



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2016

An Interview with *Samuel* channeled by Lea Schultz

This interview is based on questions sent to Samuel by Bruce Garry, of the Phoenix Institute, Pittsburgh community. His questions are within quotation marks to set them off from the discussion by the editors.

“These questions are about the relationship between the physical existence and spiritual existence and how changes in them can impact frequency. It is understood that everyone is unique and it is impossible to make general statements for the best possible health for everyone. The basis of my questions is to draw out information that will improve both physical and spiritual existence, including life-style as a whole, for the purpose of making the frequency changes necessary to move to higher densities.

“When individuals change their diet to a plant-based, whole-food diet while making positive lifestyle changes, how does that impact frequency, higher densities, and spiritual existence?”

Well, first, it depends on what those dietary changes are. You can eat a lousy diet and be vegan. You can eat a very healthy diet and *not* be vegan. So, I’m trying to shift from saying just be vegan to recommend eating a *whole-food* vegan diet.

A couple of things come into play. The first one is, when you are eating something close to your human form’s physical system—and that would be the animal kingdom—you are effectively eating as a cannibal, because you are eating that which is part of your own physical makeup. That puts a ceiling on what your frequency can do. And that’s not even talking about the chemicals that are in meat today. It’s not talking about

the polluted rivers. It’s not talking about what dairy does to your system. It’s not talking about what the hormones are doing to change the genetic structure of children growing up now.

Besides that, because you are eating physical beings that have the same make-up as you, it holds you to the level of the animal kingdom. Now, that’s not fully accurate for Guardians. Guardians won’t be able to move higher, become lighter, but will remain at the lowest level of their frequency spectrum.

The second part: Not only does the physical makeup of meat itself have an effect on you, but the chemicals that are put into it through the foods the animals eat will also affect you. You say, “Oh no, I only eat happy cows,” but what those happy cows have been fed is filled with chemicals. “Well, I only eat happy cows that have been grass-fed.” No, because crops on any typical farm are going to have been molested by chemical over-spray, because a neighbor doesn’t farm the same way. And in the winter, when you feed the animals to make up for the loss of grass, you’re not going to find corn or grain that doesn’t have pollution of one form or another, whether it’s the way it has been modified or the way it has been sprayed.

The third aspect is what it does to your body. Those of you who have already stopped eating fish, fowl, beef, or the many other options that seem to be springing up, have forgotten how hard it was to digest meat. If you eat it again, you realize, “Oh, this is nearly impossible to digest.”

You are built to eat plants. Your jaws don’t have the musculature or the teeth for being carnivores. You can

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choose to be a carnivore, but it wreaks havoc on your system from the nose down: your whole mouth, your teeth, your jaw structure, esophagus, stomach, intestinal system. You produce stress chemicals when you eat these foods, and your body, when it goes into stress, breaks down. Your body has a hard time functioning with the fats that are in meat, the hormones that are in fowl. Understand that I'm not talking about the hormones you feed them; I mean the naturally occurring hormones in fowl.

Fish isn't the same kind of problem as the other two, except the bottom feeders—mollusks and oysters and catfish, which for obvious reasons are affected by the pollution in your water. I have said, if you must eat meat—if you *must*—eat deep-ocean, cold-water fish. Unfortunately, now you even have pollution in your deep oceans. From Fukushima, you have pollution covering your Pacific all the way down to Antarctica, changing genetic structure, throwing off the ability of the large water mammals—whales and such—to live. There are horrible consequences from that nuclear incident that your media are hardly speaking about but any fisherman would tell you about.

The products from your dairy industry: I have never understood why it's acceptable to drink the mammary excretion of a cow. A human's mammary excretions are the only ones made for your body, and those are only for an infant. As you know, when you move from vegetarian to vegan, many good things start happening. Constipation clears up, sinus issues resolve; constant mucosal drainage, things that you always thought were allergies, all that starts to change. More than that, when you take dairy out of your diet, you're no longer challenging your body to digest something that isn't meant for it and which in fact your immune system considers an invader. You would, I believe, be able to plot a correlation between the huge push of the dairy industry over the last twenty years and the increase in immune disorders, diabetes—which is an immune disorder—and obesity. The nature of the fat in *any* dairy product is going to cause stress to your pancreas, your thyroid, and your adrenals. All of those are going to cause the body to attack itself. And it's going to thicken your blood and the lining of your arteries and veins to deal with that.

Having said that, if you are not going to be a vegan, I would rather you be a vegetarian. If you're not going to be a vegetarian, I would rather you only eat deep-water, pollution-free fish.

What's best for you? A plant-based diet based on whole foods. What's best for your energy? A plant-based diet based on whole foods. But I will never tell anybody, "Here is what you *must* do." And in fact, the higher your frequency becomes through your conscious spiritual practice, the more you will naturally resist eating the kingdom next door.

"As it relates to our spiritual existence, what does ideal physical health look like?"

