



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2018

An Interview with *Samuel* channeled by Lea Schultz

At the last newsletter interview, we asked the following question and you suggested that we bring it up at the start of this interview.

“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 say 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?”

You said you could go in various directions in answering: you could talk about timeline changes, density changes, protection from off this planet, the ability to make use of energy in different ways, and consciously choosing love.

All right, the first thing to remember is that when I said “destructive” I was not meaning chaotic.

You might think about it this way: let’s say you were a child whose parents would strike you if you were doing something they considered wrong. There would be a punitive response. (I’m trying to avoid the word punishment because too many people are going to say “Ah, the Universe punishes us,” which is not accurate.)

So if your parents behaved that way, you developed the kind of thinking that said “If I do exactly what I’m supposed to do, then the status quo will remain, and I will not be rejected by these people I need,” or, “I will not have pain or suffering or loss of self-esteem at the hands of these people.” This has created several generations of people who have a

very strong sense of “These behaviors equal this consequence.”


So the problem is that those who experienced that kind of upbringing may be thinking that when I said “destructive” I meant some sort of negative consequence, and I want to eliminate that idea from the discussion.

When you are talking about energetic influence—energy transmissions—you need to remember that the energy itself is neutral, but the kinds of things that affect that energy are, in a relative sense, how much and how fast it is coming to you. When that constant energy flow has an additional bundle of energy coming with it—as it does at the solstices and equinoxes of 2018 and multiple other times in the year—those who relate to it, who have a frequency similar or at least close to it, are going to have a much, much easier time assimilating that energy than those who have a frequency that is not close to it.

The idea is that those who are not functioning at high frequencies have found and will find that the energy is not constructive but destructive. Although the energy is neutral, it creates chaos, and as you relate to it energetically you see it as constructive or destructive.

If an energy is such a high frequency that few if any on the planet can connect with it or relate to it, most of the life force on the planet is essentially going to be seeing it as destructive.

How can you bypass an energy that has such a high frequency that most on the planet would consider it destructive? How would you transform it into constructive energy? How could you see more indi-



| | |
|--------------------|----|
| <h2>Inside</h2> | |
| Facing the Monster | 7 |
| Samuel Responds | 9 |
| Vegan Kitchen | 11 |

viduals become capable of transforming that energy?

Well, you've talked about how powerful Guardians are in changing the energy and directing it, so I would say by having the Intent to put Love into it.

Good. The easiest thing to do is to have those whose energies are somewhat close to that frequency raise their energy up, even momentarily, to help guide that energy.

The second thing would be to have the power of group Intent focusing on that energy because the group Intent will cause it to shift. And that group Intent does not have to come only from Guardians. It can come from any energy system that recognizes the need for change to a higher frequency.

And here is where we get into the slightly weird, because not only can energy be handled by those on earth working with group Intent or raising their energy to connect with it, it also can be shifted by those who work invisibly, and those who don't work on this planet but are in form.

You may remember that in some rituals I have referred to one or another specific "Council of Wisdom," which essentially is a planetary gathering of ascended congregations within your solar system and your galaxy—and even outside of your galaxy—that watch over this planet. Now, that might end up creating a lot more questions, but I'm going to keep going with it.

In probably the last six or eight months, as you would count it, those that you call the Arcturans have been putting an extra grid around your planet, ensuring that, at this very special time right after the density change, you're not going to have an interruption that will stop the flow of growth and change that is going on right now. There are inter-dimensional, invisible beings, some of whom are on this planet right now, who have a connection into a Shining history with this planet. They have also been working in their Entity to protect mass consciousness.

Everything is about the evolution of this planet and its life force, but I've never said that it was a natural or Darwinian version of "first you have a fish and finally you have humans," however that works. It is a spiritual evolution, which means it is moving from the wholeness, which is very much like a group soul, to the individual, to the individuated soul, and, through the individuated soul, to group consciousness in the One. The planet and its life force do this.

Any massive energy overload would have the effect that a major coronal mass ejection with high frequency solar winds would have on your electrical grid. It would have the same effect, but on your personal electrical grid, and that would disrupt the evolutionary process.

Additionally, if the spiritual evolutionary process is disrupted, then that leaves you open to shifting back into the darkness and the fear-based timelines that are so easy to go back to.

So the help that is coming is not only coming from this dimension but from other dimensions too.

