



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2017

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

***In the current set of Lifescapes you are talking about building a Light Bridge. Please explain what a Light Bridge is and its relevance to Guardians at this time.***

All right, first I'm talking about *entering* the Light Bridge, not building one; the bridge is already there. And the bridge that I'm making reference to is the . . . I'm trying to think if I'm wanting to call it an entryway or a doorway like a portal, or if I just want to leave it at energy—maybe both. Like a portal, it is a means by which energetic transference comes about. Remember that for quite a long time Alcyone was—and now Sirius is—a filter, so to speak, through which high-frequency energy would be stepped down so as to be able to function on Earth. This is the Earth's own Light Bridge. The energy is no longer being stepped down because the energy on the earth will have been raised to a level that it will allow that transition without destruction.

***Do you mean the energy of the earth or the life force on the earth—or both—will be raised to that level?***

Both. The whole process is about the frequency of the planet *and* all life force on it, so both.

***The Stargate in Guatemala was recently opened. Is the Light Bridge related to the opening of the Stargate?***

Yes and no. Energy moving through a Stargate has a different route, if you will, because of an open Stargate. A Stargate opens to particular places. It's not just a wide-open "Y'all come." It is like a

Grand Central Station that only covers the New York area. It's not going to cover Oregon. But as the Stargates open, it allows a very easy route to bring help for what's going on here on earth.

To go from Earth through the Stargate requires, at this point, moving through Sirius. Once the Light Bridge has been entered—and entered is really just another way of saying reactivated, because there was an earlier time when it was active—once it has been entered, those who are leaving this planet will not need to go through Sirius. But it's only activated when there is a minority of third-density frequency. So entering the Light Bridge—a bridge of light frequency—is step one in the process.

Step two is experiencing that Light Bridge. I'm going to be talking about this in the next Lifescapes. And then finally it's fully active, and that will be interesting.

***What will it look like?***

Think about it: You will have access to other forms of life. What would that look like to you? Well, if you were capable of doing it you wouldn't find it scary. You'd only find it scary if you were not capable of it, because that's human nature—being afraid of what you do not know. It is much more about opportunity than it is access, but you would not have the opportunity if you did not have access, and you do not have the access if you're functioning with third-density energy.

Most of this planet has been functioning in third density, so everything has been based on the "seen." Moving out of third density the doorway is going to be open, physically, mentally, emotionally, to the unseen. That will look like when Dorothy walked out of the house into Oz and everything lit up. That's a very simple way of saying it. Your personal experience of it is going to be somewhat unique



to you, although it will be the same as others who also work at your frequency.

***But won't individual brains translate it in different ways?***

Remember that you're not going to be based in fear, and you're going to be seeing more than you saw before. So the brain is already adapting to that. And when you know that there's more than what you see—what is solid—you begin to see more than what you thought you could. So it is much more likely to be a natural extension of that first change. What people should be imagining is life without fear ruling them, because *that* is the biggest change.

The difficulty, the pin in the balloon, is that if you are still ruled by fear, you're not going to be experiencing this. So the importance of releasing those fears you're still holding on to is vital. As much of a promise as the coming summer eclipse holds, there's also the typical warning, "Get your stuff handled" in order to experience it fully rather than in bits and pieces while you're still letting things go.

***Would you explain why the forced movement from one density to another is not an interference with free will—or is it?***

Every life form on this planet has a compact for the Greater Plan, and this is a part of that process of Ascension. Whether you as a human are consciously aware of it or not, you've already said yes. It's not an impact on your free will, although I would say that having an impact on your free will would have made things a lot easier a long time ago—three Earths ago.

***But being human means that we sometime resist change and do give in to our fears. How can we best prepare for this influx of energy?***

The way that that question is asked assumes that there is not life without having those fears, those difficulties, which creates massive justification amongst humans, including Guardians.

Life without fear changes everything. *Everything*. But there are going to be people who even fear living without fear, because that is what they are comfortable with. This is an opportunity, not a given. I can't make this happen. It's throwing ye olde rock into the pond, and something stops it from going to the bottom. This is a pre-planned event—experience—in which the sun rises, the sun sets. It's a natural part of the extension of the Ascension process, but humanity has never before gotten to this point. There's no basis on which to say "This is what it will be like. This is what will happen." All I can do is say don't go into the Light Bridge with fears.

I'm actually rather excited about it.

***Also do not go in there with expectations?***

That's true, but going in with fear takes the experience away from you.

***That's why you said that we might experience little pieces but never get the whole picture.***

Right. It's like you are looking through a mask that has a few pin holes in it instead of being without the mask altogether.

***Opening the Stargate in Guatemala opened a doorway to bring more of the Divine Feminine into the world.***

Yes, indeed.

