



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

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

*As she did for our previous issue, Jeanean Jacobs prepared questions for this interview and traveled to Lexington to discuss them with Samuel. Thanks once again, Jeanean!*

***In the last newsletter interview you stated that changing Densities is going to allow for more direct contact into other dimensions. Putting that together with other statements you have made recently, such as “Your DNA holds your blueprint, but it also holds the imprint of your particular galactic colony or group” and “Guardians are not limited by our space-time, time-space reality,” what are some of the possibilities that might come from us having awareness of our galactic identity?***

If you, as human, have a stronger connection with your galactic family, for your human self it matters very little. You might recognize that you draw to you more who have the same kinds of thoughts, feelings and beliefs about the way the world works or what you’re experiencing at the time and how you’re experiencing it.

More, though, it’s going to have an effect on the Light-messaging function within your DNA, and by way of the shifts that are going on within your human structure, that’s going to allow your family DNA, if you will, to begin creating a stronger structure within it.

For most individuals, as you begin functioning at higher frequencies, you also begin functioning at higher Densities. [For an explanation of Densities, go to [www.DiscoverSamuel.com](http://www.DiscoverSamuel.com).] As you function at higher Densities you become more capable of leaving this dimension, and as you do this, as you *con-*

*sciously* move through your space-time and that which is beyond, you’ll likely run into your own ancient connections, be that your galactic family, be that your Groups of Twelve, be that energies that are choosing to cross your path and work with you in one way or another. So, with all of those, the higher the frequency you work at, the more you change and the more you’re going to have access.

***Does that mean you have more access to your Entity?***

No, not so much. Your Entity, on the other hand—and I’m using both small-e and large-e entity here—the personality that you are now connects to your small-e entity, which then connects to that big-E Entity. If the personality that you are is connected with your large-E Entity it probably means you are dead; that’s kind of how that works. As much as I say you are functioning in Oneness, you are a part of the Law of One; you don’t actually have that *full* Oneness until you’re not thinking through your personality’s brain. There are several ways you can stop thinking through the brain, but the most typical one is death.

However, connecting with your small-e entity is a function of the mastery of any personality line you have had in your various life experiences. Connecting with the small-e entity means you connect with what most people think of as God. However, connecting with your Entity changes everything. With the Density change in your world, that connection is not only going to be through your personality essence, but it will also allow you contact with every unseen high-frequency being that has been a part of your experience through that per-



### Inside

Samuel Responds	7
Beauty	10
Vegan Kitchen	11
Being the Change	12

sonality. That's going to create a kind of feedback loop in which what's going on with you is much more strongly empowered.

At the Density change you're going to start pretty immediately seeing some of the greatest changes coming about in you. Those changes have to do with the releasing of your humanity, allowing your Light Body to take over further, which allows your genetic blueprint to be fully activated. The result is that those previously unneeded, unused strands begin allowing all of your senses to be shifted up a notch, heightened. Tuning in to energy that's here but unseen will be *much* easier. Being able to see the energy of another will be very commonplace. As a result of that, your ability to tune in to your gut, to your intuitive self, to that little voice in your head—the healthy voices in your head—will also be amplified.

What you do in ritual will be greatly amplified, and I'm very interested to see what, if anything, I will be doing with ritual—certainly with this set of Guardians—because your energy will be such that all of the pretty little things that make up a ritual won't be needed. You should be able to come together, decide a group Intent, put that Intent out there, and that's it. I look forward to that, by the way.

#### ***How is that a service to the One?***

Your ability to connect with other functions of life within your universe will also change because you are connecting in through your genetic communications with your galactic family, with the entity that you are, with all of the unseen you have worked with. These *sound* like simple things, but they are massive.

The downfall of all of this: you will find yourself becoming impatient with *you* because you know more about what is possible. You may become impatient with yourself because you don't like the choices that you're still making based on the third-Density function or fourth-Density function. You will see those choices more easily. You will have a communication stream going from your heart into the Source Field. Some are going to love that, some are going to hate it, and some will never have any idea what I'm talking about.

#### ***How can we expand our ability to integrate information gained from our increased access to those multidimensional realities?***

First, learn to know what is you and what is not you. Learn to trust when you know it's not you.

Second—and I have been working to make a point of this since the energy changes earlier in this year—make sure that you are claiming “I am a function of the Law of Love, the Law of One,” recognizing your wholeness with Source. Everything in your third-Density world and continuing somewhat through fourth, is about bringing balance. That means it is not all functioning as One, because there is always a part of humanity that chooses to go its own way, to be Lone Rangers, to do their own thing.

For every act of love there very often is an act of that which is not love, an act of fear, simply because—on an energetic level only, not as a personality effect—the amount of energy put out here needs to be balanced with it being put out there. It's all about balance.