Correct. Other dimensions and other functions of life in form.

Why is it so important to those not in form that this experiment succeed? Or is it just that they serve, that their function is to serve?



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

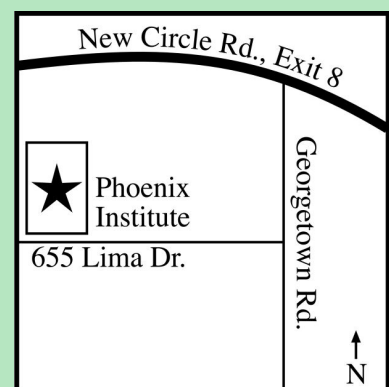
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Ultimately everything that is a part of your universe is working toward the greater Intent of bringing all of form back into the One through the process of individuation. So this experiment that has moved along so far and—I know you don't think it, but I'll say it—so fast, after several massive failures, is a good service opportunity for those who are higher in the spiritual process of evolution and not required to choose earth—they don't have a compact with the earth—as a means of community service, so to speak. They are choosing to watch and not work visibly, or watch and occasionally work visibly, or to work within the system. They all have advantages but I would tell you that, if you want to affect the greatest change in the fastest way, you should be within that system.

Which means taking on form.

Right. Kicking and screaming or not.

I think we do more whining.

When you said “massive failures,” were you referring to Atlantis?

Yes, and previous earths. And what is it that brought about those massive failures?

Abuse of power.

Abuse of power, greed, and fear. Fear amps up the greed, which amps up the fear, which amps up the greed in the different bodies that are living under fear or living under greed.

You talked about the Arcturans putting another grid around the planet. Would that be to stop influences coming in?

Well, it works more like a filter. Only those energies that are functioning at a particular frequency are going to affect the planet. That frequency is by far much higher than what most on the planet work at, for sure, but it's all coming, and some of it has been shifted just enough that it's usable.

You always have energy coming your way; when you match that energy you don't notice it or don't notice it much. If that energy frequency is much greater than yours, there's nothing for you to connect with, but you might be disturbed by it. If your frequency is low and all you perceive is the chaos, you might take it in the negative sense and call it destruction.

That's why a filter was needed to shift some of that energy. You have this ball that is earth, and the energy is constantly flowing, just as you have wi-fi waves moving through your body right now. It's constantly moving through. Some of it doesn't hit the planet. Instead, it's just moving through and hitting

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other areas in space. But when there is an energy transmission specifically directed toward this experiment—for example, the energy that brought about the density change—that energy isn't just floating through and hitting odd spots of space around; it's hitting right at your planet, because it's focused. If a focused beam hits this planet in that way, it's too disruptive. So I called it a grid, but, like all grids, it functions like a filter. This filter is to disperse that smack onto the planet.

We also have some questions that were submitted by Retreat participants. [These questions appear between quotation marks below.]

“At the Retreat this year, you mentioned that since Arkansas many of us are more capable of living in the shift. Please explain what you meant by that.”

Depending upon the timeline that you give the most attention to, you are either living in your third-density experience or you are living the shift into fourth density, and living that fourth-density experience because you are giving the greatest amount of your time and energy to function at a fourth-density or higher level. That's living the shift.

“You said at this Retreat that our time with you was to show us we don't have anything else to hold onto other than ego. If we release ego, what do we hold on to?”

The first thing to realize about that question is that I was referring to the Retreat itself. Our time to-

gether at the Retreat is about releasing ego.

Whenever I talk about ego I always remind you that there are two levels. The first level is your personality, the way you see yourself. But that leads to the second part: if that first level of ego is all you see, the only thing you identify with, then that is a negative function of ego. So if you let go of the negative function of ego, what does that leave you? Two things: it leaves you the positive function of ego ...

And spirit.

Yes, and the spirit nature you are.

Now put those two together and you essentially have a clean slate. You can start over every time you let go of your dependence on ego as your way of functioning in this world. I wish all of the readers would just stop for a moment and think about what I just said, because that is *life-changing*.

Whatever you have been is an attachment to a function of ego that you don't have to stay attached to. If you do stay attached to it and you let that past lead you then you're not functioning in your now, you're not functioning in your spirit self, and you don't want that. On the other hand, if you say "I am not led by my ego, I am led by spirit; I am functioning out of Love and in the Laws of One and Love," then your ego is not attached to your form and you're functioning with spirit that only functions through form in the current moment.