***What indications do you see that the Divine Feminine is making changes on our planet?***

Well, you want to remember that the Lake Atitlán itself was a function



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**Phoenix Rising**

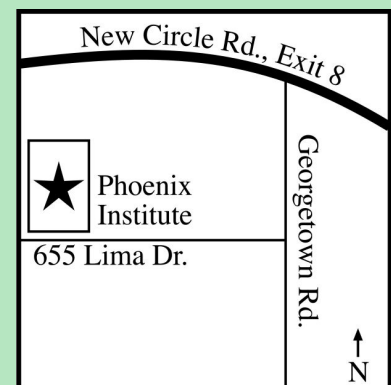
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of Divine Feminine energy, and *that* is the Divine Feminine that was activated. Essentially, the Divine Feminine opened the Stargate, but that Divine Feminine was not the Divine Feminine as an archetype itself. It was just the Divine Feminine quality of the lake, just as you can have a Divine Masculine mountain or a Divine Feminine plateau. So the first thing to remember is that the Divine Feminine that Lake Atitlán is all about is not the same as the consciousness of the Divine expressed through the Feminine that is currently in transition in this world. That's a different thing altogether, and yet is still a part of that whole. That is why I made the comment in Guatemala that those who lived around Atitlán were going to find that they were changed after the opening of the Stargate, and that change would move out from them. That's because it is a local experience and I would not think you could see that show up yet. "One by one by one" takes time. Mainly what *they're* experiencing at this point is an influx of people wanting to check out the area—tourism, I guess—and they don't know why. But people are being drawn to it, and that's usually the first step.

***At the New Year's Eve ritual you seemed to be calling star energy. Is that why the ritual was shorter than ones we've done before?***

A ritual needs an Intent, and a ritual needs a calling. It also needs to be recognized as a function of the Light, and it needs to be closed. All of that can be done in one sentence, or it can be done in a long process that tries to connect with all of the ways *you* relate, which is what I have tended to do.

Some of you do well visualizing, so I give you a visualization. Some of you really connect into the power of the calling, and so I'll call the energies of the Elementals, each one. I'll call different beings of Light that function within the Hierarchy of this world. It's all based on those taking part. And I enjoy it because I love watching you create power and being able to call and receive more this time than last time, more this year than five years ago. I *love* that, so it's fun for me.

However, as I often do, I will experiment. If they do this will it be effective? If they do that will it be effective?

New Year's Eve was very effective. The Winter Solstice/Festival of Light, was especially effective. Many of the people in attendance have worked in unity together for rituals for a long time. It is a real spiritual community of people who love each other and love working together. Many of them had opened a Stargate, and they were all back together. It was a great opportunity to see what would happen. My focus was on

what happened at the Stargate.

Calling the Star Councils had in fact already been done when the gate opened. Officially calling them at the Festival of Light connected to those who had opened it, but it also allowed a connection for those who had not been there. So in a way it was unnecessary, because it had already been done, but I wanted the rest to know it, to get that connection.

***Sacred Status includes a balance in the energy of the life force on the planet and the energy of the planet. We can see the effect we humans have on the planet by the choices we make, but what effects does the energy of the earth have on us in terms of our spiritual evolution?***

There are three main areas of resonance that have a profound effect on you. One of them is the planet itself, which has a resonance that is the result of movement of its core—its heartbeat, if you will—which is not the same as the human resonance that has been expressed lately. That is also constantly moving, but I'm

*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*

not talking about that. The Earth has her frequency, and it's measurable, and it stays pretty much in your measurements—whatever you would call your measurements—around a ten. That constant heartbeat affects your energy on a molecular, particle-by-particle level. It has to be a good balance; a shift off of it and your life would not be supported. There is so much about your planet, if things were just slightly off, if the proportion of molecules creating your air was slightly different or if you were orbiting a *little* closer to the sun, you would not have life. It's all so perfect for you.

In your ionosphere, you also have a resonance, a measurable result of the combination of life force upon the planet and of the planet as it moves through space and begins resonating as a result of the energy coming toward it. That also has an effect on you, but its effect tends to be more mental and emotional, and it has a lot to do with sending energy back into the planet to help it in its own growth process. Earth gives, you maintain.

You and the earth have an amazing frequency that even fifty years ago was never around, and it affects the mental/emotional positioning of every piece of life force on the planet, which then, of course, filters to the planet itself.

The third energy force of Earth has to do with its life seed itself, but that's best explained as its process of life and death. That cycle—it lives, it grows, it dies, it moves back—that moving back feeds the next part of life. This actually is a very, very powerful force, but it's not one that you can measure yet, so that pretty much means it's not real to you. But that force profoundly affects what you think of as your environment, and when that force is out of balance, you start seeing exactly what you're seeing in your world right now, which is desertification—deserts where there were rain forests, abundant extinction going on all beyond its normal cycles. You see massive planetary change.

Remember that second force is where all of that third-force effect is going to show up. And that means your mental/emotional state—and that of your plants and animals—is being affected by the life-death process changes that are coming about. For example, you are seeing more mental illness right now—maybe you would think of it as drama: more drama, more change-related activity than ever before—and it's directly related to that change in the life-death cycle.

So three major forces.


Without your physical and mental/emotional functioning at its best, you don't have a container for the spirit to be working in very easily—and I mean very easily—and, of course, that's going to have its effect on you. But mainly the effect has to do with your energetic ability for that conversation, if you will, between form and spirit, that recognition that “we're in this together,” which is the only way Spirit can fully evolve in a human body. The human body has to say all right, or else it's fighting the whole time.

