



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2018

An Interview with *Samuel* channeled by Lea Schultz

[Samuel staring at David]

David: My energy is crazy.

Yes.

I had a cup of coffee at lunch, and maybe that's what it is. Does that fit?

Makes sense.

The person taking my order at the counter said, "Do you want a cup of coffee?" so I said yes. I don't know why it came out of my mouth. I never drink it in the afternoon.

Well, that's a part of the old habits then, to show you. Sorry, it was just a surprise to see your normal quiet energy just bouncing.

I was wondering if you could see it.

As we prepared for this interview in mid-January, we were struck more than ever by the sense that the work of Guardians during this "time of transition" is becoming more urgent. We have a few questions about the meaning of the recent work and about how you are preparing us to work effectively in the coming year.

In the November set of Lifescapes you spoke about the need to "recognize, release, and restructure." In the two months since then, how successful would you say Guardians have generally been at doing this?

Oh, pretty much like usual: really making a go of it for sometimes up to three weeks, and then letting it get mixed in with memories of teachings and whatever choices they are making—and finding ways of justifying, as usual.

Having said that, however—to put my pointed reminder aside—as a whole I think that those teach-

ings really touched deeply at a good time. Most people like a map, although I don't like to give them one.

That information isn't really different from what I have been saying for as long as I've been working through this form. I just keep using different words. I don't ever expect that the larger group will suddenly be deeply moved by a program, but I do know that there will always be a couple of handfuls who are deeply moved and choose to use that version as a means to make life changes. And all it takes is one, so that's good.

At the Lexington Lifescapes in 2017 you discussed the twelve crystals in our brain that will need to be activated in the fourth Density. How is the expansion of Light within us associated with these crystals, and what steps can we take to activate those crystals?

Well, first, you're not going to be able to self-activate those crystals. They are a function of all of your bodies—your dense physical body, your mental-emotional functions, and your spiritual body. But when you are consciously working at higher frequencies, your spiritual body, as it is meant to do, is going to take over the mental-emotional as well as the physical.

I'll use an example I've used before for other things: When you

are in graduate school, you can pretty well handle anything that a kindergartner or an elementary school child can handle. But when you are in kindergarten you can't imagine what the elementary children are doing and in elementary school you cannot absorb what the graduate student does. Those crystals are somewhat like that. The physical crystals

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have to do with your physical function; having your best and highest physical function isn't going to allow more Light into your body, but it will allow that energy to be better used. It's the same with the mental. With the spiritual, you already know there are things you can do.

I don't want people thinking that they can make the crystals perform for them, because they can't, any more than they can change their eye color. They are part of your basic structure, part of your self; they are not something inserted into you. Some people may say, "Ah well, I have activated all of my crystals!" or I'll get comments such as, "Well, I'm working on the physical, taking care of myself, and not eating these things." That's not really how the crystals work. With your pineal, maybe; the pituitary, for sure. But with your crystalline vortex, not so much.

But are they associated with Light coming into the physical?

Your pineal has to do with Light coming in. Your crystals use *that* Light.

Think of a cell; it has a surface coating, more or less, with reflective value, and it's that coating that's made up of crystalline material. Now I just want you to hold that image in your mind while you think about the filtering function of your kidneys. If your body is processing too much calcium, let's say, what are you going to end up with?

Kidney stones, probably.

A kidney stone, not because your blood isn't doing what it should, but because you have an excess that isn't making it through the filter and therefore is collecting as a stone, more or less.

So as your cells change—and you don't have the same cells you were born with, because they turn over rapidly—you very quickly begin developing a crystalline excess—I was going to say trash heap—which becomes the foundation point, for most people, for the building of those twelve crystals within the body. That is not a great explanation of how they get there. It's very natural and is a part of the Plan, the blueprint, for everybody. Only in the last two hundred years or so has the higher Light body been able to work through those crystals into the rest of the body.

They've always been very active in Guardians, for instance, very active in those individuals who, awakened or not, came here for a specific purpose. But for the masses as a whole the Light body never takes over the physical body, so they're never fully activated and it doesn't matter. It's kind of like breathing or using your hands: you don't think about it; it's just a part of you.

We don't think about how our kidneys function, but they function anyway.

Exactly. And you never think about things until they break.

You said last year that 2018 would bring about massive changes in our world. Would you be more specific about the nature of these changes as they affect our personal worlds, life force and the planet as a whole?

Oh, don't you wish! There's only so much that I can say, simply because mass consciousness and its choices are going to determine what happens.

Massive energy flows will be coming through. That energy is neu-



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.

