



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2018

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

***We'd like to start the interview with a discussion about the new timeline you have spoken about following the August eclipse. Please explain what you mean by the term "timeline" in this context.***

Essentially the timeline is where you individually live, in your now-fourth-Density life. In this particular three-dimensional world—and I'm separating "dimensional" from "Density" here—where you have time and space and space/time, your world tells you that time is basically a linear thing. The past is in back and the future is in front, and you are functioning right in the middle. And that literally is a timeline.

What I'm referring to includes that, but what also makes up that timeline are the resonant frequencies that are what you call experiences. It's the last echoes of something already done. You think of those things as memories or the past, but the fact of it is you're not really *here*. This is a projection that your "greater" Self has put into this place of time and space and all kinds of boundaries, that is here for a specific purpose.

Your timeline is what your human brain lets you remember about those things that have allowed you to become who you are at this moment. Now, the important thing with a timeline is to remember that what David is absolutely sure is the truth of what happened yesterday, Paula may not have experienced at all either because you weren't both doing the same thing—so the day for you was very different—or because what you noticed about that experience was different, because everybody's truth is based upon the facet of their energetic mental acuity at any given time. Basically, you see what you have built into yourself to see.

So remember that this is not real, that you're actually dreaming this. That means your universe, your truth, and your timeline are all about what you need for this experience—your gifts, your talents, your genetic structure, the basics of how you live your life to become an Awakened and Activated being. That is what makes up your timeline.

When third Density shifted to fourth, the energy frequencies changed for your world, and when those energy frequencies changed, timelines could not hold up without intense Will. That Will consists of things like the collective consciousness that says the sky is blue and the earth is round. It's also your *personal* collective consciousness: "This is who I am," "This is what I do," "This is what I'm good at; this is what I'm not good at." It's your version of your earthly self, and it's also those things that you feed the most, be they good, powerful, high-frequency things, or—and here is where you end up dragging your third-Density timeline with you—rough, harsh, core issues that you have not been able to release. And if you spend your life feeding *those* things, then that third-Density timeline is where you are going to remain. When

you are doing more to feed your fourth/fifth/sixth-Density self, then you're going to be functioning at a frequency with the energy now coming through to create this fourth-Density world.

***You mentioned at the November first-Sunday meeting that we must have noticed that with the new timeline time seems to be speeding up. Please explain why that is happening.***

It's a perceived thing; it's not an actual thing be-

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cause what you have as a construct of time doesn't speed up, but *you do*. When you are functioning at higher frequencies, you are aware of and processing many more things, and that causes your world to look as if a whole lot more is going on in the same period of time. So it's kind of a whole-body optical illusion, but it is your perceptual reality. I see it as a recognition that you're functioning at higher frequencies but not quite adapted to it yet, because when you adapt to it you won't realize that you are getting all of this input. You'll have moved to another level of perceptual consensus reality, or "brain-blindness," but I don't see that as a bad thing.

***How can we Guardians best adapt to our new timeline? And are we bringing our core issues with us?***

The most important thing you can be doing is amplifying every high frequency behavior you have in your arsenal, because all behaviors fourth Density and above anchor you into that higher frequency timeline. That way everything you choose to be doing is amplifying the new and releasing the old.

But not everybody has finished with their core issues and they have dragged them along with them. So what's the answer? Don't *feed* those things. Work hard to remember that it's an illusion, that you're needing something from the memories of this experience that is creating such difficulty for you. What is it you're needing? What is it you're getting out of holding on to it?

Ideally you're now going to be coming at these issues with a fourth- or higher-Density mind, you will very likely see those core issues differently because you're essentially functioning on a fourth-Density timeline, *except for* this and this [core issue]. Keep focusing on everything you know that you can do to function at your best and your highest, and when one of those nasty little gremlins pokes its head up, ignore it. *Ignore* it. And then, when you're not in the middle of it, set yourself aside and start thinking, "What am I getting out of holding on to this?" "How is it serving me to keep this going?" "Why do I desire to stay in this third-Density pattern?" and see if you don't recognize new ways to release.

I said in the last Lifescapes that the keys to functioning in the new timeline had to do with recognizing those things that are a part of your old self, the way that you saw yourself before. So release and restructure, recreate. Those are very much the keys.

***What do you mean when you say amplify. Do you mean make sure you're doing them frequently?***

Yes.

***You've told us in the past to remember our successes. And often you'll suggest we remember times we've given and received love. Are those types of memories going to hold us to our old timelines?***

It depends upon whether you are defining yourself by those things. If you are defining yourself by third-Density behaviors, good or bad, then you're going to have trouble functioning in fourth Density.

Changing your timeline very much means changing how you see yourself in the world. It's an ego change, a turnaround. With anything that you are releasing, it's always about not letting it control you, but that's also true of the good things. It becomes a limitation that way.