Ideal health is radically different than a healthy temple for your spirit. Ideal health means you live twice as long as the current standard lifespan. Ideal health shows an emotional balance of happiness, joy, a sense of lightness and freedom, and a much greater ease in your spiritual function because you don't have conflict going on within your body. Ideal health isn't that you're able to touch your toes when you bend over and you can do three push-ups in a row and two pull-ups. It's not that kind of thing. It's not that you can run twenty miles. There are those who can run twenty miles



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

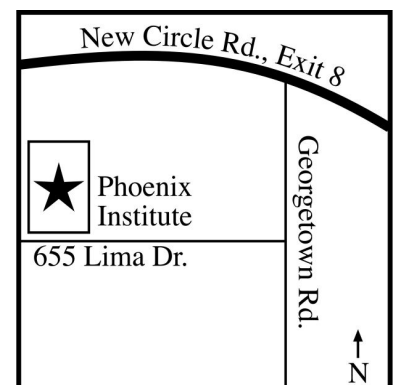
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — January 17

Ad reservations — January 24



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CALENDAR

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

JAN	3 Samuel's first-Sunday meeting (live webcast at www.DiscoverSamuel.com)
	9 Open Studio, 2:00–4:00 p.m.
	10 Discussion of January 3 meeting
	16 Treasure Mapping, 12:00–2:30 p.m. (see ad p. 10)
	17 Discussion of the interview with Samuel in this issue
	24 Scab to Fab and AH-OH-HU Exercises <i>A review of two of Samuel's powerful techniques that will be used in the upcoming program, "Raising Your Spiritual Frequency."</i>
31 Samuel's Tapping and Vortex for Change Exercises <i>Another review of powerful tools from Samuel that will be used in the upcoming program, "Raising Your Spiritual Frequency."</i>	
FEB	7 Samuel's first-Sunday meeting (live webcast at www.DiscoverSamuel.com)
	13 Samuel's Atlanta Lifescapes Event, 1:30–5:00 p.m. (see ad p. 11)
	14 Discussion of February 7 meeting
	20 Moving Beyond Greenhouses, 2:00–3:30 (see ad p. 7)
	21 Raising Your Spiritual Frequency <i>The introductory meeting of the winter program, which will take place weekly through April 10. Commit to the program at this meeting in order to participate at later meetings.</i>
	27 Samuel's Pittsburgh Lifescapes Event, 1:30–5:00 p.m. (see ad p. 11)
28 Raising Your Spiritual Frequency *	
MAR	6 Samuel's first-Sunday meeting (live webcast at www.DiscoverSamuel.com)
	7 Raising Your Spiritual Frequency (after the 6:30 Toning)*
	12 Samuel's Lexington Lifescapes Event, 1:30–5:00 p.m. (see ad p. 11)
	13 Raising Your Spiritual Frequency *
	20 Raising Your Spiritual Frequency *
	27 Raising Your Spiritual Frequency *
TONING	Phoenix offers four Toning opportunities weekly: <ul style="list-style-type: none"> • 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

* Open only to participants who committed at the Feb. 21 meeting.

who are just not healthy. As far as I am concerned, ideal health is a perfect balance of the physical, mental, emotional, and spiritual self, and that's going to look different for everyone.

The problem, though, is comparative judgment and the idea that perfect health means no ailments, which is incorrect. Your body, to be in perfect health, is constantly fighting off what your environment and what your mind and what your emotions and what your physical DNA are showing into it. Perfect health would mean not dying, and that would mean you're stuck here. You are not designed for what your medical system would call perfect health. There's no purpose for it. What you want to talk about instead is perfect health for the individual.

You mentioned physical DNA. I understand the other two, but not the DNA part. How can that be a part of it?

Well, diseases and breakdowns, physical and mental, that are passed-on genetically—I mean genetic mutations that happen because of your environment, internal or external, because of the way you eat, the way you think, the way you live—all of those have an effect on your DNA. And, as much as the conscious high-frequency spiritual being can overcome many of those dietary excesses and problems, that only will happen to a limit, and that's true with the DNA as well. At that point it's called blueprint, because some individuals take on particular physical issues in order to have an effect on others, in order to learn certain things about themselves. They can be in what is perfect health *for them* and still have that issue.

"Is frequency of the physical existence measured only in the now or does it take into account future possibilities (DNA, negative health markers, relationships, etc.)?"

Your now is your only place of power. Your now is where your frequency expands or releases. What's going on tomorrow—you ate tainted food and tomorrow you're going to throw up because of that—does not mean you're not healthy. It means your body is doing what it needs to do to get rid of invaders. That doesn't affect your frequency. What will affect your frequency are those conscious things you do that destabilize that physical, mental, emotional, spiritual balance, that teach your body "I don't have to be functioning optimally because these chemi-

cals will make me *feel* like I am.” Caffeine, for instance. How many people think they can’t function without their cup of coffee or caffeinated tea? Your body has simply relied on it for so many years that it has forgotten how to produce that wake-up, clear-minded, energized self because you’re relying on the artificial stimulant or the artificial depressant, or the on and on and on.

You can rely on painkillers that take away those little aches and pains when your body is telling you that you should be paying attention to the cause.

Right. But your need to medicate everything is one of the things I don’t understand. [to Frank] You have broken part of your toe, right? And you just deal with it. It’s not a massive drama.