Right now you have the earth's three major energy forms that are all being reflected in the mental/emotional and somewhat in the physical of the life force in this world. And depending upon how much fear is found in that mental/emotional response, there's either going to be acceptance or rejection. So, ideally the changes of the earth and its energy make things

better, but right now that's not what I'm seeing.

***When talking about this year, you said that over the first three months we would continue to experience energy that will help us get over core issues. What advice do you have for those who continue to work on their core issues beyond that time period but will not have the advantage of that incoming energy to help?***

Remember that everybody has the advantage of the energy, but not everyone will have the advantage of *knowing* that this is good, that it's a manifestation of



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what you want. Having an Intent with any energy transmission is going to mean that you're capable of putting it to good use. Otherwise, you're just going to experience it as a big push that will probably turn it into pressure and stress, and then up will come issues. So either way, you're going to get to work on those things, but being aware of it can make it a lot easier.

Be strong and courageous with everything that comes your way, knowing that there is nothing coming to you that you have not dealt with, one way or another, before, and that this is the opportunity to get to the bottom of it. And keep releasing until you experience gratitude. That takes courage. That takes strength.

For the many out there who are impatient, it's going to be hard, because they want to be over with it already and they won't push deeply enough, which is why they're still dealing with those things even now.

***How does the fact that we have chosen a world leader who inflames fears and will continue to manipulate fear worldwide tie into this process? Will it move it along faster because the fear is in our face, or will it hold us back simply because it's fear?***

Actually I am seeing really good things coming out of that process: I am seeing unity. I'm seeing conversation. I am seeing acceptance of what had been considered large differences because there is a greater



common enemy if you will. I am seeing people figuring out what they really think.

You know, your president is a business person. He is not doing anything that has not been going on in your country anyway. He's not doing anything that somebody who handles business the way that he does wouldn't be doing. He's learning what he can and cannot do—and he *is* learning. And his learning process, because of his nature, is all right there in front for everyone to see. You're not used to seeing it; you're used to having walls up, and you don't have them now.

I would like to see America continue in this massive awakening of consciousness that is directly related to the politics of your last year and a half. I don't know what will happen. There are many lines of possibility that don't have him remaining your president, for one reason or another. It's important to keep your Intent at the highest possible level and to keep directing the country through a united, positive functioning, and eliminate those possibilities that involve suffering of different kinds.

So stay positive. Stop letting what's going on right now run you. Don't buy into *your* version of what's happening, because everybody's version together is becoming a big chaotic mess instead of something you can see and maneuver your ship through.

Chaos is a function of fear. As a Guardian, do you really want to add to this fear, which will amplify your own fears, which you're trying to get rid of right now? Do you really believe that this is a mistake, that there isn't a higher good here, and that you have to worry yourself to death about something awful happening? Do you really believe that you have so little control in your life? And if you do, then work on remaining in your moment, constantly being very grateful, functioning in love, and releasing those fears. Get together with those who are just as worried as you are, and consciously send love together. Send a gold cord to your president and to each of those interesting people he keeps putting into office. Stay positive and force yourself to be anchored in love rather than fear.

***One thing I'm seeing is that people who were not interested in the political process are suddenly saying, "Wow, how did this happen?"***

People who knew nothing about what was going on—with their acquiescence, spoken or unspoken—are becoming so much more aware of the power they have but never really knew anything about. Now they're actually trying to figure out the power of their own word. I love it! It's great!

***There are many changes taking place in Phoenix***

***in all three cities. What challenges and possible solutions do you see for the organizations this year?***

Well, I think that one of the biggest things that I've seen is that there is a tendency to continue with processes that worked in the past, and holding on to them simply because they are familiar rather than evolving and changing as you go.

I have noticed that some people are so afraid of making a mistake that they do not share their ideas or act on them; or people who are so afraid of making a mistake that they take my directions so literally that they are tied in, and they're afraid to say "This isn't working for us. Is there another option?"

My best example of that is soliciting help. For many years I said you cannot ask people to join your committee or task force because it's going to put them on the spot. And then I changed that to "Yes, you can ask, but don't put them on the spot. Ask that they get back with you." So some people have asked for help, and when the individual happily said, "Yes!" they said, "No, no, no. You can't tell me yet!" They're needing to please me so much that they're not being practical about the work.

So I started instituting change. "Change! I don't care how you change. Change your programs. Change your leadership. Change, change, change!" which kind of freaked everybody out and wasn't very helpful at all, although it did open some minds to what is possible and get them to think "What do we really want to do?" As individuals become activated, they start looking for places to serve. Their spiritual life stops being a spectator sport and becomes an active part of their lives. Getting more involved will be a natural process *if* there is something to get involved with.

One of the problems has been that the cities have run very well but at the expense of those doing the work, so well that nobody figured any help was needed. Right now a really good thing I am seeing is that, as the leaders are going into their local group and saying "We're going to make changes here. Can you help us make those changes? What do you want?" they are getting people who are saying, "This sounds good. How can I help?"

Each city experiences these changes differently because they are such very different groups, but those are the basic things I am seeing, and why I have pushed to make it so and not mind the chaos that's coming from it. I don't mind it. I think it's good.



