



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2017

## An Interview with *Samuel* channeled by Lea Schultz

***We have some questions suggested by the most recent Lexington Lifescapes. You began by saying the world is at a tipping point, and you referred to unity and dissolution as the “available states.” What are the most important outcomes you see resulting from its tipping one way or another?***

Are you asking, if it tips one way what will it be? If it tips the other way what will it be?

**Yes.**

Well, they're all versions of dissolution or unity. The bottom line is that, should the function be toward unity, you're going to have the completion of the Plan as it should be. If it tips the other way, the result will be an energetic incursion to bring about change. That is not wanted, because the nature of that change would probably be the release of the experiment, winding it down and closing it out. This is the last experiment, so I don't want that intervention. Most people wouldn't notice a difference.

As I see it, it's a very all-or-nothing kind of thing, because not just your country, but your world is in chaos right now, and it's a violent kind of chaos. That's going to have to change. The good news is there is so much awakening at this point, and that awakening can help bring balance.

***Does there have to be action on the awakening, or is just the awakening itself sufficient?***

Well, the awakening itself brings about the completion of the Plan. There has to be a higher aspect of energetic influence with regard to awakened life force than there is in yet-unawakened life force. The awakening that is needed isn't about individuated consciousness. It is, “I am a function of something that is

greater,” you see. It's a spiritual awakening.

I believe it was another interview that I talked about why the animal kingdom and the plant kingdom and the already-awakened mineral kingdom, don't make up, by far, the majority of life force that needs to be awakened. It has to do with the nature of ensouled consciousness functioning as an individuated being having more weight, if you will.

***How much does America's role in the world affect the direction the world will take?***

It depends upon how you want to look at that.

The reason that so many Guardians have come in by way of America, is because this country is destined to have a very profound effect on the world. And, in fact, it does.

Its main effect comes about in two ways. One is the idea of hope. Hope. Immigrants still come here with the idea that they are going to be able to create a new and better life. That hope has been a prevalent part of the spiritual essence of this country since before its official beginning.

The second way that it has a very large effect on the world is economically and, as a part of that, militarily. The U.S. arms so much of the world—pretty much all of the world, if you want to look into the details. The creation of those arms is a very important factor in the country's economy, and the U.S. economy affects almost all of the world's economies, definitely the major military economies.

So economically and by way of hope, the U.S. has a mighty, mighty influence. You also definitely have a cultural influence across the planet—through your music and your clothing, for instance—although I would not go so far as to say that that it is necessarily a healthy

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or good one. And so, looking at it from my point of view, I would say yes there is most definitely an influence. It's not a great one, but yes, it is there.

***The thrust of the question is, will we influence the tipping process?***

I did say that most Guardians have chosen America for what it can offer. Although I cannot tell you how America might influence the tipping process after your recent elections, insofar as the completion of the Plan, it's only about what the Guardians that are here do. It's not about what America has to offer.

***Can you be more specific? Is it just the fact that the Guardians are in the world and they happen to be here?***

Remember that Guardians have two effects. One of them is simply by being, having an energetic effect through their frequency. The second effect is through activation and specifically working to help the awakening process. If you have ten people in a house working on the awakening process, you're going to have much better luck awakening the rest of the occupants than if you only have one occupant who is a Guardian.

***So the concentration in America has a stronger effect than if they were dissipated around the world.***

Well, it makes America's transmission stronger. And America is already somewhat influential. So things that come from America—definitely not all of them and fewer than there used to be—are welcome in many parts of the world, and that includes spiritual activity and the awakening of Light energy. There isn't a "here is what they must do," because it just doesn't work that way.

***But whatever energy the Guardians put out, negative or positive, has more weight than what's coming out of mass consciousness.***

That's right, and that's an important point.

***You also said that evolution is about "cutting and rearranging." Can you explain what you mean by that?***

It was the mutation of the genetic aspect that I was referring to there—your specific genetic information. Evolution is about that genetic information mutating so that the organism is either capable of functioning in its environment or not capable. It's a constant process of "This isn't working so toss it out, but this works; latch it on." That is how evolution works, not only on a physical but also on a spiritual level—in fact, even on an emotional level—because all of life is about destruction or construction. It's about mutation in one form or another.

