



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2016

An Interview with *Samuel* channeled by Lea Schultz

At the recent Retreat you mentioned changes that have happened as a result of the Summer Solstice of 2015. For instance, you mentioned physical changes, emotional/mental changes, and spiritual changes that would take place in the months that followed. Please go into more depth about those changes and how they were manifested in Guardians, in mass consciousness, and within life force as a whole.

There have been three major energetic waves leading to a stronger Ascension effect. It's all the same kind of energy in that it's not specific to physical, mental/emotional or spiritual, but when you have already activated the lower common denominator—the physical—then the next waves affect the mental, which includes the emotional, and then spiritual, which started at the beginning of this September and is continuing with a big boost again at the equinox—pay attention to the equinox—and will wind down into November.

The first energy wave related to the physical self, and worked on mutating your genetic structure. Remember that just breathing your air mutates your genes, so it's not like these massive energy bursts—and they have been massive—were going to leave you with two noses, or would help you—as some people are hoping—totally regenerate a new body. It's not going to do that. It did not do that.

What it did do immediately for everyone across the world was basically show you what wasn't working in your physical anymore. You started becoming aware, in September of last year, that maybe your sore knee was sorer than ever before, or your hip wasn't going to manage as well as it had been, or your feet needed to have something done, or heart, or brain, or kidneys, or

liver—doesn't matter. The actual physical form was pushed into creating those effects. But the energy transmissions were not to really create those effects; it was to stimulate greater genetic information flowing through the body, communicating through the body on a higher level, a greater level than ever before.

You said “across the planet,” so are you including mass consciousness and life force?

I'm including mass consciousness and life force.

The physical effect was first on Guardians. Remember that you've been working on core issues, so any core issue having to do with the way you see yourself—the way you take care of yourself or don't take care of yourself, or do not see yourself well—is going to affect Guardians first. As a result of that, pretty well across the board, Guardians have been going through a lot. Guardians typically experience something first, which opens the door for others to then say, “I can do that too,” and move through it.

Ideally, Guardians have been dealing with their physical stuff with grace. Wrong! Present company excluded, of course.

Paula: [Laughing] Thank you.

As she sits here in a great boot splint from her second foot surgery.

But the fact is, it has brought about a lot of confusion: “Why am I experiencing this?” “What is happening? Am I coming apart?” Truthfully, everybody, not just Guardians, is experiencing karma in a very big way.

The important thing to remember is that, as you work through these physical issues, as you work through the mental/emotional issues to the point where you are



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right now with a great amount of spiritual issues coming your way, you have greater control over what you can do within your body, and *with* your body, than you probably have ever had, certainly in your adulthood. And that's because the whole purpose of the first, physical wave was to get you—I'm going to use a different word from genetic structure now—blueprint further activated. So that's having an effect on Guardians and mass consciousness.

Again, what I said about the physical wave applies to all three—Guardians, mass consciousness, and life force as a whole—with the same type of changes. Look at what you, David and Paula, have seen in your own creatures all of a sudden, because they're also dealing with the same kind of genetic communication and change, even your plants. Everything is more sensitive, dying off, showing its weaknesses, but not for the purpose of "Oh good, you're going to get to be more sensitive," or "Adios!" None of that. Those are byproducts of a greater sensitivity all working toward that greater Oneness.

Now, the second wave has affected the mental/emotional with Guardians differently from mass consciousness. A Guardian is always going to have amplification of any energy that comes through simply because functioning at the frequency that they do, they are much more sensitive to any energy changes.

Additionally, awakened Guardians—unfortunately they are not all awakened—particularly those who are conscious of the energy coming in, have learned to pay attention to what they're feeling, what they're thinking, how they're emoting, and any spiritual changes as well. So Guardians tend to get more out of these energy waves. Nonetheless, for Guardians, starting at the beginning of the year with the pinnacle being in March, core issues to do with their emotional and mental self are what came up.

Like what is going on with the plants and the animals and actually the planet itself, your brain is being restructured—thank goodness! Unfortunately, that tends to create heart and digestive issues. Digestive issues have a lot to do with the way you think, while your heart has a lot to do with the way you feel. As you know, your science is recognizing that the neural connections are greater in the gut and the heart than they had once thought, that neural connections are so much a part of the heart and gut that you have, in effect, a head brain, a heart brain, and a gut brain.

For mass consciousness it's been more of an emotional level issue: not so much core issues, but more like having a hair trigger, being quicker to react. They have been quicker to cry, quicker to get angry—believe me, mostly quicker to get angry—quicker to have those very fiery emotional responses right off the bat. So, because those kind of responses generally are not socially acceptable, they tend to be stuffed inside and create a different kind of emotional expression altogether.

So you see, across the world, acting out and depression—and even borderline mental illness—are showing up more than ever before. "Why, thank you, Universe, for this wonderful flow of energy!"

But that is the reactive quality to it. That is the side-effect of it. The intention of the energy, and what it is doing in the larger picture, is creating a stronger heart, brain, gut response than ever before. It's creating clearer paths for communication within the body and a stronger energy flow from those areas outside of the body.



