 7:00 p.m. at the home of Crystal and Retta, 1270 N. Negley Ave., Highland Park.
- Saturdays Toning will be at 9:15 a.m. room 205 at the Nuin Center, 5655 Bryant St., Pittsburgh.

Greens & Berries Vegan Pot Luck Dinner & Winter Solstice Celebration

Monday, December 21, 6:00 P.M.

First United Methodist Church, Pittsburgh

Please bring a vegan dish to share.

We hope you can make it to this wonderful annual event!

May the Universe return to you with abundant prosperity all that you have given with Love.



- Donna Bowman • Mary Brainard • Hank Brainard • Sharon Brainard • Helene Camp • Mark Campbell • Nancy Carpenter • Marion Clark • Jerry Cook • Don Cowan • Melanie Dailey • Julia Dasonville • Margaret Graneley • Robert Deety • Crystal Doll • Michelle Anderson
 Myrna Fabrizio • Sigmund Finman • Retta Flagg • Karen Foltz • John Forbes • Jill Fromelius • Carol Gailey • Bruce Garry • Rebecca Gilbert • David Gosselin • Robert Deety • Crystal Doll • Michelle Anderson
 Kristina Houser • Jan Hunter • Jeanean Jacobs • Louise Jones • Bobbi Junod • Marion Kee • Gail Klement • Jan Lee • Pam Litteral • Live Love • Suzanne Lortin • Claudia Marshbanks • Elizabeth Hagan • Martin Downing • Colleen Arcury
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The Anatomy of a Rut

Samuel has been talking a lot lately about ruts. Apparently he's been concerned enough about the rut thing to mention it several times over the past few months. Right before the Summer Solstice Ritual at Serpent Mound I started thinking about ruts. True confession #1: I had enough time to think about ruts after cutting back on my electronic device usage as Samuel has been suggesting we do. It's amazing what the brain is capable of doing when there are no distractions in the way! It's also amazing how much time I was spending on my computer almost every evening. As it turned out, all the whining I'd engaged in about never having time to do things was simply not true. I had plenty of time. All that precious time was spent playing games and surfing the internet. Talk about ruts.

When I was a kid I liked reading about pioneer families traveling across the great American plains on the Oregon Trail. So many wagons used this trail that after a while the soft sandstone began to wear away where the wagon wheels rolled across the surface, eventually creating deep ruts in the stone. Once wagons entered some of the deeper rut zones, they were stuck in the rut until they came across a harder stone surface that hadn't worn down too far to get out of. Reviewing my personal ruts took on new meaning as I realized not only how deep some of them had gotten but how I had created the very situation I felt trapped by.

As it turned out, one of my biggest ruts has been not being able to recognize the ruts I created for myself. Ruts are insidious. Here is where the quiet time Samuel has been encouraging us to create in our life comes in. Being able to sit down with no distractions and work my way from a current rut to its inception has been a gift. Being able to see where it started makes it easier for me to change course. And sometimes it requires reaching a hard place within the rut to finally be able to steer the wagon out of it.

The thing about ruts is that they seem to multiply. By themselves. While I'm not looking. True confession #2: the "I am not enough" thing I learned from my parents created quite a deep emotional rut for me in my early adulthood. Even though I knew better after

hanging out with Samuel for over 20 years, it was still possible to fall into the rut that particular belief had created over the years. In turn, that rut spawned a mental and physical rut of inertia. Why try something new if I was afraid it wasn't going to work out? That in turn created a rut in which I struggled with a sense of powerlessness and anger with my situation.

There is no magic in a rut. For me being in a rut is somewhat like reliving the past over and over again, much like that Bill Murray movie *Groundhog Day*. Is it possible to experience the present in a rut? My guess would be probably not. My greatest creative expressions have always occurred in present time and space. There is magic, hope, and possibility in the present. I have never felt magic or hope while reclining in a rut. Samuel has been telling us for eons that we need to embrace our Power and our Magic. Power and Magic occur in present time and space. I would really like to live, see, and be Magic again, and that means becoming aware of the ruts in my life and leaving them behind in the dust.

With the Power this Summer Solstice has brought to us and to the world, it is vital that we remain conscious and deal with old behaviors and beliefs that bog us down in a rut. We are changed. The world is changing. Let's show the world how easy it can be to not only climb out of a rut, but to keep from creating them in the first place.



"I majored in instrumental music and play the guitar and French horn and sing with the Atlanta Women's Chorus. My two dogs like taking me on long walks. I also like to write and make magic with all my Phoenix peeps."

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.

December Events with Samuel

Festival of Light

December 20, 2015

5:00 p.m.

655 Lima Drive • Lexington, KY

Free of charge

What better way to bring in the December holiday season than to celebrate the Winter Solstice?

For this very special celebration of the return of the Light, Samuel will bring a magical message of renewal, hope, personal power, and the spirit of community.

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.

Celebrate the Light and Joy!

If you have any questions, please call Phyllis Giberson at 859-312-6720.

New Year's Eve

December 31, 2015

10:30 p.m.

Ritual rehearsal begins at 9:00 p.m.

655 Lima Drive • Lexington, KY

\$10 at the door

What could be better than spending New Year's Eve with Samuel?

It's a time to celebrate releasing the old and to welcome new outlooks of Light, Love, and Life! So please join us again this year for another special New Year's Eve.

In order to defray some of the expense, there will be a \$10 fee per person, which will include a buffet reception prepared for you by loving hands at home base.

Celebrate the coming of a fresh new year!

For more information please call Phyllis Giberson at 859-312-6720.