***In that Lifescapes, you emphasized recognizing our current strengths, which lie in the things that make us feel good, and relying on them and further strengths we can develop in order to not give in to fear of the changes we see taking place in the world. How do we translate our particular strengths into the responses to events going on in the world? I can see that focusing on my strengths is a positive thing, but I don't see how that will change things out in the world.***

If you knew your strengths, you would act on them. You know what your strengths are because ninety-nine percent of the time they are the things you enjoy doing. You enjoy doing them because you're good at them. So those strengths are easy to use.

Many people don't recognize their strengths. They know what they like to do, but they don't necessarily realize it's a strength. Or they see something that they become good at, even if they don't really like it, and



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**Phoenix Rising**

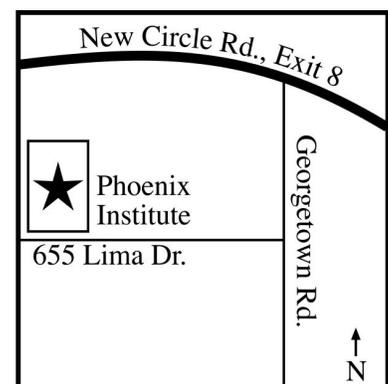
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they think that's a strength even though it may not be. So knowing what your strengths are can help you direct your life so you can use them, and you would do that simply because you want to be doing what you enjoy more. You're going to be more successful at what you enjoy more.

***For a Guardian that would be service, right?***

Not necessarily—and that's a broader topic. I would love it if all Guardians' strength was service, but it's more like this person's strength is more knowledge-oriented, this one's lies more in working with the earth. This person's strength is getting along with people; this one's is . . . Knowing that you're better at mental tasks than social tasks is going to stop you beating your head against the wall of social opportunity and doing more with mental opportunity.

***You seemed to indicate that there could be strengths that we were not necessarily aware of—that we were not getting feedback on—but that we could develop for the future.***

It's not necessarily that you're not getting feedback on them. It's more as though you grew up getting told, "Our family doesn't do that," so for instance you don't go into social work; you become a doctor. You don't learn that really your strength is in helping people move out of addictive behaviors because you never had the opportunity to explore that arena.

Many people—adults even as old as all of you—have lived so much of life in a very narrow box, based upon cultural belief systems and their individual fears that say, "I can do this. I can do this. I cannot do that, that, that or that," and so they never try and never discover where their best opportunities lie.

So allowing yourself to know you, to try new things, to open up that mind that says, "can't, should not, don't" might show you whole directions that you've not tried to go into. And it's never too late.

***You said that how we spend our time is connected to the process of creation directly from the Source Field. Could you explain that?***

You're asking how it is that the process of knowing your strength mirrors the creation process? As I said earlier, evolution is about mutation. It's about trying and failing, and trying and failing, and trying and it working, and trying and maybe it didn't work so well but this part did. You think of it as a very long process because you're looking at it as linear time, and in that case it is a very long process.

As a creator in your personal life, and even on a universal creation level, there is that very same try and fail and try and fail, and try and finally *succeed*, and build on that success, and moving forward from there. I made reference in the Lifescapes to a creation point that is about making choices . . .

***You said up, down, forward . . .***

Right. So when that point is making choices, that is the creation process. Now, yes, you can take it further back and say that the establishment of that point itself is the creation process, or even farther back to the point of Intent as the creation process, but for the world of form it's that point of making decisions. You make decisions in your day-to-day life, and they reflect that creation process.

Bottom line: the microcosm reflects the macrocosm, not perfectly, but well enough that you can see it in your everyday life. You can see it in the creation of form in this dimension. You can see it in the original Creation story.

***In the Lifescapes you said that seeing changes before they occur and having the ability to see what is coming is all about inner evolution. Why would inner evolution—higher emotions and spirit—allow one to see what is coming?***

Again, it's a time thing. You only predict your future by recognizing it in the past. Remember that *you* want to see time as linear, but time is more like a sponge in a sink filled with water. Every experience is flowing through that sponge, but it's only when you pick up that sponge and take a close look at it is there any way of saying, "Ah, water came in through this point and it's going out through that one there." Those experiences give you the small moments that you look at and call the past. When you look at the past, you see patterns.

