



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2016

An Interview with *Samuel* channeled by Lea Schultz

This interview was conducted by David Oldham, with the editors and Stuart Waldner sitting in and occasionally adding comments.

Last year in Nevis you said that we would be working with Star Seeds on the next trip. What are the differences between Star-seeded places, Star-seeded beings, and Star Gates?

First, I need to talk a little about what I mean when I say that something is Star-seeded. I have said several times in Lifescapes that it's a shame that the idea of Star Gates has been taken over by television, and the idea of Star Seed has been taken over by the New Age community, but the fact of it is they are great descriptive words that mean exactly what they say.

A Star Gate is a portal into the cosmos. A Star Seed is an individual or a place that is attuned to a specific star system. And there are reasons for that. The Grid has—for all practical purposes—been put back together, or healed, as I often say. (That makes it sound as though it had some terrible rip, and that's not the case.) Because of the healed Grid, you're going to be receiving many more energy transmissions from specific star systems for particular purposes for life force on this planet and the planet itself. And, as a result of that, you're going to be hearing me and many others talk much more about stars, Star Seeding, and Star Gates.

So with that in mind, now let's go to that question.

What are the differences between Star-seeded places, Star-seeded beings, and Star Gates?

A Star-seeded place is usually a Star Gate, but either way it is an opportunity for energy to be planted, so to speak, at a particular spot that has a unique place-

ment on the planet, allowing it to receive energy from a specific place in the cosmos.

Ideally, a fully activated Grid—meaning fully united again—will allow energy to come into a multitude of different places, but at the beginning, such as right now, certain Star Gates or Star-Seeded places need to be awakened in a particular order. That's going to work with the Grid as well as allow greater energy flow to where those places are on the planet and what's affected in those areas.

Star Seeds. Star Gates. What was the other?

Star-seeded beings.

Well, big picture aren't you all? Because you are ultimately a function of Source. But a Star-Seeded being is, in my language, one who works as a Creator—and that's capital-C Creator—in earlier manifestations of non-physical energy.

So, with these early Star Gates, is their effect more local at first, until the Grid is fully aligned?

Yes, but local is all perspective. For instance, the central Star Gate is the central gate in a belt, so to speak, around the Earth. Take the globe, look at Guatemala and follow that latitude around. You're going to come to some very vital, interestingly legendary as well, areas when you do that. Remember that when you look at the globe, you don't actually look at it like this, it's more like that.

Because of the tilt of the Earth's axis.

Right.

The next group trip will be to Lake Atitlán, in the western highlands of Guatemala. What excites you most about this trip?

Activating the central Star Gate. That it is actually possible and time to do that is very exciting to me. That

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Lake Atitlán is so beautiful and there's so much magical energy still there is gravy. All of that's really nice, but it's that activation of the Star Gate, that it's time, that excites me.

What makes the Lake Atitlán area one of the most powerful places on our planet?

It's a Star Gate.

To which star?

I don't like to get into where. It doesn't work that way. You're thinking way too linearly to say it like that. It's not like you're from Texas or Kentucky; it's more like you're from the Milky Way, or you're from this arena. When you don't have time, you don't have specific space, so to say the general area of the constellation you are calling Lyra would be accurate—but totally inaccurate, too.

When we activated a Dragon Seed we were essentially matching its frequency and then raising it an octave, so to speak. How does a Star Gate differ from a Dragon Seed insofar as the working to open and release it?

Everything on this planet is related to frequency, and a Star Gate is no different. It is also frequency. Unlike a Dragon Seed, however, it isn't about those who are there doing the working being capable of matching that frequency; it's about the planet itself doing the activation.

So all Star Gate activations are going to require not only some specific Earth work—working with the planet and the planetary energy itself, which I have to build you to—but it also has to do with your having—and oh, I will regret saying this word, I'm sure—your having an honest faith in yourself. Notice I did not say faith in what the group as a whole can do, which is true for a Dragon Seed, but you need to have faith in yourself that you are not an earthbound being; faith in your starry connection, whether or not you know "I am from Draconia and here is my star"—simply that you get that you're a function of Source, a piece of this universe. And that may sound really obvious, but to pull that up and be able to acknowledge it rather than just kind of know it in your head, that may be tricky.

You said you have to build us up to it.

Right.

How are you going to do that?

I don't know.

Hearing you talk reminds me more of the Heart Portal work in terms of what the groups were doing there. In Dragon Force we were matching the frequency, but in Heart Portal work we were activating the Earth's energy.

I would agree with that. Maybe that's a good way to say it. It's closer to Heart Portal work than Dragon Work. Maybe Heart Portal combined with Crown Portal work.

I've imagined that an activated Star Gate allows energy to flow in and out of the planet. How would you describe the process and the outcome?

I'm assuming you mean of an opened Star Gate. The energy flow to an open Star Gate?

Yes. An activated Star Gate.