People are so willing to make aches and pains and diet all drama, when in reality your pain sensitivity and what you eat are choices. As long as you teach yourself “I cannot handle this,” you won’t. “I can’t do this without the crutch. I have to have . . . My doctor told me I must have animal protein.” That’s just wrong! Get a doctor who’s more awake and aware.

“What can we specifically do to create a lifestyle in which spiritual practices are as strong as dietary practices?”

I’m not real sure what’s being asked there, because the audience that reads this is going to have better spiritual practices than they do dietary practices.

But they probably focus more on their diet than they do their spiritual.

That’s very true.

And I’m not clear if Bruce is referring to mass consciousness and their focus on diet or to the Guardian-ship and their “I can’t eat this, I can’t eat that. I can’t eat that either. All I can eat is cereal and almond milk,” or whatever. People get fixed on gaining power out of what they perceive they are giving up instead of recognizing power based on what they see they have gained. There is a difference between choosing not to eat certain foods that lower your frequency and being so unhealthy you can’t eat anything because it makes you ill. That’s just drama.

Diet is about gaining vitality, making things easier for your spiritual practice. So, if he’s asking, “What do we need to be doing spiritually?” and that’s separate from diet, then I would say the same thing I have been saying for many, many years: you want to function consciously to live love, do the loving thing in all areas of your life.

You can make things better and easier for yourself by eating a plant-based healthy diet, because your

physical self, your mental self, your emotional self, and your spiritual self, all of those bodies will benefit from that. But that’s going to involve making the right choices, and that’s when a spiritual activity is “make the right choices.” Use discernment. Eliminate comparative judgment. Be truthful with yourself. And no different than with a physical dietary change, recognize that you’re going to have two to three weeks of resistance before you make those spiritual practices your constant habit.

People often forget that the body has been tuned in a specific way with a specific diet for so long that all of your interior process—I hate to say parasites and bacteria, but that’s what it is—are tuned to dealing with that kind of diet. When you give up caffeine, you’re going to have headaches, you’re going to feel down and you’re going to think, “My body needs that stuff because it’s telling me I’ve got to have it.” That’s *not* what it’s telling you. Your body is saying, “Aah, I don’t have to have all of these excess bacteria within me. I can flush all of that out.” But doing that makes you feel bad. So, it’s the same with your spiritual practice. You have thirty years of doing things in a particular way, and all of a sudden you’re trying to shift it about. And thirty years of doing things in a particular way leads to an angry little child telling you how wrong you are and fear-based beliefs coming up when you try to change. And it takes two to three weeks before you have rebuilt those neural pathways that allow a new way of functioning to become anchored into your body.

You mentioned comparative judgment a couple of times in this context. How does that tie into matters of diet?

You have to go through trial and error to work out how your body works best, but somebody else can take a look at your diet and say, “Well, maybe I should be doing that too,” or “Well, maybe I could get away without doing that too,” and so they make decisions for themselves not based on what works for them, but wanting to be like David or *not* wanting to be like David. Comparative judgment, spiritually speaking, with regard to your frequency, is simply survival mechanics. That’s third density, and as long as you have comparative judgment within you, you’re not shifting out of third density.

“Epidemiologic studies indicate the majority of the world’s population rarely gets Western diseases when they do not eat Western foods.”

But you also don’t get Eastern diseases if you don’t eat Eastern food.

“Is the statement correct? If so, are there any

changes that Guardians can make to their plant-based whole-food diet, or other changes, to further protect themselves from getting Western diseases? How will this impact our frequency?"

No, it is not an accurate statement. It is, however, filled with many truths. It is true that when you don't eat a typical American diet you are going to be healthier. It is also true that you can work with a nutritionist and a medical person to optimize every amino acid—every building block of life—in your body to create what for you is going to be optimal health. But the person right next to you may not respond to that at all. I absolutely will not go with a blanket statement that says, "If you do this you will be healthy." I will not, because it's not true.

Eastern medicine is thousands of years old. Western medicine is a couple of hundred years old—even that old, actually. Both cultures have extraordinary technology now, and it's constantly changing. Your body functions on where it is. A healthy, happy vegan can go to Indonesia and eat the very same food and get very sick.

The very same food they've been eating, or the same food the Indonesians eat?

The equivalent of the same food that that vegan has been eating: brown rice, vegetables—healthy

choices. Because that has more to do with your compacts and your genetics than it does simply with diet.

Our spiritual compacts?

Well, aren't they all?

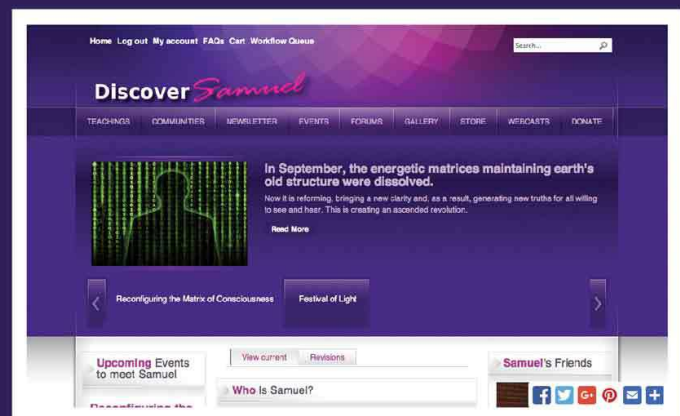
The big point there? You cannot make those broad, general statements. And it does not impress me that your science has found that if you don't eat that and you *do* add this you'll stop having heart trouble. It's not true. There's so much more to that.