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Phoenix Rising

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Manuscripts and correspondence are welcome. Send to the editors at

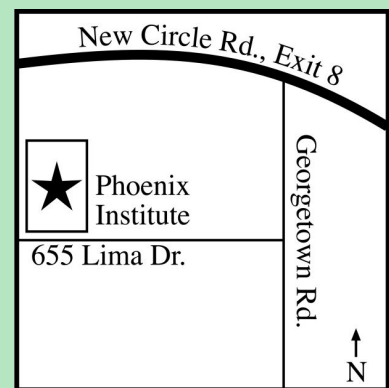
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tral—remember that: the energy is neutral—but it still provides a big push. Some people will get that push and get angry and defensive and say “How dare you push me!” Some will say, “Wow, that was fun. Let’s do that again.” And some will just kind of straighten themselves back up and say, “Did something just happen?”

So, no matter what the energy is, those who are aware of it coming are going to be the ones to make the best use of it, and that’s why, over the last two years, I’ve been telling you “This energy is coming.” And I have even been directing you to see it in particular ways.

This year it is really strong manifestation energy. Use your creativity to make use of that.

Cosmic energy that has been traveling without space and time and yet *through* space and time to reach earth can come at any given moment. It could be the solstice or it could be tomorrow, but generally speaking, the equinoxes and the solstices are an easy time for the earth to get punched with energy. In 2018, your solstices and equinoxes have been specifically targeted as the best opportunities to make use of the particularly strong jolts of energy that seem to be needed pretty regularly here.

So starting around the equinox in March, you’re going to see a large bursts of energy that your creative self should really enjoy. It will affect your creative impulse toward making something happen, toward starting a new project, taking up an art or craft or enjoying it more. All of these work with creative force. But if you are aware that it’s coming, you can already have projects set up so that you make the best use of that energy. You can determine that creativity means manifestation—because it does—and use it to manifest what you want to see completed. So ask yourself, “What completions am I needing?”

Summer is not so easy for me to see from this point, but this year is about manifesting, on the human level and the spiritual level, what you need to help you bring about your highest good.

If you remember, at the January first-Sunday meeting I raised all kinds of questions—what are five things you’re really grateful for, five things you want to create—because I want you thinking about “What do I want now?”

You said the solstices and equinoxes have been specifically “targeted,” which implies there is a targeter. Targeted by whom or what?

The originating Plan. This dimension—this Density—is all about the Plan for this planet and all life

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force on it. It’s a part of the Plan.

A reminder: there have been energy flows that were actually quite a surprise. Do you remember my saying, “Well this was unexpected,” because it would only have been possible if certain things had occurred, and on no earth before this had they ever come about. That did not mean they were not a part of the Plan; it just meant humanity and any of its experimental forms had never been able to reach the point where they could move beyond personal power and abuse into an embodiment of Spirit. The Plan says, “At this frequency, here is what you get. At *this* frequency here is what you get.” So it’s not targeted as in “I am going to send energy to David.” It’s targeted as in “all who function at this frequency or higher are going to benefit from this,” because that is written into the cosmic blueprint, if you will.

It’s like a Rube Goldberg contraption, in which one action sets off a long path of diversions on the way to the end of the marble’s path. Your universe is like that. It’s that kind of device.

So the hope is that as the energy comes and the frequency in the life force can match it, it will push the life force forward.

Yes, that’s always been true. It’s a balance of the energy of the planet and the life force on the planet, and when they reach equality that creates a new level, and you keep going.

You’ve described the uses we make of this energy in personal, individual terms, like “your projects” and so on, but can’t this energy have a

more global effect?

I do that because I am talking to a very small group through the newsletter. Yes, of course, there is a planetary effect, but it only works through individuals—and that includes individual dogs and individual house plants—because it's only manifested through form itself.

If I apply this creativity to all my projects, is that feeding into a bigger picture?

Yes, of course it does, in a very big way: bigger because you are a Guardian. But your neighbors are going to be experiencing that creative flow too, and that will touch others, as well.

You'll probably see things happening such as investment changes, artistry having a boom; anything that is a creative endeavor, you're going to see it get a push. Now, you're going to see some reactions, too, be they positive, negative, neutral or unknown.

So I can stop obsessing about this energy coming in and how I will put it out there. Should I just trust that this energy is coming to everyone and it's all going to work if we move with it?

Well, both of those are accurate, but I would rather you obsess on ways to get out there and make use of it, and I say "obsess" only because you use that word, I really don't think you should obsess.

Focus, then.