What are you picturing is the answer here? I'm asking for clarity, I guess.



Phoenix Institute, Inc. was founded in 1984 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly meetings with Samuel and frequent opportunities for group or public discussion of his message, as well as workshops, seminars and similar educational events for deeper study and to assist in the practical integration of these teachings into the physical, mental and spiritual lives of all who are drawn to them.

Phoenix Institute, Inc. is a non-profit, tax-exempt 501(c)(3) charitable organization that relies on donations and volunteer assistance. Phoenix's programs are open to anyone with a desire to know more about Samuel's message.

Phoenix Rising

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Manuscripts and correspondence are welcome. Send to the editors at

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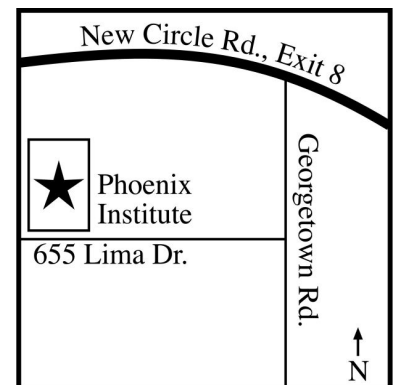
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Deadlines:

Copy — July 31

Ad reservations — August 7



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CALENDAR

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

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- 3 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com
- 9 Samuel's Atlanta Lifescapes Event, 10:00 a.m.–1:00 p.m. (see ad p. 11)
- 9 Open Studio (2:00–4:00 p.m.)
- 10 Discussion of July 3 meeting
- 15 Movie Night (6:30–9:00 p.m.)
- 17 Discussion of the interview with Samuel in this issue
- 23 Samuel's Pittsburgh Lifescapes Event, 10:00 a.m.–1:00 p.m. (see ad p. 11)
- 24 The Art of Haiku through Samuel's Teachings
Creativity, spirituality, and fun! Using quotes from Samuel as inspiration, learn how to write a haiku, a traditional Japanese three-line poem.
- 30 Samuel's Lexington Lifescapes Event, 1:30 a.m.–4:30 p.m. (see ad p. 11)
- 31 Discussion of Lexington Lifescapes event

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- 7 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com
- 12 Movie Night (6:30–9:00 p.m.)
- 14 Rituals for Manifestation
Writing rituals can bring your magic to a new level of power. In this hands-on class, you will learn the principles behind Samuel's rituals so you can create your own for manifesting what you and the world need.
- 20 Creative Explorations (2:00–4:00 p.m.)
- 21 Creating an Exercise Program That's Right for You
Samuel has repeatedly spoken about the importance of getting regular exercise. However, we come in all different shapes, sizes, and energy levels. Learn how to put together an exercise program that is specifically tailored for your body.
- 25–28 Phoenix Institute's "A Gathering of the Tribe," Samuel's 2016 Retreat at Boone Tavern, Berea, Ky. (see ad p.8)
- 28 Discussion of Phoenix Institute's Retreat

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- 4 Samuel's first-Sunday meeting and live webcast at www.DiscoverSamuel.com
- 9 Open Studio (2:00–4:00 p.m.)
- 11 Discussion of September 4 meeting
- 17 Moving Beyond Greenhouse (2:00–3:30 p.m.)
- 18 Functioning in Unity in Our Daily Living
On the journey to Oneness, unity is vital. This can be challenging. Come join in the discussion of how we can consciously create unity in our daily living.
- 25 Hocus Focus
Maintaining a positive focus has a profound impact on the way we experience ourselves, the world, and those around us. At this multimedia presentation, learn to focus in ways that greatly enhance your sense of well-being.
- 30 Movie Night (6:30–9:00 p.m.)

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I've been thinking, you activate a Star Gate and we usually think of just receiving energy, but there's also an opportunity for two-way communication.

Correct.

And I just can't help but think that this energy activates DNA also.

So you're asking about the effect on life force?

Yes.

With a circuit of open Star-Gate energy? What that looks like?

That works.

Well, there are a couple of directions I could go there.

Why don't you go in the more interesting one?

Truthfully, none of them are very interesting to me.

First, I'd like to go backward and answer a question you've not asked: Why Star Gates at this time in the Plan? Why not twenty years ago, when they first started coming up in people's consciousness? Why not ten years in the future? (Gosh, I hope not—please don't do that.) Why Star Gates now?

Remember that the Plan is about awakening the majority of life force, not the majority of humanity. It's the majority of life force on the planet balanced with the life force of the planet. So far nobody has ever, in speaking with me, stopped to ask how it is possible with the multi-

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

tude of flora and fauna—cockroaches alone in this world vastly outnumber humanity—that the majority of life force has not reached that peak yet so that it's balanced with the life force of the planet, which should tell you how vast that force is. The planetary creation machine, if you will, is a miniature sun. The creation power is so vast, the life force is so strong.