"Scientists believe there are 25,000 phytonutrients in vegetables and fruits, the primary source for antioxidants and other chemicals that fight off diseases in our body. What can we do to maximize receiving and absorbing the phytonutrients that our bodies need for our best possible health? How would this impact our spiritual existence, and then does our spiritual existence further impact our physical existence? Is there a play between the physical and spiritual?"

You know that I have tried to get you to eat raw food because, if you want to be really healthy and you want to get the good out of all your vital nutrients, you're either going to eat food that is raw—or very lightly cooked, because there are some vegetables that do not release their optimum value until they have been heated. But it doesn't require much heating at all.

www.DiscoverSamuel.com

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The redesigned website includes improved and new features such as:

- Community sites for Lexington, Pittsburgh, and Atlanta with information on each city's programs, and news
- Practical tools to help our spiritual growth
- Calendar of events for all three cities and all events with Samuel
- Forums for discussing Samuel's teachings
- Online store to purchase CDs, MP3 files, and DVDs of Samuel's teachings
- Easy, online donation form to support Samuel's work in each city

... and much, much more!

And within the acceptable raw-food spectrum, you can manage it.

So, what can you do? Number one: eat raw. And eating raw, once you've gotten over that two- to three-weeks change in your internal system, is going to allow you to function—physically, mentally, and emotionally—in a much lighter and natural way for your body. Spiritually speaking, when your body is having an easier time it's more accepting of the spiritual transformation you are working toward. So I would say your best diet is always going to allow you to function at your best frequency. But again, it's all about choice.

“The average total cholesterol for the US population is 200 mg/dl. The average total cholesterol for heart attacks in the US is 200 mg/dl. The fifty-year Framingham Heart Study found that no one who maintained a cholesterol lower than 150 mg/dl had a heart attack. The average total cholesterol for the Chinese population is only 127 mg/dl and they rarely get heart attacks. Can you comment on the generalization that based on just the health implications of the above cholesterol information the Chinese population appears to be healthier and would that mean that they have a much higher frequency than the US population?”

The Chinese population is *not* healthier, and cho-

lesterol is not the only reason people get heart attacks. And the fact that you can tinker with your diet in such a way as to, for instance, supplement and eat only those foods that will not create the negative cholesterol effect is never going to be a guarantee that you won't have a heart attack, you won't have blocked arteries, you won't have physical difficulties because of that cholesterol buildup. It is true that diet can make a very big difference, and most have years of bad-diet karma to clear out. But it's no guarantee that you're not going to have health issues anyway. “My grandma had a pint of whiskey and smoked a pack of cigarettes a day and lived to be 97.” “My grandma was a perfect raw, whole-food, clean-diet vegan, and lived to be 60.” You cannot make broad statements.

It might be in your blueprint, for example.

Yes, it could be. Or maybe you did not turn things around when you were 16, or your focus is on every little bit you eat but you're not living a spiritual life, which can help overcome a lot of difficult problems. In fact the higher your frequency, the more you are able to overcome those physical issues and the more you can cheat on what you eat. The thing is, the higher your frequency the less you want to.

Thinking about China, there's terrible pollution, and so many people smoke cigarettes.

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And so much of the best food is exported, and the average individual in China, pretty much like the average person in the United States, lives below the poverty line. Their diet represents their economic condition, and if their economic condition is not good it doesn't matter that they're just eating vegetables and rice, because they're going to have so many other factors working to downgrade the physical.

“What goals and/or metrics do you recommend we use to monitor our progress toward, and maintenance of, our best possible health?”

Give yourself two to three weeks to clean out, and then work on a diet that is whole, clean, and vegan, and throw in as much raw food as you can. Stay away from—and here is where my definition of clean comes in—stay away from highly processed—which usually means pre-packaged—food. Eat seasonally. Watermelon in the midst of winter is either going to have been on a very long trip or is not going to be fresh. You want fresh. Eliminate artificial stimulants and depressants, caffeine and alcohol.

I wouldn't have called those artificial, especially the caffeine, which is naturally occurring.

Not in the amount that you're getting it in a cuppa. But I should address that, because that does not mean

drink only organic vegan beer or organic vegan tea or coffee. It means eliminating them completely so that your body is able to function on its own. You'll never know what your normal health is until you do that. Once you do that, things start to change, but you've got to make it a lifestyle issue and not a diet issue, or the change won't happen.

I have given a list of foods that are not good for you, exercises that are good for you. My giving you one-two-three-four-five isn't helpful because it creates resistance, comparative judgments and justification. It has to be a lifestyle choice because the fact of it is, changes in your diet are going to take a while to show up as a physical benefit. It takes no time at all for it to show up as a spiritual benefit, though. The problem with that is,

you measure that differently than I do.