Even if you don't do anything with it, it's going to have an effect, but if there is a choice between the end product that comes from "I did nothing and let it happen on its own," and the end product of "I'm going to put my high-frequency heart into this," I sure would rather have that high-frequency focus.

You will be tailoring the Lifescapes in 2018 to the energy of the groups attending in Atlanta, Lexington and Pittsburgh. How do these three groups differ, and how will their differences affect your approach?

Atlanta's energy tends to be like someone after drinking too much coffee: "Should I look at this now, or what about that, or what about this? All right, let's go over there and do this!" It's on the move constantly. It's really great for people who live there if they have a lot of energy, and—oh, gracious, like to drive—and have a tendency to bounce from one thing to another.

Now, quiz time: What is something most Guardians have in common in their past? The answer is, they've done a lot of bouncing from thing to thing, because they get involved in something, get tired of it, and move on. Think back to school. You learned

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pretty fast, so you got kind of bored and were ready to go on to the next level. That's true with Guardians. They don't like school, don't like authority, don't like their jobs. That's because they got what they wanted from it really fast. That's Atlanta energy. If you listen to Atlanta Lifescapes you'll hear questions that tend to deal with what is happening in the world: "What's the bigger picture with this?" Or there might be no questions at all, because they're just sucking in the information.

Pittsburgh is kind of the direct opposite. Pittsburgh's energy tends to be very family-like. There is a real sense of comfort within the group, and if you were to come into a meeting at Pittsburgh, you might say, "Ah, this is a nice fit." The questions tend to be more personal. Some of that is because that comfortable, family feeling makes it okay to say, "Is it all right to masturbate five times a day?" in the middle of a big group of people. So I know that when I'm talking to that group I'm going to need to broaden it out to include everybody while I answer someone's specific question.

Lexington is a mixture of both, but generally I would say that Lexington likes to know what's behind something. "Tell me more about this. Tell me more about that." Lexington probably has the most people who like the airy-fairy or the purer metaphysical, New Age end of things.

But, as I said, there are two sides. Lexington also likes "One, two, three, four, five—do these things, and it will work." In a sense, Lexington likes to not

have to think about personal work like Pittsburgh does, so that they can play in the spiritual part of the work. And that's all right. That works.

In Lexington's Lifescapes I always know that it's going to be a very broad mix, whatever I do. I will have this group over here asking "What does Arcturus have to do with that?" and this group over here saying, "So if I just communicate this way will things work out better?" That's pretty much what I'm looking at in that room. Lexington, however, does not have Atlanta's transience—"Move to this; oops, move to that"—so it's different in that way.

All three cities have very solid groups in them. If there is anything in particular I would hope for in 2018 in the three cities, it would be that they each increase their efforts to try new things and to create a comfortable atmosphere, and to support both those ongoing efforts in the other cities when they visit. I would love to see people from Atlanta checking out Lifescapes in Pittsburgh, and people attending all of them, because they're going to be very different. I'm not going to give a version of the same talk in each city, as I have in the past.

At a Lifescapes in Pittsburgh I will say a few of the same things as in Lexington, but my intent is to be very different based upon what is happening in the group at the time.

It sounds as though it would be worthwhile to listen to all three Lifescapes, because they're going to provide a much broader picture.

Well, I'll tell you that that is the intent, but we'll have to see how it actually works out.

You led four large rituals in 2017—at the solar eclipse in August, during the group trip to Arkansas, at the Festival of Light and at the New Year's Eve celebration in Lexington. From your perspective, what were the differences in those four rituals and the groups that took part in them? What did each of them achieve?

The eclipse was the most massive doorway your planet has walked through in a very, very long time—ages. The Density change has had a *profound* effect on your world, and on individuals.

For instance?

It has affected the population as a whole in the U.S. Your "Me Too" and "Time's Up" movements are saying "I am strong. You *will* hear my voice." That's also going on in politics. It's great! There are protests going on all over the world with people standing up saying, "You are not going to enslave us with fear. We *can* make a difference." I love it.

Samuel in 2018

For those who like to get engagements into their calendars as early as possible, here are some dates of upcoming Samuel events. These dates may change if unforeseen circumstances arise. More details and any updates can be found at discoversamuel.com/events.

APRIL

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

JUNE

10–20 — Group Trip to Lake Titicaca,
Bolivia

AUGUST

12 — Lifescapes, Phoenix and the Dragon
Atlanta, GA

25 — Lifescapes, Pittsburgh Airport
Marriott, Coraopolis, PA

SEPTEMBER

8 — Lifescapes, Phoenix Institute
Lexington, KY

OCTOBER

14–20 — Special Small Group Trip with
Samuel

DECEMBER

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

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

And, of course, the first Sunday of every month at Phoenix Institute in Lexington.