The changes going on right now with Vesta-Helios, allowing a greater influx of integrated energy as opposed to dualistic energy, will



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#### **Phoenix Rising**

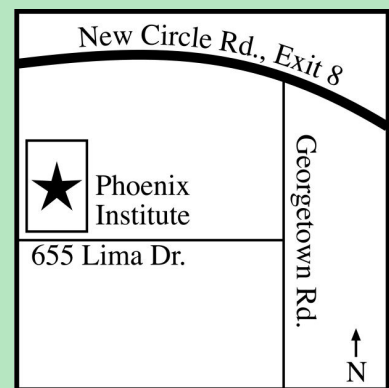
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change this, but right now, as you are functioning more and more in your Light Body, your human self fights it. Your human self fights it as a survival mechanism. It's a natural response. I'm not saying it's a good one; it's a natural one. That human connection is fear-based because it's all about survival. As a result of that, in your world there has become a great belief in the idea of "bad," "evil." And with that much mass consciousness focused on those negative constructs there is indeed that which is not helping the Workers of Light.

As you function at higher and higher frequencies, you become more aware of that which drags you down, holds you down, says "Oh, don't bother doing this. It's not that necessary. It doesn't matter. You're not making a difference." It's the little devil on your shoulder, so to speak, that for a Guardian, lures you toward inaction. The worst thing a Guardian can do is not act, not serve. So it causes a system of justification that says, "I don't need to do this. I can wait. I can do it tomorrow." You need to be prepared for this. In September particularly, you're going to be seeing a lot of it in the world. So, as you empower, you're going to be faced with a tremendous amount of opposition—from yourself and from your world.

***Raising our frequency increases our magnetism, our ability to draw like energy. How will that help us connect to our multidimensional aspects?***

By "magnetism" I assume you are referring to the molecular being that you are, which you think of as that part of you drawing Light. Well, "like attracts like," and the frequency that you are functioning at is going to draw to you energy which functions at a like energy from any dimensional reality within the universe.

***How will the shift from Word to Thought help us to develop a new relationship with ourselves, and our ability to function as Spirit?***

If you are not aware of that change, you probably would not ever think, "Oh, we are moving into a new way of creating at this point," simply because it's not a part of your functional reality. It doesn't mean you're not affected by it, but insofar as recognizing it goes, you probably won't.

However, Guardians function differently. Most Guardians' natural instinct is to flow in a very harmonized way, using Intent, Thought, Word, Deed all together, because ultimately a Guardian has access to each original Twelve, however far up the line that connection might be. Human nature doesn't have

the instinct to flow in harmony through Intent, Thought, Word, and Deed; human nature relies on each specific creation point (Intent or Thought or Word or Deed), and how they react with each individually.

Think about the difference between Intent and Thought. "I intend to bake a cake." Thought becomes something more specific: "It will be a chocolate cake." This world is moving from solid form, Deed, to Word to Thought to Intent as you function higher and lighter. Going from Word to Thought is a whole different animal. Word is a creation point: I AM. Thought is the masculine-feminine creation itself. It's the difference between little-c creator and big-C Creator, moving from Word into Thought pretty much opens the door for what your world has always called magic, that ability to manifest at will, and all of the dangers that comes with it.

***At the last Pittsburgh Lifescapes you said, it's not creating a whole new world, it's creating a whole new self. You added, working with our multidimensional aspects is going to create a whole new playing field. And you said, "Don't hold on to the old. Make a choice which solidifies the new."***

Right.

***How would consciously seeding new neural pathways help Guardians create that new self and solidify the shift?***

I always want Guardians to be conscious about whatever they're doing at any time. Good luck with that. But if you want to create a new self, that *is* going to require new neural pathways, at least in every area which does not work with the new self you are creating.

My big point in Pittsburgh was that you really need to start over. You really need to be willing to release what has been and create what you need, and to do that you need to know what it is you want. Just deciding that you choose to function in a new reality begins rewiring your brain as it is. But taking it a step farther, I want you to think about creating a new reality that allows fourth-Density function to rule, and all of the changes that that would involve. I'd also like to suggest that you look to function as your Light Body, not as your form body.

When you're functioning in fourth Density—or, for those who are going to moving higher because they're already functioning in fourth Density—you're still tied in ego; you just have control of it. Your Light Body has nothing to do with ego, so stop for just a

moment and give yourself a quick look at what living in this world would be like from the viewpoint of your Light Body with no ego. Now, of course you cannot fully process anything close to that, but you can give yourself a sense of how different it would be.