You don't physically see all of those patterns. Many of them you experience emotionally, and many of them you experience spiritually—in higher frequencies. So at any given point you're receiving information on multiple levels. But as you grow and change, ideally

*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.*



***Lea Schultz***

you become more capable of seeing those patterns that are on higher levels. When you're able to see the patterns in those higher frequencies, you're able to project them into tomorrow and tomorrow and tomorrow.

***You also said that ultimately evolution has to be a Light-based process, and revolution has to be a love-based process in order for either to work. What did you mean by that?***

I was making reference to things either continuing in growth and power toward the completion of the Plan for the highest good or continuing into chaos and destruction, de-evolution. So simply speaking, following Light and love is going to bring about evolution and revolution that will continue forward positively for a long time. Not following Light, which eliminates the higher levels of your genetic material; not following love—eliminating love—puts you onto the chaotic, destructive path of fear and only creates short-term revolution.

A good question is, Are we talking about geologic time or are we talking about a lifetime? How can you put a perspective on long-term change and short-term change? I was referring to a lifetime. Long-term change goes *through lifetimes*. Short-term change can be anywhere from a few minutes, a few years, a decade.

***You have indicated that there will be a large burst of creation energy coming to the planet around the winter solstice. What is the best way for Guardians to make use of that energy?***

One of the most important things for Guardians to be doing at this point is to be cleaning house. I don't mean that physically, although it's always nice to do that and many old customs say that is exactly what you should do at the end of the year. I'm referring to internal cleaning. You've spent the last year and a half—and if you want to take that further, the last four years plus a little—working on issues, working on clearing out what isn't necessary, old beliefs, patterns of difficulties, and core issues—particularly over the last nine months.

Use that energy to finish the work with core issues, and get rid of those patterns and beliefs that aren't serving you and need to be put aside. Actively work toward functioning at your best, keeping that pineal clear, keeping your thoughts clean—clean is maybe not the best word . . .

**Positive?**

Well, yes.

David you have done woodcarving yes?

**Woodturning.**

Woodturning. You can take a piece of wood and carve it or spin it down to nothing but shavings, can't you?

***It's called making sawdust.***

Making sawdust. Well, I see thoughts in very much that way. As a block of wood, it is possibility. You can do a couple of things with it. You can start carving into it and find that there are some places that maybe are very, very hard, so you're not going to shape them easily. That means you've got to refigure your pattern based on what the wood presents to you, what its potential will allow. Or you can just go at it and chip it up into all kinds of pieces; you may never meet that potential, but you're going to have wood chips up to your ankles, which for many people

makes them feel like, "Oh, I've done something. I've got plenty going on here." They never meet their potential, but they make a lot of sawdust.

Right now Guardians—in fact everybody in the world—need to be working toward their potential and not just doing stuff for the sake of doing it. Your life should be meaningful. You should be flowing with your strengths. Meaningful living involves contrast. And the reason it involves contrast is because any given point has nothing to anchor to if there is not another point to work with. A point of creation remains merely a point of creation if no action is taken with it. It's a pocket of energy that goes nowhere, and many Guardians are pockets of energy going nowhere.

It's very hard for Guardians who are not actively fulfilling their best, but their best is where the contrast comes in. If you know what your best is and you're not actively trying to fulfill it, you're going to be very unhappy. If you don't know what your best is, you are going to feel as if you are floundering. So the key is to start looking at your strengths and, through that, to know what your best is. That's going to require that evil, evil word *sacrifice*. That sacrifice is letting go of the comfortable in order to explore. Many don't want to do that, but this world is not going to change if Guardians *don't* do that.

***We know that you cannot predict the future, but what trends do you think we might see in 2017, and will our planet continue to***

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Your life should be meaningful.  
You should be flowing with your strengths.

A new Lifescapes event with

*Samuel*

# Entering the Light Bridge

“2017 is the year of the Phoenix, a year of growing passion, renewal, and freedom. Many of you will experience a marked rise in your frequency which will create an opportunity to enter and activate a Light Bridge—a permanent doorway between the 5th and 6th Densities—in August, 2017.

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*Samuel*

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# Samuel

r e s p o n d s . . .