And in addition to that, you are coming up with scientific, almost magical remedies to take some of the fear out of the massive diseases that are breaking you down. People are choosing kindness on the Internet. There are movements on all platforms to stop allowing hate and fear and anger to take over, and to be kind—on the Internet, no less, where anonymity provides the easiest opportunity to spew your pain. And this is only in a few short months. Imagine what a few more months will give.

Is there significance to the fact that there were 144 people at the eclipse?

There aren't coincidences and that absolutely added to the power, but I would have been okay if there were 143 or 43.

So it's the quality not the quantity?

If you don't have good quality then you really need the quantity.

Arkansas was stunning, absolutely stunning. I saw that group create something I have not seen any human group do—*any* human group (and remember, I don't just work with you). I just loved it. And its purpose, of course, had to do with re-patterning and with the Arkansas-Brazil Stargate. Stargate work is pretty easy to do, and maybe that's part of it, but having that group come together in that way and focus so well with that energy, it was great. And it did speed up the re-patterning. The Arkansas-Brazil twin Stargate is active, so it was very successful if you look at them that way.

The problem was that I thought, "Super!"

It set the bar really high.

Absolutely. It set the bar really high. I thought, well, if this group can do this then maybe just Intent is all that's needed. And I might still try that occasionally. I just did not find it all that effective at the Festival of Light. It might just be that it was that time of year. It's a busy time; the atmosphere's pretty different from a really strong high ritual. So I'm not tossing the idea out, but it was probably the least effective Festival of Light, which was unfortunate.

However, its success was that it did show me that even with people from that high-bar-setting Arkansas group scattered here and there among the Festival of Light participants, it wasn't enough to recreate that same kind of energy.

New Year's Eve—lovely, lovely, lovely work, but the group comes in to New Year's Eve knowing that they're going to do a lovely, airy-fairy high ritual. However, the purpose within that ritual and my purpose for that ritual were actually two different things. Within that ritual the purpose had to do with creating energy to bring about change in your world and create what you needed—kind of typical "end of the year and move into the next." My purpose with that ritual was to help you shift your energy.

You may remember that earlier I said the energy comes through and smacks you, and I wanted everybody in there to get a sense of working together, of having united energy. It was a beautiful ritual. The focus was lovely. The energy sent out was strong and good, although I don't think everybody in there felt it. I thought the room stayed a little cool, and I don't

mean the temperature. So I found that interesting as well, because that was showing me that you could create a very powerful energy flow even without really consciously connecting together.

So the four rituals this year—and this is probably why you asked that to begin with—really had very different effects for *me* as well as for you. I think your usual ritual is really what you work best with.

In June we will travel to Bolivia to work with the Stargate at Lake Titicaca. What is the nature of this particular Stargate, and what specific type of energy will be needed to open it?

Lovely. Well, first this Stargate has already been Awakened. It was Awakened back in 2011 maybe, or 2012—I'm not real good with your time.

Do you mean our first group trip to Bolivia?

No, I mean by another group of Light workers. It's an Awakened Stargate already. What *you* are going to be doing is activating it. Lake Titicaca is one of three places on the planet that holds the balance of masculine and feminine energy. It's a particularly Divine Feminine area. And for those who went to Guatemala, you're going to feel a lot of the same resonance, that same frequency, because of the Divine Feminine in it.

Activating a part of the earth that is all about the power of the Divine Masculine and the Divine Feminine working as it should is going to really help. It's a solar Stargate that leads to the black hole at the center, more or less, of the Milky Way, so it's a transport gate. It moves through the sun out into the Milky Way, so your activation is going to be Vesta-Helios.

Now you're not activating Vesta-Helios, but you're going to be taking that energy to do the work. And that will be its own challenge. I expect the work to be very, very effective.

And no, I'm not going to say what the other two places holding the masculine-feminine balance are.

S

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

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Got Junk?

by Pat O'Malley

I really like checking into the First Sunday webcast in January each year because Samuel usually gives us insight on what the new year is going to bring with it. He didn't disappoint this time around because he told us a secret! Samuel said that this is a good year we have coming in front of us, but we need to know the secret of it. We have to be *looking* for the good.

He has often talked about positive focus and gratefulness over the years. Apparently, our ability to be grateful for everything is inexorably linked to our ability to manifest what we want in our lives. Gratefulness and right manifestation apparently go hand in hand.