There is a rabbit that lives in EarthLight's yard and the few surrounding yards—it actually lives under their porch. If you were a little wild rabbit and this human walked up close to you, what would you think? You would think, "Giant! Great giants have come into my life! Are those giants going to take my grass, my carrots, my apples?" Every thought comes through the experiences of that little rabbit brain.

You think about everything through your human brain. But, as I have said over the last couple of years, your human brain and your heart brain and your gut brain all work together as a communication function within your body and outside your body. You have many more neural impulses within your digestive tract than in the brain itself, but even putting all those three brains together, you're not going to be able to accurately imagine what your Light Body would see here. If it was purely your Light Body functioning here, one thing you would know for sure is it would not function in fear; it would always, *always* choose love. It would not think twice about what it takes to manifest what is needed, because that's how it rolls, so to speak. You would not have to think about "What do I need to do to take care of this body?" because what you needed would be there at the time. You would feed off of the Light, so to speak, to feed that Light Body.

Create a reality in which your Light Body rules with just enough of a shell to function in humanity, but not enough of one to run things. Thinking of it that way can be a perspective that is by far more useful. Yes you've got to create a new self for that, and it's going to have a new reality.

***It's just a bigger leap.***

Yes, it's just a bigger leap. Insofar as consciously creating new neural pathways is concerned, one of the best ways to do that is to sing—really—because you are activating several important aspects of your physical, mental, emotional, and spiritual selves all at once. Singing doesn't have to use words, but if you sing what it is you're trying to implant, you're going to find in the fourth Density that it starts implanting more quickly. That will also be true for things you need to remember at work or school. Sing it to yourself; you're going to activate faster. And that's be-

cause the fourth Density relies much more on sound and light, which is also color, than third Density could possibly do.

The second way to create more neural pathways is to create a mantra; now I would say to actually *sing* that mantra. A mantra is simply a few words that you repeat over and over, and *that* creates a new neural pathway. Repeat. Repeat. Repeat. And make it a positive, already-in-the-future statement: "I AM whole."

***To release my old timelines, I recently had an experience of imagining my electrons, thinking of them as living light in a wave form, charged with magnetic force, spinning out in all directions and dimensions at once to reach out to all the other aspects of myself that have mastery over a subject I needed a greater perspective on.***

Nice.

***I imagined seeing it as a neurological feedback loop of information from them to me. I got an answer instantly, which allowed me to recognize that my old perspective was not the only version and to release the old by cutting the bay'unz and replacing them by creating a new timeline. Maybe I should sing it now, too.***

You might be very, very surprised at how effective that is.

***Is this a reasonable way of creating a new timeline?***

Well, obviously it's one good way because it worked for you. Is it something that would be effective for everyone? You don't know until you try.

Let me ask you a couple of questions about what you were doing, though. When you say electrons, do you mean your molecular structure generally, or specifically the electrons that move around the core of the atom?

***I was specifically thinking of electrons moving around an atom as a way to connect, as an access point.***

I would suggest that you change that to photons, because photons communicate within your cells and are abundant throughout your universe. Depending on where you are within your world, atoms and photons are all about communication, and that's what you're going for here.

But you don't have to make it complex. You don't have to know the science of it. Just have the Intent, "I want to make these connections." If you find that's not working to bring you to what is it you're asking about, then take it a little further and

then further. Most people, love, don't need to start out with a hard visualization. They might not find it quite as effective for them.

***I just like science. It's fun.***

Actually, I love it. I think that that visualization encompasses the whole process of reestablishing a reality. I'm sorry I didn't think of your visualization. Furthermore, it relates back to your earlier question when you were talking about connecting into that entity and gaining information from it. It's a good way to consciously do that.

***You have said that our solar deity, Vesta-Helios is changing the way it has filtered the energy coming into our world, which means the energy reaching the earth would no longer be differentiated. It's the release of duality which will change the nature of creation in our world. What will be the result of this change?***

The first thing that I want to say is that this energy coming through is an integrated energy, as opposed to a dualistic energy. It is not that it's undifferentiated, because it still has many qualities to it. For example, you have brown eyes and dark hair, but these are just different parts of your whole. So a singular force can be differentiated, and that's important because each one of those sections draws its own like energy.

Energy coming from the Source Field is a singular force. As it moves through the universe, it draws its own charge and, simply by movement, it collects like energy within all of the differences of that singular force. It draws this energy from life force in whatever form it's found throughout the universe.

Your planet's Grid has kept away much of the energy coming to your planet. The singular energy from the Source Field was diverted through Helios-Vesta (older), now Vesta-Helios, acting as the last filter for your planet. The energy would come through Alcyone (older) or Sirius and, since it was coming to a world working through duality, the energy would split, leaving the heaviest mass of like energy to flow through Vesta-Helios and on to earth. Now the split moves through Vesta-Helios as a single force once again. The single force no longer expresses dualism, which was always a very human construct. Still, the example of dualism helps because it amplifies the understanding of individuated Oneness.