Now, you have all been around people who were very, very ill. Not necessarily pre-death—sometimes they pull out of it—but you can imagine somebody who is very ill, and you see the difference in their life force. There is no strength to their being. Do you know what I'm saying?

The planet is a strong force of life, because it is a strong life force. So that planetary life force is in the process of Ascension, just as you are. But it has wounds much like, in a smaller way, your own psyches have wounds that are the result of your growth process and either dealing or not dealing with things. The planet has wounds, but *its* wounds are *not* from dealing or not dealing with things in the same way at all. Whereas for you those wounds are more psychological, for the planet they are more physical.

So, you have this massive life force with some physical wounds, but the planet is billions of years old. You would think that by now it would have figured out how to heal itself, wouldn't you? And that's where the Star Gates come in. The Star Gates are a two-fold, last-hope mechanism, because the Star Gates will have these two effects. The first one is an effect on the wounds of the planet itself. They are going to help speed up the healing process, because the planet has a family in the same way you have your extended beingness. Your Entity has these smaller entity projections in various dimensional realities; your planet is the same, and it needs to receive through those Star Gates healing matter from its family. Its family is the Earth equivalent in the seven sacred solar systems.

The second thing is that a Star Gate is going to have a profound effect on the wondrous. The planet has been wounded, but the greatest damages have not come from only humanity, as humans would like to think, but it's going to have an effect on those other processes that have also done the wounding. Humans are going to see it—or experience it I should say—as a change in the way that you understand life force. And that has a lot of good possibilities with it, but more than that, it's going to have an effect on the access to power by those who are functioning at higher frequencies, particularly those who are inclined toward any version of creativity and the healing arts—because healing is an

act of creativity—or those who are functioning with creating and manifesting. It's like when the season changes from winter to spring and one day you have gray and dreary, and the next day your lawn is covered in purple and white and everywhere you go flowers are starting to appear; it's a huge burst of combined sun, earth, and specific radiation into you for a great burst of that same sort of creation force.

Star Gates are about creation. The further we go into Star Gates—and there are not many—the more they become about your ability to connect to that particular star arena and become the filter, rather than it requiring so much access to the Grid. It will be less about having to be at Lake Atitlán; instead you can be in that particular energetic band anywhere and activate the Star Gates in that band because you have had your own Star Gates activated.

And when I say your own Star Gates activated, remember I have said Guardians are not human. You are not a part of the Earth system. You're from other systems, so when you have that Star Gate fully activated, you'll become the point through which that energy flows in and out.

The wounds that you were talking about, are they connected to the past earths, or are they a result of humanity now?

They are only a part of the current earth. Some of that is due to humanity, but some of it is due to cataclysms from which the planet has not recovered.

Like a volcanic eruption?

More like a meteor strike that has a tendency to suck up the life force of an area. That's why the metals and the minerals that are out of meteors are so powerful, because all of that life force is sucked up. Tektites as well.

So on impact they absorb a lot of earth energy.

Yes. Tremendous amounts.

I always thought that that energy was just from being outside of the system. That's really interesting.

That's not to say the Earth is not also receiving energy, but it's as if I gave you a very large dose of radiation; it's not going to help you any, but it will have a certain effect, won't it? But it's not really what you're built for. A meteoric impact is going to have an effect. It's going to melt and break things—ooh, don't you love it when I get scientific?—it's going to leave a charge, but it's going to take out more than it puts in. It's going to function like a sponge.

Star Seeds seem to be all about Ascension, at least to me. Please describe the role of Star Seeds in the completion of the Plan and the subsequent

process of Ascension and Absorption.

Well, I can answer that pretty quickly. My hope is that the activation of planetary Star Seeds will further the activation of personal Star Seeds, and that that would create a higher frequency both on and in the planet, thus allowing a way for greater energy to come to the planet, helping awakening and activation to progress faster.

At the Summer Solstice last year nine sites around the world, including Serpent Mound, were simultaneously activated. How would you describe the relationship between those sites and the Star Gates that we are beginning to work with?

They're not related.

Lake Atitlán is a lake inside a collapsed volcano, a caldera. This is very different than the rivers and open bodies of water that we have been working on for Dragon work. Does it take a closed body of water to hold the energy of a Star Gate until the appropriate time?

No.

What other types of settings do Star Gates occur in?

No, they are not associated with any particular scenery, because your scenery changed long after the Star Gates were put there.

Several Star Gates on your planet are in desert areas, but they weren't deserts when it started out. Originally Star Gates were seeded because of the Grid and the presumed changes that the planet would have in its particular rotation and frequency expression, as opposed to what it was going to be like right there at that time. A Star Gate isn't a laser; it's a scatter-field, and it goes across the horizon in all directions. So the Grid has been keeping it from reaching beyond and coming into contact with any kind of energy. You open that Star Gate consciously and it's going to move outside of the Grid and start telegraphing its presence across what you think of as space.

