



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2016

An Interview with *Samuel* channeled by Lea Schultz

The interview in this issue is based on questions developed by the Louisville Toning group. Jerry Cook presented the questions to Samuel and led the discussion.

Jerry Cook: How do the seven solar systems mirror humanity's development toward Ascension and in what ways are they working together?

Samuel: What do you mean, how do they mirror this one? What are you looking for?

How they compare to this experiment, Earth's experiment with Ascension.

I can tell you this: Each of the seven systems has a different focus, but it all works toward the same end, much like your Group of Twelve are all, more or less, you. Much like all of the seven Rays or twelve Rays are all Source. They all function differently. Sort of like the same ingredients make cake, but certain flavorings cause it to be chocolate or vanilla or carrot. They all have their plan, but this one is about learning unconditional love through the wheel. They all function differently.

Okay. So this experiment is about unconditional love. You have said that our human experience is about the process of spiritual evolution. As we acknowledge our spiritual connection and Sacred Status is activated, we shift to another step, which is Ascension.

That's not correct.

Well, I'll go ahead and read the rest of it. That might not be correct either.

With Ascension comes the process of the Spirit becoming fully "enmeshed." Then the next stage of that, which is fully controlled by the Spirit, leads to

the completed transformation or Transfiguration. So the whole process is about Ascension?

Sacred Status has already begun. Ascension does not come about until the end of Sacred Status and that's a really important point.

Ascension through the *densities*, however, is a wholly different matter than planetary ascension, and I don't know which one you're talking about there. Are you talking about personal ascension or planetary ascension?

Personal.

Planetary ascension requires the completion of Sacred Status. Personal ascension has nothing to do with Sacred Status. Personal ascension is the individual's evolutionary process on a spiritual level, which first requires Awakening, obviously, and then requires Activation, which is where most people fall off the wagon, because Activation means service to the world and to each other and to the Vision—functioning in unity. It means releasing one's egoic needs and allowing one's spirit to take over further and further. That requires giving in order to reach that receiving, which is why the activation, the service, is such an important part of it.

Moving through the densities can be slow or fast—I like fast.

Me too.

Most don't, because the fast track means everything's hitting you at once, and most people would rather jump off the wagon, have another life or ten, than have to let go of all of their precious core issues, all of the precious ways that they have defined this life as Reality. Ascending through the densities isn't hard if

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you're willing to release, to revise, and revitalize. Release old beliefs, old methods of doing things, the negativity that the world wants to put on you. Realize the changes that are needed and move toward them and activate them—put them to work.

Along those lines, it seems to me like I remember your saying at some point that as we move toward personal Ascension we're going to be able to leave our bodies.

That's true.

How does that work? I mean, as our vibrational frequency rises, our density level rises, then we're still going to be in physical form and be able to . . .

. . . consciously function outside of this density. As true as that is, most people—Guardians—are so far from that density except at odd moments that that's more of a carrot before the donkey than a reality. Yes, the higher your frequency, the less dense your form is and the more connected you are into the Source Field. And it is through the Source Field that you transport—there's no better word at the moment—from one particular version of reality to another version, as well as from who you are to what you are, and as well as through the non-spiritual densities or dimensions.

For instance, other planets or stars within your system: you can visit those as well as the invisible spiritual world. I don't think I said that very well—the “non-spiritual densities”—but I was meaning out in your space. The only thing that's needed is consistency.

In what?

Spiritual growth. But the consistency is what keeps people from experiencing it. They don't function at a frequency consistently, so their body never has the opportunity to get used to that frequency, needless to say to move and function at higher and higher ones. It's that inconsistency that throws it off.

But the physical brain is a factor in that.

It's not.

Doesn't the physical brain of doubt and fear hold you back?

Of course it holds you back. So get over it.

Most people, like me, still have fears about things.

I agree. So stop it.

Okay.

No more fear.

When you say the non-spiritual densities, are you talking about the first and second densities?

The non-spiritual densities, which you think of more as dimensions of this reality—space, time, matter—would therefore include checking out Alcyone or visiting India while you're sitting here. The spiritual densities you're much more familiar with, because you think of them as the invisible, the Great Ones, the Watchers. But really it's the physical densities that you'd have more fun with.

Well, I wish there was an easy key that you could give that would put us on a fast track to get there, so we could just start having some more fun.

You know, love, I've been giving those keys for eons, eons: Drop ego. Become what you are.

The Spirit that we are.



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

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P.O. Box 12963
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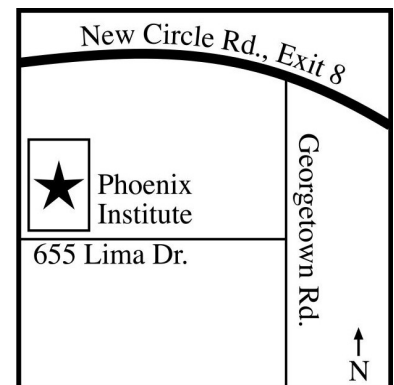
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Deadlines:

Copy — April 17

Ad reservations — April 24



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CALENDAR

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

**A
P
R**

- 3 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 4 Raising Your Spiritual Frequency* (following Toning at 6:30 p.m.)
- 8 Movie Night (6:30–9:00 p.m.)
- 9 Moving Beyond Greenhouses (2:00–3:30 p.m. See ad p.5)
- 10 Raising Your Spiritual Frequency*
- 16 Creative Explorations (2:00–4:00 p.m.)
- 17 Raising Your Spiritual Frequency*
- 24 Discussion of the interview with Samuel in this issue