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

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

Phoenix Rising

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Manuscripts and correspondence are welcome. Send to the editors at

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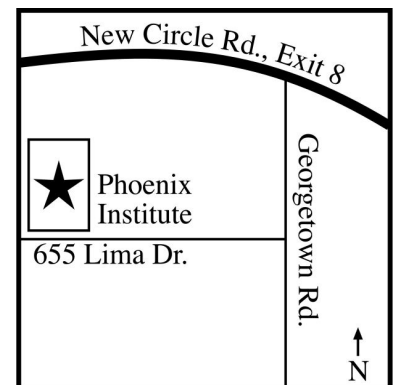
or e-mail to

PhoenixNewsletter@windstream.net

Deadlines:

Copy — November 6

Ad reservations — November 13



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CALENDAR

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

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- 1 Moving Beyond Greenhouses (2:00–3:30 p.m. See p. 5)
- 2 **Samuel’s first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 8 Creative Explorations (2:00–4:30 p.m.)
- 9 Discussion of October 2 meeting
- 16 Discussion of the interview with Samuel in this issue
- 23 Snack and Share
Bring a snack and share your favorite teachings from Samuel that have made (and are making) a positive difference in your life.
- 30 Game Night: Yahtzee

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V

- 6 **Samuel’s first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 12 **Samuel’s Pittsburgh Lifescapes Event, 10:00 a.m.—1:30 p.m. (see ad p. 15)**
- 12 Open Studio (2:00—4:00 p.m.)
- 13 Discussion of November 6 meeting
- 18 Movie Night (6:30—9:00 p.m.)
- 19 **Samuel’s Lexington Lifescapes Event, 1:30 p.m.—5:00 p.m. (see ad p. 15)**
- 20 Discussion of Lexington Lifescapes Event
- 27 Gifts and Miracles of 2016

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C

- 4 **Samuel’s first-Sunday meeting and live webcast at www.DiscoverSamuel.com**
- 9 Movie Night (6:30—9:00 p.m.)
- 11 Discussion of December 4 meeting
- 18 **Samuel’s Festival of Light Celebration and Potluck Reception (see p. 9)**
- 25 Christmas Day: No event scheduled
- 31 **Samuel’s New Year’s Eve Celebration and Potluck Celebration (10:30 p.m. See p. 9)**

Star Weaving, a Love and Healing Circle, and practice of the sound and movement taught at the 2016 Retreat are held

- Every Wednesday morning at 9:30 a.m.
- Following each Sunday meeting *except first-Sunday meetings with Samuel.*

Dates and programs are subject to change.

More details can be found at <http://www.discoversamuel.com/events/all>

The second wave hasn’t affected the planet itself as much. The mineral, the animal and the plant kingdoms’ response is to develop a much greater ability to function as one within a group soul, or as one with other life forms for those already individuated. Whereas several months ago your dogs communicated with each other by body language and little sounds, today—except when they fall back into habit—they are communicating with each other by looking—telepathically. What they’re actually doing is responding to a stronger connection to the group soul, and because of that they’re living *in* one another. You will see that, especially in groups of dogs that live together as opposed a creature that is someone’s only pet. You will also see it a lot in the wild creatures, because they have to be much more attuned to changes in their environment.

There are not so many changes in the planet itself simply because the planet isn’t making its changes in steps like the life force *on* the planet is. For the planet it is pretty much all or nothing. What you see are fluctuations. If you remember, you did work to help elevate the plant and the animal kingdoms—that was a step. The planet itself doesn’t work that way.

The third wave, the last wave, began at the beginning of September, and that is the spiritual wave. The spiritual wave, unlike the physical and mental/emotional ones, is not going to touch into your blueprint. The spiritual wave is affecting the areas of your genetic material that have been waiting.

You have been slowly and surely activating that material over the last five years, perhaps—I’m really bad at your time—by way of specific consciousness, by way of [spiritual] exercises, by way of gamma radiation always hitting your planet, so even without massive downloads of energy, you’ve been experiencing some of that on a regular basis.

For Guardians this speaks not only of a greater integration or transfiguration of the spirit functioning in the form, but it also speaks—and this is very important—of your ability to wield your higher frequen-

cies more easily, more successfully. Another way to say that is, you're going to be feeling your power more. The down side of that—feeling your power more—is that anybody who is still not willing to deal with their power—afraid of it, for instance—is going to be very conflicted at this time and is going to have fear issues come up, which is pretty dangerous.

Mass consciousness is awakening, ideally, and if awakened, then activating. This period is going to cover close to three months of massive awakening. Be looking especially for religious leaders of all kinds to be making statements, some of which will be low-level, reactive, outrageous, but some of which are going to be toward unity and oneness.

Remember that part of this time period will incorporate the presidential election in the United States, so I'm very interested to see what comes of that. Generally any massive energy outpouring creates a certain amount of chaos, because change creates a certain amount of fear.

Spiritual awakening in this day and age requires letting go of a part of oneself that is trusted and familiar—the part you grew up with, your cultural acceptance of religion instead of personally empowered spirituality.

In the past, any energy outpouring of this sort has created greater illusion, pretty well led by the religious right. That hold has been loosening. Guardians should be sending energy to that process. But ideally, over these next three months [September through November] many people will loosen their religious bonds rather than tightening them. Realize, just for a moment, that loosening religious bonds during the time of an election in your country would be something of a miracle. So if you see that happen, give yourself a big pat on the back, because you will deserve it.