So you don't have the past, you have that thing that every human seems to wish for, and that is doing it over knowing everything you know now, and more of course. It's really a gift, but it requires letting go of that old and living in the whole.

Are emotions always associated with the negative functions of ego?

No, there are good emotional states, but for the most part emotions are much overused, and used negatively. And just as a quick example, happy, well-adjusted, making jokes—all of the things you think of as a good emotional state—can all be faked by somebody trying to manipulate you. So that's why I say you have to be really careful with emotions. For the most part, if you're relying on emotions you're going to be directed into an unhealthy place. Emotions are not by themselves bad; it's what's really behind them, the intent underneath them, that's going to make them good or bad.

Now, anger? Ninety-nine percent of the time it's a negative emotion. Grief? Ninety-nine percent of the time it's a negative emotion. Happiness? Ninety-nine percent of the time it's a positive emotion.

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Emotions are based on ego, and which emotion arises depends upon which one of those directions I just referred to that you're coming from. If you're coming from a negative ego-based place, then you're going to have anger, fear, hatred, and judgment; if you're coming from a positive, spirit-led place you will have happiness, Light, and Love.

"At the Retreat, you said, 'Function less in this world and more in that one,' which in the context seemed to mean 'more in the Stargate world.' So, how can we function less in this world and more in the Stargate world?"

When you are doing high-level, spiritual work, particularly work that is both physical and—oh, this is also going to get me into trouble—involves a certain amount of sacrifice, because sacrifice is an empowerment; it creates community and it has a positive effect. [Pointing to a glass of water] For example, I'm not drinking this water right now, even though I'm thirsty. That might be a type of sacrifice; sacrifice doesn't always have to be "Let's kill the virgins!" It's just that the idea of sacrifice creates a very powerful energetic bond with the Intent.

Now, when you go to a place of great power because it is a Dragon Seed or a Stargate—well, there are several things it could be—the frequency of that place and your frequency need to match. When you are able to make that connection, it changes you, and that change lingers. It's kind of like you create a new kind of magnetism, drawing toward you that high-level energy attached to wherever you are.

You have been to the Brahmaputra River, and that particular father/masculine energy is going to be reactivated whenever you are at a place of father/masculine energy, be it a great river or not, because it affected you—it changed you.

The second effect that it has, and probably the one I like best, is that it opens up space in you, pushes out, so to speak, a little more form, and pushes in, so to speak, a little more Light, so that your Light body has more effect through you.

So what about the people who cannot go on a trip and cannot do the sacrifice? What do you do about that?

Well, I assume that those who went on the trip carry that energy with them because it's reached a certain frequency and, kind of like the energy going through the rivers after a Dragon working, it affects those around them.

There is a certain amount of re-patterning indeed that comes simply because you are changed on those trips, and you are going to have an effect upon all of the energy around you. It will not necessarily be the same frequency as being in the place of power, though.

The fact of it is, because you are tuned as Guardians for this, doing very high-level, spiritual work is addictive; it stimulates the pleasure centers in your brain. You are changed far more than somebody who has not gone on one of these trips, because in addition to the frequency changes that come about for you on the trip, you also have the experience and the memory that confirm those spiritual experiences that others simply are not going to get from your just being in the room with them.

You also have the sacrifice.

Right. And, of course, sacrifice shows itself up in many ways. The hotel is not as comfortable as you wish, but you just deal with it because you want the group to have a solid connection. That's as real a sacrifice as taking three jobs to pay for a trip, which some people do.

Or putting off getting a new computer this year.

Yes, precisely so.

Or having visa difficulties for the upcoming Bolivia trip.

Not so much a sacrifice there, but the attitude

about it might be. I think those who have had visa difficulties—and there really aren't many; they just happen to be pretty vocal—are in a place of learning patience and trust.

"A few interviews back you mentioned that the planet has the option to activate Stargates for herself for healing. Has the earth activated any Stargates for herself so far? If not, why not? If she has, how is that working out?"

Every major Stargate has multiple Stargates that work with it, so every Stargate that you activate is going to represent, as well, the awakening of minor

Ultimately, everything that is a part of your universe is working toward the greater Intent of bringing all of form back into the One through the process of individuation.

Stargates that work with it. So the minor Stargates can easily be opened. The Planetary Being can open them—hello, Hawaii—or groups can open them. Perhaps even some individuals could. What that would do is make the major Stargate much easier to open.