When Helios-Vesta shifted to Vesta-Helios, it started that process. Individuated oneness establishes a life force that connects with each other—itsself. Dogs connecting with dogs, more or less, in a far

greater way than ever before. But it also connects with that outside of itself in a Oneness that has not been experienced before—dog connecting with human, and humans connecting with other humans, and, as many Guardians have been experiencing, even humans connecting not only with mineral, plant, and animal kingdoms, but with energy outside of humanity—the Other.

It's an evolutionary issue and it's very unlikely, at least I *hope* it's very unlikely, that you're going to be in your body long enough to see anything more than what a Guardian would notice, as opposed to what a human would notice, which is probably nothing.

***So it's not about what we are doing to support it, it's about the shift supporting us.***

Actually, it is going to have greater effect upon your planetary being, and be big help—your planet doesn't really need help—by allowing it to function at its best rather than in spite of all the damage happening on its surface.

It will do that for you as well, but Guardians are already tuned in that direction. If you want to do something to help, you might want to focus your energy on earth changes and doing what you can to soften their effects, because you will be seeing massive change to your planet. You're going to see it in weather patterns, volcanic patterns, earthquake patterns, and those three issues can create a lot of havoc. You can't stop those things happening; you *shouldn't* stop them, but you can soften the effect by your conscious connection into that greater whole and seeing it as a good thing.

***You have said that all functions of Light are stored at the sixth Density, so that DNA templates for all of life force are there (essentially as color and sound). Can light and sound be used to help Guardians or the Plan at this time? How can Guardians expand their Light-language vocabulary?***

What's a Light-language vocabulary?

***You've talked about how we organize information and the shifts in our brain so that we are not relying on the associative process. It seems to me that we would need a new way of dealing with information and communicating with Spirit. What is that new way?***

Well, here is the thing. Light is the means by which your body communicates with itself, as I said earlier, and the way that you communicate with the Universe. It's the way your Light Body—hello, Light—communicates with your body of dense mass.



It is the means by which energy is transmitted across the universe. It is everything.

***But we function so subjectively. Isn't that a limitation if we're communicating multi-dimensionally?***

But you see, that's also pretty much a necessity. You're going to go out into the next dimension and you're going to connect in to an energy which is either going to show itself to you as something that you can't remember because it is so far beyond your ability to recognize it that your brain has nothing to associate with it, or it's going to translate that energy into something you *can* connect with. And you know that expression "I don't care what you call me, just call me for dinner" or something like that. Higher frequency energy basically sees humans as children, that three-year-old that I kept referring to at that Lifescapes.

You know how a parent is able to figure out what a toddler is saying, even though it is speaking in ways that nobody but its family can understand. It's a lot like that when you're outside of your human body. Life force functions as a communal consciousness, and can only receive what its frequency will allow. That information might come to you in wholeness, but your recognition of it is adapted to what you can associate with and recognize.

You *can* visualize Light, and I think one of the best ways for you to do that is to use a good quartz crystal. There are other minerals, but quartz works very well. Put it on the area of your pineal [indicating center of forehead], which is essentially the retina of your Light Body, close your eyes, and wait. You will start seeing color. What's happening is Light is coming into your body, being amplified and accelerated by that quartz, and it's talking to your genetics. Your DNA and RNA respond to that Light. As you may know, your science has used a piece of DNA to store outside information. That's what this Light experiment shows you. You are receiving Light and storing it, and it's going to come up with the meaning of that information as you become more capable of making associations with it.

***So how can light and sound and other techniques be used to help Guardians at this time?***

Techniques make you feel good, but they're not really needed, and the higher the frequency you work at, the less you need any technique because you're able to create what's needed by way of your Intent.

I found last year, much to my distress, that this group doesn't want to work with sound and movement, even though those are the very things that work to activate the knowing within you of what's coming in by way of Light force and the energy around you to help you translate that information. Playing with sound and anchoring it with movement has very good effects, but so will sitting quietly, clearing your mind, opening your heart and listening. But most people do not take the time to listen and practice internal voice meditating. So I often wonder what use any technique I give is. Well that sounded pretty pitiful. [Laughs]

The more you're able to know yourself, the more you can distinguish what is coming from outside of you. When you know that, everything that we have discussed in this interview so far becomes the techniques you can use to understand what information you are attracting so that you can make use of it. But that's going to require you to give yourself time to see which of these techniques work for you and then practice, practice, and practice. Don't limit yourself by thinking "This is going to do it" or "This works for everyone." It doesn't. It can't. It won't. Instead, look for what you are willing to continue doing, and do it.