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

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

### **Phoenix Rising**

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***So if I define myself by how I had successes in the past, that's going to tie me to the old timeline.***  
Right.

***But if I recognize I've had successes in the past and therefore I can have successes now, that won't tie me into the old timeline.***

Good. Exactly. You've got it.

You know, many people anchor their time of great love and spiritual awareness on the Solstice of 2015—or maybe now it's the eclipse; I'm not sure, but I'll say the Solstice of 2015, which was indeed a world-changing time. However, if you believe that's the only fully loving experience you're capable of, *that* would be holding you into third Density, because you would be holding on to that experience. But when you use it, rather than letting it run you, you're open to repeating loving experiences in this Density. You're exchanging the old version of it for a new version of it.

***In talking about timelines and bringing this up, are you revealing something new to us, or are you looking for new words to tell us what you've been trying to help us "get" for years?***

I haven't changed what I've been saying for thirty years of working through this Form. But, the move to fourth Density is an unexpected change and it is not something that I've always referred to. And the things that come about because of it are essentially new versions. They are a wonderful opportunity for me and you to be able to help boost individuals into a hopefully stronger resolve to start fresh and keep going.

***In looking at our Guardianship commitment to live love in all of its forms, what are the differences in what will be needed to guide and guard life force in this time of great change?***

It doesn't change what is needed, but the way that you come at things does change. You are coming from a higher-frequency place, coming from a place in which the planet is functioning on a foundation of love rather than the survival mechanism that it has used to evolve its life force for several billion years, over and over and over. *What* you do hasn't changed, but the way you do it probably will because the way you look at things is different. Your awareness of what energy is needed is quicker. You are becoming more sensitive, more awakened. You think it's like being pregnant—you are or you are not—but think about when you wake up in the morning and you have that time when you could fall back to sleep in a moment. You're awake, but not as



awake as you're going to be at midday.

You're more awake now, and that changes things. It doesn't change what's needed, because what's always needed is exactly what this Plan is all about—Love and living Love—but how you as an individual choose to do that will change. But it's not something I could say one, two, three, this will work for each of you, because it's about your individual decisions.

***For me, whereas I used to struggle sometimes with decisions—should I do this or should I do that?—now it just comes to me. I know what I need to do without going through all of the scary part of wondering if it is the right thing to do.***

And that's especially good right now at the last part of the year, where so many decisions—small ones, medium ones, big ones—are being made. If you agonize and really over-think everything, you're doing it because your ego is invested in it. You agonize about anything because you're holding on to the past. Ego and fear are involved. So as you have released fear, as you have released "this is who I am" and now are becoming what you are, it's not so hard. The more you recognize that this is temporary, the less you agonize over anything.

***Some Guardians still don't feel much, if any, personal change after the eclipse and the move from third to fourth Density. Why is that?***

There are people in this world who, when you put a red scarf in front of them, will say it's blue and that's it. There are people who could have the great-



est miracle—the highest magic—right in front of them, and just choose not to see it. Usually, by the way, those are the ones who want to see it the most, and it's that desire that keeps them from it because they're so focused, whenever they're wanting something, on not having it that they actually are resisting it. When people realize that the Universe works that way, it changes their manifestation ability a lot. When you want something, you are resisting it. That recognition just doesn't sound right, but that's how it works.

***What you've been trying to teach us with pennies and parking spaces.***

Yes.

On the other hand there are those who have decided what it *should* feel like and because they're not feeling that, they're not getting it. So that's another aspect.

And then there are those whose pineal glands are calcified. They can't get enough Light to activate their crystalline structure. They haven't been working on the Awakening and Activation process, they're maybe not even awake at all, and not trying to function in this world as if it is a spiritual journey. They don't know what is even possible, and so they are listening to what the world says is or is not possible.

If you're not one of those three categories then you are experiencing the changes. You might be keeping yourself so busy that you do not have any sort of quiet time to realize it. So do that, and realize it. It's very important to give yourself time to relax, to play with "How am I functioning in this world differently than I was a few months ago? What am I noticing in my life now?" Give yourself time to absorb the energy, to be that five-year-old looking in wonder at the world, willing to learn everything you can, and see what happens, rather than being the rather hardened adult that says, "That doesn't fit into my mental box, so it can't be happening." And that's always been the case. That isn't something that changed at the eclipse. That has always been the way that you recognize your gifts and abilities.

***In Arkansas you said we may not need rituals any more. Please explain why that would be the case. And at that time you said you'd use Festival of Light to try a group Intent, rather than a ritual; if the group handles the work at the Festival of Light well, what does that mean for New Year's Eve, when we usually have a ritual?***

One of the things that you need to remember is that any time that Arkansas group comes together

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again—not that that will ever happen—but if it did, no ritual would be needed at all, because that is a group that learned how to connect in with each other and the energies around. It was *beautiful* what that group made happen. And I would say again to that same group, "You don't need rituals."