***On the recent trip to Guatemala, you told us to practice connecting with the unseen by doing a kind of sitting with three or more people and to put out a group Intent about what information we want to receive as a group. Please expand on what is possible for us to do by connecting with the unseen.***

As so often happens when I give an exercise, I think it's very straightforward, and yet people want to take it further: What else can be done? Where can it go? But the fact is, that just becomes brain candy because, until you're doing the first part of it, it doesn't matter what's possible.

However the good news is, when you are sitting together and connecting with the energy around you and gaining focus with it, you begin automatically to see where else it can go. It is a progressive teaching that has boundaries determined by the group that is working together.

Now, is this something useful for manifesting a better job? Yes, it is, but that would be a real waste of energy. Ultimately you'll see it as an opportunity to affect energy. For example, you have two candles in a line. They are both lit. When you blow out one candle, depending on how strong you are, you might blow out both. That's the whole birthday-cake idea. But if you blow very slowly and very carefully, you may not even blow out the first one. You learn from experience how far you can go to accomplish exactly what your task is. No matter what, though, you're going to affect both flames. If your purpose is to blow that first one out, you may not accomplish that, but you're going to affect the flames. So it's all about learning as you go. The need for a given outcome—"Well give me the carrot. Show me what I'm working toward."—is fear-based because it eliminates that progressive, immersed learning. It starts putting expectation into it.

***And that means it's ego-based?***

More often than not.

The second part of it is that when you want that outcome, it puts you into a judgmental role. That's where the ego comes in. "Well, am I there yet?" "I'm not there yet." "That person's there. Am I?" So I don't like "Tell me what I can do. Tell me what it's going to look like." And needless to say, the future isn't going to show up exactly the way you think it is, no matter

what. So why put that out there?

***So connecting with the unseen is actually expanding your spiritual awareness?***

It's more than expanding your spiritual awareness, but your spiritual awareness must be expanded in order to do it. Working with the unseen opens a multitude of opportunities: personality essence is an unseen contact; dimensional crossovers are unseen. But in addition to those you have the energetic world of the Elementals; you have Guardians who are working in the unseen rather than the seen; you have the whole dimension of creation possibility—manifestation—that you can draw to you. There are many different arenas, and depending upon the nature of the group that is together, you're going to open this one rather than that one, and slowly work your way through to all of them.

Of course it's all energy.

When you think of unseen, what do you think of?

***For me it usually is the Elementals.***

Aye. Well it's energetic being, or focused energy that isn't functioning at a frequency that you are capable of physically sensing. Your dog might be able to, but as a human you can't, so through this process you are learning to expand what your human self can do, and ultimately even expand beyond the human.

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***There are several Guardians in Phoenix who have moved on—most recently Heidi—and you've said they're continuing the work from the other side. In what way are they continuing the work to move the planet to Sacred Status? How is that work done from the other side, and what are they doing in order to continue that work?***

By influencing the currents of energy that are coming together but are yet unformed—that's the bottom line. You're walking along and you suddenly get a feeling that you need to stop, so you sit down and then see a hole you would have stepped in otherwise. Or you put your hand down into the dirt and pull up an arrowhead or piece of pottery or whatever. But that little sense of "hey"—that little voice—that's one way, and is probably the most obvious way for the world as a whole. It's stimulating higher frequency awareness by interacting energetically. Take that idea of walking along and getting that sense, "I should really . . ." and turn that into "There's got to be more than this. I'm going to look into how I might be more than this." That same kind of energetic interaction can help the awakening process tremendously.

But on another level altogether, the greater work is weaving, if you will, the larger currents of thought and



*When Samuel spoke about gratitude recently, I realized that one of the things I am most grateful for is the financial support from Guardians that enables Phoenix to continue working with Samuel to bring about the completion of Sacred Status. To all those who donate and support our Pledge Program, you have my deepest and most heartfelt thanks.*

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*With deep appreciation,  
Jean Elder and the Fundraising Committee*

affecting them in a positive way before they become manifest, the idea being to turn destructive tendencies around. But that's not an individual thing; it's working at a much higher level, going even beyond the planetary level to a full dimensional function. So, depending upon the frequency level, it can work in your brain, it can work in the thought patterns of mass consciousness, it can work in the energetic frequencies that come through the creation process of mass thought—amplifying a group working, amplifying a world-wide working by staving off a world-wide fear—or even move beyond that level into creation energy itself.