Plants, creatures, the planet itself—they're just going to keep doing what they are doing, and they are not going to notice such massive change. Having said that, I want you to remember that when I spoke about Guardians at the beginning of this interview, I was also talking about Guardian plants and Guardian animals, and I usually add the planetary nature of the earth itself as a part of that.

I wonder if you could clarify a couple of things. You mentioned changing the blueprint. That might be confusing, since we can't actually change our blueprints.

Right.

Could you clarify how that happens?

Yes. Thank you. When I say with regard to these energetic downloads that there is a certain amount of

change that is possible in your blueprint, I'm not saying your human self, working at even the highest frequency it is capable of, makes it happen. It's going to happen because the Entity you are is directing the blueprint to shift with this energy. So it's not "I was born with this heart defect, and now I'm going to get rid of it." The changes in your blueprint are not that sort of shift. They always have to do with the ways your body communicates with itself rather than the effects that come from that.

While you are functioning as a human, what you have set up in your blueprint in this life is not going to change, with the exception of your ability to better use what you have, which is what that communication is all about.

You mentioned the Ascension effect hitting the mineral, animal and plant kingdoms, but I thought the mineral kingdom was already ascended.

It is.

So how would that affect it?

I tossed in the mineral because you always think animal, vegetable, mineral, and I was assuming you got that mineral is already ascended. It's not going to have much effect on it. Having said that, though, I hope you have been noticing that your personal minerals' effect on you has been changing. That's not really because of their change, although they are definitely stimulated. It's more because these changes within you are allowing you to better connect with them.

You said there would be religious leaders giving two kinds of messages—the fundamentalist message and the unifying message—but that has always been the case. I know you're meaning to imply some kind of change.

Enough that the typical person will be really aware of it. Remember it's all about the matrix, the illusion. I often relate religion to the illusion, and your spirituality to the truest of what you are. Of course, as long as you're in form there's going to be illusion attached to it, but what you're going to see is a strong fundamentalist stance likely on one or two issues. Something's going to come up that will create the kind of response you saw about abortion in the eighties and early nineties. Massive issues like that that are going to create either division or, on the other hand, unity. But it's going to be led by spiritual individuals working for unity or religious individuals creating division.

You said recently that there is nothing a person can do to stop the Ascension process going on within them at the cellular level. How does one's effort, resistance or a willingness to be open to

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*RSVP to Mary Claire by October 2, 2016
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To RSVP or for more information, contact
Phoenix Institute at 859-231-8449.



change affect things, if at all?

If I told you that I had wire-transferred \$100,000 into your bank account, how would that affect you? Well some people would be really happy, and maybe start getting a few things done. Some people would call the bank just to make sure, because they would want to be absolutely positive before they did anything. And there would be some people, even if the bank said, “Yes, you did have \$100,000 wired into your account just today,” who would say, “You’re in on this and it’s some kind of trick.”

That’s pretty much the responses to the Ascension process. You know that it’s there and as a result you are getting the benefit. You think it might be there, maybe you see it in this area but not in that one. Or you just say, “I don’t see it because my expectation says it’s going to look like this and it doesn’t.” You can do nothing about the Ascension process except speed it up. And you can speed it up by functioning in an ascended manner so that your frequency becomes adapted to those little spurts and it becomes a long-term thing.

The energy comes to you over a spectrum. Most will remain at the very start of that spectrum, and maybe notice a change, maybe not. But if you know it’s there and you “know” it’s there—and that’s asking

a lot—you’re going to adapt more quickly, both because you see it and because you’re creating more of it out of your will and your ability to manifest. The more your body is capable of handling a higher frequency, the more you are going to be able to take the next step, and the next and the next, until you are functioning at the top and maybe—I don’t know—beyond that spectrum.

Toning has been a part of our spiritual work for many years, but recently you have stopped Toning sessions and begun having the group work with sound and movement. Please explain why and what will happen as a result of this.

I’ll repeat this for the benefit of those who were not at the Retreat.

First, remember that it’s not new for me to have you work with sound and movement. But the second thing to remember is that you teach me all the time. When I give you something and it doesn’t work, I’m going to either back away from it altogether and come and up with something else, or maybe wait for a more opportune time and try it again then.

When I first gave sound and movement, I gave it as a means of working on your physical energy. Some of you may remember a Retreat that had drumming and

movement. It was effective enough for its purpose, but not nearly as effective as I wanted it to be. So I put it away and instead started working with you on sound without movement, and that sound went several different directions with exercises, including Toning.

Until a little over a year ago Toning was very effective, but after the Summer Solstice of 2015 life as you know it was very changed, and the energy frequency that would create the best balance within Guardians also changed. The problem with it was that, after much trial and error, it was recognized that you can't hold that note [432-Hz high A] consistently, at least not enough to create a masculine-feminine energy balance with the majority in the circle using that note. It wasn't happening. Try harder; still wasn't happening. Try even harder; still wasn't happening.

What I was seeing that had me finally say stop was that, because the 432 wasn't working, people weren't staying interested in Toning. There were a few diehards who just loved to Tone, or those who enjoyed the social aspect of it, of course, but not because they were getting an energetic change. In general, Guardians were saying, "I have other things I can do with my time." When that starts happening, even I will say, "All right, what else can we do?"