Since so many in that group are a very big part of the core of this work and are the ones who come to Festival of Light and take part in events that do high-level workings, it's very possible that if enough of that core is present, it will bring back that energy flow so that a ritual won't be needed and I can probably do the work of a ritual through a clearing, a group Intent, maybe a common visual—something like that. I'll know if that works or not at Festival of Light.

However, the Form has let me know that New Year's Eve is meant to be a beautiful ritual, and so this year I'm not going to be trying that twice. We'll have one event in which I will try using the group Intent to see how it works with a more mixed group, and at New Year's Eve, which tends to draw in more people anyway, I'll go with the traditional ritual. But you know as soon as New Year's Eve and Festival of Light are complete, I'll know which direction to take the group from there on.

***The word is now out that our next group trip is to Lake Titicaca, Bolivia. Why have you chosen to take a group there in 2018?***

Lake Titicaca is a massive Star Gate. It's not like the twin Star Gates of Arkansas and Brazil at all, but

it has a lot to do with creation force, and balancing creation force within and without. That's probably all I need to say right now.

***Is there anything special to know about the places in Bolivia that you will be taking the group to?***

There is an Atlantean connection with Lake Titicaca. There is not much that the group is going to do that isn't right on the lake. I believe you're just going to La Paz and the lake. Tiwanaku is on the lake, as is Pariti Island, which is going to be an important place to be. [to Frank] What about Sun and Moon Island?

***We're going to Moon Island, but not to Sun Island.***

Right. They're both important places but Pariti has more of the newer energy I'm looking for.

***In the recent Lifescapes you said the end of 2017 would bring us a massive energy transmission, much like the June, 2015 Solstice. What changes do you see this transmission bringing to Guardians, and our world?***

Those are hard questions to answer because it always depends upon the kinds of choices that you're making. I'll tell you this, though: some prophets are pretty convinced it's going to be the end of the world. That's always a sign that they're getting the message a bit skewed, because what they're seeing is great change. However, look for earth changes at that time.

***Why are you cutting back to two Lifescapes a year in Pittsburgh and Lexington for 2018?***

Really? Because I want to.

***I thought it was because you're tired of saying the same things over and over. If we don't get it by now we're not going to get it.***

I have been teaching the same thing over and over and over, constantly looking for new words or a new way to bring about the full activation of Guardians, to help with the full awakening of this world. However, I want three different Lifescapes. When I'm doing Lifescapes in Pittsburgh, Lexington, and Atlanta, I don't want to be bound by "here is the topic; here are the points that I have to be sure to make," I don't want to have to say, "All right, did I cover everything I said I would?" because the energy coming in next year is going to be fast, and when I talk to a group in Pittsburgh and a week or two later talk to the group in Lexington, it's very likely that those groups will be on two fully different energy

## *December Events with Samuel*

### **Festival of Light**

**December 18, 2017**

**7:30 p.m.**

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

Please bring a vegan, garlic- and onion-free, 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 vegan, garlic- and onion-free, savory or sweet dish,  
presentation ready for serving, with a list of ingredients.

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

*Events are free of charge but donations are welcome.*

For any questions please contact:  
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tracks because of what happened in between. I just don't want to be obligated to a bound system that says, "here is how it must be," but doing something like that doesn't lend itself to doing that four times in each city.

***It's going to make advertising interesting isn't it?***

Yes, and EarthLight is kind of biting its fingernails and saying, "What are you doing?"



*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's 3 Rs

by Paula Thomson

If you've read the interview, you know that Samuel wants us to release, restructure and recreate, but I cannot imagine a worse time to do that than the end-of-year holidays! We have family with expectations hanging all over them like Christmas tree decorations and traditions that, according to our parents, seem to go back hundreds of years: "We've done it that way as long as anyone can remember!" There are presents to buy for people who need absolutely nothing (and don't forget the pets) and food to cook for all the folks coming to town. No wonder Samuel so often warns about holiday overwhelm.

With children and their spouses, grandchildren, and even great-grandchildren, finding the right gifts for everyone is a major event, and a major expense. So imagine how we felt when we looked at our finances and discovered that we had some major bills coming in at the beginning of 2018. Sure, we could turn to credit cards, but after years of religiously paying them off at the end of each month, we were disinclined to start the year with more debt. After some soul-searching, we decided that we would opt out of the gift exchange.