Sit and be quiet. Sing your Intents. Play with what you're hearing and put it all together, recognizing that it is ultimately about individuated Oneness. Recognize that it's not a foundation of fear but a foundation of Love. And you'll get everything you need, when you need it, without the problem of your head being involved.

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*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*

# Samuel

r e s p o n d s . . .

***In the June Lexington Lifescapes, you told us we or mass consciousness are presently moving from functioning in Word to Thought. This suggests that at some point mass consciousness was functioning in Deed. I am thinking that the times of Moses and the Ten Commandments might represent Deed and that changed to Thought with the coming of Christ. When did mass consciousness function in Deed? And what did that look like?***

As form, as you know it, Deed was in the creation process. Moses and so forth was by far too recent. Picture a single-cell moving into two cells. Really we are talking about atomic level creation of form. Deed was way low on the totem pole. It was what you would think of as the start of creation.

***Primordial soup.***

Primordial soup. Yes!

***How does one know one is serving the One?***

Serving others is serving the One. Functioning in Love is serving the One. Consciously living Love, this is serving the One.

Serving oneself, allowing negative ego to flourish, buying into the matrix and its limitations, these are not serving the One.

***What does it mean to serve humanity as a group soul?***

Think group consciousness instead of group soul because although the Ascension process is about moving back to a group awareness, that's not something that everybody is going to be very aware of. It's not the same as most animals having a group soul. It's not that kind of thing. It would be that you are so united and bonded with others of like frequency that rather like an old married couple—you know "We are working on this together." This isn't the same group soul you associate with plants and animals. Nor is it like a soulmate. It's a "knowing" of the other because you are One.

***What is the future of sungazing? Is it still useful/helpful/something you want us to do? And if it is, has its purpose changed?***

For thousands of years sungazing has been a very

effective way of downloading tremendous amounts of information, and just because the information is changing somewhat does not mean that the way you get it needs to change.

There are plenty of exercises I have given that I no longer say are really necessary right now, but sun-gazing? Keep it up. It's really good for you, and you're going to be finding over the next few months, few years, that you're gaining much more by that focused connection into Vesta-Helios. Right now, where there's so much change in Vesta-Helios, what a great time it is to be sun gazing. What a great time! Needless to say all of those other benefits that it gives to your physical, and mental and emotional bodies.

***Samuel, you spoke in the last newsletter about being able to match our frequency to objects. I have noticed over the last few weeks an increased ability to switch my frequency with conscious intent to match things with life force. For example, match a bee, then switch to a plant and then switch again to match the sky. It's an interesting skill, but what are the practical applications that will help complete the Plan?***

The more connected you are into your Oneness, which is what this does, then the more capable you are going to be of fulfilling your compact in this world because it's all about that Oneness.

***I would think an object would be at a lower frequency than I'm necessarily functioning at, so what would be the advantage of matching a lower frequency?***

The reason that that's a good exercise is that it's going to allow you to make your frequency more adaptable, which is important. You have a spectrum available to you. Most function at the lowest portion of that spectrum because that is what they are familiar with. Your spectrum might constantly be moving up, but you're always going to stay at the part that is easily accessible for you. So the more that you increase the flexibility, so to speak, by connecting into those frequencies that are different from you—most of them, very obviously, will be a lower frequency than you are simply because of the nature of their

mass—but the more that you are able to make those shifts, the more you’re going to move to the higher part of your spectrum, because it’s the next place to explore.

You’ve explored connecting with a crystal. You’ve explored connecting with a wall. You’ve explored connecting with a dog. You’ve explored connecting with the spirit of the group. And, of course, you’ve explored connecting with the aspects of yourself. So you’re no longer stuck at a particular frequency. You’ve become more loose, more flexible within those frequencies.

It’s a really good exercise particularly when you are stuck somewhere in your life. When you find that you have a plateau, or you feel as though you’re not really growing, then start projecting your energy and merging with things that are not you. And get yourself into the habit of quickly and easily shifting energy.

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***At the most recent Pittsburgh Lifescapes you talked about timelines. Please explain what a timeline is and why you see it as so important.***

You think of time as past, present, and future. Time, however, is a function of Form. It is a means by which you are able to relate to a particular energetic experience. You relate it to this time, this place, this person, and by focusing on it in that way you establish that was in the past or the future. Here is now.

A timeline is a function of group Intent. It is also a function of individual choice. Let me explain both of those. Everyone in this room, including the dogs, thinks that this is a table because it has legs and a flat surface and is able to hold things, and in your world you have determined that that’s called a table. And if you were to ask somebody, “How do you say table in . . .” in any other language, they would get the image you were talking about. They would know legs, flat surface, sometimes you eat on it, sometimes you store things on it: table. It’s consensus, and you have a consensus reality for the most part. It is what comes with form. Your science can pull it all apart, but ultimately it is because you say it is.