S

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.

Moving Beyond Greenhouses

Living the Love: Discuss Ways to Keep Your Frequency Elevated

Come learn and share with each other what people are doing to maintain a higher frequency for everyday living.

- Learn how to be aware of which density you are functioning in and how to shift beyond.
- Learn to use high frequency crystals to enhance your own frequency.

Saturday, February 20, 2016 • 2:00–3:30 p.m.

Phoenix Institute • 655 Lima Drive

Fee: \$5

For more information, contact Jeanean Jacobs at jeaneanj@gmail.com.

Moving Beyond Greenhouses are opportunities for Guardians to come together to deepen our understanding of Samuel's teachings, learn from each other, explore our Source connection, and review various sources of information that are harmonious with Samuel's teachings. Moving Beyond Greenhouses are designed to not only give us the opportunities to deepen our learning/understanding of Samuel's teachings, but also move us out of ruts, expand our consciousness, increase mastery of our Source Selves, and assist us in being able to communicate about the work with others out in the world.



Humor is an expression of abundance, so this holiday season put laughter into all your giving and receiving. Please support Samuel's work by taking part in **Phoenix Institute's Pledge Program**. There's still time to enjoy a great tax deduction for 2015.

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Samuel

r e s p o n d s . . .

In light of your recent information on the involvement of other life force extra-terrestrial energies in our Earth experiment, a few questions come to mind. What do the "ETs" get out of being involved in this experiment? And what are those civilizations like in regard to acknowledging a Source connection?

I want you to think of something that you are really good at, that you're just a natural with, and the pleasure it gives you when you are able to do that thing. For example, you might think of somebody who is a natural teacher, who loves to share information, or an artist who wants to create and be able to say, "Look, here is that creation!" It's the pure pleasure of seeing the best possible outcome, all directed toward the Plan for this planet and all life force on it. That is the carrot: the pleasure of seeing that completion.

Remember that everything in this creation is functioning under the Plan for all life force, but it's not just on this planet. So there are different versions of life, versions of the Plan perhaps, but all work for the same purpose. When your little sister or brother needs to learn how to tie their shoes and you've already mastered that, you want to help. That's why. There is pleasure in that, and a natural desire to see the end-product.

Pleasure being an emotion, it sounds as though emotion is still functioning at that level?

If you want to call pleasure an emotion. I would not.

You spoke about "this creation." Are you talking about the dimension of form?

Yes. Which covers everything you register. Everything.

What is the extent, number-wise, of the other civilizations out in what we call space?

The number of planets capable of sustaining life—not necessarily carbon-based—but having life on them. Do you have any idea how vast that number is?

The question refers to "civilizations," so that implies advanced life, not just any life.

But it all depends on how you look at it. Anything that has colonized is a civilization. Bacteria colonize, and they have their rules, and they live or die by how they function within that. That's a civilization.

What are their civilizations like in regards to acknowledging a Source connection?

All functions of life, from the very instinctive to the highly advanced, high-frequency beings, recognize in one way or another that which is greater than themselves. Throughout the universes there are seeded planets, and those seeded planets have been given an evolutionary boost in one way or another through that seeding. I believe those are what are being referred to.

All life forms are shape-shifters. *All*. You are a shape-shifter. Look at your old photographs and you will see. But few life forms are humanoid enough to get by *here* without a distraction that would direct you away from what is different about them. That can be due to technology, and it can be a chameleon-like behavior—if you can imagine what that means. There are those among you who can slip into a room and never be noticed; that's what I mean by chameleon-like. They just sort of blend into the wall and stay quiet.

The mineral kingdom is ascended, yet within that kingdom there seems to be a wide range of vibrational frequencies, even with a particular type, like quartz. What accounts for the differences in frequencies? How much do particular elements in a mineral's chemical composition play in its frequency, its symmetry class, and its shape?

Remember that the frequency it holds doesn't matter. What matters is the frequency you are capable of experiencing out of what it holds. And the higher your frequency, the more you are capable of experiencing. So the very first thing to remember is that ascended beings are functioning at such a high frequency that few of you are going to be able to fully gain a frequency match. Their job is to give and to help you open to the information that they have available, but there is different information, or a different focus, to

each type. Each variety has its own purpose, so, when you have a matrix containing multiple varieties of minerals, depending upon your frequency, you're going to gain more from it or just be confused and unable to gain much from it.

According to the books, some crystals are good for the root chakra, some for the crown chakra, some are good for healing and some are good for balance. Why are there different frequencies in different kinds of quartz?

All right, where is my pin, because I'm going to pop a balloon here. Your Intent determines what you will gain from a crystal. Let's say I have this really huge, totally clear quartz. If I do not have a high enough frequency to connect into that, it doesn't matter what it could have been designed for. On the other hand, I might have a chunk of landscape quartz that's been out in the sun and trampled on, and if I'm functioning at a very high frequency I'm going to be able to use that for whatever purpose I want.