At the ILF [Inner Light Festival, Lexington, March 2016] you made reference to the major places on the Earth that serve as entry-point filters for Star Beings, e.g. Antarctica for Lyrans. Are these places also where Star Gates were emplaced?

Not all of them. There are fewer Star Gates than there are filters for individuals to come through.

What would be the difference between one of those entry-point filter locations and a Star Gate?

An entry-point filter is a means by which those who are a primary function of other systems are able to re-

ceive the energetic information they need to wield matter in order to create form that functions on Earth. It's essentially a birth process. And as a little aside, many Guardians who get into past life stuff are only into it because they have a vague recollection of their true first birth, which is that star filter.

A Star Gate, on the other hand, is a machine. It is a portal through which energy is sent and energy is received, and at the creation of the circuit of sending and receiving, instead of it being point to point, it is more group to group. And its purpose is all about activating the planet and the life force around it to stabilize the wounding and activate the Awakened toward the completion of the Plan and Ascension for all.

Well, can a being from one star come through a filter portal designed for beings from a different star?

Yes and they will have a hemorrhaged life, leaking energy and instability everywhere they go. But it can be done.

I guess sometimes you just want in.

It's more like sometimes it's the only thing possible.

Lake Titicaca in Peru and Lake Baikal in Russia seem to be probable settings for Star Gates.

They are.

So the question is, Would we go there and can we work remotely for Star Gate work?

You could go there. I think it's much better when you're capable of doing the work without being there.

We could do it from Nevis.

There's a lot you can do from Nevis.

Is there another Star Gate that might be activated because it's in the same belt as Atitlán?

Yes. When one opens the others will open.

Like Serpent Mound in that respect. There might be another Star Gate in the same belt around the earth and it would be affected by the activation of the central one.

It is my hope that every Star Gate I will have you open is going to be a central Star Gate, the major Star Gate for that arena. There are smaller ones, but it would be sort of like Lexington versus New York City size-wise. They don't compare. So certainly at the start you want to go to the great big, booming, on-the-verge, ready-to-open, not-going-to-be-hard-work ones. And then perhaps it will be possible to go to the others.

On the other hand, if you go to that great big, booming one on the verge of being ready and you don't open it, then maybe the easier thing to do would be two or three of the smaller ones. But larger ones are

faster and better.

Do you want to take the group back to Lake Titicaca?

Oh I'd take the group back there in a minute.

You have mentioned that our planet was seeded by twelve major star systems. Are Star Seedings collaborative works between multiple star systems? Does any one star take the lead role for a particular experiment?

There is not a single star. It's the amalgamated life force, the unified life force of an area. You think you have space and stars and planets, and you do have bodies out there, but what gives them life is not based on what you see here. What makes them important and capable of creating is the life force that they're made up of. Life force outside of individuated consciousness is a group mind, and ultimately you are returning to a group mind. Not a group soul; a group mind. And that allows the creation.

Do Star Gates play a role in the activation of "latent" DNA/RNA?

They're going to.

If so, does each Star Gate have a dominant contribution of energy from a particular star that in turn activates that star's contribution to the DNA in life force on this planet?

They have a vibrational effect on your light spectrum, which has an effect on your DNA by way of mutation, which is the only way it changes. So, in that sense, yes, but in the sense of your getting blue eyes from here and white skin from there and dark skin from there, no.

What was the process used to establish the Star Gate at Lake Atitlán?

A really big space ship came in.

I knew it!

And it hovered over it.

That's where the idea of the Starship Enterprise came from.

That's not far from true, just not exactly like that.

As a whole humans have forgotten the power of thought. And you have heard me say your thoughts are things so many times that you don't even think about it anymore. And when you do, the way that you think about it is all based on human consciousness, which is understandable of course. But thought is a power, and creator beings have the ability, by the force of their thoughts, to put unique energetic properties, characteristics, into an area. Another way to say that is, build a Star Gate.

A Star Gate is not like the little doorway you have

that keeps the dogs from falling down the stairs, those little barriers. It's not like a Stonehenge set of portal stones. A Star Gate isn't visible to your eyes because it is a light object. It's there, but it's beyond this dimension. Star Gate work anchors it into this dimension, which activates it. And in certain kinds of light, it would be visible to you, but it's not. It's a thought form, and that doesn't make it less of a form except because of the way you think about thinking.

What I was looking for is to know if there is a physical expression of the thought form. In Nevis we were using little crystals and creating our little portal and opening and closing, and I wonder if there was a similar type of a physical expression denser than thought form.

Well, what is quartz crystal? Well, I have always called it ice light; you would probably simply call it condensed light.

I like that.

Ice light, that's what it is, and in that way a quartz crystal is a lovely expression of a Star Gate, but in that case you would want a very clear crystal.

Generally speaking, I'm not so big on clear crystals because the crystals want to talk to you, but prismatically the clear crystals become a link, and that's what a Star Gate is.