Then came the springtime of 2016, with March's mass energy influx bringing up a lot of core issues, and I saw many Guardians begin to physically respond to music in a way they had not before. I saw more rhythmic movement and hand-clapping or singing, and I said, "All right, we're going to take an ancient means of expressing spirituality—sound, movement—and we're going to use that as a means to raise and balance frequency."

Now those who were at the Retreat know that I asked Connie Durning and Jill Fromelius—and they brought in Suzanne McIntosh—to teach a song and dance as a form of sound and movement. However, those who have been on trips as far back as Ireland experienced something quite similar when Steven taught something that was sound and movement—a song and dance.

It was a round.

Yes, it was done as a round, which is fine. It also involved movement, which puts the body aside by way of focus. Focusing on doing two things at one time—words, movement—that creates a meditative state. When you are capable of turning off all the outside noise because you're focusing on the chair you're sitting in or the color of the wall or sound and movement, you are in a very receptive mode.

But adding to it a Star Weaving, which is a ritual all on its own, and putting in a specific Intent for all of the participants to add to it—"This is going to be for healing Paula's foot"—and everybody thinks of something specific that they're going to keep in mind—opens a door to a less ritualized function of Creation power. I see as a big leap, a very big leap.

Toning worked objectively by using specific sounds, specific words, specific visualizations.

Yes.

This new approach seems to be aimed more at the mental/emotional functions and eliciting a psychological effect through unity. Is that accurate to say?

That's very accurate, but it also, by putting you in a receptive state, allows you to create an energy circuit where you are receiving more because you are being stimulated within—and that's where I said that meditation process shows up—but it also has you doing work with sending out. I should toss in somewhere that sound and movement without putting an Intent to it, as it was done at the Retreat, isn't going to be as effective. Putting the Intent to it is really desirable. So it's not tuning you as Toning was meant to do; it's using the tuning you now have, which, since the Solstice of 2015, has been at a higher level than you could ever achieve at Toning.

At the Retreat you taught a technique that enables Guardians to change their reality. Please explain what you mean by "reality" in this context, why you are teaching this now, and what you hope Guardians will gain from it.

We would end up doing a whole interview on that question alone. As a general answer, that is a very advanced teaching given in a very simple manner. What I was doing at the Retreat was a start. It was by no means something I would consider a complete teaching, nor would I expect that those who were there and got it firsthand are going to become, or did become, adept at it.

I plan to be teaching this in bits through the coming year. This is one of those things like taking up a new instrument: practice, practice, practice, practice. It's not breaking it down into one, two, three, four and doing each little section perfectly and poof, there it comes. It's not that kind of thing.

So I think it's important for everyone to know that not being at the Retreat isn't going to be a real disadvantage. This is a very complex work. It's one of those things that I occasionally do to see what you can do with it. And as you know, I've done that in the past and

then said, "All right, that's not going to work. Let's do this instead."

However, I think this is going to work, and when it does your dreams are going to shift radically. Your mind function—I don't mean your brain here; I mean what your brain does that causes you to think—your mind process is going to see radical changes. And this isn't going to be an arena in which those changes might not be good ones. These changes are going to be good ones because *you* are going to be determining what you want.

And the biggest thing I want out of it is to reach that point where you can change your experience of this illusion quickly, which will allow you to work within the experience of others, use it as a healing tool, a helping tool, an energizing tool.

Your discussion at the Retreat of African-Americans generated some follow-up questions. Would you like to say something about race relations as they are now and as they're evolving?

Race relations in your country are terrible. Race relations across the world aren't good, in some places much worse than others, but the main problem with the race relations in the United States that makes me say they are terrible is that most people would say they don't see color, they don't see different races. They have no idea of the nature of the ingrained cultural prejudice that they are expressing, and that [unconscious] prejudice is very different [from overt discrimination].

Imagine having a racial inheritance in which your particular race was owned, often treated less than animals, and had such an accumulation of memory and pain that it mutated the genetic structure in such a way that it holds that pain.

Choosing to come into this country black is specifically for Guardians and others who are functioning at a high enough frequency to have a particularly high level of awareness—and I am specifically saying black rather than African American, and meaning black rather than the much lighter skin colors that can come about. But Guardians especially have chosen it as a means to bring healing and change.

Non-black individuals in this country—Latinos and Asians, those from the Middle East and India, and on and on—have grown up with an ancestral heritage that says they are less than whites, and they would say, "Hey, we know what it is to be prejudiced against." Women, people with physical and mental disabilities, the LGBTQ community—

The Goddess of the Ritual

A wee lass with raven hair
Born when the veils between
Spirit and Earth were the thinnest
A little ghost of Halloween

But this does not tell the tale
Of this great spirit on Earth
It speaks only of her great timing
Manifesting the moment of her birth

For every season feels her magic
As she stands alongside Source
In or near the circle she directs
With a quiet but powerful voice

She moves the Guardians to their spots
With a simple nod of her head
She smiles as the sacred work is done
As the holy words are said

And when the work is over
She quietly walks away
Pretending to be a human
Until another day

When once again she is called
To do what Source cannot do
The work in form she so lovingly does
Heidi, indeed is YOU

Bonnie Haley, 2006

This poem honors just one of the myriad roles Heidi Shedlow filled during her many years of service to Phoenix and Samuel's work. There aren't words to express the place she had in our hearts and our sorrow at her passing on September 21.

and there is a very long list of different sexual preferences—none of it is the same as what is going on, especially in your country, with that constant pressure that comes if you are black.