The surprising thing was that, as soon as that decision was made, I felt not guilt, but a rush of relief, as if a huge load had been lifted off my shoulder. No agonizing choices, no shopping, no fighting the traf-

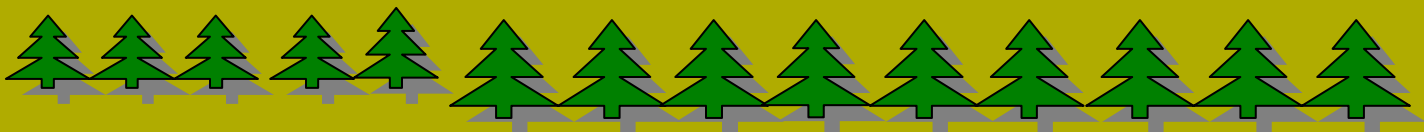
fic at the mall. And I would have all of this free time over the following weeks. Talk about recreating!

Of course, it wasn't easy informing the family that Santa wouldn't be collecting stuff from our house this year, but everyone took it very well and even offered to buy things we could wrap for the kids. But it's not as if anyone in our immediate family *needs* gifts. The grandkids are up to their ears in toys, electronics and the latest games, and long ago our sons begged me not to buy them clothes ever again.

It was a revelation to me to see how much I felt obligated to please others instead of doing what was clearly best for me in the circumstances.

But this decision was going to be the conscious-raising gift that kept on giving. After picturing my weeks of freed-up time, I immediately started to look for ways to sabotage it: I could add a different kind of cookie to my holiday baking; I could buy some lovely fabric and make cheerful, holiday-themed scatter pillows for our couch; I could. . . . I even went as far as buying the ingredients for the cookies before I realized what I was doing. I was filling up my time with more things that, even without expectations on their part, I thought would please my family. It's was rather sobering to see how willing I was to slip back into old patterns.

So I have *released* those expectations, *restructured* the next few weeks as a time to kick back and read some of the books I promised myself I would read over the winter, to finish knitting that doggone sweater that has been languishing at the bottom of the closet for a couple of years. And in the process, I am *recreating* myself.



Some of our volunteer decorators take a break for a photograph. They have been busy preparing decorations based on the theme of sacred geometry for the Festival of Light and New Year's Eve celebrations. The result, thanks to the inspiration of the December Events Co-heads—Carol Gailey and Donna Painter—will knock your holiday socks off!

When you come to the events, please take a moment to thank the many volunteers who made this magic happen: Angela Henson, Carol Gailey, Donna Painter, David Oldham, Jean Elder, Margaret Romeril, Mary Brainard, Paula Thomson, Vickie Scott, Suzie Stammer, and Greg Stratton.

# Samuel

## r e s p o n d s . . .

***Do we have a Star Council for this Earth and are we part of that Council?***

The earth does not have a Star Council of its own. The Star Councils are here to help earth. Do you see that difference?

***So they're helping other places besides the earth?***

The earth is a baby. It's not big enough to have its own Council. It's probably creating laughter through the universes just asking that question. I don't know that the earth would ever need to have a Star Council. When Ascension begins it is possible. These are ancient civilizations and the earth is relatively new.

When you are working in a plan like Guardians are working for the Plan for this planet, you're not functioning as a part of a Star Council in any way because of the nature of what you're doing. It's a very complex answer that doesn't really have anything to do with Star Councils. It has more to do with taking a personality and the boundaries of a three-dimensional experience, and I don't think that's why this question was asked.

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***In this dimension, we think of our love as attached to either a specific material thing—a person or object—or an abstraction or generality of some sort, such as beauty or harmony, nature or humanity as a whole. What form does our love take when we leave the dimension where such things as these exist?***

Is it possible to answer that question? It would require describing something in a way that is understandable to a very limited mind set, while what you're asking about is far beyond that way of thinking.

When you are fully connected back into the breath of Source, Love is what you would call it, but only because you are associating it the best you can with a love that is something you put onto a person or an object or an idea. And it's more than that.

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***More societies than ever seem now to be experiencing upheaval as a result of conflicting ideolo-***

***gies—Europe is struggling to reinvent itself, the Middle East is still in turmoil, and the U.S. is in a period of intense introspection and reevaluation of some of its basic principles, to name only a few. You have often said chaos is good.***

***How will the energy influx you predicted for the end of the 2017 play into the chaotic energy of this time?***

I want you to think about the massive flooding and wild fires that you had in the summer, and how people helped each other, how it brought out the best in them.

I have warned you for ever and ever not to teach the Universe that hardship makes you better. Nonetheless, when the going gets tough, people tend to work in unity. It's a survival mechanism, but not a good one.

When you get to the end of the year, the earth is going to be making a lot of changes, so people will have more reasons to come together. That's a good thing. That's a real good thing because it means that people will probably make choices toward "We're in this together. We can make it work. Let's do what we can on the good side of reorganization," which is what chaos is about.