Yes, in terms of frequency, there are particular ways individual minerals respond to you and that you respond to them, but your Intent overrides that. If you have properly merged with that crystal, it wants to work in your frequency to do what you are wanting, and that beats "This is for your root chakra" and "This is for your crown" any day. I find that kind of thinking dishonors both the ascended mineral and you.

So, the fact that a crystal is large and appears beautiful to us doesn't mean that it's only going to be a high-frequency communicator.

Gosh, no, not at all. If it's a mineral, it doesn't matter if it's rough and bruised and chipped or if it's the beautiful, clear crystal in the Phoenix building. It's one of those things that I think is kind of sad, because they all want to be used. It's like an ugly dog.

There are no ugly dogs!

Yes! Precisely.

You've been saying we don't have a lot of time, and in Nevis you said that we are, en masse, ready to make a very important move and that you're fulfilling your compact with us. Please tell us more about what important move we are ready to make, how that relates to the compact you're fulfilling with us, and why there isn't a lot of time.

All of those things have been pushed together out of context. You don't have much time because your world is at a precipice between remaining as it is or transforming to function at a higher frequency. You, as Guardians, have an effect on that by your thoughts, by your actions, and simply by the effect of your own frequency out in the world.

The mineral kingdom is ascended. The plant and animal kingdoms are highly advanced. It is the energetic choices of humanity that need to make the change that will turn the tide. I'm here to activate you so that you will awaken others. I'm not here to wake you up; I'm here to activate you. At the completion of Sacred Status—and Sacred Status is in effect—my job is over, but yours isn't. You see? And that's where all those pieces come from. When mine ends, yours begins.

Ours goes on to Ascension and yours does not?

No, mine does not, but yours might. Or it might not.

S

ANIMAL KINGDOM TREASURE MAPPING

Saturday, January 16, 2016
Noon–2:30 p.m.

Join in creating a 2016 treasure map for the Animal Kingdom.

- Map will be displayed at Phoenix.
- Some supplies will be provided.
- Please bring additional pictures of happy animals.
- Snacks, water, and tea will be provided.

Phoenix Institute • 655 Lima Dr



The Ascension Dilemma: Integrating the First Wave of Energetic Transformation

Samuel plans to discuss:

- Recognizing the Twelve Levels of Ascended Consciousness
- Using Light and Sound to Activate a Twelve-strand DNA Interface
- Balancing Your Evolving Energy System
- And a Technique for Activating Higher Consciousness

A new Lifescapes event with

Samuel

“You are in the midst of a great shift in Ascension. Your multi-dimensional reality brings you to a place of remembrance and reconnection. It is a time of dancing in the great power of having one foot in the fire and the other in the Great Spiral.”

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

EVENTS ARE:

\$79, or \$69 in advance

(See registration form for details.)

Directions and Registration at:
www.DiscoverSamuel.com

Atlanta

Feb. 13

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

Pittsburgh

Feb. 27

10:00 a.m.–1:30 p.m.

Pittsburgh Airport Marriott

777 Aten Rd.

I-376, Exit # 58–Montour Run Rd.

412-389-0679

Lexington

Mar. 12

1:30–5:00 p.m.

Phoenix Institute

655 Lima Dr.

Off Georgetown St. just inside New Circle Rd.

859-231-8449

Join the fun! Don't miss Samuel at Lexington's Inner Light Festival, Sat., Mar. 19, 11:30 a.m.!
innerlightfestivals.com

Lifescapes Registration Form

Please check the amount you're paying:

- I am paying \$69.
 This is my first event with Samuel and I'm paying only \$51.75!
 I am bringing: 1 new person and paying \$51.75!
 2 or more new people and paying \$34.50!

Please check your method of payment for the event you wish to attend:

- Atlanta Check MC VISA Discover AMEX
 Pittsburgh Check MC VISA Discover AMEX
 Lexington Check MC VISA Discover AMEX

Card # _____

Exp. ___/___ Billing zip code: _____ Security Code: _____

Signature _____

email _____

Name _____

Address _____

City/State/Zip _____/_____/_____

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

Atlanta and 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.
Preregister at DiscoverSamuel.com or by mailing 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

In the Vegan Kitchen

By Paula Thomson



The holiday season is upon us, along with the usual onslaught of cookies, candy, pies and other sweets. They're all tempting and hard to resist, so it's nice to find a dessert that is vegan, gluten-free and not too sweet. I cut this recipe out of a magazine several years ago and tinkered with the ingredients to get a better balance of sweet (honey), tart (cranberries) and creamy (cashews and macadamia nuts). I've tried both maple syrup and honey, and they're both good.

Cranberry Bars

3 cups raw cashews, divided into 2 cups and 1 cup amounts
1 cup frozen organic cranberries
¼ cup plus 2 TBSP honey or maple syrup
¼ cup organic apple juice
¼ cup melted coconut oil, plus some to grease the baking dish
1 cup raw macadamia nuts
1 cup walnuts
¼ cup raisins
½ cup lemon juice
2 tsp vanilla extract
½ tsp salt

Cover 2 cups of the cashews with cold distilled water and soak overnight.