***And we teach our children that that’s what it is.***

Precisely. It continues through the generations. “This is what you are seeing when you look out the window. *This* is what your world is made of.” So you have a timeline, if you will, based upon what you recognize as happening in your world. It’s filled with

little events.

But there are things that have happened in Stuart’s world that have not happened in Jeanean’s world, that have not happened in Paula’s world. So, your individual timelines, while based on that consensus, have deviations. Well, on this date in history, everybody agrees that something massive happened—well, 9/11: nobody agrees on that. Or just that yesterday was Tuesday, right? But Stuart was working so hard he had several points in the day when he didn’t know what day it was, so he could not say it’s Tuesday; in fact, he had to ask. “What is the day today?” That’s a really poor example, but that’s showing you that along that consensus reality you can deviate.

All of that is for the Form you are. The spirit, the energy being that you are, also has a timeline. It’s not actually a *time*-line; it’s a *beyond*-time line, and it’s based upon the specific energy changes that you’ve brought into your life. The key word is not *energy*, but *changes*, because basically they’re all energy.

As you function through what consensus reality calls a day, you make constant choices. Those choices are based upon your understanding of preserving your reality, mentally, emotionally, and even sometimes physically. “I could die if I do that.” And it’s also based upon the fate factor. And when I say the fate factor, all I’m really saying is, those parts of your decisions based upon the nature of your energy and its purpose in this consensus reality.

As a Guardian, you respond very sensitively to energy as it is coming into your world. As you go through that consensus-reality day and you make decisions that are based upon your greater compact in this world, you can deviate your timeline out of consensus reality, which allows you to see what I call the matrix, the falseness of the reality, of how most people go through their days and live their lives.

By choosing a spiritual function beyond the physical, mental, and emotional functions and group function of the consensus reality, you are shifting into your own timeline. Now, that’s where it gets interesting, because when you shift into your own timeline, the only consensus you have is with those around you who have like energy and the same choices. It’s a very good thing for the entity you are, because it has greater force within your human life, but for the human, going off that timeline and creating one’s own makes you feel sort of lonely and like you don’t really connect with people around you.



Not so good, not so happy. *Consciously* moving off of your timeline still leaves the human feeling a little exposed, unattached, maybe lost, but it allows the spirit to gain strength.

Now, having said all of that, after the eclipse the timeline of your world's consensus reality is changing. How much, I can't tell you, because it would be a perceived reality. You can look back at it, though, and see the deviation.

For instance, through September you are going to be seeing very big changes going on within governments, within groups. I don't want to get off track, so I'll just say that. While you're reading this, stop for a moment and look back. Think about June, July, August, the eclipse, and what you've been seeing since then, and ask yourself what is going on right now in that time—June, July, and August—would have seemed impossible, irrational, unacceptable, because those are the ways mass consciousness thinks—it's possible or impossible. It's rational or irrational.

Right now you're living in a political reality that has so many changes you never would have thought possible. So if you focus on politics, it might not feel like such a big jump, but if you look at the effects [of the changes] on the way people think—because what they think is a consensus reality—you're going to see it.

For those who are working at high frequency, you're going to be able to solidify—not the best word—the new timeline on a positive track of loving Oneness. In fact, you *need* to do that. That doesn't require you to recognize the old timeline or the new timeline, or even accept that there's been a timeline change, to put energy into a positive force of loving Oneness.

It's very exciting, insofar as potential and opportunity are concerned, because you're not building on the old, and enough people working with common Intent toward that loving Oneness will create a

much stronger, better, easier timeline for this world to work on. A Density change is going to have to be a timeline change.

And it can mean that people don't remember a fear-based reality. I would love that. I would *love* that. It could mean certain experiences in your life that were really bad, formative experiences don't stand out in your life anymore without your having to have done thirty different things to make it not stand out to you.

Or, for everybody who does not want any kind of change, and for anybody who does not want any kind of new, it could be no different at all, though it is.

## December Events with Samuel

### Festival of Light

December 18, 2017

7:30 p.m.

Ritual rehearsal begins at 6:30 p.m.

Celebrate the Return of the Light with Samuel in Ritual. We'll unite our intentions for amplified Love in the world in our new level of Density.

Please bring a vegan savory or sweet dish, presentation ready with a list of ingredients, for a potluck reception.

### New Year's Eve

December 31, 2017

10:30 p.m.

Ritual rehearsal begins at 9:00 p.m.

Join your Phoenix Family for a special New Year's Eve Celebration with Samuel. What better way to release the old and welcome in new amazing possibilities? Let's begin 2018 together, unified and ready.