Were Star Gates established before the first Earth?

They are part of the Earth's blueprint, so they've been a part of all Earths.

In the Lifescapes about densities you mentioned a new portal for energy to come through, a triangle of stars just past Pluto. How does that portal differ from a Star Gate?

It's a physical portal, not a light portal. Matter passes through. It's a worm hole. And actually it's three planets, not three stars.

How do you know which type of energy to consciously draw on, or is it an innate link?

You need to explain that.

Well, actually my whole understanding has changed in the last hour.

I'm good for that. Does it matter if you are drawing from the Earth, or drawing from a star system you feel connected to, or drawing from Vesta Helios, or drawing from the golden pyramid, or drawing from me, or drawing from Greg ... is that what you're saying?

Kind of, because the choices have gotten so much broader, and with the swift passage of time lately it's hard to grab on to any one.

Let me stop you. First, it's a good thing that you

can't draw from any one energy being because, based on the choices that your human brain is going to make, it will convince you you are right, but you may be drawing from an energy that's nice for you but not going to help the work at all. So, it's better actually to put forth your Intent, which is "I choose to be working at my highest and best energy self, and I ask those energies that work with me for my highest good to work with me as well." And here comes that focus "And direct my energy through the filter that is best going to serve what I'm doing now." Then it doesn't matter what you think you're hooking into. You know that most of your maps are ridiculously off. Greenland is not nearly as big as it looks on your map; it's not really half the size of Africa. But you know that. It's sort of like that. What you see in the sky has a huge lag. You're not really seeing what you think you're seeing. So when you direct your energy to what you think you're seeing, if you're not putting out first what your Intent is and what you're really wanting so that the Watchers, for instance, can say, "Isn't that cute? Off by a mile, but I'll help anyway," then you're probably attaching to something that isn't even there, because what you see is inconstant, and what you are actually seeing at any given moment is an echo of it reflecting a little light.

What has happened to the Shining Ones? Are they now being referred to more specifically by the stars that they came from?

What happened to the Shining Ones? They're still here.

It's like a lot of the Shining Ones come from this planet outside of Aldebaran. And then at the Inner Light Festival, you were talking about a lot of Guardians coming through the portal of the black hole of the Milky Way. And there just seem to be all these different places where we as a group have come from.

One of the things that you're doing here is you are pretending that the only Guardians there are are the ones within this work, which isn't the case. Those I work with are Guardians, but I'm using "I work with" as more than what you call Samuel. So it doesn't seem like an odd statement at all to me. Remember that your understanding of how space works is a little limited because you want it in a progression. You want distance. You want place. And there really isn't that. So that's why I say "filters." I've found that works better because it's a broader kind of term.

Now, what happened to the Shining Ones? I'll tell you what happened. The Shining Ones are becoming weary of the experiment, and it's showing up in the

projections here on Earth. It's showing up as frustration, lack of energy, depression, because you have never been called with more strength than you are right now. But the human keeps saying no. Even the Guardian keeps saying no. And that's creating a desire to just get it finished and just get it over with instead of the absolute joy of working with it. It's a microcosm/macrocosm thing, which is to say that Shining Ones are not eliminated from the evolutionary process. They are not the king of the heap, or they would not be ready for the experiment to be over, because I would tell you, it's not over until it's over.

Are you talking about Shining Energy that's in form?

Yes.


There's Shining Energy that's not in form and that was part of the Return. Does that energy have the baggage that Shining Energy in form has?

They don't. That's true, but David was referring to those that are currently in form here on the planet, were you not?

I like the answer I got better. It reminds me of Leadership.

Truly it does. It's an excellent example of individuals who are ... humans want to say burned out, but that's not the word. It's not burned out. It's a lack of personal happiness, which is very problematic because happiness is a choice.

I see it more like this: If you are on this planet, you are going to breathe oxygen and you will be fully designed to breathe in this atmosphere. If you choose not to breathe, you're not going to be happy. You are going to suffer, and you will die. And many in Leadership are a part of the walking dead. So, having done years of teaching and prodding and pushing off the cliff and helping and consoling—and did I say teaching, giving those tools to move on?—I am now prepared to say to

Leadership, "Okay, you do what you need to do. And if you don't want to do more, then clearly no one can change that." 



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.

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.

Name: _____
 Address: _____
 City/State/Zip: _____
 Phone: (h) _____ (c) _____
 e-mail: _____

Please check your method of payment: Check _____ Credit Card _____
 Card Type: VISA _____ MC _____ Discover _____
 Card #: _____ exp: ____ / ____
 Signature: _____

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.

Samuel

r e s p o n d s . . .

I have several grandchildren, and I worry that they will feel abandoned or afraid when I die. What's a good way to explain death to them?

Two things: before they are seven years old, I would reach into the pocket of "I love you and love never goes away. And that love will always be with you, even when I'm not here. It's like when you were at your house with your parents, I still loved you even though you could not see me. I will always love you."