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# Samuel

r e s p o n d s . . .

***I would like to know how "regular" humans perceive us as many of them keep saying that we are different. What are their perceptions and feelings about us? Many friends have told us that they feel great just being with us, but how do we create this feeling?***

Something that I've tried to remind each of you of for a very long time is that your whole essence is loving. The more you are aware of that, the more that love spreads out, even in ways that you won't always see. But you see the effects of it when you are standing in the grocery line and someone says, "Hi. How are you?" You say hi back, and the next thing you know you are getting their whole life story, because they get that sense that you are safe. Maybe they get a sense of a healing energy, certainly an acceptance. And you know all of that as love.

You walk into a room and things change, hopefully for the better. You smile, people smile, they smile to other people, it creates a chain. You have an effect on people, and it's vital that you recognize it so that you can make use of it, that you don't rely on your passive effect on people to be your whole function of service—"Well, wherever I am, things get my energy"—but you realize "The nature of my power is such that I can love them or bring fear to them. I can be a force of good or a dark force."

Pat yourself on the back when people say, "You're different. I like being around you." But then use that. Use it as a doorway to put love in. That's why it happens that people say something. You are different. It is your energy. Use it.

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***As Guardians, we want to do what's in our power to promote higher awareness, healing and unity in our country and the world. Yet many believe those values are being willfully trampled by our new government and want to actively take a stand. Please address the pros and cons of sending energy to protesters and activists, joining with them in taking action, and joining with other Guardians to send***

***energy toward the highest outcome and restoring compassionate and loving policies to our government.***

You always have a choice in your life as to what you're going to do with your time. You don't have a choice as to how much time you have, because a day is pretty much set

at twenty-four hours, and you build your life around having twenty-four hours in a day, but you get to choose how you use those hours.

Everything that you do is an expression of what you believe about love and fear. It's an expression of how you see yourself in the world—a force of love or a continuation of fear. The more that you see yourself as a force of love, the more you are going to find yourself wanting to put that love out there. You're also going to find that you become more sensitive to that which is not love. It will affect your energy. It will cause you to start reacting instead of responding. So choose wisely.

Choose those things that will bring to you a greater positive flow of love. If that is taking part in a march for human rights and you are consciously going to be there sharing love, do that.

But I will say, if you want to make change happen quickly, unite with others of a like mind and focus on the change that you want to see. Be aware, if you are in like mind with those who are angry or violent, the change that you're going to bring about will be more of that. If you are united with those whose focus is love, you're going to bring about more of *that*.

I have not seen that your political process brings about change very quickly. Current protests are changing awareness, but they're not yet bringing political change. A suggestion might be to have a political-minded, spiritual gathering where you specifically say "We're going to get together and we're going to take three minutes and send energy toward this one thing"—and then this one thing, and then this one thing. Uniting as a force of love and regeneration rather than disabling and protesting is going to make big change fast.

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***You've said that the function of unity is what's needed for the completion of the Plan as it should be. How do you see that the Guardianship can help tip the balance toward unity at this time?***

Be united.

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***You've said a lot of our work could be done from Nevis. What makes Nevis so versatile for energy work? Is that because it's a Stargate? What energetic attributes would best describe its function?***

Nevis is a threshold, a threshold of quite a bit of power. It's a portal area, but not a Stargate. Water from the Atlantic comes through and meets with the Caribbean. Water from deep undercurrents closer to the United States moving toward South America merge and surround that area. So it's a very powerful threshold.

It's a good geographic location within that large group of islands in the Caribbean for power-casting—broadcasting thought. It's not that it's this magical little place that can't be duplicated. It can, but it was a place where the group merged easily, had good food, a good location, dealt very well with the energy and as a result did some very powerful work, powerful enough that I could say, "Maybe you can do other things from here rather than having to go to other locations one by one."

***If the group returned to Nevis, what would be the nature of the work we could do from there?***

I don't know. I never do know until I'm deciding what would work.

***I suppose it would depend on the state of the world at that point.***

True. At one time we focused on Dragon Work. Then it was all Portal work, and then it was Stargate work. Recently it's been Dragon Work again, but we threw in a Stargate. We're about to move to some very massive Portal work, and your density is going to change. So how could I settle on any one thing?

***It has been my hope that the abuses of power of our new government would eventually unify our country. However I'm beginning to see these abuses are still being supported by much of the populace and those are continuing to divide our country, and are even affecting the rest of the globe. How do you see this working out for the not-so-united United States?***

Ouch! The first thing that I'll say is that I would hope that, as a Guardian, the person asking this would recognize that the question leans heavily toward a very negative view of things. As Guardians you have by far too much power to risk a negative world view, because

what you think comes about, and you're adding energy to that. Be careful not to do that.

The second thing is, in this interview I spoke at length about the importance of your positive mental/emotional view of things and how that adds to the greater whole, and in response to an earlier question I spoke specifically about things that you can do to help make a difference politically.

Always, *always* in life you suffer when you focus on the negative, and you prosper when you focus on the positive. You do not have to agree with what is going on to be positive about it, but you do need to be positive about it. Find what you are grateful for.