"At the Retreat you basically said that the issue of finances, more than any other issue, zaps most Guardians back into the illusion of the matrix. How can we trust the Universe so much on other things, only to pull the covers over our head when it comes to money and finances?"

That is my question as well, except instead of saying "How could" I would say "Why do." You trust so much. You "get" so much. You've released so much. You know how it works. Why is it that this part—money—means so much?

Well, in this culture—and these standards are not found worldwide—money is a means of self-esteem. People who have trouble with not having enough money nearly always have poor self-esteem. They are relating their financial status with personal success. When you created your Universe you put these little measures in there so that that issue will come

up over, and over, and over, until you realize “This money isn’t me. It’s just a means to aid me in doing what I’m here to do. I always have what I need.” And once you’ve realized that you don’t need that lesson, the Universe doesn’t need to keep shoving it to you.

And there is also the side of it in which money is a very masculine end-product thing, and any issues that you have with masculine energy, which often shows itself up as father, is going to have an energetic effect on how you see financial issues.

So how you see yourself, how you see masculine energy, all affect your sense of finance.

I would have answered that question by saying that we have moved far from self-sufficiency and the ability to derive from nature the things that are needed for our survival, so we depend on society for survival. The money is a medium of exchange for motivating other members of society to support us in our survival.

I only agree partially with that. There was a time that going out to the Wild West as a pioneer and having to do everything on your own or within a small community worked, but your technology now is such that your community is the world and the Wild West is maybe western Silicon Valley. You are self-sufficient when you learn how to make use of what is available to you right now. Quick aside: that really doesn’t mean don’t grow vegetables or don’t try to be as independent as possible, and it doesn’t mean keep a three-year supply of food in your basement. So the idea of self-sufficiency can mean several things and it doesn’t have to mean being more connected to the land.

I think the big problem that you come up with is that your culture doesn’t want you to be independent. Your culture doesn’t want you to be wealthy. Wealthy people are looked down upon nearly as much as the very poor; there are stereotypes at both ends of that spectrum. Your culture wants you to be just in the middle—maybe the middle edging toward poor—and so you create a mindset that says, “I’m acceptable at this level. I’m not acceptable at that level.” That’s where the problems grab a hold.

The word in the “Activating Your Light Body” program this week is fear, and I realized that my fear of poverty comes from having experienced want as a child.

But want is different than poverty, and Americans have a hard time with that. Americans tend to think “I would be desperately poor if I had to take

commodities from the government, or had my gasoline rationed”—the kinds of things that you experienced as a child in war time. People who would say, “Those are really poor people,” but clearly they are people who have never traveled to see how the rest of the world lives.

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

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.

AUGUST

12 — Lifescapes, Center for Love & Light, Atlanta, GA

25 — Lifescapes, Pittsburgh Airport Marriott, Coraopolis, PA

SEPTEMBER

8 — Lifescapes, Phoenix Institute Lexington, KY

OCTOBER

14 -20 — Special Small-Group Trip to Sedona, Ariz., 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.

FACING THE MONSTER

by *Dina Shadwell*

Once upon a time, I had a gun put to my head. The instant it happened I had a vision of the next day's newspaper with my name in it as a statistic. Thanks to my partner, Frank, who was with me at the time, and thanks to what he calls Divine Intervention, I lived to tell the tale. All that was left was a scab on my ear where the gun was pressed, and a mountain of fear about being preyed upon.

This preyed-upon feeling was not new, but it was certainly the first time it had played itself out in "real life" with such intensity. When I was a little girl, I had a recurring nightmare that a monster was coming after me. The details would vary, but I would consistently be the prey of some really scary creature. I don't know if it was because I grew up next door to a notoriously haunted house, but these dreams continued over the years, waking me up in a panic and with a racing heart.

One of those nights when the monster was at the door, I decided in the dream to stay and confront him. I'm not sure what gave me the courage; I think I was just tired of being afraid. When I opened the door to face the monster ... nothing happened. He walked away. That was the last time I had the monster dream. And it was the first time I realized I could do healing work within my dreams.