So your energy field connects into your body through a healing point and a primary energy point—which means that essentially you are working on a group soul, a racial soul. That is very powerful and very hard. And even black individuals who are successful and those who are as much a part of white society as those you know within this work, even they experience—from others in this work—unrealized prejudicial slights. Simply describing a person in a crowd by their skin color because that’s the obvious thing is saying you don’t get it.

Unfortunately, I really shook up the two I was talking to at the Retreat. What I was trying to do was point out that those Guardians who are not black, and thus not working to bring healing to a genetic, racial wound, will never experience the separation and pain that come from not only coming in with an energy healing input point for working through core issues, but also having a primary point for healing a cultural wound within racial memory. That primary point can’t be touched on the outside and felt like a typical healing point. Its hurt is on the inside. It has to do with that which is so much beyond an individual self that the primary is a link that very few in your society other than black African Americans can get it.

A group called Equal Justice Initiative in Montgomery, Alabama, is creating a memorial park about lynchings. They have identified just about every one of the lynchings that took place between 1877 and 1950. They’re creating 800 columns, two for each county in the South where lynchings occurred. Once the park opens, the counties are invited to take one of those columns and create their own memorial locally. Of course, those that don’t take



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.



A computer-generated view from the memorial to lynching victims planned for Montgomery, Alabama by the Equal Justice Initiative

Courtesy of Equal Justice Initiative

them will be making a big statement about who is willing to recognize what took place.

It’s shocking to be reminded the last ones happened so recently.

And I would say that they are still going on. They just take other forms. I’m thinking of policemen stopping and quickly shooting.

The lawyer who is behind this says that lynchings have been legalized, in effect. They are taking place in the courts because of the refusal to do away with the death penalty and the way it is used against blacks in the South.

And in the penal system as a whole. That is really good news. That’s a statement of trying to make change. That’s lovely.

Another question that came to us from the Retreat: “When I do the DNA exercises, I feel as if I change my reality. For example when merging with my `true self I become more loving, wiser and bigger. I also come down the seven steps changed, and I have had some outstanding manifestations. Please explain how the circle/portal/tunnel meditation you gave at the Retreat is different from the DNA exercises. Should we keep doing the DNA exercises as well?”

Well, they’re night and day. The DNA exercises work on who you are in your current time and space, whereas the . . . what did she call it?

Circle, portal, tunnel.

And that circle, portal, tunnel exercise—and I don’t have a name for it yet either—is about shifting out of where you are right now and moving into an altered reality. That’s a very big difference.



December Events with Samuel

Festival of Light

December 18, 2016

5:00 p.m.

It's a holly jolly December holiday season, and we are ringing in the celebration of the return of the Light and a magical message from Samuel.

Please bring a vegan (no onions/garlic, please) savory or sweet dish, presentation ready, with a list of ingredients for the reception that follows.

Come celebrate the Love and Light of this special season!

New Year's Eve

December 31, 2016

10:30 p.m.

Ritual rehearsal begins at 9:00 p.m.

What more powerful way is there to release the old and welcome the new than by joining Samuel for a special New Year's Eve celebration? Let's begin 2017 together, unified in love, and ready for amazing possibilities.

Please join the potluck reception following the celebration.

You are invited to bring a vegan (no onions/garlic, please) savory or sweet dish, presentation ready for serving, with a list of ingredients.

Both events are *free of charge* and are held at
Phoenix Institute, 655 Lima Drive, Lexington, KY

For any questions please contact:
Carol Gailey (859) 536-0611 or Jean Elder (859) 229-4352

Samuel

r e s p o n d s . . .

What purpose do fairies serve in the world at this time?

There are essentially two divisions in the elemental kingdom. One of them is those who have taken on human form and find it useful enough to basically keep it. These are the ones your stories come from. Depending upon where you are in the world, they will have different names, such as *farine*, as opposed to *fairies*. It's just a very slight difference. In the Western Highlands, across to Ireland, in a few parts perhaps of Spain and probably Greenland, Iceland and northeastern Canada you'll hear that word, but mainly because it's something your grandmother would have said. And little places have kept it.

The purpose of the fairies has not changed. Their job is to work specifically with the life force of the non-individuated kingdoms.

Let me start with a little background. The elemental kingdom is made up of many different manifestations of energy. Some of that energy can show itself in a human-like form—or maybe I should say in an *animate* sort of form. That would be, for instance, when you see faces on the rocks and you know that rock is alive because it's showing you, from its frequency to your frequency, an image that your brain associates with what life looks like—a human face! So you see a face in the rock or a face in the tree.

For these beings, the best way to stay out of the trouble that comes with connecting to you as humans is to blend in. That's the best way for them to hide, because your automatic response is "I didn't see that! I didn't hear that! I didn't feel that! I didn't get that. That did not happen." That's the first response. The face is looking at you as clear as can be, but you refuse to see it. If you look again later, I guarantee it's laughing. It's back, and it's

laughing.

The other arena from those that look human are those who only work energetically. You can see them but you'll see them as changes in energy. For example, the easiest way to see them is in sparkles of water. All water will reflect sunlight and refract as well, but when you see an area that is both active and sparkling, and all around it isn't, you are very likely working with undines at that point. The sylphs that are unseen: you're sitting there and the plant in front of you is moving but nothing else is. [In a high, squeaky voice] "Hi David! Hi Paula!"