Is that what is actually going to happen? I cannot say, but putting the two together is pretty clever because it's getting life force to a place where they tend to act at their best and when the energy is helping them solidify whatever it is they are becoming. So be doing your best when that energy hits.

***Do you see what is going on currently as the kind of chaos that leads to positive change when it settles down?***

It is a chaotic time, but it's part of a pretty familiar cycle. Every fifty or sixty years this kind of energy of change comes about. That's what you're seeing right now with Europe reorganizing itself and people in the U. S. making decisions about what they believe and what kind of world they want to live in and things like that.

Think of the 1960s and 70s; this is that energy flow. Think of World War I—not so much World War II except the atomic aspect of it—but with

World War I there was a complete change in warfare, a complete change in governmental structures around the world. World War II was also that but on a smaller scale. So this is an energy that you're familiar with.

***Does the earth have to make changes now?***

Yes.

***For what reason?***

It has to do with the shift from third to fourth Density that was made. Think of a pressure cooker: there comes a point where you have to let off the steam.

***Like a safety valve.***

And why is there a safety valve?

***Because if the steam builds up too much the pot will explode.***

Right. And so it is with the earth. It releases magma, creates earthquakes, and climate is affected. It all works together.

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***As you told us would happen, many are experiencing the death of loved ones. Please go over again what happens when we die. And why would someone's entity choose a painful death experience?***

There is not a point of death really. Death is a process. That's why so many people have a hard time with it—because they are waiting for that end-point. There does come a point that your medical or governmental people would say "The brain is not functioning and the heart is not beating, and the organs have basically stopped working, so this person is no longer alive." But the body is actually still alive, and depending upon the nature of your form—and that is true of plants as well as animals—it's going to take at least three days, occasionally four, but three days at least for your Spirit to fully release from that body, and throughout that time you have measurable cellular activity going on. Your cells are still putting out "I'm here!" You're not dead until your cells stop emitting their own frequency.

But let's say you've reached that point and the Spirit is fully released from the body. And when I say fully released, I want you to picture a cartoon where some cartoon figure has reached into a pot of glue and they pull their hand up and there are long strings keeping them glued down. Your spirit often hovers over the body in much the same way that it does when you are dreaming or traveling outside of your body in

## Samuel's schedule for 2018

*For those who like to get engagements into their calendars as early as possible, EarthLight has provided some dates of upcoming Samuel events. NOT LISTED HERE for reasons of space are Samuel's monthly first-Sunday public meetings at Phoenix Institute in Lexington. And remember that any of these dates may change if unforeseen circumstances arise.*

### FEBRUARY

11—Lifescapes, Phoenix and the Dragon  
Atlanta, GA

24—Lifescapes, Pittsburgh Airport Marriott  
Coraopolis, PA

### MARCH

10—Lifescapes, Phoenix Institute  
Lexington, KY

### APRIL

5 through 8—2018 Retreat, Boone Tavern  
Berea, KY

### JUNE

Group Trip to Lake Titicaca, Bolivia  
(dates not yet determined)

### AUGUST

12—Lifescapes, Phoenix and the Dragon  
Atlanta, GA

25—Lifescapes, Pittsburgh Airport Marriott,  
Coraopolis, PA

### SEPTEMBER

8—Lifescapes, Phoenix Institute  
Lexington, KY

### OCTOBER

Special Small Group Trip with Samuel  
(dates not yet determined)

### DECEMBER

18—Festival of Light with Samuel  
Phoenix Institute, Lexington, KY

31—New Year's Eve with Samuel  
Phoenix Institute, Lexington, KY



your dreams. It will hover over the body, still kind of glued in.

I don't know if I can make this sound nice, although it's not really a bad process for the one going through it—the more deep emotional attachments you have to memories, those resonant experiences that still have a hold on you, emotional ties in this world ...

### **Bay'unz?**

Absolutely bay'unz. Those emotions are keeping you tied in. The more of that glue and the stronger that glue is, the harder it is to go.

Guardians have a tendency to be impatient and rush the process. Sometimes that works and sometimes it does not. When it does not work it's because there are still very strong emotional attachments that are keeping that individual anchored here. Either they are not in a place to consciously work that through so it has to just wear off naturally, or it's because they are at a place within their physical body that the only thing they are paying attention to is the physical body. And I'm trying to very nicely say that those are times in which the body is in a lot of pain because it is usually decaying faster than the mental/emotional and the Light Body system can release.

If your body is holding on strongly, breaking down bit by bit, but you've got a strong heart, you might have a hard time leaving, because the body is not going to break down quickly enough to make it easy for you.

So finally the person dies, and the brain, as it shuts down, triggers energy that is familiar to you. If you are absolutely convinced you are going to be with Buddhic reality, that's what you're going to move toward in a way that is familiar to you. If you are convinced you are going to the arms of Jesus, you're going to see a very loving figure that reminds you of that picture that was in your childhood bedroom.