He also said that this life is about learning to let go. That gave me pause, especially the part where he said we become what and who we surround ourselves with. Looking back at all the old, tattered timelines I had been dragging behind me along the way, it suddenly occurred to me that I could let them go and start new ones. Duh! I suddenly had a burning desire to call the "Got Junk?" guys and have them stop by my place with a big blue metaphoric dump truck—sort of a spring-cleaning on every level. It's hard to create new things when I haven't let go of the old things. Living in the present, focusing on the positive in my life and being grateful for all of it puts me in the magic center of manifestation. That's where I start manifesting stuff like crazy.

Dina, Brandi, and I sat discussing these things at

**Positive Focus
+ Gratefulness**

Magic on all levels

lunch the other day. Dina shared:

I have never regretted keeping a gratitude journal. I don't do it consistently, but when I do, my focus and energy shift, and like Pat says, manifestation magic can happen. One thing Samuel said after the New Year's Eve ritual was that if we have a book in us, this is the year to make it happen. Already several Phoenix friends have taken steps toward completing their works-in-progress. Me? I've spent a lot of my life dabbling at this, trying that, getting ideas for creative projects and occasionally bringing them to fruition. I've got no book in me. I've thought a lot about how cool it would be to write one, but that's as far as I've gotten. So a statement like that from Samuel can trigger old thought patterns for me, like comparative judgment and self-flagellation for not having a masterpiece ready to birth, and as a result, I remain frozen. Thank goodness I recognize those patterns for what they are and can see them as an opportunity to release more ego and stupid human tricks. There are a million choices I can make, a million fascinating paths I can take. I'm inevitably going to miss opportunities simply by choosing A rather than B, but if I feel like I'm missing out, I'm stuck in my human self and stuck in a mentality of scarcity. It's a great reminder to keep my focus on the biggest picture and let What I Am lead the way, since who I am is too concerned about being enough and getting it right. I may not create a masterpiece this year, but if I can remember to keep my focus on gratitude, I open up the channels for synchronistic magic to happen.

Brandi shared a story about the magic of gratitude and manifestation:

I was in the market for a new-to-me car and began my research process. One day while sitting at a red light, I saw a car in the next lane. This was not any car. This was a stunning SUV; the design was classy and the lines were crisp. This particular car was a beautiful pearl white with camel interior and black trim. It had big tires and a luggage rack, and I was mesmerized!

I returned to my search for a used car in my price range and found several I was interested in, so I made appointments to test drive them. On my way

to these appointments, though, the “yellow Volkswagen” phenomenon that Samuel speaks of began happening. That beautiful, amazing white SUV was everywhere I went—on the freeway, in a parking lot, beside me at a light. Every time I saw one I gazed at it with unimaginable appreciation. I was in love with every detail, convinced it was the most beautiful and desirable vehicle ever made!

Meanwhile, when I arrived to test drive a used car, it had “just been sold.” Not once but over and over. My used car search continued to be fruitless, the pearl white SUV kept appearing. Just staring at it made my heart full and happy. I was so grateful for the person who designed this magnificent vehicle.

Finally, at the urging of a friend, I went to a dealership just to drive the SUV and maybe find a used

one I could afford. I parked, walked toward the door, and sitting right outside was a brand new, pearl white, camel interior, luggage rack, dreamboat! I was offered the deal of a lifetime, and Pearl sits in my driveway today.

Manifesting really does start and end with gratitude. I make it a point to let the Universe know many times a day how grateful I am for the magic that boundlessly flows my way!

Samuel has always said that letting go doesn't mean not having. Letting go in gratefulness opens doors for manifestation. Our hands are open to receive new things. Focusing on what we want to create with the caveat “this or something better” works miracles. Go for it!

PR



Full Moon Ritual

What better way to celebrate a blue moon and an April Fool's weekend than a ritual and a potluck?!

The Intent of this ritual is to **increase the laughter, fun and playfulness in our lives.**

Come already dressed as a Fool, or arrive at 3:45 p.m. and use our Costume Grab-Bag of hats, masks and silly stuff to create your Fool right there before the ritual begins.



Saturday, March 31

Ritual and rehearsal begin at 4:00 p.m.

A vegan potluck will follow, so bring a dish (onion and garlic free please) to share, and stick around for even more giggles and humor.

Upcoming Full Moons

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.

Full moons will occur on

March 31 (Saturday)
April 29 (Sunday)
May 29 (Tuesday)
June 28 (Thursday)

Consult Phoenix's monthly calendar or Facebook page (Phoenix Institute Spiritual Community) for dates and times of the actual rituals.