Last thing about that: as we speak, it is still February—not even two months into this Presidency—and you're already giving up on seeing it positively. Guardi-

ans need to take a reality check. Aye, they *do think* they've taken a reality check, and that's why they are disheartened. Stop putting yourself in the midst of those who are working out their own issues on the political system, because that is what they are doing.

Become a force for positive good!

***In our prior communications you have said we must look to our strengths to become detached. Amid the chaos of our new government in Washington and what appears to be a blatant abuse of power by our leaders, how do we employ our strengths and remain detached and positive? Please give an example of how we can effect change with our strengths other than our day-to-day loving and stay politically uninvolved.***

I don't see that as anything new or difficult to answer. You choose to stay in your function of love. You choose to act moment by moment with love. You don't let yourself get into the fear of tomorrow, the next day, the next day, what if, what if, what if. You deal with what is before you.

When you want to go beyond that, first make sure that you aren't letting your fears guide you. Second, make sure that you are coming from a place of flexibility, love, flowing rather than reacting to each thing coming your way. Surround yourself with a community of loving, powerful people. Use that energy to put out positive change in the world. As I mentioned in an ear-

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lier question about whether to march—whether to protest—choose, but choose the loving thing.

All the political questions I have received over the last year have been based in fear of “what if things change for me?” I love that the U.S. is experiencing a tiny bit of what most of the world sees all the time, which is political chaos, more or less. I love that, but it’s bringing out your fears.

Now, the good thing about that? You’ve got a lot of energy right now to rebuild, to renew the forces of love within you, to function at a higher level, because these things are helping you see what your issues are, where your fears are. A fear is showing you an issue and these fears about “this is going to be so terrible because . . . boom, boom, boom” are not things that have happened. They are things that maybe, might, could, even probably will, but you deal with it as you can when it is in front of you. And most of this is not going to get further than the mouth that spoke it to begin with.

I think I trust your political system more than you do and I don’t even trust it much, but I know that your system is not going to move very far from where it is right now. So stop functioning in fear.

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***The world seems to be moving ever more in the direction of separate nations each pursuing its own welfare and economic growth at any price. Neither the human race nor the planet can sustain perpetual economic growth, which has always depended on a growing population and extraction of the earth’s resources, especially without international cooperation. How would you describe a healthy civilization? How will the changes you have talked about seeing this year help us to shift more in the direction of sustainable existence?***

Remember that all of this is an illusion. There is a massive change in the matrix going on right now. And when I speak of matrix I want you to remember that I am talking about the mental force that manifests creation in this world by way of fear or by way of love. And your media and your corporate- and consumer-oriented “buy into this mentality in order to feel good about yourself,” and your banking system that keeps people in enslavement—sorry; I use that word on purpose though. All of these make up the subtle energies

that are constantly being forced on you and through which you decide “I’m enough” or “I am not enough.”

That matrix is changing. Right now it’s very unstable. At its simplest, that instability either says “This change is going to bring more chaos” or “We’re going to rise above it.”

All right, having said all of that, I want you to think about the extinction of a species. There was this rare flower, and a supermarket is now being built in its little ecosystem, so the flower will never be seen again, which is so sad and so heartbreaking. And yet, nature doesn’t stop for a moment. It doesn’t say, “Well, we just need to not make flowers anymore, because clearly these awful humans aren’t going to appreciate

it. So we’re just going to stop.” No, not at all. It may not grow that flower, but it will grow another, because that is the nature of earth. Humans can destroy a lot simply by there being too many of them. The planet will never stop. What dies off here will grow stronger over there. It’s a lesson humans should learn—

humans who would rather just sit and mourn about this loss and not see the rest of it.

So, what would make a great civilization? I think an Ascended one would be perfect, but in order to get there it takes, within every individual, one version or another of figuring out where they fit in that massive flow of life. Am I going to let this supermarket built on this fragile environment to determine all of my decisions, or am I going to look at the bigger picture and recognize that life keeps going? And when you choose “life keeps going,” you then start looking at “All right, what can I do to make my life a better one?” And only when one has worked out their individual function with the world and with the Spirit they are do they ever start looking outside of themselves. That is when somebody’s going to say, as they already are, of course, “We need to do something about environmental destruction.” “We need to do something about overpopulation.” “We need to do something about starvation in a world that is so capable of sustaining that life.” “We can make these changes.” And they are going to build their own ecosystem that is strong and sustainable and that will spread, and you will end up with a sustainable world instead of a constantly breakable and fragile one.

Uniting as a force of love  
and regeneration rather  
than disabling and protest-  
ing is going to make big  
change fast.

But as I've said from the beginning, that starts with the individual. That's the *only* way it starts. Make your world what you need it to be. The Universe will help you become the person that can live in that world.

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***Phoenix Lexington recently had a town hall meeting in which there seemed to be a divide between a few who wondered if your vision has a termination date when Sacred Status is complete or Lea and you are no longer with us, and others who believe that the work is meant to continue and you would like to see Phoenix have an ongoing positive impact in the world by being an oasis for those who are Awakening and seeking Activation. What is your vision for Phoenix Institute, and what do Guardians who work with you have a compact with you to do?***

Phoenix Institute's job is my job. My job is to help Guardians Awaken and Activate. That's different than a general spiritual awakening and activation. I mean *Awakened* as Guardians to the realization that you are here to help this world move into Sacred Status, and *Activated* by serving. That's my job.