You sometimes see people that you believe are already dead. That happens because you will always be met when you die. Everybody, every dog, cat, horse, every being is met with like energy so that fear doesn't change the conditions of your experience once you have passed. Those first—you would see them as fleeting moments, but here they come off more like days or weeks—can be confusing: you're still getting a lot of pull from earth by way of those who are still strongly emotionally attached to you, you don't know how to function outside of a body. What you need is a comforting reason to rest and

fully let go. That's why your parents can be there, "Hey, it's all good here—come on through." That's why Hapi's friends will be there. That's why I keep all the creatures around.

During that time of rest and release, you also have the opportunity to review. How did you spend your life? Did you pick the opportunities to love that were in front of you? It's not about you were bad or you did not do this, or how powerful were you and what kind of magic could you do. It's not about that. It's about whether you loved to your fullest ability, because that's really the only thing that matters.

Sometimes this review is very quick, but more often than not it takes a while, because the second thing that goes on during that time, if you're a part of the wheel of human experience and you know you're going to go back, is that you're choosing what you need to be learning in order to add to the great "Whole" the next time around. If you're not a part of the wheel of human experience—which is nearly all Guardians—do you want to work in the Seen or the Unseen? All you want to do is serve, all you want to do is give, and you look at all the opportunities kind of like a kid in the candy store: "I could do this or I could do this!" Then you make a decision.

There are things you can do to hurry the process, but they're not things you do while you're dying; they are things you do while you are alive, such as reaching a point where nothing in this world holds on to you. You have released all that you can release. Having reached that point, the only thing you're going to have holding you back is the emotional attachment of those you are leaving, and—sorry to say this, folks—it's pretty easy to let go of those even though they don't necessarily let go of you.

Why would you choose a painful exit? Most do not choose to suffer. Most people really want to die in their sleep, after their favorite meal, after having made love with their favorite person. That's more typical, but that has everything to do with your body and with your blueprint. Whether you chose a blueprint that's going to go out in a plane crash or a car crash and poof it's over, or you choose one that's going to go out with some weird disease, it has to do with your blueprint.

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***If someone doesn't believe in or know about the Crystal Palace, what will happen? Will they go there anyway?***

Actually yes, they will, but it won't look like a crystal palace to them. It really doesn't take long—and of course you know I'm using a language that's based in time so it's not a good description but I'll stay with it—it doesn't take long before you let go of those preconceived notions of what you're going to experience. You are attracted by the wholeness, the love, the oneness, and you pretty much don't care even if there is scenery.

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***How can we help those who are transitioning? Is anointing still helpful or should we be doing something else?***

Anointing is always good because it helps you let go of the individual. If it is somebody that is asking for that anointing, that's different from when you're having to do it on the sly because if you said to them "May I anoint you?" they would hold up the sign of the cross and chase you out of the room. If you are working with somebody who wants that anointing, it helps them with the mental and emotional aspects of it. The biggest thing that anointing does is that it helps the body take in Light. Taking in Light at the end is important, because that ultimately is how the Spirit is released—the body fills with Light and it is fully gone. It's actually quite beautiful to see.

Anointing opens doorways that are beyond the Light path, and then if you're doing a high anointing you would also touch the pineal, but you don't usually have the opportunity to do an anointing on somebody who is right there with you. So anointing, absolutely.

Let the individual know that you love them, you're grateful for what they brought into your life, and then get out of the way. Not many people want to die with people they love around them, but people who love a dying person want to be there so one of the biggest helps you can do is not be there. And the reason is that if you're not there, then they don't want to be there either. Taking care of each other to the end just prolongs the process.

Remember that ultimately the physical form dies by suffocation, as far as what the world sees. They can't breathe and the body goes through the survival instinct of dealing with that. Most people experience that as a part of their dying process, and soon after that is when your medical system says they are dead. Don't be there for that because you are going to create such an emotional, and probably fear-based, en-

ergy, that you're not helping the process. *Don't be there.*

And a little bit of good news, most individuals that are dying, unless it is some kind of accident, when their body is breaking down they stop eating and they stop wanting to have liquid. This is good because it puts them in a slightly delusional state, so it's easier for the mind and emotions to let go. So that's a natural part of it. Don't force-feed them. Don't insist they have fluids.

That's not exactly what you were expecting when you said "What can we do?" is it?

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***What about the grieving process during this time of great change?***

Remember, when you are grieving you are grieving who you were with that individual. Grief is something the mind—and the heart, in a prosaic way—needs. It's your releasing what they were to you and your ability to continue forward anyway. You are no longer your mother's daughter when your mother dies. That way of knowing yourself is gone. Are you capable of creating who you are going to be, because then and only then is when the healing really starts. As long as the focus is on the loss—and again it's not so much the loss of that person, it's the loss of who you were with them in your life—you can't move on. When the focus is "I am that person who no longer exists" the grief will go on for a very long time.