Simmer the cranberries, 2 TBSP honey or maple syrup and apple juice over medium to low heat for about 10 minutes until the cranberries pop. Cool the mixture for 15 minutes, then pulse it in a blender or food processor until it is a thick, smooth sauce. Cool completely.

Grease the sides and bottom of an 8-inch square glass baking dish with a little coconut oil.

Mix the raisins, 1 cup of cashews (the unsoaked ones), and the walnuts in a food processor until the mixture begins to stick together,

Press the mixture into the bottom of the baking dish. Chill for at least 30 minutes to as long as overnight.

Place the drained cashews, the macadamia nuts, lemon juice, melted coconut oil, ¼ cup honey (or maple syrup), vanilla extract and salt in a food processor. Puree for about 5 minutes, until very smooth and creamy. If the mixture seems too thick, add up to 3 TBSP of distilled water as it processes.

Spread the mixture over the chilled crust.

Smooth the cranberry mixture over the top and freeze the dish for about an hour before serving, then let it sit at room temperature for 5 minutes before cutting into bars.



I have enjoyed preparing food since I was a kid. Despite the fact I never made a decent pas-

try in Home Ec, cooking has remained one of my favorite creative activities. That, along with caring for our four dogs, keeps me pretty busy. My next culinary venture, thanks to Samuel, is raw food!

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

Please join us this winter for our newest program, Practical Spirituality. This exciting program was created to give Guardians time to focus on Samuel's principles and teachings through discussions, socials, and other fun events. You don't want to miss this delightful new program!

- JAN
- 4 Toning, followed by Practical Spirituality: a discussion of Samuel's January first-Sunday meeting
 - 11 Toning, followed by Practical Spirituality: socializing, enjoying vegan snacks,* and shopping for treasures on the Prosperity Table
 - 18 Toning, followed by Practical Spirituality: a relaxing social evening of friendship and connection and sharing vegan snacks*
 - 23 10 a.m. Full Moon Ritual led by Myrna Fabrizio, at the home of Crystal and Retta, 1270 N. Negley Avenue, Highland Park
 - 25 Toning, followed by Practical Spirituality: vegan bake sale, and discussing ways Guardians are integrating Samuel's principles into their lives

- FEB
- 1 Toning, followed by Practical Spirituality: socializing, enjoying vegan snacks,* and shopping for treasures on the Prosperity Table
 - 8 Toning, followed by Practical Spirituality: a discussion of Samuel's February first-Sunday meeting
 - 15 Toning, followed by Practical Spirituality: a casual discussion of ways Samuel's principles have impacted our lives, enjoying vegan snacks*
 - 22 Toning, followed by a Full Moon Ritual led by Katie Joyce
 - 27 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 Papaya, 210 McHolme Drive, Pittsburgh 15275, 412-494-3366
 - 29 Toning, followed by Practical Spirituality: a discussion of the Pittsburgh Lifescapes Event

- MAR
- 7 Toning, followed by Practical Spirituality: a discussion of Samuel's March first-Sunday meeting
 - 14 Toning, followed by Practical Spirituality: socializing, enjoying vegan snacks,* and shopping for treasures on the Prosperity Table
 - 21 Toning, followed by Practical Spirituality: a casual program discussing ways Samuel's principles have impacted our lives, enjoying vegan snacks*
 - 22 Full Moon Ritual led by Nancy Carpenter; please check PIPI's Hotline for the location and time of the ritual
 - 28 Toning, followed by Practical Spirituality: a social evening, talking with friends, and sharing vegan snacks*

*Please bring a vegan snack to share.

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

- TONING
- 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
 - Most Saturdays at 9:15 a.m. at the Nuin Center, 5655 Bryant Street, Room 205, Highland Park. Check the PIPI hotline (412-422-5500) for the current time and place

Working With The Divine Masculine

by Dina Shadwell

It's a very exciting time to be a Guardian. This past summer, when Samuel told us that we have now swung into a time of Divine Feminine, my heart leapt. Yes, I am a woman. Yes, I have labeled myself a feminist since I was a child and my mother marched for the passage of the Equal Rights Amendment. Yes, I have been drawn to Goddess energy for many years. So perhaps I am particularly attuned to notice, but one would have to live under a rock not to be aware of the imbalances that the millennia of patriarchy have created in our world. Swinging into a time of Divine Feminine sounds like just the healing balm that the shaman ordered.

Even more exciting is the work that we began in Nevis with Samuel. It has only been a week since I flew home from the island, and I am still ruminating about the ritual we did and its effects. The focus was—and will continue to be in future workings, according to Samuel—healing the wounded Divine Masculine as we bring Divine Feminine and Divine Masculine into the balanced Oneness that they are.

So much to think about, it makes the head spin. My tendency is to look at the big pictures—the systems that are set up that allow abuses of power. It can be overwhelming. But as Samuel teaches us, we create change in the world by changing ourselves. So I have been looking at my own life to see the results of the wounded Masculine, and working to heal and change.