You have mentioned looking for them in wooded places. Are there certain areas of the world where there are more fairies, for example Iceland, Great Britain?

Iceland. Great Britain. The Middle East. Parts of Africa. There are many places where you are going to see—if I say "little people," is that condescending?—where you see them in human form. They are everywhere in non-human form. Taking on a human form has to do with comfort level, which is why the more people around who believe in them, the more you are likely to see them.

So if there is folklore in a country about them . . .

And the people around believe in them, they're going to be more comfortable and it will be safer for them to be in the area.

Safer for them to allow themselves to be seen?

Right.

So is there the same level of concentration of fairies generally throughout the world or no?

The same concentration of unseen, but of those that can be seen—which you rarely see—it really needs to be in an area where there are those who expect to see them, believe that they are a part of the world, aren't going to swat



'em like a bug.

Do they stay in certain areas or do they move around? So would a fairy group in Ireland move to the Middle East?

Well they don't work in space like you do and so they don't have those boundaries, but they're very tribal, and by that I mean the djinn are different than the leprechauns—I am so sorry, Elemental kingdom—but that is the case. I think it's more likely that you'll see one summer that your garden is full of really bright life force. Everything is blooming and big, and maybe by midsummer, if they've moved off, you've just got a normal old garden all of a sudden. In that sense they do move, but not far as long as the life force of the area is strong, because they're going to be working to keep it strong.

They didn't do much with my squash plants, but I've had some amazing clumps of black-eyed Susans that just keep going and going.

So those that work with the flowers are doing more than those that are working with your vegetables, you see? So perhaps the squash ones moved on—I'm making that up. I don't know what's going on there, but that's an example.

Are we more able to see them now than we have before—and I'm speaking of Guardians.

Yes.

For what reason?

Because you are more One with all that you see, more of what has been unseen. Add to that the physical changes that have been going on with you, and you might literally be seeing more than you used to see. It's more likely that you are feeling them and then seeing them.

Catching sight of them out of the corner of your eye.

Correct.

You've said that the most important thing Guardians can do right now is to claim their divinity. What does claiming our divinity mean, and how do we do it?

What color are your eyes?

Kind of blue and sometimes green.

How do you know that?

Because I'm seeing it in the mirror. When I wear different colors they tend to change color.

So you know your eyes are blue-green. That's how you know your connection with Source. Otherwise you are just thinking about it. It is a part of you, a knowing, as much you know the color of your eyes.

What can we do to reduce the influence of large corporations on world politics?

Stop letting them get away with everything. Really. Stop buying their products. Stop buying into their excuses. Demand more.

There's a long history on earth of sightings of UFOs and alien visitors, but most efforts have been toward discrediting or hiding this information.

Well, that's understandable, don't you think?

With the movement toward transparency and truth coming about now, what sort of changes do you see in the way that information about UFOs or alien visitation will be handled in the future?

Well, of course I have no way of knowing what's going to be done in the future when it comes to mass consciousness and free will. I have been regularly amazed at how a human is able to look something straight in the face and not see it, or prove to you scientifically how the earth is flat. I'm astonished at how quickly one will believe something and adapt their reality to fit that.

I will say the unidentified flying objects can simply be out-of-season birds, because technically they are unidentified and they are flying. But what you want to do is go to those areas that are known for large amounts of UFO activity—and these are going to be strong electro-magnetic conglomerations—areas in which it's strongest—and talk to those people, because that's where you're going to get more information than over Kentucky, where yesterday there was a cloud formation that looked just like a UFO but everyone can just write it off. When it's multiple square miles of an area with the same story, it might change your mind. The thing is, you're not going to hear those stories because those who make decisions for your society have said, "There will be panic. There will be fear."

Having said that, the mother ship has already landed; they are already here. You have been using parts of their technology across the world all the way back to prehistoric times, certainly for the last seventy years. But as long as there's somebody, one person, who says no, the fifty people saying yes will wonder if they are right.

I get that there would be fear. I just think the benefit is worth letting the fear run its course and going with it anyway. Don't you want help? Based on current transparency, the answer is no.

In the Vegan Kitchen



Samuel has said that these days our perception of time can either slow down or speed up, but in my experience the closer one gets to the holiday season the more it seems to speed up! Being a vegan at Thanksgiving dinner can be challenging, but here are a couple of gluten-free, vegan dishes that you can feast on with a clear conscience.

By Paula Thomson

Thanksgiving Dressing

5 cups cubed, dry, vegan gluten-free bread (If the bread isn't dry enough, put it in the oven at a low temperature to dry it out.)

2 ½ cups vegetable broth* (or more if needed)

3 – 4 celery stalks, finely chopped

1 ½ tsp dried thyme

1 ½ tsp dried oregano

1 ½ tsp dried sage

1 ½ tsp sea salt

8 oz fresh mushrooms, sliced

½ cup wild rice (instructions below)

½ cup pine nuts

1 tsp vegan Worcestershire sauce

2 TBSP + 1 tsp vegan butter

½ cup dried cranberries

**Most commercial broths contain garlic and onion, but you can always make your own if want an onion/garlic-free version.*

Place the wild rice in a pan with 1 cup of boiling water. Simmer covered until tender, approximately 40 minutes.