Everybody grieves differently, but essentially in the first days or weeks or sometimes even months after a death you are emulating what the one who has died is going through. You're a little confused. You're not really sure exactly what's supposed to happen. You're seeking comfort, and then, when you've got things figured out, you move on.



*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*



Those who came to the Full Moon Ritual on December 8 were surprised to find a room teeming with elves, kings, reindeer and eventually *Santa Claus himself*. The head elf (the one in the green conical hat) led the group in a ritual to release the matrix of fear that surrounds who we are and focus on *what* we are—joyful, ecstatic and laughter-filled expressions of the Light and Love of Source.



## Full Moon Rituals will continue in Lexington in 2018 — with your help!

According to Samuel, “thresholds” are points in space or time that are associated with powerful energy that we can harness to manifest what we want. The full moon creates such a time of power, a threshold created by its alignment with the earth and the sun.

Volunteers will continue to have an opportunity each month in 2018 to combine the energy of the group with that of the full moon to manifest a group Intent. There are still a few months that need a leader. If your creative juices are flowing, perhaps you would like to create a ritual focused on something you want to see manifested for the planet and its life force in 2018.

If creating a full ritual is more than you want to take on, the Full Moon Ritual mentors (Angela and Paula) can come to your aid. Over the past couple of years they have collected a number of rituals that their creators wanted to share. so leading a ritual doesn't mean you have to write one.

Here is a list of the Full Moons in 2018; the ones in *italics* are still available for someone to lead.

January 2 (Tuesday)  
January 31 (Wednesday)  
*March 2 (Friday)*  
March 31 (Saturday)  
*April 30 (Monday)*  
May 29 (Tuesday)  
June 28 (Thursday)  
July 27 (Friday)  
August 26 (Sunday)  
*September 25 (Tuesday)*  
October 24 (Wednesday)  
*November 23 (Friday)*  
*December 22 (Saturday)*

If you are interested in leading one of these rituals, please contact

Angela ([angelapibiz@gmail.com](mailto:angelapibiz@gmail.com)) or  
Paula ([dog.lover40342@gmail.com](mailto:dog.lover40342@gmail.com)).

They can give you more information and discuss the process with you.





# *In the Vegan Kitchen*

*by Paula Thomson*

Samuel has spoken often about how the sharing of food builds community, and the holiday season provides many opportunities to do that. Holiday potlucks are not only a times for fellowship; they also bring opportunities to sample unfamiliar dishes that others bring to the table. Most people are flattered when they hear, "Wow, this is delicious! Who made it?" and are very willing to share a successful recipe.

At a birthday party this year, a friend shared this recipe for gluten-free vegan crackers that go well with vegan cheese or a thick spread. Crunchy and delicious, they make a nice contribution to a potluck.

An invitation to a potluck is also a good time to try out a new recipe so around the holidays I borrow vegan cookbooks from the public library. I love the colorful pictures and enjoy reading about foods from other cultures. It helps to get me out of a food rut and try something new and exciting to my taste buds.

Although a lot of recipes use onion and garlic, I make them anyway to see if leaving those flavors out give a disappointing result. Often I can find a substitute flavor by using fresh herbs or Indian spices. And it's also easy to find inspiration on the Internet; I visit [onegreenplanet.org](http://onegreenplanet.org) for hundreds of vegan recipes and food ideas.

## **SESAME CRACKERS**

- 3 cups of white almond flour (not almond meal)
- 1 tsp sea salt
- 1 cup sesame seeds
- 2 TBSP grape seed oil
- Flax-gel: Mix 2 TBSP flax meal with 6 TBSP water, and let it sit for about 10 minutes.

Preheat the oven to 350 degrees.

Cut 3 pieces of parchment paper to the size of two large baking sheets.

In a large bowl, combine the almond flour, salt, and sesame seeds.

In a medium bowl, whisk together the grape seed oil and flax seeds gel. I use a hand-held food mixer to make sure they are well combined. Stir the wet mixture into the almond flour mix until thoroughly combined. At first, the mixture seems very dry but be persistent and it will turn into a firm dough.

Divide the dough into 2 pieces and form each into a rough rectangle. Place one piece of dough between two sheets of parchment paper and roll out to 1/16 inch thickness. It's important to get the dough thin enough or the crackers will not be crisp when they bake. Remove the top piece of parchment paper and transfer the bottom piece with the rolled-out dough onto a baking sheet. Repeat the process with the remaining piece of dough. Score the dough into 2-inch squares with a knife or pizza cutter.

Bake for 12 to 15 minutes until lightly golden. Let the crackers cool on the baking sheets for 30 minutes before removing.