To support our potluck reception following the celebration, please bring a savory or sweet dish, presentation ready for serving, with a list of ingredients.

*Your presence adds so much to all these activities!*

Both events are *free of charge* and are held at:

Phoenix Institute, 655 Lima Drive, Lexington, KY

For any questions please contact:

dec-events@phoenixinstitute.org • 859-231-8449

# Gifts from Beauty

By Margaret Romeril

What a remarkable time to be here! It's exciting to know we are here together to serve and help the world learn to heal fear with love. Samuel reminds us that we serve this world as a positive function of Love by doing those things that work well for us moment by moment. Consciously choosing to reinforce positive pathways not only creates an abundance of successes, but also opens opportunities to experience new and amazing gifts.

I discovered a delightful example of the power of amplifying a positive focus while looking for opportunities to try something new. The idea of writing a Full Moon Ritual kept coming up, and when I learned of the support offered by the Full Moon Ritual mentors and Lea, my heart knew it was the right time to say yes, so I committed to writing a Full Moon Ritual.

The first step was to decide on an Intent for the ritual. So I asked myself, "If I could share anything with the world that works in my life, what would I offer? What do I know that could help this world? What would bring healing?" I soon knew I wanted to create an Intent focusing on expanding awareness of beauty. Samuel tells us, "The beauty you see in this world is equal to the love that you experience."

The practice of being aware of beauty is one of my favorite techniques for connecting to love in my moment. Beauty *always* touches my mind, heart, and Spirit with the energy of wholeness. Because beauty is ever-present, ready to be noticed, the practice of letting myself to be aware of it is a simple, enjoyable experience that doesn't require any special skills or take any extra time, and at the end of each day, I look back on a day filled with beauty. The more my awareness has grown, the more I've come to think of beauty as a 'language of Source'.

As part of the Full Moon Ritual, I created a visualization to focus and send awareness and appreciation of beauty through the world. If you choose to use the visualization as a focus, may it spark an abundance of joy-filled experiences in your life, and may beauty fill your days and feed your heart. PR

*Learning to live love is the greatest adventure of my life. During 18 years of working with Samuel and Phoenix Institute, I've learned that one of love's gifts is the fun it can create. Recently, I've chosen to see my life as an opportunity to play and experience joy. Trying new ways of expressing creativity, and I look forward to where it leads next.*



Imagine that from space you are looking at the earth. As you begin to move closer you see bands and swirls of white moving across the blue planet. Closer still, shades of greens and browns become visible. As you approach earth's surface, you see colors everywhere in amazing varieties. You become aware of Life Force pulsing and vibrating within and through everything, and your heart says, 'It is beautiful.'

Claim the healing wholeness that is the gift of Beauty. Allow Beauty to joyfully focus you in your present moment, to easily anchor you at your point of power.

See beauty in the colors that surround you. See beauty in the little wildflowers that peek up through the grass in Spring. Enjoy the way light plays with things that sparkle or shimmer. Watch as fireflies light up at dusk. Delight in the ways Source communicates through sacred geometry, through the Fibonacci sequence and through fractal patterns.

Look for the creative beauty expressed by artists through their music, painting, designs, sculpture, architecture, or landscaping. Enjoy the beauty of movement expressed in the rhythmic flow of a dancer or the grace and agility of a practiced athlete.

Hear beauty in music that touches your heart. Listen for your favorite instruments or the harmony of voices. Enjoy rhythms so much fun that your body just has to join in the beat. Hear beauty as a stream spills over rocks on its journey to join a river. Hear the beauty of the sounds made by a happy baby. Hear beauty in laughter and in the sound of loving words.

Breathe deeply of the beautiful smells of healthy evergreen trees or of an herb garden. Be aware of the feel of the sun, warm on your face, and of a gentle breeze caressing your cheek.

Fill your heart with the healing energies of beauty. Draw from it to refresh and balance you throughout busy days.

Recognize beauty in a lovingly prepared meal that delights your senses and nourishes your body. Enjoy the beauty of your dog when he's so happy to see you his entire body wiggles with love. Feel the beautiful soft fur and gentle vibrations of your purring cat. Choose to be aware of the beauty you witness in every spontaneous act of kindness people do.

And always see the beauty of the magnificent Being of Love and Light who is currently wearing the amazing form looking back at you in the mirror. Fill your heart with gratitude for all the ways your form perceives Beauty. Beauty that is Source expressed through All That Is. See it. Hear it. Recognize it. Experience it. Revel in it. Accept the healing power it brings, and put it back out into the world.



# In the Vegan Kitchen

By Paula Thomson



There's nothing nicer or healthier than eating freshly picked and lightly steamed greens. Fall is the perfect time to enjoy spinach, kale, collards and spicy mustard or turnip greens, as well as lettuce and arugula. For the late gardener, these plants love the cool weather and some, like spinach and collards, will laugh at a hard frost.