After that, the scariest dreams I had involved haunted houses. But the predator/prey theme would still pop up occasionally. If there's one thing the #MeToo movement has brought to light, it's that women have felt like prey for years. Centuries. Millennia. We have adapted to survive, and we've come a long way, baby, but most—all?—of us have our #MeToo stories. Mine are fairly mild compared to many. I have never been raped or molested. I have been grabbed. I've had my dress pulled up on a public dance floor. I've been catcalled. I have felt unsafe walking down the street. In a culture that devalues the Divine Feminine and barely even ac-

knowledges its existence, rape has always been my biggest fear. Not death.

So even though the "gun incident" did not involve rape, I was physically overpowered by a man. That's when the predator/prey dreams started to come back, this time with a man in the predator role rather than a monster. Sometimes he had a gun, sometimes not. I learned how to escape by flying, first by swimming through the air. That evolved into a fun exercise of learning how to propel through the air out of sheer mental will. Now I can gauge my own healing by the nature of my dreams. The predator is rarely a character anymore, and flying for fun has become quite an adventure.

But every once in a while, I become prey again. It happened most recently during the last Retreat with Samuel. I dreamed a shadowy figure was slowly moving in on me. That familiar, automatic fear response kicked in, and almost immediately I made a choice. Rather than running/flying away, I told my dream self that I did not need to be afraid. So I stood there. The shadow figure got closer and closer until it joined with me as we fell backward into what I can only call an out-of-body experience. Total darkness filled my vision, and the feeling of expansion was indescribable. I held onto thoughts of Love, thoughts of Samuel, until eventually a dim light shone on a face in the darkness. It was my face, or rather "Dina's" face, eyes closed, somewhat anguished. She was reaching out for me. I felt a bit sorry for her, so I came back in and woke up. Every cell in my body was still tingling.

Yes, the expansive, out-of-body feeling was pretty much the coolest thing ever, but the biggest take-away was a deep healing. This culture teaches us that dark equals negative. But Samuel teaches us that Dark Energy is an aspect of Divine Feminine, of the Creation Energy out of which all possibilities are born. The shadow figure in my dream initially felt masculine, but once I made the choice not to be afraid, I became One with my own Shadow. Choosing to embody the chaos of Creation Energy can not only heal the wounds of my own past, but as Samuel reminds us, it can provide healing on a broader

spectrum as the choices we make are put out into the world, becoming a possibility for All.

The Divine Feminine is healing, as the millions who are facing their fears and sharing their #MeToo stories can attest. We are living in a fourth-Density world now, moving toward fifth and beyond. Fear is no longer our go-to response. Yes, I may find myself in a situation, actual or imagined, where my cells respond with fear, prepping me for fight or flight. But I know, at my deepest core, that I am so much more than I can ever even imagine. Yes, there are predators. The bears in the woods are real. But they aren't necessarily running after me. And sometimes, if I stop and face them, I might see my own face looking back at me, leaving me to laugh and wonder what I was so afraid of in the first place. PR

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Dearest friends,

As the new head of Fundraising, I've seen how needed you who are reading this are in PI's ability to keep providing this newsletter, the OneHeart energy network, first-Sunday with Samuel (including live streams), and phoenixinstitute.org online. These opportunities to experience Samuel's life-changing teachings and build a spiritual network were created to serve not only the Lexington community, but Atlanta's, Pittsburgh's, and the global community as well.

It takes money to keep our (and your) building and the grounds maintained. We've recently needed to renew the duct system in the building and repave the parking lot, and the interior of the building needs to be painted (and made more homey) after more than 20 years. The building is a powerful energetic portal where not only the Lexington community can meet weekly, but where we house the new library and provide many events for the larger Phoenix community, like the December Events. Festival of Lights and New Year's Eve provide the opportunities for people from all over the country to come together and celebrate with Samuel. The December events alone cost home base about \$5,000.00.

Samuel recently reminded us that the more we do to serve others (specifically through spiritually-centered organizations such as PI), the more quickly we will incorporate our new timelines and the fre-

quencies of higher-density living. This means, he said, that we will more easily be able to "download" incoming information transmissions that will help us function at higher frequencies in this changing world. Phoenix Institute is run completely by volunteers, and service is a way to be involved in the work.

Giving of money is a way to express gratitude for what you are receiving and to support Phoenix's ability to continue hosting Samuel and offer all the things that I have mentioned and more. I will send out an "official" pledge letter in July, so please watch for that, but you can begin your support of Samuel's work through Phoenix Institute now by making your tax-deductible donation using a credit card online at phoenixinstitute.org/donate or sending a check made out to Phoenix Institute to:

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With much love,

Mary Claire O'Neal
Fundraising Committee

Samuel

r e s p o n d s . . .