Heidi's shift was about working in the unseen to make the unseen known. That's specifically where she is working. Those within Phoenix who have gone before work in different arenas. That particular question was only brought up because of Heidi.

***Can the unseen help us to be aware of service opportunities and how best to respond to them in any given moment?***

Yes.

***If that is true, then how can we best access that information when we're not in groups of three or more?***

Well, if you get good enough at those groups of three or more, it will imprint itself on you and you'll be able to make some of those same energetic connections by yourself, but as a group you'll work much faster and in a much stronger way. You're also limited by the lowest common denominator within that group, but focus can overcome that.

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***At Lake Atitlán, the group ended up doing two rituals to open the Stargate instead of one. What would you say were the main reasons for having to do that, and what can we do to be more effective in future Stargate work?***

It was a very small group and a very short trip. When you put those two together with the required components of bonding and unity and focus and consciousness, everything's going to be accelerated and more intense. But they simply weren't together that first time. The good news is, it pretty much startled everybody enough that they *really* got focused for the second time.

Additionally, this group has never worked on a Stargate functioning on earth here. If this had been a Dragon Seed, the group would have known how it was

going to work, what it was going to feel like, what was needed, and they would have had confidence because of past successes. That wasn't available.

Then add to that the fact that the power of the lake had everybody so blissed—really—that focus became even harder, because when you feel merged already, pulling out of that enough to function on yourself is very, very hard. So I wasn't even positive that it would be opened at all, but it was so close that I knew that if I just pushed it that's all it would take.

Nonetheless, we still had two people fall asleep while I was running the ritual. *Two* of them.

***You said before that people still get it while they are asleep on some level.***

That's a lot different than in the middle of a ritual. It's one of those things in which you're not there [on a group trip] to be a tourist, you're there to do that work. I warned the group—and EarthLight warned the group over and over—keep your focus on what you're doing; don't get scattered checking out this beautiful area. Nonetheless, it happened. One of them was old enough that he really couldn't keep his focus because of the different things going on with him, and being worn out added to his difficulty. The other one had a lot to do with—I'm looking to say this nicely—too much self-indulgence.

***So it sounds like a lot depends on the actual location, where you are.***

You can't do a Stargate except at that Stargate.

***What can we do to be more effective in Stargate work?***

Remember what it is you're there to do and keep your focus on it. Be able to function at your highest frequencies on a day-to-day level so that when you go on a trip and you're faced with whatever you are faced with—the blissful and the non-blissful—you're not tripped up, you know what it feels like, you can easily be there. Then no matter who is on the trip, no matter how many are on the trip, no matter where you are and what kind of energy the place is putting out, you're going to be able to do what is needed because you're confidently, consistently functioning at your highest frequency.

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***How can we best make use of the new energy available to the planet since the opening of the Stargate in Guatemala? Should we wait for it to come through and then direct it, or should we call it through ourselves to help with specific intentions of the different aspects needed for the successful completion of Sacred Status?***

Really nice thought, but Stargates don't work that

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way. Stargates aren't putting out a type of energy that you can mold to your will in any way. They are transportation portals, and the energy that they put out is related to the particular end-point or end-points of that Gate.

Pleiadean energy is about harmony, so harmony moves out like pulsations as the earth breathes. It's not an energy like a Dragon Seed that's going to mold the area around it. However the area around it will mold somewhat *to it*. Do you understand what I'm saying there?

***It's a more localized effect than when we did Dragon Seeds, where the water would carry the energy out.***

Right. The purpose of a Stargate is not to bring change into the world except as a transportation portal. However, the nature of the Stargate will have an effect. The people in the area—and it's greater than just the highlands of Guatemala—were very simple, peaceful, loving, generous. You've been in areas where people were frenetic or stressed; this was totally not that kind of energy.

The Stargate had an effect, but you can't just reach in, take a piece of it, mold it and then toss it out and expect it to spread to the world. It *will* have an effect and it *will* spread, but not because of something you did. Except you *did* open the Stargate, and that's a big thing.