**M
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Y**

- 1 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 7 **Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.–1:30 p.m. (see ad p. 8)**
- 8 Discussion of May 1 meeting
- 14 Open Studio (2:00–4:00 p.m.)
- 15 Vegan Crockpot Cooking
Let's do a time warp, again. Get out your crock pot! Just put in a little bit of this and a little bit of that, let it cook all day, and abracadabra—it's dinner. Join us for a tasting and discussion of some magic vegan food (no onions or garlic, of course) made in a crock pot.
- 21 **Samuel's Lexington Lifescapes Event, 1:30 a.m.–5:00 p.m. (see ad p. 8)**
- 22 Discussion of Lexington Lifescapes Event
- 27 Movie Night (6:30–9:00 p.m.)
- 29 A Step by Step Guide to Forgiveness
There is power in forgiveness: the power to heal yourself. Learn a step-by-step method that complements Samuel's teachings on forgiveness.

**J
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E**

- 5 **Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
 - 10 Movie Night (6:30–9:00 p.m.)
 - 11 Moving Beyond Greenhouses (see ad p. 5)
 - 12 Discussion of June 5 meeting
 - 18 Picnic and Pool Party (see ad p. 17)
 - 19 Maintaining Balance in a Busy Life
Life can get kinda crazy sometimes with the various things that tug at us for attention in today's world. Come discuss some of the many techniques that Samuel has provided to help us maintain and sustain balance in our lives.
 - 25 Creative Explorations (time TBA)
 - 26 Game Night: Balderdash
- * Open only to participants who committed at the Feb. 21 meeting.

**T
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G**

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.

Dates and programs are subject to change. Additional information and updates can be found on the monthly calendar, at PhoenixRising.DiscoverSamuel.com/calendar.pdf

Yes. Leave the personality—maybe that's a better word than ego, and all these years my saying ego just caused confusion. The more you have to be who you are, the less you're going to move forward. That's pretty simple, because it's you who have the fears and the frustrations and the suffering and the pain. Moving outside of that takes that away.

But all of that is balled up in the memory system of the brain.

And your brain is plastic. It's not set. It can be remolded and is in fact constantly remolding itself, but your brain isn't where the power is. The brain works in conjunction with the body. Your individual frequency works out of the heart and the gut and the brain, and those three major areas can be changed. When they are functioning as one, they are "the now" (they create our version of reality)—and there's power there—rather than stuck in what was or worried about what might be.

Now, somebody ask me what the heck the gut has to do with anything. Well, the gut leads your physical body. The brain leads your mind. The heart leads your spirit. You knew that.

I think we're all anxious for more. When I say "for more" I mean to reach the higher densities, to have the abilities to get this experiment over with. We're so anxious to leave our

physical body.

Why not?

Well, in my case I have grandchildren. This part's fun too. I've already been thinking about how to prepare my granddaughter to understand it, so that's something I'm working on. I can remember you saying some time ago you hoped that we'd reach Sacred Status in ten years, and that's been fifteen years ago I guess. So are we close?

You are in Sacred Status, but the completion of Sacred Status is a wholly different thing. Ten years ago, you weren't in Sacred Status. The frequency of the planet and the frequency of all life force on it were never in balance. It was constantly up and down and up and down, because there weren't enough people focused. Sacred Status began when those two frequencies were finally balanced. Now they're not constantly balanced, but they stay within a good range, which happened because more than half of the life force on this planet Awakened.

Here is why the final Ascension process is a leap: the plant and the animal kingdoms were pushed—pushed by you—and it's because once you are in Sacred Status, it's not Awakening that completes it, it's Activation. It requires those who are Awakened to be Activated, because that will come back and allow more to Awaken who then can Activate, which will . . . and on and on.

So it's not so much about when as it is about what's holding up Activation. And for that, every individual has to look into himself or herself. What are you doing to serve love in this world? What are you consciously doing to give, support, help? What are you doing, not just to make yourself better, which is what Guardians are happy to do, but to actually serve in this world? What are you doing to serve love, and serve life? That's going to require change in a lot of mindsets, in fairly stagnant individuals who are afraid of change, who don't want to rock the boat, who judge themselves by every mistake that's made and would stay and not grow rather than risk.

I understand that one.

It's a big leap.

I think we all get stuck by being too comfortable.

Unfortunately, that's very true. The Universe has been doing what it could, however, to shove people out of that, but that doesn't make people very comfortable either.

You said each universe functions within a frequency range and that small spectrum shows up as the densities of our reality. That seems to mean

that any density would be different in another universe based on the purpose and creator of that particular universe. Please help me understand the different variations of form that would produce.

Remember that form is a function of frequency, but it's also a function of evolution based upon the "ingredients" that make up the cake. It's also a function of how those ingredients have been mixed together for life to best form. Here you breathe oxygen, but not every system is based on oxygen. Not all of life force even here requires oxygen. So to simply put out a broad "Go to the 'Star Wars' creatures and you'll get a sense of what all of the different non-human beings look like," you really can't do that.

Now, you can get specific. What do those who live in planets that are basically helium look like? All that is is mental masturbation. Who cares? Because if you're going to be dealing with them, they're going to look like you. If you're going to be seeing them, they're going to look like you, even if you're seeing them while you are out of your body—and I'll explain that in a moment.

So for one thing, it doesn't matter. To me you don't look like what you think you look like, so that question isn't particularly helpful. But the other reason is, insofar as frequency is concerned, that's a whole different thing than how a universal Creator has envisioned it. So this question has too many elements. You have to say "All right, wait. Well, first there's this, and you've got to get that fixed before you can get to this, and you've got to get that fixed before you can get to that."