Saute the mushrooms and celery, with the thyme, oregano and sage in 2 TBSP vegan butter until tender.

Saute the pine nuts in 1 tsp vegan butter until golden brown, watching carefully so they don't burn.

Mix all of the ingredients in a large mixing bowl, adding vegetable broth as you stir the ingredients together. Test the consistency and add some more broth if too dry. The mixture should be moist but the bread cubes should still hold their shape.

When the mixture is moist enough, fluff it with a fork.

Bake on low heat (250 degrees) for half an hour until golden and warmed through.

Serve the dressing with a rich sauce like this:

Cashew Gravy

2 ½ cups raw cashews

4 tsp wheat-free tamari

1 tsp Italian herbs

2 tsp arrowroot powder

2 cups vegetable broth (or water)

Sea salt to taste

Freshly ground pepper

Roast the cashews on a cookie sheet at 300 degrees until lightly brown (10-15 minutes).

Place the cashews in a food processor and blend until very fine, almost the consistency of flour

Add the Italian herbs, tamari, arrowroot powder and broth, and blend until very smooth (2-3 minutes)

Pour the mixture into a saucepan and heat to boiling, stirring constantly. If the mixture gets too thick, add some warm water.

Lower the heat and simmer, stirring about 1-2 minutes. Season to taste with sea salt and pepper.

PHOENIX INSTITUTE ATLANTA

The Fine Art of Detaching

by Dina Shadwell

It's a constant journey, this spiritual evolution. We think we can kick back with Netflix and coconut ice cream and forget about the chaos and drama of the world around us, and to an extent we can. But that's only a temporary fix, a recharging of our batteries before we have to go back out there and face the world. Samuel gives us many tools to help us along the way, constantly reminding us of *what* we truly are—One with Source. It's funny how the human brain functions; obviously we need his repetition before we can even accept the idea of Oneness. But once the brain is okay with that thought, we have to actualize it in our lives. If you're like me, it's easy to feel One with Source during ritual with Samuel. But what about when we're out there in our little lives just trying to forge a path?

For the past few years I have felt like I was on a bit of a plateau in my journey. I had gotten to where I could pretty much always keep in mind that there was a bigger picture at play in any situation I found myself in. This mindset felt right and it was easier to observe the dramas unfolding around me and on the world stage and not get hooked in emotionally. I didn't need to get caught up in the angst of the players because I knew that there was more at play than what my little eyes could see. I could maintain a healthy detachment.

However, the plateau that Samuel helped me realize I was on is that there can be a shadow side to that very healthy, holy detachment. For me it began to



I live in Decatur, Georgia, where sometimes I'm an actor, sometimes a director, sometimes a graphic designer, and all the time a Guardian doing my best to live love. Some things I enjoy: curry, crossword puzzles, Young Frankenstein, The Color

Purple, the color purple, animals, the Smoky Mountains, belly laughs, traveling with Samuel.

show up as a lack of passion—for anything. It wasn't a depression; it was more that I just lost the desire to participate in those things that used to bring me joy. I would get an idea for an art project, then I would think, Meh, what's the point, in the grand scheme of things? Samuel had warned us about this as we received wave after wave of powerful energy from the cosmos: that we might find customary patterns in our life falling by the wayside. I assumed this was what was happening to me.

In the midst of this discovery, I was working through my core issues and changing my vision about myself. I was releasing my attachment to what I *do* in this world, to the labels I had always put on myself: Actor, Director, Artist, Waitress. As I detached from each label, I discovered a hidden piece of my core prosperity issue. These roles had been my ways of making money, and I had been placing a value judgment on each label. Although my need to identify with what I do for a living and my judgments around that were falling by the wayside, I was still seeing this life—this projection labeled “Dina”—as “lesser than.” In my mind, The One was superior, and therefore still separate. My brain wanted so much to be One, and although the

You are invited to Phoenix Institute Atlanta's meetings. Dates and programs are subject to change.

Star Weaving and Energy Circle—Mondays, 7:00 p.m.

Weekly Programs—immediately following Energy Circle

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.

veil was thin, it wasn't thin enough. I wanted to feel that Oneness constantly, and this form, this costume, was keeping me from it. I wanted to be without form again and be “home.”

Well, the problem with that desire is it keeps me separate. I was feeling like I was missing out on . . . I don't know what, but I knew it had to be better than here! No wonder I was still dealing with prosperity issues. Here wasn't enough. From that state of mind, the monk-on-the-mountain gig looks very attractive. But as Samuel tells us, now is not the time for that.

So finally I started to rethink this whole Oneness thing. Samuel helped me realize that I had been seeing it like a finger attached to a hand attached to an arm, etc. And “Dina” was merely a finger. My “little life”

PHOENIX INSTITUTE PITTSBURGH

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

- 3 Star Weaving and energy circles, followed by a discussion of Samuel's October first-Sunday meeting
- 10 Harvest Dinner and Silent Auction, followed by Star Weaving and energy circles at 7:45 p.m.
- 17 Star Weaving and energy circles, followed by a Full Moon Ritual led by Jill Fromelius.
The Intent for this ritual is to celebrate the transformations we have experienced (the new Being of Light we are and are becoming) and accept what we have done so far as we move on to what we will become.
- 24 Star Weaving and energy circles, followed by a discussion of Samuel's Practical Tool of the Month: Awakening your DNA
- 31 6:15 p.m. Vegan Bake Sale, followed by Star Weaving and energy circles at 6:30 p.m. and drumming.