***Is there any way we can help direct the energy that is coming from the system that the Gate is associated with?***

I gave exercises in Guatemala about connecting with particular beings—connecting with the Pleiadeans, connecting with the particular energies that would be using that gate. Just do that. But it's not really necessary.

***Would it be helpful for people to continue doing those exercises?***

The connections with the Pleiadean and Arcturan and other systems out of that Stargate are going to be active. There's no reason not to keep doing those exercises.

***Is it something that people who weren't there would benefit from?***

Sure, because the Stargate is opened.

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***As a Guardian, I have most recently been working on forgiving myself—especially for the shortcomings that I have projected onto other people. In the hierarchy of spiritual assets I have available to me to fulfill my Guardianship role, how important is self-***

***forgiveness? And when it comes to others—not necessarily Guardians but other Light Workers—how important will it be for them to get in touch with self-forgiveness in order to move this planet along in its evolution towards the Light?***

As a whole, self-forgiveness is vital because, until you have completed enough of your own spiritual growth to reach that point where you recognize, "This is what has been, and I'm able to release that and accept that that is where my mind was and where my heart was," you're not going to be able to move forward. You are going to be bound, and those influences will forever bind you—that is what a bay'unz is. So self-forgiveness is vital.

This is a real general statement but I'm going to put it out there anyway: Most of the time what you are forgiving yourself for is being judgmental, particularly when you are looking at it in terms of expectations you have of others. It's all about judgment. If you can get over being so judgmental, that's going to make the biggest difference in speeding through the self-reflection and forgiveness process. I don't think people like to think about how much comparative judgment they put into their lives. "Oh, I've gotten over that. I'm not doing it anymore." Not so. If you are focused on functioning at your highest frequency, the self-forgiveness is going to become a part of that. But if you're focused on self-forgiveness you're focusing on what's wrong with you instead of what is right with you. So while there is a place for it, it should be a part of a greater whole being, a whole evolution of spirit.

Will it make a difference if all Light workers work on self-forgiveness? Light workers that are not Guardians—which is how the question was worded—are not your concern. You are only responsible for yourself, so you can't say, "All Light workers should be doing this." It doesn't work that way.

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***If we come from a different planet than Earth, why do we have so many past lives on this planet?***

Not everybody has a whole lot of past lives on this planet. It's a matter of where you have chosen to experience your greatest amount of mastery. If it is on this planet, then perhaps you have put yourself on the wheel of life, and that would make for many, many connections.

But remembering that time is a very human construct—and even your dog doesn't look at time the way you do—that idea of so many lives becomes relative. It's just a blink, and it does not change the fact that your greatest amount of work

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# In the Vegan Kitchen

The winter holidays are upon us, ready or not, and this time of year means lots of cookies, pies and cakes to tickle your palate. But if you want something a little more unusual, our much-appreciated potluck contributor, Greg S., offered this as a wonderful alternative!



By Paula Thomson

## Vegan Pumpkin Crème Brûlée

*Adapted from Vegan Desserts in Jars,  
by Kris Holechek Peters*

### Ingredients

3/4 cup non-dairy milk of choice  
1/2 cup raw cashews  
3/4 cup plus 2 tablespoons evaporated cane sugar, for making the brûlée on top  
1 (15-ounce) can pumpkin purée (not pumpkin pie mix). Libby's is a good brand.  
1/3 cup maple syrup  
1 teaspoon vanilla extract  
1 teaspoon ground cinnamon  
1/4 teaspoon freshly grated nutmeg  
1/4 teaspoon ground ginger  
1/8 teaspoon salt

Set aside six 4-oz. canning jars.

In a small bowl, combine the milk and cashews and let them soak for about 30 minutes.

Place the milk and cashews in a food processor or blender container and purée until creamy.

Add the 1/2 cup of the sugar and the remaining ingredients, and blend until creamy, scraping down the sides as needed. This takes about 2 minutes.

Pour the pumpkin mixture into a saucepan over medium heat, stirring often, until it begins to bubble and thicken, about 5 minutes.

Fill each jar to just under the brim, leaving about 1/4-inch of space. Refrigerate the jars until ready to serve.

Just before serving, sprinkle 1 tablespoon of the remaining sugar over the top of each jar. There are two options for making the top brûlée. You can use a propane brûlée torch or broil the tops of the deserts.