**Adapted from a recipe in *The Gluten-free Almond Flour Cookbook* by Elana Amsterdam**

# Change, Change, and More Change

by Brandi Parker

The second half of this year has been one wild ride for me, packed with challenges and opportunities to recognize old patterns. Beginning with the eclipse energy, things have been topsy-turvy in my usually calm life. If chaos is the catalyst for change, my life was in hyper-drive.

Leftover scraps from the dregs of my old beliefs and core issues were floating to the top to be dealt with. There were serious health problems at home, and I was sick during the entire group trip with Samuel. My employer began going through some difficult, scary times. Yet while things seemed to be falling down around me, I experienced internal shifts in my thinking and an emotional calm that helped stabilize me. I have been observant instead of fearful, for example, waiting to see what was coming next instead of fearfully projecting the worst. I have been more present in the moment. All I've had to do is ask for help, and it is available to me.

As for the dregs, control issues have always been a bugger for me to deal with. One day after the Arkansas trip, a control trigger came up for me around something our children were doing. During my angst about the situation, I was pondering the reactions I have when things don't go the way I think they should. I really wanted to find a way to detach from things that tap into my control issues. I asked the Universe to help by giving me a

simple mantra to use. I barely completed my request before my clear inner voice said, "It's not mine."

Voila!! It was so simple and easy I couldn't believe I had not thought of it before. The power this phrase has given me since that moment is staggering. When I start feeling anxious and recognize control stuff is coming up, I do an about-face, say to myself, "It's not mine!" and focus on something I'm grateful for.

I have "trusted" the Universe for a long time. Since the eclipse, I have learned to TRUST the Universe. I had some interesting experiences over a period of about three weeks before the trip to Arkansas. It started one day when a plan to get discounted movie tickets fell through. I was slightly annoyed but dismissed it. A couple of hours later I received free passes to a preview of the same movie three days before release. I was smiling! Two days later a substantial plan for a project at work didn't happen as hoped, and I also let that go, with more discomfort this time. Again, an even better project opportunity and team manifested for me. On yet another day, I scheduled too many things around the same time. A cancellation happened that relieved my stress and enabled me to meet my other commitments. These are just a few examples. It was crazy how this experience kept repeating itself for weeks until I felt a huge inner sigh of relief and a conscious knowing that what I need is already here.

Samuel said this would be a year of great change for Guardians and the planet. More than ever I feel the impact of allowing the old me to be released so that my true Spirit nature is present in the moment to be what is needed at this time. I recognize a new passion within me to be the best I can be, and I'm even feeling excited to see what comes next when an expectation gets twisted. Maybe my newest mantra is, "Change Is Definitely Good!"



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

New Lifescapes events with

Samuel

**Receive 25% OFF**

- your first event with Samuel
- for every new person you bring (max. 50%)
- when attending this Lifescapes event a second or third time

Our lives are in a constant state of re-creation, thanks to the energy transmissions coming to us and major life changes working through us. New doorways are opening all around us, with only short windows of opportunity available for making our best choices.

Because of this, Samuel is changing his Lifescapes events to better respond to our current needs. He doesn't want the limitations of a predetermined topic or set of points to cover, but instead wants his meetings to be less structured, more like group trip and Retreat meetings so he can teach us about what he sees our specific needs are at a particular moment.

**Atlanta**  
**Sun., Feb. 11**  
**1:30–4:30 p.m.**

Phoenix & the Dragon  
5531 Roswell Rd NE  
**859-338-0746**

**Pittsburgh**  
**Sat., Feb. 24**  
**10:00 a.m.–1:00 p.m.**

Pittsburgh Airport Marriott  
777 Aten Rd.  
**412-389-0679**

**Lexington**  
**Sat., Mar. 10**  
**1:30–4:30 p.m.**

Phoenix Institute  
655 Lima Dr.  
**859-231-8449**

**EVENTS ARE:**  
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See form below.  
[www.DiscoverSamuel.com](http://www.DiscoverSamuel.com)

**Please check the amount you're paying to preregister:**

- ☐ I am paying \$69.  
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☐ I am bringing: ☐ 1 new person and paying \$51.75!  
☐ 2 or more new people and paying \$34.50!

City: ☐ Atlanta ☐ Lexington ☐ Pittsburgh

**Please check your method of payment:**

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EarthLight, P.O. Box 835, Lexington, KY 40588

**Lexington Event**—*Lexington registrations must be received 24 hours before the event to qualify for preregistration discount.*  
Preregister at [PhoenixInstitute.org](http://PhoenixInstitute.org) or by mailing this completed form with your credit card information, check, or money order payable to Phoenix Institute to:  
Phoenix Institute, Inc., Registrar, P.O. Box 12963, Lexington, KY 40583