The most blatant place it has shown up for me is in prosperity issues. Samuel teaches us that money is a masculine expression of energy in our culture, and that prosperity issues are tied up with our relationship to our father, to our cultural God, and to how deserving we feel we are in relation to both. I have spent years looking at this, wondering why I can't seem to get out of the sand trap I've been caught in. I seem to be in a two-steps-forward-one-step-back situation. I'm always

telling the Universe that I am willing and ready for change, and yet I still find myself struggling with issues of money.

As I continue to work through these issues, patterns become evident. It seems that as soon as I flip an internal switch, the externals fall into place. Most recently, when fears about how I am going to pay the bills started to dominate my thoughts, I decided I needed action—a right use of Masculine power—to shift out of fear and into the present moment. I would go through all of my stuff—clothes, books, etc.—to simplify, to create space and order, literally and figuratively. It was a temporary solution to get out of fear, but it worked. Sympathetic magic, Samuel calls it.

Then I continued to take action by searching for a new job situation, since my current job was no longer working for me financially. For six months I applied and applied and applied, to no avail. It was often disheartening, but I knew that slipping into fear would only sabotage my efforts. Stay present, stay present. Are all my needs met in this moment? Yes. Move forward. Just keep the ball rolling and trust the Universe.

Then I went to Nevis. Our ritual with Samuel was amazing. He got me thinking about the compacts we have made within the prevailing patriarchal constructs. My head has no idea what that really means for me, but the magic that happened in the working—the releasing of those compacts—created an immediate shift for me. It was like my Highest Self knew it was in charge, allowing my human self to take a timeout. No need for fear. Things would work out. I didn't have to

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 messages and the fourth-Monday discussion, Living Our Guardianship.

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

**Atlanta's next Lifescapes Event with
Samuel is Saturday, February 13.**

agonize anymore about what my father and the cultural God had taught me about authority and money—I had already done so much inner work on this matter, I didn't know what was left to change anyway. I didn't have to solve the problem of growing up in a culture of good/bad, heaven/hell, comparative judgment and competition. It's all an illusion anyway, including the "I" that has money issues. The working helped give me a lightness of being.

On the flight home, I spent a lot of time thinking. I reminded myself that it doesn't really matter what I'm doing to make money as long as I am providing the service I compacted to do: living love. If I had to wait tables again, who cares? It's a great way to touch a lot of people. It's only in a patriarchal system that waitressing is labeled a lesser-than role. It's only within my comparatively judgmental mind that I feel lesser-than when I'm a waitress. If I release all that and live love, what's the problem?

And wouldn't you know it, shortly upon returning home, a totally unexpected job situation landed in my lap, one that I could not have dreamed up on my own—or did I? It wasn't one of the many jobs I had

already applied for. It was a job that came about because of the friendships I had built from doing one of my favorite theatre gigs. I will be working with two adults with Down syndrome, helping them to live independently. It's a pretty perfect situation that gives me the flexibility I crave. And I couldn't think of a better way to be of service.

I have no doubt that in the coming months we will all be shown myriad ways that the Divine Masculine needs healing within our own lives. And I have no doubt it is one of the most important things we can do right now to help heal the world. "I" just need to step out of the way.



I live in Decatur, Georgia, where sometimes I'm an actor, sometimes a director, sometimes a graphic designer, and all the time a Guardian doing my best to live love. Some things I enjoy: curry, crossword puzzles, Young Frankenstein, The Color Purple, the color purple, animals, the Smoky Mountains, belly laughs, traveling with Samuel.

Samuel's 2016 Schedule

Lifescapes

Feb 13.....Atlanta
 Feb 27.....Pittsburgh
 March 12....Lexington
 May 7.....Pittsburgh
 May 21.....Lexington
 July 9.....Atlanta
 July 23.....Pittsburgh
 July 30.....Lexington
 Fall TBA....Pittsburgh
 Fall TBA....Lexington

First Sundays

The first Sunday
 each month at 5p.m.
 in Lexington, KY
 (streamed live at:
 DiscoverSamuel.com)

Special Events

Master Class(es)
 dates & locations TBA

Retreat at Boone Tavern
 August 25–28

Samuel's Group Trip
 Fall 2016



December Events with Samuel

Festival of Light

December 20, 2015

5:00 p.m.

Ritual rehearsal begins at 3:30 p.m.

655 Lima Drive • Lexington, KY

Free of charge

Celebrate the Light and Joy!

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

UPDATE from Samuel! For this very special celebration of the return of the Light, Samuel is repeating the magnificent and detailed ritual from Nevis for “healing the Divine Masculine as it has been represented in our world, our culture, and ourselves.”

This is an amazing ritual you shouldn't miss!

Afterward, there will be a vegan potluck, so please bring a vegan savory or sweet dish, ready for serving, with a list of ingredients.

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?

UPDATE from Samuel! Samuel said this New Year's Eve would be the perfect opportunity to renew the 2015 Summer Solstice ritual, energizing the most important energy transmission of our time.

Please join us as we work with this Light-Body ritual to create personal and world change.

The cost is \$10 per person, which includes a buffet reception prepared for you by loving hands at home base.

Celebrate the coming new year with an Ascended start!

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