But when they get up toward seven—and it doesn't have to be exactly seven; it can be five or six for some, but seven-year-olds have a pretty working mind, especially if they've gotten that premise of some things are eternal and love is one of them—then start showing them such things as the way the tree changes and how, even though you don't see anything on a plant during the winter, the roots are still there, and even though it looks like there is nothing there, new shoots come up. Perennial flowers—plant the seeds together, watch them come up, and then when they're gone you think there's nothing there, but something comes up again in the next season. Of course you're looking at the long road with an explanation like that, but a seven-year-old gets it.

And when they understand that, or at least say they do, you can explain, pretty easily actually, that life is that way as well: that there are always people that you don't see who are still here, but they're just not in the exact location you are. There are things around you that you don't see the same way a tree does, just as you don't smell the same things a dog does. Many things are different because you are unique, and many things go unseen because you don't have the apparatus you need to see them, but that doesn't mean they're not there, that you'll never see them again. It doesn't mean you'll never experience the love, the laughter, the joy that that person brought to you.

The more that you can do to remind them that they are not this body, the better. Wouldn't you have loved to have grown up knowing that you are not what you're looking at in the mirror? You are brilliant. You are color and sound. You are so much more than that

small, limited thing that, just because it can think, you think it is all there is. Get them into that as soon as possible.

You can remind them of television characters they see, and which they can even see in their minds, and have them practice seeing you. "Close your eyes. Do you see me?" Then go a little farther away and farther away.

It's so much easier with children, but you need to be responsive to them, and you don't want to scare them. So this is not a talk about "grandma and grandpa are going to die." This is a talk about the eternal quality of life force energy.

Please explain any energy connections between Lake Atitlán and Lake Titicaca?

They are both Star Gates.

In the Spring 2016 newsletter interview you said, "...the gut leads the physical body. The brain leads your mind. The heart leads your spirit." To me, it appears that it would be the other way around: for example, the spirit would lead the heart, the mind the brain, and the physical body would be in charge of the way the gut functions. Please explain.

And in an awarized, conscious, high frequency being that would be true, but in the typical human it's not. In the ideal, you're absolutely right.

Yes, but typically it's the other way around? You have to work to get to the ideal?

Yes. But, you know, that's only because the spiritual body and the physical body have to transfigure in order to work, eventually, together, and then, ultimately, the spirit taking over. So it's not an unfamiliar process.

What are the advantages of using the interval of the frequencies of Jupiter and Earth, or the interval of the frequencies of Jupiter and the Sun, in using sound to clean the pineal?

First, it's important to remember that sound is a tool, and a tool that works for Paula may not be the

tool that works for David, and may not be the tool that works for Stuart. For each person, a different aspect of sound is needed. And because of that, I try not to have you thinking one frequency is always going to be most effective here, while another one is always going to be the most effective there, particularly with Guardians, because a Guardian's sensitivity levels are wholly different, and the ability to fine-tune is a lot harder.

Now, I will tell you, the Jupiter frequencies will be more effective with Guardians and less effective with mass consciousness. But if you're working on helping another person clear their pineal, it's going to be your Intent that does it. And you can use pretty much anything, especially if you have common Intent with the person you're working with.

You said at the recent Inner Light Festival that we only need five to six hours of sleep. On the Ascension Dilemma Chart, you indicated that rest is important to the process. Please explain the apparent difference.

There are times you need a lot more rest than other times, but as a whole you don't need as much rest as you think you do. At times of great cosmic agita-

tion, when you are moving from one level to another, or one density arena's lessons to another's, having more rest is going to help you work through things. But generally speaking, the higher a frequency you function at, the less sleep and the less food and the less anything to do with human you need.

In what other type of settings besides a caldera do star seeds occur?

They can occur in any kind of geographic location because they aren't about the location. However, volcanoes, particularly active volcanoes, are very, very likely harboring a Star Gate in the area they are in. Think Indonesia right now.

Yellowstone.

Yellowstone, sure.

Popocatépetl.

Yes. Many areas around volcanoes are considered sacred, so for a major or minor Star Gate they are a reminder, because volcanoes are creation energy. So almost any mass of volcanic activity, past or present, is going to show you an area in which there is at least one Star Gate.

New This Year at the Retreat...

Game Night

What's the best way to unwind and relax from a great day of teachings from Samuel? You eat, play, and love, of course, by getting together with your Phoenix family and friends, enjoying some time to kick back, and having some fun playing games together.

Join in the fun Friday night by matching your skills with other Guardians with games like Chickenfoot (vegan version), Balderdash, Reverse Charades, Pictionary, and many others. Come get your game on and have fun to boot. Light snacks and water will be provided.

Friday, August 26

7:30–9:30 p.m.

Activities Room (where toning is held)

Dance Party

It's time to Boogie at Boone Tavern!