At one point I think you said setting double anchors was only for formal rituals. Is this still true or can we use this as a way to anchor our Intent for the day or check in with our entity connection throughout the day?

Use it for all of those good reasons. I am actually not quite sure why I would have said you only use it in high ritual. I believe that's a little out of context.

Still, the important part of that is, yes, use it. The higher the frequency you're working at, the more important it is to be double-anchored.

Samuel, you used to say it was wrong to pick up rocks and take them away from their families. How is that different from taking crystals?

Crystals are different from rocks. Well, the biggest reason I say they may be removed is that crystals are here to work with you, and rocks have their own little families. When you pick rocks up and take them away, they may not have wanted to go; that expression "dumb as a rock" is not true. They are living beings, and when I say families, I'm referring to the fact that they have grown together in a particular area.

Occasionally, a rock really will want to go, and if the laws of that country allow it—and they probably don't—then by all means take it. Otherwise take a photograph of it. That energy will come through. You'll get it. You don't have to remove it from its family.

Crystals? Yes, take them away.

When matter was created at the atomic level, how is it that protons and electrons are equally and oppositely charged, yet the mass of a proton is almost 2000 times that of the electron? I'm looking for the reason that matter was designed that way, and how it is possible. I've tried to research it online but it is high-level physics that I don't quite understand, and even physicists are still not certain about their explanations.

Well, first I would not agree that it's high-level physics, but I do see that if your focus is on atomic structure it could become that.

Remember that the quantum world is far more populated than the non-quantum world, and that

atomic structure as described in this question is only the outer version, the biggest version, if you will, of what is holding the electrons and the protons up.

Now that's pretty simplified, of course, but in the same way that your hip is connected to your knee and to your ankle and your foot, so everything in the quantum world connects with everything else. It does so depending upon its use, depending upon its purpose. If that purpose is a part of the creation of mass then that atomic structure is going to work toward that positive function.

If an atomic structure is not working on mass, it is effectually neutral and waiting for an Intent to be placed on it so it can be used, and it will not have the quantum mass behind it holding it up.

That really is the simple version of the answer to that question. As I said you can start digging out all kinds of more complex variations, but the bottom line is that simple.

Why is there a connection to Atlantis in so many of the places that you take the group to, if not all of the places?

Not all of them. Where it's true, it's because you have that connection. Most Guardians, as I have said before, have a connection into what you call Atlantis, what you call Mu, and what you call Lemuria, all of which are other earth experiences. And the reason that you've come here with those experiences is that you're a part of building back up from that. Ideally, your wisdom and experience are going to help avoid some of those same problematic behaviors.

Such as abuse of power.

Right.

Who were the Paiunes? I just know that they were little brown people on Arran in some other time period.

They were in northern England too.

And Indonesia, which is an important thing to realize.

Paiunes evolved into what you might have called the Pictish people. They were an early tribal folk straight out of the Megalithic pre-Iron Age—quite "pre", actually. They were small, maybe four and a half or five feet tall at the most.

They were usually painted. [Staring over Paula's shoulder] What I'm doing, by the way, is looking at Paula's former Paiune self to give you this description. A very nicely formed, perfectly proportional body. They lived maybe to their 30s, not very old,

but that was a full life. They were very protective of earth, and very magical in the sense of understanding earth magic—very elemental-like in that way, though not an elemental energy.

So they had form.

[to Stuart] Yes, yes. Can you see?

Maybe in time.

[to Paula] Well, I'm pretty sure you're in touch with her, because she's pretty playful.

Other tribal people either revered or hated them, and eventually they were exterminated. On the other hand, some of the Paiune people mated with other tribal peoples, and that blood has continued even if the tribe has not. Wise woman stories often relate back to Paiune people. And a lot of the stories about fairies and elves are related to Paiunes

[Paula] Were their homes underground? I was seeing domes with grass and entrances actually going underground.

Burrows.

Yes. I was wondering if I was seeing it correctly.

Good for you.

On YouTube there is a video titled "A Model of the Universe" proposed by Nassim Hamein—<https://www.youtube.com/watch?v=K1jcGL74do8&t=45s>. Is this an accurate representation of the physical universe?