Phoenix, however, is an organization that is designed to create a community of individuals who are choosing to grow and change in order to help those who are Awakening and Activating spiritually grow and change to the fullest extent they can.

I lead leaders. The leaders then lead leaders who then lead leaders. That's why I've given you so many years of very practical teachings to create an atmosphere in which you can grow and you can help others grow—it's not one *or* the other. So the key is using those teachings to create a spiritual community in which you and others can grow.

As I said recently, the Form's not dying this year. As long as the Form's here, I will be using her. If the work is not finished and the Form is gone, I'll use you. I'll just work something else out. I'm not leaving you stranded, and it hurts my heart—if I had one—to think that someone might think I would, as often as I have said I would not. I think it's the political mindset running over into this: "Fear everything!" *Don't fear.*

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***If the entity often chooses, for the sake of its spiritual growth, a life situation with challenges such as disability, poverty, an alcoholic family or life in a war-torn country, how can those who choose lives of service know when they are helping the growth process rather than interfering in a person's life lessons?***

The first thing is that you're not choosing a life of poverty or difficulty. What you're choosing are your

parents and older siblings, knowing what you have to learn and do, hoping that they work out together.

You don't say—unless you're part of certain religions—"I have already experienced a life of being very, very rich, so now I'm going to be very, very poor." Instead you choose a family that lives in poor conditions and has had generations of poverty. It does not guarantee that the mother won't make one small change that suddenly brings hope into the whole situation and they work their way out of poverty and have a totally different life altogether. In fact, that has happened more often in the last hundred and fifty years or so. So I'm not really sure how the idea of a life choice fits in relation to those.

When are you interfering? Few people have the power to interfere in another's life choices. Some do, but few. The process of learning to live by way of your spirit rather than your survival mechanisms forces you to evolve spiritually into a person who would have that power and yet would not use it. It's about not taking away choices. And you can work with somebody a lot and not take away their choices. The more aware you are, the more obvious that will become.

I can use you two as a good example—you know I do that every newsletter. Think about your grandchildren. You know when you need to back off and let them make the decision, and when you can push a little—and you probably don't sit around and discuss how far you should go. It's actually a pretty natural thing because you have the best interest of that child at heart, and you have lived enough and grown enough to know that they need to work some things out for themselves. You know that "This one likes to be shown, and this one needs to just make all the mistakes, so I'll just put the Band-Aid on the bloody lip." You know it because you are functioning out of love and awareness. And that's how you know where that line is.



*If you have a question for Samuel, please e-mail it to:  
phoenixrising@phoenixinstitute.org*

*Samuel determines the questions he answers. Try to avoid yes-or-no questions; they might get one-word answers! Samuel won't answer questions that put the focus on him rather than the work.*

# In the Vegan Kitchen



## Ingredients

## Chocolate Chunk Cookies

2 cups walnut pieces  
3 Tbsp canola oil  
1 cup brown or turbinado sugar  
½ cup distilled water  
2 tsp vanilla extract  
1 ½ cups oat flour  
1 tsp baking soda  
1 tsp salt  
½ tsp ground cinnamon  
2 cups gluten-free rolled oats  
10 oz. gluten-free, vegan chocolate chunks

Preheat oven to 350 degrees.

Line 2 cookie sheets with parchment paper.

Blend the walnuts in a food processor for about 30 seconds or until they are a fine meal.

Add the oil and blend for a further 2-3 minutes until the mixture has the consistency of natural peanut butter. Transfer to a bowl.

Wisk together the sugar and water in a saucepan and bring to a boil to melt the sugar. Pour the sugar mixture over the walnut mixture. Add vanilla extract and stir until no lumps remain.

In a separate bowl, stir the oat flour, baking soda, salt and cinnamon until mixed. Mix them into the walnut mixture until blended, and cool the dough for 10 minutes.

When cool, fold the rolled oats and the chocolate chunks into the dough. Shape the dough into 1-½ inch balls and place on the prepared cookie sheets. Dip a drinking glass into water and use it to flatten the cookies.

Bake 8–10 minutes or until firm and slightly brown.

Cool for 3 minutes on the baking sheet before transferring to a cooling rack to cool completely.

*By Paula Thomson*

Sometimes it's all about comfort food! This is a cookie that I've made several times for the first-Sunday receptions in Lexington. They've gotten rave reviews and barely a crumb has been left.

Some tips I've discovered after making the cookies several times: First, they do not brown like commercial cookies. At the most, you'll get a slight change in coloration. Don't let this fool you into over-baking them. If they haven't firmed up after 10 minutes, just give them 1–2 minutes more. Secondly, you can certainly substitute chocolate chips for the chocolate chunks. I just like that big hunk of chocolate when I bite into a cookie, so I use Enjoy Life's Mega Chunks, which I get at our local food co-op. They're dairy-, nut-, soy- and gluten-free.