If using a torch, follow the manufacturer's instructions.

If broiling, place the jars on a rimmed baking sheet and turn the broiler on high. Place the jars under the broiler, with about 2 inches of space between the jars and the element. Keep under the broiler until the sugar caramelizes and becomes brown—30 seconds to 2 minutes, depending on the intensity of the heat. Keep a watchful eye on the tops as the sugar will burn very quickly.

Although Greg hasn't tried this, he thinks you should be able to pour the contents into a graham cracker crust, cover it and let set for a few hours to firm. Top with vegan whipped cream if you like.

Bon appetit!

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It rhymes with attitude. Having an attitude of gratitude sounds like an easy thing, but for a large part of my life, I had a tendency to focus on things I thought weren't going so well—the emotional bullying of a partner, my lack of prosperity, my meanie boss. It was hard to have an attitude of gratitude when all my focus was on the negative things in my life.

Then I met Samuel. He's been talking about gratitude for at least twenty-two years, which is how long I've been crashing this Guardianship party. It took me a while to understand what Samuel was talking about. Apparently we were supposed to be grateful for everything, which floored me. Resistance reared its ugly head. What do you mean I have to be grateful for my ex-partner who lied to me, bullied me, and had affairs behind my back? I'd rather be righteous, long-suffering and tell all my wounded stories to anyone who would listen. The problem with that mindset was that, after a while, my friends didn't want to listen anymore.

With all that negative focus consuming my thoughts, I wasn't healing. It was like being in a self-imposed state of arrested development. After listening to Samuel repeat himself year after year, I decided to stop procrastinating and apply what he was saying. I sat down and wrote out everything I had to be grateful for regarding my ex and came to the realization that what I

learned from that experience was how to trust my own intuitive inner voice. That was actually a big leap for me, and that's when I discovered the power of gratefulness. It heals. It opens hearts, and it allows change from within.

Samuel has also been asking us for years to resolve our core issues, and it occurred to me that core issues were at the basis of all my difficulties in the first place. Allowing my unresolved issues to accumulate over years without doing anything to resolve them helped contribute to my overall unhappiness. They helped shape my beliefs that relationships were harmful, people weren't to be trusted; I wasn't worthy, competent, or loveable. Samuel said something very profound that resonated with me recently. He said, "The Universe likes completions." It occurred to me that my forward movement was held back by my lack of completions. Samuel has also said that we can't have completion with something until we can be grateful for it. This was also a big motivator for dealing with my core issues. Who wants to spend their life being miserable over such insignificant things? Gratefulness was a game changer for me.

It's taken a while to go through all my issues, beliefs, and wounds and apply the gratefulness salve, but somewhere along the way I began to notice that I was having fewer and fewer negative moments. I was having more spontaneous knowing, easier understanding and acceptance of situations occurring around me, as well as reduced judgment of situations or people. Who knew something could be so easy?! Why did it take me so long? I was grateful for this shift.

Then came a lot of cosmic energy. Samuel warned us that this was what we've been waiting for. This energy would affect everything and everyone. Things were going to start changing pretty quickly, and we needed to step up our game so we could be of service to the world when stuff started hitting the proverbial fan. I saw what that energy was doing to world governments and the people they served. It's easy to sit back and watch things hap-

*continued page 12*

by Pat O'Malley

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



**receive large energy transmissions? And I'm talking about the kind we were experiencing this year, which had a pretty profound effect.**

Twenty-seventeen is going to continue to bring very large energy transmissions. Three very large ones are obviously going to bring about change. The kind of change I would like to see is revolution. I want to see people standing up for love, for the highest and best, not sitting back and watching just because they're not right in the middle of it.

Am I saying become a political activist? No! As I've said before, become an activist for love. Become an activist for spiritual growth. Any miserable person you see out there is working on fear, so show them how to release the fear and function in love. Every Guardian is a teacher, and every Guardian should be *consciously* looking for ways to teach America and the world how to function in love rather than fear. And it looks like you're going to have at least four years with a lot of fear-mongering, so it should be a very good time to learn to swim against the stream. Don't live in fear!