When you've finally reached that point where you are creating your own universe, you create it however you want it to look and you create life force to be whatever you want it to be. It will be limited by the boundaries of your creation, but within those boundaries it will evolve through mutation, which will create changes as well. So universe to universe, you can't compare.

Matter to matter, based on the humanoid version, is not going to be helpful either. Here is why you're going to see something that looks like you no matter what. When you transcend the lower densities to the point where you are capable of traveling outside of your body, you will never remember the experience except how the imprint left on your spiritual self affects the brain. And then your brain translates—and that's the best it can do—through that associative process. If you talked with "somebody," then your brain is going to tell you it looked a whole lot like you, and you'll never know differently until you're out of that body,

and then you will ask yourself, “Oh, how could I ever have thought that?” You see by the structure of your belief by far more than you see with the structure of your brain and optic nerve functions.

You said in a recent Lifescapes event that March 2016 should be fun because it's a pure amassing of Sirius force. How does this major energy transmission differ from other ones we will receive in 2016?

Guardians are enriched and accelerated by the filter they have come through, and most have come through the filter of Sirius, so most Guardians are going to find that that energy transmission is deeply fulfilling and creates a lot of internal recognition and knowing. It's not all about change by way of core issues. And that should be a really great difference.

What do you mean by coming through the filter of Sirius?

When you choose to come into form, it's kind of like the birth process where you say, “I'm coming to those parents,” and you take a dive, sort of. You say, “This is the arena where I am going to best be able to receive what I need to receive and give what I have to give in order to complete the compacts I have made.”

Now, that arena might be the earth function of form, which happens to be the biggest active Plan going on right now.

Period?

Right now.

Making that choice also lines up a whole lot of other things, such as the structure your form is going to use, the nature of the plan you're going to be working in. And so literally your spiritual frequency—or maybe better, your Entity—chooses a particular means of encapsulating all of those needs. It's as if you put a coffee filter into a strainer and you pour something through it; what comes out has been more filtered because you've got two layers of filtering there. Some places you come through into form are more filters—you've got the strainer, and then you've got a finer strainer, and then you've got the coffee filter, and then you've got cheesecloth in between all of that, which means that you're going to come out with a much higher, finer, frequency. Earth and the Sirian connection allows for a much higher frequency.

And you're equating higher frequency with finer frequency.

Lighter.

During a recent Lifescapes event you said we are a star seed and our work here is to seed the energy of those stars here. How do you suggest we seed those star seed energies?

And the second part: Would it be necessary for people to know which star seed they are to seed

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here or is it enough to more generally give that creation energy when needed?

What do you think I'm about to answer, because more or less I already have.

Do you mean that filter system that you just described?

All right. That's a more specific part of it, but generally speaking, what do you think is required for you to be able to function as your star seed and reach that place where you are seeding those stars? What do you think you need for that to happen?

Unconditional love.

Live love.

You've got to be functioning at your highest frequency. You need to be functioning at much higher densities or you're not going to be able to move out of this "dream." Living the dream, baby, which is meant as an insult, a playful one, but still.

Until you get over yourself, you'll never get out of here.

Where is here? Earth?

That's right. This dimensional reality. And that question is all about "How am I going to seed the stars?" You're not going to get off of this planet until you can get out of your head, out of your gut, and have your head, heart and gut all working together, which essentially means until you are Activated and consciously living love. Master the lessons of this earth. The rest doesn't matter.

Do you mean getting off the wheel, coming back again and again until you get it?

There is definitely that in there, but it's not required. You can seed stars by functioning in sixth density. Sixth density doesn't require your physical body, but it means you can do it in the physical body. For everybody whose crystals have taken them on a ride out into space, you're capable. Not necessarily able, but capable of the star-seeding work. And when I said the rest doesn't matter I meant the second part of that question doesn't matter because the first part isn't getting there.

You talk about the energy that's coming in. We're seldom aware physically of energy coming in, so . . .

I disagree with that.

Maybe I should say I'm seldom aware. But what is it really affecting? Is it the physical, the spirit itself? What can it affect if we don't have awareness?

It depends upon the transmission itself. First, you do need to remember that you're speaking personally, that you rarely notice it. But it's like a rainbow that you

might miss altogether unless you're looking for it, but when you know, "Right over there. Look above that tree. See that little streak of color."—ah, then you see it and you see it all together.

There are those who have made themselves sensitive enough and know themselves enough to be able to say, "This isn't how I felt yesterday. Something's different." Do you remember years ago I talked about ways to know how your physical body reacts to your emotions, and Peggy gave the example that she could tell when something was starting to make her angry because her legs would stiffen up like a bulldog. She'd catch that and realize she had to settle down, she was getting angry.

It's the same way with energy work. Every time we do high frequency energy work together, your body adapts. It says, "I remember this. All right, that's not something to worry about. I will accept that." With every acceptance it becomes less different to you, and the only way you know I'm touching you is because it's different than it was a moment ago. You probably don't even feel your t-shirt on you any more, do you, because you're so used to it? That's why I always consider it a really great sign when somebody doesn't get all woo-woo because of energy changes. And, yes, it can mean they are just totally oblivious, but with Guardians it's more likely because they are becoming familiar with working at those higher levels.