Lastly, I would advise wetting your hands slightly before rolling out the balls. The dough is sticky, which is why you dip the glass in water when flattening them, but it will stick to fingers, too. Otherwise, you'll waste a lot of dough.

Have fun making and eating these—in moderation.

# U N M A S K I N G

Samuel has talked a lot in this issue about the need for Guardians to rid themselves of fear and to be nothing but love. However, sometimes even identifying fear can be a tricky business; it is often insidious and capable of disguising itself. For example, it took me years to realize that when I feel irritated or angry one of two things could be going on: I'm either feeling out of control of a situation (or the person I'm in a situation *with*) or I feel I'm going to be judged harshly by others (or be forced to face an uncomfortable truth about myself). Both of these causes of anger have fear underlying them, on the one hand a fear of being judged by others as "less than" what I need to be at the time, on the other the fear of actually *being* inadequate.

Yes, ultimately, I am my own most severe critic, which comes from what Samuel calls "the most basic fear"—that I am not enough. It took me a while to understand what he meant by that, but eventually I realized that that fear is based in a belief that I'm incapable of overcoming the problems and dilemmas as they come into my life despite having

and sophisticated. I managed to escape the tobacco trap over thirty years ago, and thanks to past Guardianship Programs I've overcome the TV habit, but until recently, I've stayed addicted to things like chocolate and wine. And, as humans love to do, I've found some dandy justifications: red wine is healthy and helps me to relax; chocolate . . . well, chocolate helps to lift my spirits when I feel down. Isn't that what a comfort food is supposed to do? When Samuel suggested that giving up alcohol and caffeine would benefit us spiritually, one of the first things I felt was anxiety. I had already figured out that my addictions *seem* to come down to two factors—habit and escape. Varying my routines or finding less addictive substitutes can help break the habits: for instance, herbal teas might never fully replace my beloved (and caffeinated) English teas, but there are substitutes that are just as wet and hot. But the anxiety persisted, and I realized that I would first have to deal with the underlying fear. The basic truth that I discovered was that some of the things I was addicted to, like alcohol or sweets, were helping me avoid uncomfortable emotions that I feared I couldn't handle. Of course I had never explored ways of dealing with those emotions when they came up because the substances I had chosen were such enjoyable distractions and dulled my awareness of the underlying emotion; instead of confronting the fear, I found

ice cream, chocolates and wine were handy and worked just fine, thank you.

Once I could acknowledge the fear that lies beneath sadness, loneliness, and feelings of abandonment or inadequacy, I could look for healthier alternatives to eating and drinking my way through discomfort. I could

reach out to friends, ask for support on the OneHeart line or even focus more on loving myself. In fact, love, which Samuel says is the opposite of fear, is ultimately how we *must* deal with fear and all its consequences: addiction, anger, control issues and many others. Sometimes it means loving others we are frustrated with or disappointed in, other times it may require surrounding an angry conflict in a bubble of love. Or what is often the most difficult of all, it may mean loving ourselves through those difficult times. But step one is always to peek behind the veil of confusion that often disguises fear and look for the signposts that point the way to overcoming it.

**by Paula Thomson**

# FEAR

dealt successfully with the same things in the past.

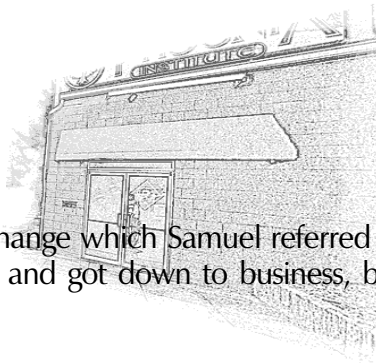
So, using anger as a red flag, to tell me that a fear is not far underneath has enabled me to work on changing the belief so that I could ultimately release the fear.

Another way that fear has shown up in my life is through addictions: television, a glass of wine (or two or three), comfort foods, or—years ago—cigarettes. It's easy to take refuge from responsibility by just acknowledging that I have an "addictive personality," but overcoming an addiction requires confronting the fear beneath it. When I started smoking and drinking in my teens, I feared not fitting in and I thought both habits made me appear more mature



# Home Base Gets a Facelift!

After the initial shock of finding ourselves in the throes of the change which Samuel referred to at the end of the interview, the Lexington Leadership got their equilibrium back and got down to business, beginning with some much-needed upgrades to the building.



The awning over the front door was showing its age despite having been cleaned several times, so a new and larger awning was ordered and installed. It was decided to keep the same rich burgundy, which contrasts nicely with the rich blueberry color of the building. In addition, on the advice of the Building Task Force, the old, leaky gutters were replaced to prevent rain from running down the sides of the building. They look great, too!

The office has always been ruled by the law of entropy, which means it always reverts to chaos no matter how much we try to clean it up. Well, now we have a “new” office, relocated to what used to be the Resource Center. After moving the RC materials into the old office, the new room was painted and good use made of the built-in storage unit there, helping to keep the office materials organized.

But what to do with the old office space? In keeping with the Leadership’s vision to make Samuel’s materials more visible and accessible, it is being converted into a new Library, with shelf



space for display and a computer with search capabilities. The new Library should be up and running by the middle of this year.