Activating Your Light Body

A New 6-week Program

In Samuel's November 2017 Lifescapes series, he outlined *FIVE SPIRITUAL BLOCKS* that anchor Guardians to the old timeline:

Anger • Control • Fear • Contentment • Judgment

In *Activating Your Light Body* we'll closely examine those five blocks so we may eradicate them from our lives.

We'll also explore Samuel's *THREE KEYS* for making the best use of the current energy coming to the planet in order to activate our Light Body:

- Recognizing what we want
- Releasing our 3rd Density patterns
- Restructuring our lives so that we're feeding 4th Density

DATES: April 15 • **6:30–8:00** p.m. (following Community Potluck)
 April 22 • 5:00–6:30 p.m.
 April 29 • 5:00–6:30 p.m.
 May 6 • **NO MEETING** (1st Sunday with Samuel)
 May 13 • 5:00–6:30 p.m.
 May 20 • **6:30–8:00** p.m. (following Community Potluck)
 May 27 • 5:00–6:30 p.m.

LOCATION: 655 Lima Drive Lexington, KY

FEE: \$12 with preregistration; \$15 at the door

Questions? Please call Steven Smith at 859-338-8720.



As Guardians who have a compact to guide and guard life force on this planet, we are entrusted with creating a life that honors our spiritual Entity.

We are entering a time, more than ever before, when our ability to bring balance to our lives and to be WHAT WE TRULY ARE is crucial.

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Samuel

r e s p o n d s . . .

How has the series of huge energy influxes that culminated with the one in December affected the plant and animal kingdoms?

Well, that's an interesting question. Usually people ask how it affects *humanity*.

You have seen massive departures: plant, animal, even human, through wildfires, volcanic eruptions, earthquakes, whole species dying off—exterminated—as the earth has been readjusting. So much of this energy has created portals, and through destruction you have had major losses. But you've got to remember that that also means a lot of new beginnings. So although, certainly in the northern end of your world, you're not seeing it right now, be looking for new kinds of plants to be showing up, new versions of animals being found.

It's been rough on humans too, but you know the plant kingdom and the animal kingdom don't have the same issues to work through in their process in form, and so they master and leave much more quickly than humans do. So this past year has been great for them, but I think that there will be those who look back and say it was apocalyptic.

Are animals becoming more intelligent as a result of the energy coming in?

It depends upon what kind of intelligence you are looking at.

We had two mice and caught one in a live trap, which we released.

That was the dumb one.

Yes. We have three different kinds of live traps and the other mouse figured out how to get the bait out of all of them without being caught.

Well, individuation is coming about much more often. Guardian animals and Guardian plants are becoming more common, but I've got to be careful with that. It's not more common as in you're going to walk through the forest and "There's one!" and "There's one." It's more like if you're looking at the planet and there are more Guardian plants than there used to be.

More intelligent? No. But moving more toward individuation, yes.

I'd like to have a deeper understanding of what having an "Intent" means. For example, I frequently send encouraging replies to requests on the OneHeart line, and as I type I detail what energy I am sending to the request. Does that constitute an Intent?

No, it does not.

Does it have to contain the words "My Intent is...?"

Again, no.

Are there other ways of conveying an Intent besides verbally?

Well, yes. The biggest way that you do it is mentally, which is kind of a magnetic thing, and of course through actions you take to add to what you're thinking, where it becomes Deed.

Intent is step one. For the human brain, the resolution of Intent is about when you hear yourself actually thinking it, but that's Thought. Nonetheless, you don't *know* that you have the Intent expressed until you have thought it.

So are you going to eat dinner tonight? Yes? How do you know?

Well, I do it almost every day.

So let's say that when you woke up you intended to have dinner, and that Intent doesn't require you actually to think, "All right, I am going to have dinner today." But when you think about what you're going to have for dinner that's a new Intent and that Intent requires Thought to go with it and Deed that ends up out of it, so there's Word in there somewhere. And that's going to make you feel that you really intended it, but both are Intent.

When you put conscious energy to an Intent, it's going to manifest more quickly. You can say, "I'm going to eat today," or you can say, "I'm hungry, so *what* am I going to eat? Oh, I'll have cake." That's going to manifest a lot faster than "I am going to eat today." So while both work, the conscious application is better. Still that conscious application does not mean you have to say to yourself "My Intent is . . ."

What is the significance of the words "so be it"? Are we adding our Intent to one already stated?

No. "So be it" is kind of like "amen." Originally it was recognizing that the thought is complete, but it also has developed its own power so that it becomes a focus of power. Essentially, if you say you are going to have cake, "So be it" says the action begins now.

I think of it as putting the stamp on the letter or something.