Get those dance shoes on and come on down to the Coyle Room at Boone Tavern during this year's retreat! Dance music will be provided and we'll have a grand time. You might even polish off some moves that you haven't used since the '80s ('70s? '60s? '50s?).

Bring yourself and only water to drink—no other food or drinks are allowed in the Coyle Room.

Let's do it!

Saturday, August 27

7:30–9:30 p.m.

Coyle Meeting Room, Boone Tavern

ASCENDED RELATIONSHIPS

How to Make a Difference in the New Paradigm

A new phase of life was created for everyone on the planet during the dual energy bursts of June, 2016. By way of transcendent, enlightening energy waves, those broadcasts from your galactic center renewed the powerful energy work done on last year's Summer Solstice. These bursts are pushing the global Ascension process further and faster, creating opportunities to heighten your personal strengths and help you as you continue to make vital changes--they're perfect for manifesting relationships that reflect your true being.

DURING THIS SERIES OF LIFESCAPES SAMUEL PLANS TO DISCUSS:

- why relationships are the key to the new paradigm;
- 3 keys to creating any ascended relationship;
- Overcoming the two greatest obstacles to right relationships;
- A technique for using "magickal thought" toward new creations.



**Atlanta
July 9**

1:30-4:30 p.m.

NEW LOCATION!

Phoenix & the Dragon
5531 Roswell Rd NE
859-233-3577

**Pittsburgh
July 23**

10:00 a.m.-1:00 p.m.

Pittsburgh Airport Marriott
777 Aten Rd.

412-389-0679

**Lexington
July 30**

1:30-4:30 p.m.

Phoenix Institute
655 Lima Dr.

859-231-8449

EVENTS ARE:

\$79, or \$69 in advance

(See reverse for details.)

Directions and Registration at: www.DiscoverSamuel.com

Lifescapes Pre-registration Form

Please check the amount you're paying to pre-register:

- 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:

- 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 & 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



EGO in its PLACE

by Brandi Parker

It's not hard to understand why Samuel continually has us release ego. Ego is defined as "sense of self," as in self-esteem or self-confidence. Both of those sound pretty good to me until I consider that on some level a sense of self means being separate from others and All That Is. My work for The Plan can be affected if I am not aware of that aspect of my ego.

My own experience of ego has included a life-or-death level of fear based on separation and abandonment—separation from Source followed with abandonment by my parents in infancy. If the primary goal of ego is to keep us alive first and safe second, my ego was in warp speed hyper-drive the first half of my life. I had a sense of myself but no self-esteem or confidence. My pattern was to do and say whatever my ego directed to avoid any more loss. My ego kept me running and fearful—a destructive mix.

Thanks to some wonderful people, I acquired a few tools that helped with healing and awareness of my unhealthy ego. For example, in a therapy session many years ago I was asked what my reaction would be if I asked someone to dance and they refused. I responded that I'd most likely turn around and leave the premises! But my therapist suggested some reasons someone might say no, including not knowing how to dance. That concept struck an immediate chord and changed my whole perception of rejection and self-confidence. After that conversation I was able to balance my ego a bit. Now when I recognize my internal discomfort around an external situation I ask myself, "What does this mean specifically about

me?" In most cases I feel a sense of detachment from whatever is driving the anxiety, because the answer to the question is "nothing"! And if I don't feel at least some detachment, I take a deeper look to see if there is some truth about me that needs attention.

Once I found my way to Samuel, some pretty incredible things happened for me. One spring day I experienced what I can only describe as a perception miracle. I was sitting by a lake in a popular park in Atlanta, enjoying the sun, being in nature, and thinking about the change occurring in my life. The word

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.

"understanding" stuck in my head. After a few minutes it occurred to me that I could make an effort to be more understanding before jumping to conclusions. Then my inner voice said, "Understanding makes you more compassionate." I sat with that for quite a while, and then I heard, "Being more understanding and compassionate allows you to feel more love." I was stunned by this communication. It was simple truth that resonated deeply, and I'm pretty sure it was delivered in a Scottish brogue.

Judgment is a human ego trick that can be difficult



I share a home in Decatur, Georgia, with four furry kids who provide me with a constant source of entertainment and unconditional love. I enjoy time with my Phoenix friends, vegetable gardening, communing with the plant kingdom, and lately learning how to hear what my crystals have to tell me.



In the Vegan Kitchen

By Paula Thomson

Yeah! Summer's here at last.

Hot days call for delicious cool salads, chilled soups and iced drinks on the patio. The bounty of nature is ready to help. Farmers' Markets have been open for weeks, so there are plenty of organic vegetables available even if you're not growing your own.

There are a lot of ways to dress up a salad to add interest and nutrition—beans (green or canned), avocado, walnuts and cashews, alfalfa sprouts, a few leaves of cilantro or basil (so easy to grow in a pot).