Now, having said all of that, I'm going to get a little more teachy here. One thing that you can do is start tracing sun cycles and moon cycles, and how you are feeling. This is going to require a little bit of journaling because you're not likely to remember the little things, but you want to do a physical, mental-emotional, and spiritual inventory when you see that there has been a coronal mass ejection. You want to pay attention to the coronal mass ejection coming toward the earth and journal for the next two to three days. If the ejection is toward the earth, after a day and a half, maybe, your planet will start feeling the electromagnetic charge. And look for such things as, physically speaking, diarrhea or nausea or upset stomach. It's a stress reaction. Stress won't constipate you; it will release everything, though. If you always have that reaction, it's not the best test. You may find that your physical senses change. And what you're going to be looking for is a pattern, because on day one you may notice that you've got an upset stomach, but you ate Thai food the night before, so who knows? But when you see after four or five CMEs that you always have an upset stomach for about twenty-four hours, that's telling you something.

Pay attention also to your sensory awareness. It's not at all unusual for you to find (and of course I'm going to extremes) that your vision or your hearing or even your ability to taste and feel get stronger or weaker. Usually stronger, but everybody's different. Don't judge yourself if you find your vision gets a little weaker but your sensitivity gets stronger. This is usually where it shows up, because this is a stress response. Look at your mental and emotional response times. How long does it take you to remember what you're seeking to remember? How long is it taking you to calm yourself down or get angry? Everything's at a tipping point.

Now, there are also physical things that you can look for with the earth. There are generally going to be at least two notable earthquakes after a very large CME. And if it's really large, you're going to see increased volcanic activity.

Spiritually speaking, though, look to see if you find that your ability to function in unity—to give love, to really connect in oneness—changes. Again, it may be easier, it may be harder. Do that while paying attention to the sun. But also pay attention to full moons. Full moons will have pretty much the opposite effect on you of whatever the sun does.

The reason both of those matter is that most of the major energy transmissions come through your sun or around the time of your full moon, because those are both portal activities.

So you're looking for patterns.

Yes.

You said we don't have an accurate view of the makeup of our solar system, number of planets, orbit, and number of suns. Please describe a more accurate view of our solar system. How does that differ from other solar systems?

Two suns, twelve planets, and I won't talk about the other solar systems.

Two suns other than Vesta Helios?

No, Vesta Helios and another. Twelve planets, and that doesn't include the ones that are on and off. "Is this a planet or just a really big space object?" They function in different kinds of orbits; some are exactly like what you track, and some are by far not anything like what you've tracked. Your solar system actually converges with another, and that's why you have more planets than you think you do. Where they converge, that cross point, is the only place you ever view them.

And the cross-point changes?

Yes.

Is that where the second sun is? That solar

system.

Yes.

In our evolution as humanity on Earth, how much outside influence have ETs had?

You've never been without help. You've never been without help. You've always had off-world influence of one form or another, either physically here or by way of energetic transmissions. You've always had that, but remember the Grid was shifted so that very little could come through. So although it was always here, it was quite small as compared with what is now available.

What's a time frame on this shifting? When it was shifted so they couldn't come through, and now it's shifted back more in alignment, what would be that time frame?

Two earths. This whole earth system as you know it now in this historic setup, and the earth before this one. So for two earths it's been gridded.

What is the time frame of that?

All of your history and more. It's not an answerable question. To answer it in earths is the best I can do.

As far as this experiment goes, this earth goes, how long has there been a physical being, a human being, on this planet?

Life force was established through help, so from the beginning.

I guess I still think in time. I've read that maybe it's a million years.

No I would have said, well, twenty-six and a half million years ago . . .

Give or take six months.

. . . but about two billion years.

Wow.

And to that you want to say, "But Samuel, the planet is only about two and a half billion years old." Right. My point exactly.

History books don't explain that very well.

Aye, well your science doesn't recognize that a rock has life force either.



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.

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Samuel

r e s p o n d s . . .

Images of dragons have been incorporated in religions and cultures across the planet for eons. This consistency makes me wonder if, before the Shining Ones coupled with human beings, they actually looked or appeared dragonish. How did the Shining Ones actually look to human beings when they first came to the planet?

If, in order to help you, I needed to look like an ant, I would look like an ant. I would look like an ant because I can control what I look like, whereas you control what you see. So my best bet is to look like something that's not going to scare you off too much.

Like a dragon.

That question was one of those in which the whole setup was quite different than the question itself, which was "So what is it the Shining Ones looked like?"

I guess the question is that when the Shining Ones mated with a human, did those progeny look more human? And the other part is, why do we have so many images of dragons through a whole lot of different cultures?

Remember that this earth and the earth directly before it have a lot in common. One of those things is Atlantis, which is an example of something that can be a part of both earths. Add to that that when one dimension crosses over another dimension—and I'm not talking about spiritual density; I'm talking about dimensions of form—you have a portal through which what is in one dimension can go to another. More often than not, you see these as black holes. Think of it as a double tetrahedron and its change point, which is a black hole—very small or very large. It's no different with an energetic crossover in the dimensions of form.

Now, I'm going to put those two together, the dimensional reality and, energy that never dies. It can be remade into something else, but it's always there. Evidence of your sitting in these chairs, right here, now, is going to be available forever to those capable of registering it.

Putting those three together: dragons were very "everyday"—not quite, but close enough—before this earth, but they are still capable of crossing over into this

earth, and do so at certain portal points; the memory is seared into all life force; humans just aren't good at registering it.

There are dragons here now, and I don't mean giant monitor lizards or Komodo dragons or that kind of thing. I mean dragons. But they don't function at a frequency that you see. Many animals can see them. If you watch a cat looking up at the sky, they're seeing ultra-frequencies that you don't see. However, you can become more sensitive to it, and then you become more capable of seeing them.