Yes. It's ready to go.

During the New Year's Eve ritual, in your discussion of the influx of energy during December and the return of the Divine Feminine, I heard you comment that our world had barely made it past the potential for destructive use of the energy coming in that month. What factors made the difference in tipping the energy away from the destructive into the constructive? What was the Guardianship in form's role in that?

That covers a lot of space. Let me give you a few of the directions I can go there: timeline changes.; density changes; literal protection from off of this planet; the ability to make use of energy in different ways; and consciously choosing love. All four of those are a part of that answer. Maybe just list those four options, and then start the next interview for more detail about that.

Over the last couple of years, you have sometimes referred to the group as a "remnant." What, or who, are we a remnant of?

Guardians are themselves a remnant from the original Plan for this planet. When the Shining Ones came and seeded this planet, they did not all leave, and some have continued to come back, transition after transition, to help this world. It's like taking it on as a pet project that bites you, so come having received your rabies shots ahead of time.

It's a remnant of that original band that chose earth. It's a remnant of that original Plan.

Are you saying that some of them said, "Whoa, I'm not doing that again!"

Yes. I have said before that there are those who still say it's not worth the work, that the experiment isn't working, so don't keep shoveling energy into it. But they don't rule, and there are squeaky wheels in all groups, aren't there? And sometimes it's best to just ignore them.

In the last questions-and-answers Sunday, you were talking about the soul/Spirit leaving the body while we sleep to work outside of the body. You

said that twelve hours was the longest period of time that the soul/Spirit could be out of the body. It sounded like you were saying that the body could not live without the soul/Spirit in it.

Would you clarify how that connection works, how the soul is necessary for the body to sustain life? Is it the energy frequency of the soul that the body has to have in order to live? Is it possible that there are human beings alive here on Earth without that soul/Spirit within their body? If so, how does that process work?

If it sounds like I am hedging what I'm saying, it is because nothing that I ever say is going to apply to everybody. So when I say Spirit really can't be away from the body for more than about twelve hours, that's not going to apply to everybody. For some it will be more, for some it will be less, but *generally* you are tied in to your Light body that way.



Death cannot be final.
Nearly everybody has
died more than once.

Now, I need to give a few definitions. The first one is *soul* and the second one is *Spirit*, because for me they are two different things. The soul is a mechanism for the Spirit to touch into the physical form. It's a doorway, or a landing pad, or a launch pad. The soul is not your Spirit self, but it is that part of you that is made up of your energetic body and your physical body, not your Light body, because what I call your Light body *is* your Spirit.

To me your soul is simply a passage point in which the whole of your physical, mental and emotional spiritual connection is found.

Would you say that the soul has its own awareness but is more or less inert?

It has recognition. It recognizes Light. It recognizes itself. It recognizes the difference between the emanations, the frequencies, the resonances of mind as opposed to the heartbeat. But it is a part of the physical reality.

Spirit, on the other hand, I define quite differently from that, and you are familiar perhaps with what I usually call it, which is your Entity. I call it

your Entity because in this world it has a form of sorts. It uses Light—sunlight, energetic Light—it uses Light as a means of communicating itself from the Source field to the soul. It is the Being of the originating force that you are a part of.

And I would tell you that there is the greater Entity and the lesser entity, the greater Spirit, the lesser spirit. The large-E Entity is the originating point; the small-e entity is what it has done to reach and work through the world of form. What the greater “you” has done to reach and work through form has required *massive* amounts of shifting density in order to function within the density while holed up in human shape—or animal shape or plant shape—and be able to purposefully communicate with it.

The communication isn’t like language. It has much more to do with the re-creation, but that’s another story. The small-e entity is actually what you think of as “God” if you’re religious in this culture. The entity is You, the You who has projected all of these personalities through time and space in such a way that each individual one thinks that it’s the only one.

So that Spirit/small-e entity’s connection into the soul feeds that soul, which feeds that body. The soul holds the memory of that Spirit as that Spirit comes and goes. Now, why would that Spirit come and go? There are many reasons. You are working on more levels of density and dimension than just this one at any given time. For instance, you are in dream school and you are needed to help keep the president of North Korea from pushing the wrong button (and you do that in dream school), or you are very, very sick and in tremendous amounts of pain and you don’t want to be there. Having a release from all of that consciousness helps the entity keep its focus, because it’s hard to focus into form. There really is a reason I just borrow [a body].

Death cannot be final. Nearly everybody has died more than once for any number of reasons—generally to do with severe accident, severe illnesses, or sometimes just a portal, very often in your sleep—that you weren’t sure about. I always chuckle when someone says they want to die in their sleep. Most of the time I can look at them and say, “Well, you already have, twice, so you’ve got your wish.”