- 7 Star Weaving and energy circles, followed by a celebration of Samhain, then a discussion of Samuel's first-Sunday meeting
- 12 Samuel's Pittsburgh Lifescapes Event, 10:00 a.m. to 1:00 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
- 14 Star Weaving and energy circles, followed by a Full Moon Ritual led by Karen Pisano
- 21 Star Weaving and energy circles, followed by a panel discussion based on Samuel's Pittsburgh Lifescapes event; Prosperity Table
- 28 Star Weaving and energy circles, followed by a discussion of Samuel's Practical Tool of the Month: Power Journal

- 5 Star Weaving and energy circles, followed by a discussion of Samuel's first-Sunday meeting; Prosperity Table
- 12 Star Weaving and energy circles, followed by a Full Moon Ritual
- 19 Star Weaving and energy circles, followed by a Winter Solstice celebration and vegan pot luck dinner
- 26 Star Weaving and energy circles, followed by a discussion of Samuel's Practical Tool of the Month: Dream Journal

Star Weaving and energy circles usually last about 30 minutes, but depend on the size of the group:

- Most Mondays at 6:30 p.m., unless otherwise noted, prior to the meeting at the First United Methodist Church, 5401 Centre Avenue, Shadyside.
- Most Saturdays Star Weaving and energy circles will be held at the Nuin Center in Highland Park at 9:15 a.m. in Room 205.

seemed very insignificant, especially when I was trying to see the big picture. No wonder I didn't have any passion for making art, or for anything. Now I see Source as the blood that flows through it all, the air that animates the form. It's a complete merger.

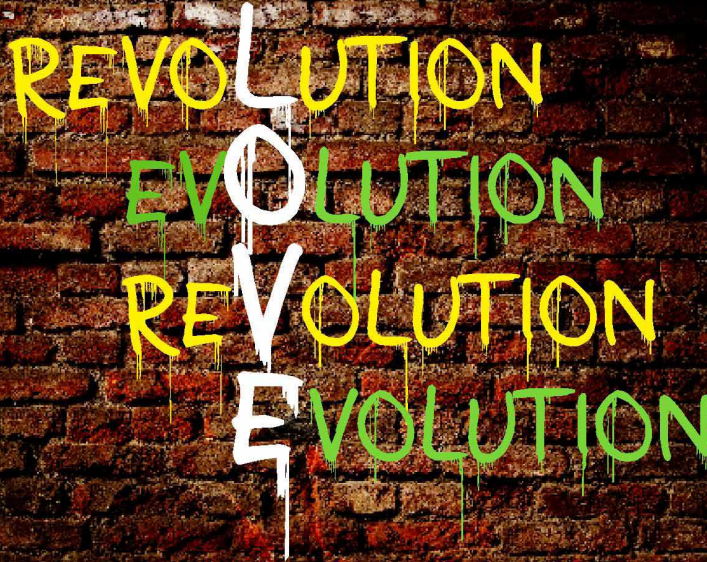
From that point of view, I am working on the fine art of detachment with compassion—being an observer without judgment while staying engaged in life. If, within this Grand Experiment, we Guardians came here to give it one last try, to put into play something new and different, to evolve to be Source in form, why would I want to resist that? Why wouldn't I want to max out my spiritual potential, to vibe as high as I possibly can while wearing this costume, no matter what

the costume is doing?

This shift in understanding is creating miracles in my life. My passion for creating things is back because my passion for life—and for my Compact—is back. As for my core prosperity issues—dare I say they're gone? Yes, I dare, because the fear is gone. The fear that I'm missing out on whatever is out there is gone, because I know there really isn't an "out there." Because I know that my Highest Self is not missing out at all. And once I cast off this costume, I'll remember everything. And I trust that then I'll be kicking back with Samuel and the Guardianship Energy, celebrating the success of The Plan for Sacred Status for this planet and all Life Force upon it.

PR

New Lifescapes events



Pittsburgh

Nov. 12

10:00 a.m.–1:00 p.m.

Pittsburgh Airport Marriott

777 Aten Rd.

412-389-0679

Lexington

Nov. 19

1:30–4:30 p.m.

Phoenix Institute

655 Lima Dr.

859-231-8449

EVENTS ARE:

\$79, or \$69 in advance

RADICAL CHANGE IS HAPPENING ALL OVER THE PLANET

You're seeing it everyday in ways large and small. You can see it as the collapse of an old paradigm and simply do nothing or you can be a part of creating a new one.

IT'S EVOLUTION. IT'S REVOLUTION!

"The energetic frequencies bombarding earth are changing the genetic structure of lifeforce itself into a more Light-based structure. You are here to help make ready a world that is no longer based on a manipulated, corporate-driven, consumer-oriented lifestyle, but instead on self-empowered individuals with a love-based focus. Come to learn how to build a new world."

Samuel

SAMUEL PLANS TO DISCUSS:

- Personal and planetary revolution—the evolution of revolution.
- Energy transmissions reigniting human evolution through changed genetics and higher frequency life—a revolution in evolution.
- Moving beyond cultural boundaries through spiritual evolution.

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 _____

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, Registrar, P.O. Box 12963, Lexington, KY 40583