What's going on in the center of the earth energetically that could be used by us on the surface of the earth? (Samuel made an interesting reference to the center of the earth as a power that had been harnessed in the past.)

Do they want to know if it can be harnessed and used again?

I think they want to know the nature of that power and, yes, could it be used again.

There is a form of what you call nickel which, in a gaseous state, is a part of a compound that creates a very high boost as a fuel. That fuel has been harvested, because the nature of your planet is to continually make this. It's not unlike a hydrogen reaction insofar as manipulating light and matter both.

I can't imagine at this time that you are technologically advanced enough to make any sort of use of it.

We are now anchoring to Sirius-A, the brightest star in the night sky. On the trip to Nevis, you said that Sirius is a star gate, especially Sirius-B. Could you please explain how Sirius-A and Sirius-B function differently yet together? (Sirius-B is a white dwarf that revolves around Sirius-A every 50 years.)

Sirius-A is the filter; Sirius-B is the antimatter energetic source. They can't work without each other. They have radically different purposes, but it's not like that for every binary star system.

It seems that the abuse of power has been the

downfall in all of the previous earths in the journey to Sacred Status. Has it always been the abuse of the Divine Masculine or has the Divine Feminine had its share of abuse, too? (I'm not sure that abuse of power always falls under the Divine Masculine. If so, I'm also wondering if the Divine Feminine has been abused in equally bad ways even if it is not the abuse of power.)

It's pretty hard to beat the abuse of masculine force, because masculine force is what you see. Of course there has been abuse of feminine force, and I'm not talking genders. It's very, very clear that, because of the nature of form here, the feminine gender is going to be abused, because it's smaller and more vulnerable, unless it consciously learns to hang out with less alpha males.

Insofar as the Divine Masculine and Divine Feminine energy, humanity in its long and involved process has, of course, abused with power anything it could. Whereas masculine abuse shows up in Word and Deed, feminine abuse shows up in Intent and Thought, including clouding the thinking, which is going on right now, and that's an abuse of the feminine, of other people.

Right now in your system, the more severe damage has been done by those outward acts, but you've got to remember inward acts take place before you've got outward ones. Still it's easier to create an abuse of power when the first step has been taken than it is to come up with that first step. So it's simply easier—terrible word—but as a result more common to have an abuse of power of the Divine Masculine.

I love the crystal that I got at the recent December events, but while it was initially clear, it has now clouded up a lot. I know you have said in the past that frequencies will change the appearance of crystals. Please explain how and why that happens.

Well, clouding up is actually a really good sign because what that's saying is that that crystal has received more to communicate to you, and so you need more time sitting quietly and receiving what it can give you. All of those little fuzzy inclusions are information. [Taking a crystal] All of these inclusions, especially around the base, show that it has information. The more you use crystals, the clearer they become.

Last year at this time, the more you used it, the cloudier it would have become, because the crystals weren't responding to you until the Solstice, when the energetic transmission changed everything including

the way you connect with crystals. So there was a time when a perfectly clear crystal would get all cloudy and you'd say, "Oh this one's no good anymore." Now you say, "Oh, look, it's filled with information. It's a little flash drive." And as you merge with it and say "What do you have to teach me? I want to learn from you. I'm open to that," it becomes clearer. When it becomes clearer, if it needs it—and they don't all—cleanse it. Set it aside a bit and it'll show up cloudy again.

Sometimes they've given you all they can give you, because they are very old, and they're ready to move on as well, which is why it's nice to have more than one.

As a crystal rides in a pocket with another one, do they affect each other?

Oh, they do, they do.

Should you not do that?

It's not a problem, because they're bigger than that, but esthetically you can hurt them that way, because they're knocking into each other and chipping bits off of each other. So for that reason, you might put them in separate pockets. But generally speaking, being together just gives them time to chatter, catch up.

You have said that Guardians' companion animals go to the Crystal Palace when they make a transition because they have a lot of individuation as a result of having lived with Guardians. Please explain that process and what they find there.

[Laughing] Now, why would you ask that question? [Paula's dog, Ollie, died a few days earlier.]

[Laughing] Who wrote that?

Have you talked to Ollie?

I've tried. I can see him—he's running around—but he's not taking notice of me.

He's happy running around, and that's pretty much all he's been doing. Of course, where he is time runs a little differently and to him he's just left, whereas to you it's been a long time, and gets longer the more you miss him. But it doesn't work that way for him at all because he's timeless now.

Guardians' animals are a little different than most because they've been around your energy the whole time. And because of the work that's been done within your lifetime to activate the animal kingdom, they disengage from the group soul when they pass from here. That disengagement is an individuation. Some, such as a familiar, aren't actually animals in the first place, but that's a whole different story. And some just shift shapes.

All life force releases form upon death. That's great. That's when the fun starts. You're not bound any more by the rickety old body. Up until recently, all creatures or plants—not rocks—would go back to the group soul, which is sort of like a hive mind.

There are those that, because they have a choice, choose to remain within that group soul and they become, more or less, oversouls, or guardian beings of certain aspects of the group soul. I'm seeing a lot of that happening now because it's a means for them to serve.

But Guardians' creatures are connected to *you*. They have come into your life purposefully, and when they have stayed more than—depending on the individual they're with—three or six months to a year or so, they've intermingled their energy with yours, so what happens to you is what's going to happen to them. That's why I have the menagerie I do: because they're waiting for you.