Kale is one of our favorites and we always make sure that we have plenty on hand. Although we enjoy it simply steamed with vinegar and nutritional yeast, it's nice to dress it up sometimes for a different taste. It can even be used for an unusual fall salad.

## Kale with Peanut Dressing

- 1 large bunch of kale, washed and chopped
- 1 carrot, julienned
- ½ cup smooth peanut butter
- ¼ cup distilled water
- 2 TBSP wheat-free tamari
- 2 TBSP rice vinegar
- 1 TBSP agave nectar
- ¼ cup toasted sesame seeds for garnish

Steam the kale and carrot for 10 minutes, then transfer to a warmed dish or bowl.

Whisk together the other ingredients (except the sesame seeds) until well combined, then toss with the kale.

Sprinkle on sesame seeds and serve immediately.  
(Serves 4)

## Kale Salad

- 1 bunch of washed kale, with the spines removed
- Virgin olive oil
- Toasted sesame oil
- Seasoned rice vinegar
- Tamari (use wheat-free for a gluten free version)
- Toasted sesame seeds

Chop the kale into small pieces and steam for 10 minutes, then cool.

While the kale is still slightly warm, dribble on the olive oil, toasted sesame oil, rice vinegar and tamari in amounts to your taste.

Sprinkle with 1-2 TBSP toasted sesame seeds and serve.

(Serves 4-5)

# PHOENIX INSTITUTE ATLANTA

## Being the Change

By Dina Shadwell

**Walking in the woods** is one of my favorite things to do. Usually I go just for the exercise and to commune with nature, and sometimes I am seeking answers to questions. My walks always become a moving meditation, with my consciousness vacillating between random thoughts and my current surroundings. Today I didn't have any particular quandary when I entered my favorite urban forest, but I had been thinking a lot about the recent eclipse event with Samuel and the activation of the Light Bridge. Samuel has said that our functioning in high frequency energy during this major time of transition is why we are here. So now, one week after that amazingly powerful ritual with Samuel, here we are, walking the walk. Is it a whole new world? Am I a whole new being? What does it mean to be living in form in a whole new Density?

Today's walk began as usual. Whenever I enter the familiar path, I get a sense of "aaah" as well as a sense of awe. The coolness of the shade is always refreshing during the summer months, and I feel the embrace of the trees as if they're saying, "Welcome back! We've missed you!" I fell into my steady rhythm and walked the path as it presented itself to me.

Before long, something unusual caught my eye. As Shug Avery says to Miss Celie in *The Color Purple*, "I think it pisses God off if you walk by the color purple in a field and don't notice it." I don't know about the pissing off part, but I do believe purple begs to be noticed, especially in a forest filled primarily with greens and browns. Up ahead on my path I saw what looked like several purple blossoms on the ground. Fascinating! As I got closer I realized that someone had dropped several candy wrappers. I was walking at a decent clip, and as I passed the wrappers I told myself that I would pick them up on

my next lap through the circuit. I continued my journey and let thoughts of the Density change run through my mind.

Eventually I came back around to that spot again, and in anticipation of picking up the wrappers, I half-jokingly envisioned patting myself on the back and saying, "Your halo is so shiny today!" I picked up the wrappers and headed to a nearby trashcan. No one saw me do it. No one was going to actually pat me on the back and thank me for caring about the litter. There was no applause or trophy. I could have left it there for the next person to pick up. I could have tsk-tsked the person who dropped it. I could have gotten pissed off that they were so careless. But I didn't. I just picked it up. It's a tiny thing that seems trivial, but in the moment, the thought occurred to me: this is living the Oneness. I am doing this because I am the Earth, and I am the trash, and I am the person who dropped it as well as the person picking it up. I am making the Earth more beautiful, just because. I am serving the One. It is why I am here; it is what we do.

It's not about accolades and trophies. None of it is. No one is going to recognize the true magnificence of What We really Are, not while we're all wearing these costumes. But we are that magnificence, not just in ritual with Samuel, but even while we're picking up trash. It didn't pain me to pick up the wrappers. There was no thought of "that's not my job." It didn't feel like sacrifice. I just walked the path that was presented. And in this new world, the sublime and mundane are One. A purple candy wrapper can contain messages from the Universe, if I'm open to it.

I think that's how this new Density is going to be. I may not be able to walk through walls or converse with dead people, but with my Spirit self leading by way of my human self, I can clean up messes while remaining blissful. I'm pretty sure that's why we're here. PR

*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.*



A new Lifescapes event with

Samuel



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**Lexington**  
**Nov. 18**  
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