None of these renovations would have been possible without the generosity of our donors and commitment of our Pledge Program participants, for whom we are all immensely grateful. Their regular contributions not only enable us to pay our monthly bills, but are providing the wherewithal to brighten up our building and to be prepared for the inevitable repairs. Thank you for your generosity!

Want to change the world?  
Think you can't make a difference?  
How about creating and leading a Full Moon Ritual, one of the best ways to use the power of group Intent to create real change?  
Sign up now by contacting the full-moon ritual mentors.  
Angela: [angelapibiz@gmail.com](mailto:angelapibiz@gmail.com)  
Paula: [dog.lover40342@gmail.com](mailto:dog.lover40342@gmail.com)

There is one thing we can all agree on: we live in interesting times. It's the old Chinese "curse." But, as Samuel reminded us at the New Year's Eve celebration, it's vital for us to *be* what the world needs. And the world certainly doesn't need more people thinking that we are cursed or having thoughts of doom, divisiveness, anger, or fear. With so much turmoil happening around us, it seems more important than ever for Guardians to put our money where our mouths are.

# INTERESTING TIMES

by *Dina Shadwell*

Am I going to get emotionally caught up in the chaos when it's all just a grand illusion anyway? And yet, here we are, functions of Source in a human costume. If we choose to participate in our political system, we must pick a side and live with the consequences that are beyond our control, no matter if we end up choosing the winning team or the losing team.

In the aftermath of this most "interesting" election, I have found myself feeling shocked, despondent, depressed, betrayed, disillusioned. In other words, I have been buying into the illusion. When times are less interesting, I usually find it pretty easy to put on my shiny halo and keep

the big picture in mind, but this political climate is really putting my Guardianship to the test. How do I find the silver lining? How do I keep unity in the forefront? How do I stay detached from the drama, yet remain compassionate and loving?

I've been trying to see the chaos around me not as a cause but a reaction. People of all political ilk are waking up to their dissatisfaction with the status quo, and they're angry and afraid enough now to stand up and be heard and demand change. If Samuel had

hands, I think he'd be applauding. We may or may not choose to march in the streets or run for office ourselves, but there are some vital things Guardians can do to cope through these trying times and to be what the world needs right now. The Writers' Gallery—Brandi, Pat, and I—were chatting recently about just that: the things we have been doing to stay mentally, emotionally and spiritually healthy so we may be the Guardians of the Light that we are here to be.

Pat shared:

Twenty-sixteen was one crazy year. Pre-election resembled mud wrestling with hangry (hungry + angry) 6-year-old children. Post-election has not exactly been a fountain of puppy dogs, kittens, and unification. It's gotten to the point where I've had to disconnect from most of the news, fake or otherwise. Instead, my mind has turned to other times in our past where there was revolution, as Samuel calls it. Take the American Revolution, for instance. Many of us probably had a finger in that, since Guardians tend to show up during times of great change. Back then the leaders didn't just sit back, wring their hands, and troll social media; they created something new. So I guess at this point I'm looking at the create-something-new part, because that's the energy needed at this time. As Samuel once told me, "It's time to take control of the weave of your life instead of letting things happen to you." I think it's time to take control of what I am focusing on. Focusing on love and spreading it around consciously will create change where I am, even if it doesn't seem like anything is happening. That seems like a good first step.

Brandi added:

After the election I was struggling along with many others, and I recognized I had to shift myself pretty quickly from the distraction. First objective: stay away from the media, social or otherwise. Second, resort to my known and proven attitude-changers—gratitude and service. It still amazes me how quickly a shift happens inside when I move to a place of gratitude or do something for another. Fortunately, the Universe provides plenty of oppor-

tunities to express the gratefulness I feel for so many things, and to make a difference in someone's day with even the simplest of gestures. I might help with groceries, extend a compliment, pay for someone's meal, or help someone whose home is on the street. It doesn't matter what I'm doing, just that I'm doing something. The gratitude I feel includes all the little events that happen in a day to warm my heart and keep me focused on what is important and why I am here.

Like Pat and Brandi, I have also been unplugging somewhat from social media and the nightly news-watching I did throughout the election process. I want to stay aware of what's going on, but I am choosing to pull back the focus and not react with emotional knee jerks. I am keeping in the front of my mind something that Samuel said to us in November: we are not here to convince anyone of anything. When I feel a negative emotion rise up, I zoom out my lens and send healing and wholeness to the entire situation.

One great benefit of unplugging has been the

extra time it creates for me to do things I've always thought about doing but never made a priority. I have been creating visual art just for its own sake, and it's been very healing for me to Zen out with a creative project and lose track of time. The act of creating also helps to anchor the Divine Feminine, which is something this world definitely needs right now.

Samuel is calling 2017 the "Year of the Phoenix." We, the Transition Team, are being called on to dust off the ashes of yore, don our fear-repellant Teflon suits, rise up, and fulfill our compact of completing the Plan for Sacred Status. We came here with all the tools we need, so bring on the interesting times!



*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.*

**Save the date for a Phoenix eclipse event with Samuel!**

# **Activating the Light Bridge**

**Monday,  
August 21, 2017**

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**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.

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