The good news is that dogs like Ollie, cats like Pussy Willow and Spryte, are at a high enough frequency that they're going to be able to choose what they're seeing while they wait. Humans do that, too. "I'm going to spend all of my time with my feet up, with a big bowl of popcorn watching 'Star Trek' for eons." Ollie chooses to be in this huge meadow with forests and lots of holes and little squirrely things that run around, just right across from the Crystal Palace. And I will tell you that the Crystal Palace visualization I have given you does not include that great big meadow, but that's what he loves, and he has spent almost his whole time just running and smelling. He's making it his territory. "This is my place and I'm learning every inch!" Happy, happy, happy. He's come in a few times [to the Crystal Palace], but mainly he's just checking things out. And I think some of that is because it's so recent for him that he's still saying, "I can run! It doesn't hurt! It's good."

"I don't have a cast on."

"I'm not hobbling." So high-frequency creatures that have been with Guardians are entwined in your energy, and they are creating their perfect place to wait for you, and that's what they're doing: they're waiting for you. Where I am is home for them, and so some are perfectly happy to just come in and curl up, but there are some that just want to run around.

[To Frank] Jack—you remember Jack?—spent quite some time experimenting in the different skins of the canine family. I thought that was pretty interesting.

Does that Guardian connection mean that we create that kind of dream for them, or do they

create it?

The group soul creates a state of being—and I wouldn't call it a dream—for some low-frequency creatures that holds them at resonance until that energy needs to be used again. But high-frequency creatures, particularly now, are capable of creating what's going to suit them best.

Can a crystal help you communicate with a pet that has died?

Oh, sure, but you'll need to tune it for that. You might want to do that, for instance, by putting the crystal around some of Ollie's old things, and after a period of doing that, through your Intent letting it know that you want it to transmit to Ollie and from Ollie back to you. You are setting the Intent of the crystal. Don't be surprised if it takes a while, not because of the crystal but because Ollie needs to figure out what's going on, and you need time to realize you're getting it. You know, you humans like to say, "I can't see it, taste it, touch it, smell it, so it must not be there."

Or it's a coincidence.

Right. Coincidentally, I got this thought that Ollie was giving me big, sloppy kisses.

I thought he might be here today. I really did. I thought he might.

He's having too much fun.

For him, he's just been gone for hours, maybe a day. It's not that you're not on his mind, because you are, but he's not getting the "Wait! I should be going home now," and home is you. He's not at that point yet, and I wouldn't want him to be, because any time one who is without a body is entrenched into the life of one with a body, that's sad and only slowing things down. It's not good.

I wouldn't want that for him. Thank you.



Making Friends with the

Mineral Kingdom

by Paula Thomson

Images of the majestic slopes of the Rockies or the soaring, icy peaks of the Himalayas never fail to move me, but I must admit that I haven't given much thought to the Mineral Kingdom out of which they are created, even after Samuel revealed that it is the only kingdom that is ascended. Like many of you, I had a bowl of quartz crystals that I had collected over the years, either gifts from friends or giveaways at rituals, whose coating of dust spoke to my general lack of interest.

But when Samuel told us that, as a result of the Summer Solstice event in 2015, we could not only communicate with the Mineral Kingdom but could get help from individual rocks and minerals, it, well, "rocked my world," so to speak. But despite that, staring at the collection in my bowl brought forth no response, and, even when I slept with a couple of big quartz crystals under my pillow, my dreams yielded no revelations about getting over my core issues; I just woke up in the middle of the night with a rock between my shoulder blades.

At a panel discussion at Phoenix last year, some of the diverse and beautiful things the Mineral Kingdom offers us were on display, and I went away with a better understanding of what people with a truly intimate relationship with the Mineral Kingdom were doing to foster communication with it. But still, peering in my bowl at my representatives elicited nothing but stony silence. It really was quite deflating.

I believed that I could develop the ability to communicate. I just needed to get over my frustration and follow my intuition. It was when I saw someone in Phoenix's Creative Expressions event paint their impression of their personal



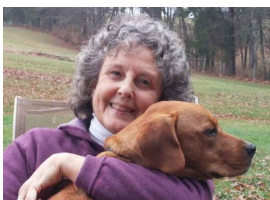
Group of Twelve that inspiration finally struck. What if I meditated on my personal Group of Twelve with my humble bowl of minerals in front of me? Could I pick out a mineral to represent each of my Twelve? Of course, I needed to believe in myself despite my previous experiences, and I needed to provide myself with a quiet time to see if anything new happened.

I imagined my Group of Twelve circled around me like the dial of a clock, and while asking for help and tuning out the interference from my rational mind, I visualized each number on the dial in succession, looked into the bowl of crystals, and picked up the one I was drawn to. Amazingly, with each selection I received one or two words that resonated with what that member of my Twelve was there to help

me with. The information just flowed out of me, and in less than fifteen minutes I was arranging my twelve minerals on a mandala with a large crystal in the middle to represent the many facets of me. Wow.

Breaking that barrier of "can't do," "won't happen," "I'm making it up," led to other intuitive discoveries. For example, I am a neophyte painter, so now I have an "art" crystal that I connect with for inspiration before I begin to work on a canvas. And when I find myself stumbling over a core issue—yes, they are still around—I hold the mineral representative of my twelve that seems the most appropriate and let it guide me through the rough spot.

None of my rocks is expensive or rare, and they don't necessarily correspond with the spiritual attributes I find in books, but it's a warm fuzzy feeling to know that, even if we're not yet on a first-name basis, my minerals and I are having a comfy friendship that I hope will grow.