Or go with fruit salad for a change. Try mixing a tablespoon or two of chopped ginger in with apples, pears, nectarines and melons for a nice surprise bite to the smoothness of the fruit. You can also chop up a few mint leaves and add them to your fruit or green salads for a refreshing flavor.

Chilled Sweet Potato Salad

- 4 medium sweet potatoes, about 3 lb.
- 3 TBSP rice vinegar
- 1 tsp freshly grated orange zest
- 3 TBSP freshly squeezed orange juice
- ¼ cup grape seed oil
- 1 tsp salt
- 2 TBSP chopped parsley for garnish

Peel the sweet potatoes and cut them into ½-inch dice. Add the potatoes to a pot of boiling salted water and simmer until tender (approximately 5 minutes), then drain.

Whisk the vinegar, orange zest, and orange juice together with 1 tsp. salt in a bowl, and slowly whisk in the oil until it's emulsified. Gently toss the potatoes in the dressing. Add salt and pepper to taste.

Refrigerate until thoroughly chilled, up to 1 day. Sprinkle chopped fresh parsley on top for a little added color.

Serves 4

PHOENIX INSTITUTE ATLANTA -- continued

to release. Because of that experience in the park I've discovered that, if I catch myself quickly enough to make the effort to understand a person's situation and all that may be having an impact on that situation, I feel compassion. Pausing gives me time to consider that I don't have all the information. Besides, how do I know the Universe hasn't just given me an opportunity to put the energy of a compassionate response into the Grid? Compassion is kryptonite to ego.

Being understanding and compassionate increases my tendency to be loving and tolerant, and to recognize the Oneness in all of life. We are in this experiment together. Everyone said yes; everyone plays a part. The person who cut me off in traffic and the person who was rude to me in line—we are all Source!

Years ago I added a routine to my morning that helps me keep a check on ego. I simply ask the Universe to help me be a conduit for an experience of peace, love, forgiveness, faith, hope, light and joy in the lives of others. It's harder to let ego interfere when I've set the tone of my day with things I can do to guard and guide Life Force.

Remaining aware of our conscious choices in difficult situations taps into a familiar phrase we frequently hear from Samuel. The phrase goes something like this: "Get over it!" But let's face it, sometimes situations hit very close to home. I may feel too vulnerable with my emotions to follow Samuel's advice to dismiss them. I have a practice that is amazingly helpful in getting me to a place of balance so I can move past a place of in-

PHOENIX INSTITUTE PITTSBURGH

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

- 4 Closed for the 4th of July Holiday
- 11 Toning
- 18 Toning, followed by a Full Moon Ritual led by Myrna Fabrizio. The focus is "Improving the Quality of Life for all Refugees seeking Sanctuary in this World."
- 22 5:00 p.m. Pre-Lifescapes Dinner at the Carpenter home, 222A Arch Street, Verona, PA, 15147, 412-441-6399
- 23 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
- 24 Toning

- 1 Toning
- 8 Toning, followed by a celebration of Lughnassadh with vegan snack pot luck
- 15 Toning
- 19 6:30 p.m. Full Moon Ritual at the Hite home, 1611 Trinity Street, Pittsburgh, 412-818-6976. The focus is "To Bring Transformation to the Food Industry."
- 22 Toning
- 29 Toning

- 5 Closed for Labor Day
- 12 Toning, followed by discussion of Samuel's first Sunday meeting, Prosperity Table
- 17 10 a.m. Full Moon Ritual led by Connie Durning. The focus is "Celebrating our Cosmic Connections," at King's Estate, Highland Park
- 19 Toning, followed by a celebration of the Autumnal Equinox and vegan snack pot luck
- 26 Toning, followed by a discussion of our experiences working with Samuel's Tool of the Month: Cord Work and/or Sun Gazing

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, 1270 N. Negley Ave., Highland Park. Please call or text Retta at 412-478-1678 if you are planning to attend.
- Most Saturdays Toning will be at 9:15 a.m. at King's Estate in Highland Park. Check the PIPI hotline (412-422-5500) for the current time and place.

PHOENIX INSTITUTE ATLANTA -- continued

ternalizing what is happening. The concept is to view my consciousness as a piece of furniture in a room filled with other furniture. A chair, for instance, doesn't do anything. It is merely a chair being furniture and observing the other furniture. It's not seeking self-esteem, it's not fearful, it's not trying to control the sofa; it's just observing. When I feel defensive or threatened and realize something unloving is brewing deep inside me and looking for an outlet...well, I kind of become a chair until I can reason through my feelings. And then I

get over it!

Ego is not my real being. It is an idea that creates a bubble around me, separating me from others. It causes me to look for approval and recognition instead of remembering everything I need is inside. I'm here to live love, and I only need ego to keep me safe and alive so I can do the work I'm here to do. My ego analyzes and reacts to what it thinks is going on outside of me. When I choose to see, hear, speak and love as Source does, "greater is that which is within me..." 