You are driving along the road and a truck comes up out of the blue, changes into your lane, and you have to make some very, very quick decisions, and it scares the bejeebers out of you. Now, I want you to feel that for the moment, that total all-of-your-blood-

disappears and you are left gasping and horrified. You’ve got that picture? That is what it feels like when that spirit shifts immediately out of the body so as not to have to be a part of that. You’ve died and then come right back. And that feeling is the drop in your stomach, sometimes, just as you are waking up. It’s that smack you feel as you come back to the body.

For very high-frequency people, the soul has learned the frequency of the Spirit well enough that the Spirit can shift out and back in without damaging the physical, the mental, the emotional, or creating havoc for the spiritual. That’s rare, but it happens. Otherwise, more realistic is for the Spirit to be “gone” for about forty-five minutes, but could be longer than that, even as much as twelve hours.

For the very high-frequency being whose Spirit is capable of leaving, the soul remembers. It’s not going to let someone else in. We’re not talking the way humans work: “Oh, you’ve been gone for three hours so I’m going to invite someone else in!” It doesn’t work that way. Your body is familiar with death. It’s not unnatural to the body. The spirit does not see it as death. It’s not as though you’re walking around without a spirit, because the soul is holding that identity.

Is the fact that we have a large-E Entity and a small-e entity an issue of lowering frequency so it can exist in form?

That’s exactly what it is. And it’s very easy to limit what you think of as frequency to the pitiful little examples I give—imagine a spectrum one to ten or musically 440, or . . . or atomically 358, or whatever. These are not the kinds of frequency that I’m talking about. This is more like neutron stars exploding in space are the least of its frequency. It’s easy—because I am talking to you through a form and you are listening through a form’s brain—for you to think at the scale of form, but I’m talking beyond that. I’m talking about the scale of *creating* that form.



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

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

In the Vegan Kitchen

by Paula Thomson



Vegan Shepherd's Pie

Shepherd's Pie is a traditional British dish consisting of meat, usually lamb, and vegetables topped off with mashed potatoes. This is my vegan version that is just as hearty. You don't have to be exact with this recipe. You can substitute different vegetables or vary the amounts to your taste. Just make sure there is enough potato to reach the edges of the dish.

2–3 lb potatoes, any variety, cut into 1 inch cubes
3–4 carrots, peeled and chopped
1 lb Brussels sprouts, cleaned and cut in half lengthwise
4 parsnips, peeled and chopped
4 large portobello mushrooms, peeled and cut into 1-inch cubes
any optional vegetables you want to add or substitute including 3 celery stalks and 1 cup peas

2 cups vegetable stock
2–3 TBSP tomato paste
1 tsp dried thyme
½–1 tsp sea salt to your taste
2 tsp corn starch mixed with ½ cup water
½ cup vegan butter
1 TBSP olive oil
1 TBSP fresh lemon juice
soy creamer

Preheat oven to 425 degrees, and lightly oil a medium-sized, rimmed cookie sheet

Place the potatoes in a large pan, cover with water, and simmer for about 15 minutes until soft. Put a lid on the pan and set aside.

Place 1 TBSP olive oil in a bowl and add all of the chopped vegetables except the mushrooms. Stir the vegetables around so that they are covered in oil. Place them on the cookie sheet and bake for 15–20 minutes. Stir them about every 5 minutes to make sure they are evenly browned, and then remove from the oven.

Turn the oven down to 375 degrees.

Melt 2 TBSP vegan butter in a large skillet over medium heat. Add the mushrooms and sprinkle on the lemon juice, and sauté for 3–5 minutes until soft.

Add a dash of salt, the thyme and tomato paste. Add the oven-browned vegetables, the stock and the

corn starch mixed with water. Simmer gently for about 3–4 minutes until the liquid turns into thick gravy. Turn off the heat and set aside.

Drain the water from the potatoes, add the remaining vegan butter and mash with a fork or potato masher. If the potatoes are not smooth, add enough soy creamer to give a creamy consistency. (I use a hand-held mixer at this point.) Add salt and pepper to taste.

Lightly oil a 9 x 13 inch dish, and place the vegetable-mushroom mixture in the bottom, spreading it evenly. Gently add the potatoes on top, smoothing them out so that the edges are sealed. Drag a fork across the potatoes lightly. This will create an interesting pattern when they brown in the oven.

Bake for 45 minutes. Allow to cool for 10 minutes before serving.

(Serves 6–8)

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