Being creative is an important part of my life; I quilt, paint, knit and needlepoint, and now I talk to rocks. And they talk to me. What an adventure life is!

PR

Detach...from your humanity, from this illusion
Change...your reality, your routine
Embrace...change, your Spiritual self
Unite...in Oneness, in Love

Phoenix Institute's 2016 Gathering of the Tribe with Samuel

August 25–28

Boone Tavern Hotel • Berea, KY

\$235 ([§]265 after July 25)
Price does not include lodging.

ACCOMMODATIONS:

The cost of lodging is **not** included. Make your discounted reservation online at www.boonetavernhotel.com using group ID number **113117**, or call Boone Tavern Hotel at 1-800-366-9358. Let them know that you are attending Phoenix Institute's Retreat to receive our discounted rate. The reserved block of rooms will be opened to the public on 7/25/2016. Space is limited, so make your reservation today!

FOOD:

Meals are **not** included in the registration cost. There will be limited vegan options offered by Boone Tavern and other local restaurants. (For more information about local offerings, check with the front desk at check-in.)

PLEASE BRING something to give away that represents you.

TO REGISTER: Now there are two options for registering for the Retreat. Register online at www.DiscoverSamuel.com and click on the **EVENTS** tab at the top. Then, under **Browse by event type**, select **Retreat**.

You may also mail your registration and check or credit card information to **Phoenix Institute, Registrar, PO Box 12963, Lexington, KY, 40583**. Partial and early payments will be accepted; however, in order to qualify for an early-bird discount, you must have paid in full by July 25. The early-bird Retreat price is [§]235. The price is [§]265 after July 25, 2016.

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All future communications regarding the Retreat will be by e-mail unless you clearly request otherwise.

Discounts & Cancellations: To receive a [§]30 discount for early registration, your entire payment must be received by July 25. If you must cancel your registration, please inform the registrar by leaving a message at (859) 231-8449. Your cancellation will be considered received as of the date of your phone call. A minimum fee of [§]15 will be retained by Phoenix Institute for all Retreat cancellations (see the following regarding additional fees). You will not receive any refund for a cancellation if you don't notify Phoenix of your cancellation by 11:59 p.m. (ET) the day before the Retreat, or if you are a no show at the Retreat. If you cancel within four days of the Retreat (beginning at 12:01 a.m. (ET) the Sunday before the Retreat through 11:59 p.m. the Wednesday before the Retreat), you will lose 25% of your registration fee. Cancellation any other time after registration will impose an additional [§]15 fee.

In the Vegan Kitchen



By Paula Thomson

To me, soup is an all-season dish! There's nothing more delightful than a hot bowl of soup on a cold day, or a cooling gazpacho or watermelon soup on a hot one.

Barley is good for thickening soup unless you're gluten-free, in which case I suggest potatoes or red lentils to give a soup that "stick to your ribs" texture. A vegan diet means beans are a main source of protein, and there are great soups made from lentils, split peas and South American versions of black bean soup. And you can add beans to any veggie soup for additional nutrition.

One of my favorite soup recipes is this one from *The 30-minute Vegan*, by Mark Reinfeld and Jennifer Murray. Since Samuel told us that members of the onion family and garlic cause problems with our pineal glands, I made some modifications to the original, but the result is still delicious.

THAI COCONUT SOUP

- 3 cups of water or onion/garlic-free vegetable stock
- 1 (15 oz.) can coconut milk
- 1 TBSP lime zest
- 1 stalk celery, chopped
- 2 carrots, chopped
- 1½ TBSP peeled and minced galangal ginger or regular ginger
- 2 cups small broccoli florets
- 2 cups fresh spinach, chopped OR 2 cups baby bok choy chopped
- 2 TBSP finely minced fresh lemon grass (use only the bottom white portion) OR ½ tsp lemongrass powder
- 1 tsp minced jalapeno pepper or ½ tsp hot pepper flakes
- 1 pound extra-firm tofu
- 2 TBSP freshly squeezed lime juice
- 1 TBSP agave syrup
- 2 TBSP fresh basil
- 3 TBSP wheat-free tamari or to taste

Drain the tofu and wrap it in a clean kitchen towel for about 30 minutes to remove some of the moisture. Cut it into small cubes, and roll it around in olive oil to which you've added a little hot sesame oil or toasted sesame oil, flavoring it to your own taste. Place the tofu onto a greased cookie sheet in one layer and bake for about 20 minutes in a 350 degree oven until the cubes are lightly browned and firm then remove from the oven.

While the tofu is baking, place a large pan containing the water or stock, coconut milk, and lime zest over medium heat.

Prepare the vegetables in the order above, adding them to the liquid in the saucepan as you go, then add the baked tofu and simmer for 5 more minutes or until the vegetables are just tender.

Add the lime juice, agave syrup, and fresh basil and serve.

Shift happens

by Pat O'Malley

A funny thing happened on my way through 2015. The year started out with a bang. I was unhappy at my job, blaming my distress on my boss's bizarre behaviors as well as major dysfunction in the work place. That unhappiness with work would follow me throughout the year. A major physical challenge also came to light early in the year with surgery and follow-up procedures throughout spring, summer, and fall. What had started out as tingling on the right side of my face four years prior suddenly morphed into double vision. Many doctors and one MRI later I found out I had a large tumor between my skull and my brain that had been there long enough to grow all around my optic nerve. Yuck! The doctor from four years ago had told me to come back when it started to hurt. Huh. Second opinions are good things to get. The good news is that it is benign and it's shrinking. Those were the minor things.