It's probably as accurate as you could come up with right now, but I don't understand why it would be controversial at all. As I see it, the idea that a black hole has both—I'm going to say both positive and negative, but it's not positive and negative necessarily as you might think good or bad. It has more to do with acceleration of energy or the magnetic effect of energy, so that you have energy being pulled in. And on the other side, energy is being pulled in but it's also coming out. Like this (demonstrates) with this point through the middle being a point of great power—not power like spiritual power but power like force. What about that does your science not get?

Nassim Hamein is a Swiss amateur astrophysicist. His not being a part of the accredited scientific community may be why his ideas are controversial.

Well, anybody who has ever made a difference in this world has not been a part of the establishment. Ask any old hippie and they will tell you how true that is.

When I saw the image on YouTube it reminded me of the vortex in the middle, which is the vortex of power.

That's right.

Two motions impacting each other.

Precisely. I believe that your science is still at the point of saying "We're not sure that black holes are at the center of everything," but they are [laughing], and you heard it here first.

I think he was also saying that black holes exist all the way from space down to cellular structures.

Exactly.

And that infinity works both ways—in expansion and also on the minutiae, too. There's no end to how small or big it goes.

Nice.

He's saying you cannot say the universe is just expanding, because it's contracting too.

Well, an example of that is a bomb explosion—one of these IEDs—so you have this container filled with nails and screws and rubbish, and when it explodes several things happen. Visualizing that explosion, what you notice first is the outpouring and acceleration of energy and debris from that originating cylinder of rubbish.

Now here is what you need to think about. Each piece of that debris accelerates according to its mass, so at the beginning of the acceleration the greater mass is propelled forward faster than the smaller pieces. But that only happens for a short time.

The second thing that you notice about an explosion—and we're not going to talk about the sound waves that also accelerate out and around—is that once that initial explosion has happened the energy is used up, and at that point everything drops, but in that dropping the quick deceleration creates a pull for just a small amount of time. It is definitely not equal to the force of acceleration that sent that mass. There is a deceleration so that small particles start to return. That is exactly what you just mentioned. The universe explodes and you're seeing that release, but depending upon where you are in your science you're seeing it as a really fast expansion or as the deceleration. Very, very few see it from the top down, and I would say that this person has.



*If you have a question for Samuel, please e-mail it to:
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In the Vegan Kitchen

by Paula Thomson



Fennel and Cherry Tomato Gratin

I had never cooked fennel before I found this recipe, but I fell in love with its unusual flavor and creamy cooked texture. Fennel is an excellent source of vitamin C, as well as a very good source of dietary fiber and potassium.

This can be either a veggie side dish or a main dish for a lunch. Make sure you use only the white bulbs for this recipe, although all parts of fennel are edible, including the stalks, ferny leaves, and seeds.

2 fennel bulbs, tops and stalks trimmed off
1 cup whole cherry tomatoes, halved
½ cup vegetable stock
2 TBSP dry white wine
1 TBSP olive oil
2 tsp minced fresh thyme leaves
Salt and pepper to taste

Topping

½ cup raw pine nuts
½ cup chopped walnuts
1 TBSP olive oil
1 TBSP nutritional yeast
2 tsp minced fresh thyme leaves



Trying a new vegetable is always fun!

Cut the fennel into 1-inch wedges, removing the center core as you go. Arrange face up in a lightly oiled shallow dish. Place the tomatoes in the spaces between the fennel.

Pour in the stock and the wine, drizzle on olive oil, and sprinkle with minced fresh thyme, salt and pepper to your taste. Cover tightly with foil and bake for 35 minutes.

While the fennel is cooking, combine the pine nuts, walnuts, oil, yeast, and minced thyme in a food processor and pulse the mixture until it has the texture of coarse bread crumbs.

After the fennel is baked, remove it from the oven, take off the foil and sprinkle on the topping. Return the dish to the oven uncovered for an additional 20 minutes or until golden brown. Serve hot.

Serves 2–3 as a main dish.

Save the dates!

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1:30 to 4:30 p.m.

G R E A T N E W S !

We have a new location in Atlanta!

The Center for Love and Light
1145 Zonolite Rd NE #10

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Saturday, August 25

10:00 a.m. to 1:00 p.m.

Pittsburgh Airport Marriott
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Events are: \$69 in advance/\$79 at door

To register and for more information visit:

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