**If you were a Guardian living in form at this time, what would your perfect day look like?**

I'll tell you what makes a perfect day for a Guardian, and we'll leave me out of it. Simply consciously functioning in love, functioning at their highest frequency from the moment they are conscious, even before opening their eyes, up to the moment they become what you would think of as unconscious again when they are sleeping. But even as you sleep, your dream school is an opportunity for functioning at your best and highest. So essentially that perfect day would be "consciousness 24/7."

In Guatemala I said, over and over and over, the big message was "Be conscious." I gave exercises regarding consciousness. Start by trying to spend five minutes being fully conscious of everything you do. Extend it to ten minutes; make it an hour; make it all day. Of course most people found that totally impossible, but everything is impossible if it isn't practiced. You're not going to become better if you don't try. So, consciously putting love into everything that you are doing.

I can almost hear someone asking, "Yes, but doesn't there come a time in which you are able to not have to think about it and not have to do that?" And the answer is yes, but you're not in form at that point. Being in form takes great consciousness. That consciousness involves the synthesis of the gut, the heart and the crown brain. When all of those are working at their best and highest, it creates an individual who is experiencing the best and highest.



has been done elsewhere—if it has.

The main premise of the question isn't quite accurate because many have not had so very many lives. There are some for whom this is the first time around. You can kind of tell because they're having a really hard time at it. That's a difficulty Guardians have, because most Guardians haven't had a whole lot of lives. Again, that's a relative statement.

A good Hindu would tell you they had thousands of lives. If that's what the "so many lives" referred to, that's because they've chosen this wheel of life. A Guardian might have two, ten, a hundred lives. That's nothing, especially when you consider that they can be at different times and places. It's nothing compared to one who has chosen Earth as their primary place of growth.

**What about the premise in the question that we come from a different planet? Would it be better to say "somewhere other than Earth"?**

I would go with that. There are those from planets, but your concept of "planet" is limited to the few hundred that you've recognized, and there are millions—billions—of galaxies out there that all have planets. It's better to say "if we're not of this dimensional reality," because that sort of eliminates the limitation.



## PHOENIX INSTITUTE ATLANTA -- cont'd

pen and be fairly neutral about it when those things are happening to someone else. What happens, though, when stuff starts happening right where I live?

What do you get when you mix a dysfunctional government, a bunch of disenfranchised and angry people with a long-term cosmic energy cocktail? As Samuel has been saying, we get the government we deserve. We also get a big old pile of scared people. Who are you going to call for help? Guardians.

What does gratefulness have to do with the big can of crazy that has opened in America? Everything. I'm grateful we have been working with Samuel all these years and we are ready to go. I'm grateful for core issue completions so I can focus on my service. I'm grateful that all the scared people have Guardians to help guide and guard Life Force and show them there is a different way to be. I'm grateful that the change that Samuel has been promising is here. I am grateful that I get to pull up my big girl panties and work alongside all my Guardian buddies during this time of great need. Boot camp ended a while ago, and everything since then has been a fine-tuning. I am grateful we can say, "Don't worry, we've got this." 

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**ACCOMMODATIONS**

The cost of lodging is not included. Make your discounted room reservation online at [www.boonetavernhotel.com](http://www.boonetavernhotel.com) using group ID number **142225**, or call Boone Tavern Hotel at **1-800-366-9358**. Let them know you're attending EarthLight's Retreat to receive a discounted rate. The reserved block of rooms will be released and open to the public on March 27. Space is limited so make your reservation today!

**Register**

Register online at [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com) or mail your completed registration form and check payable to EarthLight or credit card information to: EarthLight, P.O. Box 835, Lexington, KY 40588. To qualify for the early-bird discount registrations must be paid by April 13.

**FOOD**

Meals are not included in the registration cost. There will be limited vegan options offered by Boone Tavern and other local restaurants. Inquire at Boone Tavern's front desk for information about local vegan offerings.

**PLEASE BRING**

Something to give away that represents you.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Phone (h) \_\_\_\_\_ (c) \_\_\_\_\_  
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Method of payment:  check  credit card  
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 Exp. \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_ Zip \_\_\_\_\_  
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All future communications regarding the Retreat will be by e-mail unless you clearly request otherwise.

**Cancellations:** 100% refund before April 13 and a \$50 cancellation fee BEGINNING April 13.