The major things included bursts of energy blasts from beyond this universe, a trip to Nevis, more energy bursts, and a message from Samuel telling us if we didn't clear up our core issues, they'd follow us around for another ten years. Uh-oh.

Here is the weird thing: out of all the chaotic events happening in my life, the core issue statement was the only thing that gave me a shot in the gut. The physical challenges never upset me because I figured if it was part of my blue print and/or my time to go, that was that. There was no sense getting upset over something I had no control over. But the core issue message made me sit up and take notice, because I had a sinking feeling that my workplace unhappiness was somehow tied into that.

It was time to get serious. I didn't want the work unhappiness to last for an-

other ten years. Even if I changed jobs, the core issue would still be there, following me around like an old war wound. So I pulled out my journal and, suspecting that my issue involved authority figures who misused power, reviewed all the masculine energy work we had done in Nevis. I spent a lot of time thinking and journaling about the core issue that was affecting me at work. Samuel has always said that if we are having issues with others, the common denominator is most likely us. Or in this instance, me.

Sometimes revisiting old childhood wounds can be painful, especially if the wounds come at the hands of a parent who is supposed to love us. My facing it was what needed to happen because it was the root of my core issue: not trusting masculine energy and the misuse of power it involved. My father was always very quick to administer physical punishment if any or all of his six children annoyed him. His parents raised him by the palms of their hands against bare skin, and he followed in their footsteps. Unfortunately, he favored the head over more padded areas. There was often blood involved, and he was most volatile after spending hours at the dining room table paying bills. I painfully learned that paying bills and my father was a dangerous combination. He was also big on shaming us. The Masculine Energy/money combination Samuel so often speaks about was tattooed onto my psyche in a very unhealthy way.

As a college student I recognized that I had issues with masculine energy. One day, on my way to a meeting with one of my professors about a paper I had written, I found myself hyperventilating outside of his office door, afraid he would start chastising me. That was my first ah-ha moment. Realizing I could not go through life being deathly afraid of men, I began to consciously work through my fears. Over the years I worked through a lot of issues and was able to have a good completion with my dad when he died. I thought I was over everything. Huh. This past fall I finally hit the eye of the

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 discussion on the fourth Monday, Living Our Guardianship.

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

PHOENIX INSTITUTE PITTSBURGH

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

- 4 Toning, followed by a discussion of Samuel's first-Sunday meeting
11 6:00 p.m. Join us for a Vegan Pot Luck Dinner and shopping for treasures on the Prosperity Table; Toning will start at 7:30 p.m.
18 Toning, followed by Game Night with vegan snacks
23 10 a.m. Full Moon Ritual led by Katie Garry at King's Estate Highland Park
25 Toning, followed by a discussion of our experiences working with Samuel's Tool of the Month: The Five-minute Meditation

- 2 Toning, followed by a discussion of Samuel's first-Sunday meeting incorporating the energy of Beltane, followed by vegan snacks
7 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
9 Toning, followed by a delightful evening of drumming and shopping for treasures on the Prosperity Table
16 Toning, followed by a discussion of the May 7 Pittsburgh Lifescapes Event
21 10 a.m. Full Moon Ritual led by Karen Foltz at King's Estate, Highland Park
23 Toning, followed by a discussion of our experiences working with Samuel's Tool of the Month: The Source Field Visualization
30 Closed for Memorial Day

- 6 Toning, followed by a discussion of Samuel's first-Sunday meeting
13 Toning, followed by an evening of shopping for treasures on the Prosperity Table and socializing
20 Toning, followed by a Full Moon Ritual led by Mark Campbell incorporating the energy of the Summer Solstice, followed by vegan snacks
27 Toning, followed by a discussion of our experiences working with Samuel's Tool of the Month: Healing Core Issues

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 6:00 p.m. at the home of Crystal and Retta in Highland Park. Please call 412-422-5500 for details
- Saturday Toning during April will be held at 9:15 a.m. at the Nuin Center. Starting May 7, it will be held at the King's Estate, Highland Park. Check the PIPI hotline (412-422-5500) for the current time and place.

PHOENIX INSTITUTE ATLANTA -- continued

onion after all the layers had been peeled off. The good news is that something shifted. There was no spectacular ah-ha moment, I simply woke up one day and everything seemed copacetic all of a sudden.

The Festival of Light ritual was amazing. The speaking parts I got were perfect for the core issue work I had I returned to work, my boss, previously known as Attila the Hun, had undergone a personality change over the holiday break. She has been pleasant, open, reason-

able and non-attacking. Holy tamole. Maybe I was the one who experienced the personality change. I am open and calm, almost tranquil, and looking at things from a higher perspective. No more waiting for the next shoe to fall. No more fear. Yesterday I caught myself thinking, "I like my job."

Shift happens!

Telling stories has always been a passion of mine and writing is often the vehicle I use to tell them. The alchemy that happens with writing involves the transference of thought to paper which then transmutes back to thought when someone reads it. It's Magic.



Fellowship * Fun * Laughter

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

Picnic Potluck & Pool Party PALOOZA

Saturday, June 18, 2016
6:00 p.m.—9:00 p.m.
Marion and Don's home

Enjoy socializing, swimming, eating,
and playing lawn games!

Soft drinks and music will be provided.
Please bring a vegan dish to share,
and BYOB if desired.

Swimsuits, lawn chairs, and
towels are recommended.



For more information
including directions,
please contact
Angela and Gayle
at 859-231-8449.