



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2018

An Interview with *Samuel* channeled by Lea Schultz

What are the similarities and differences between the Law of One and the Law of Love?

Sometimes I put the two together and say “the Laws of One Love,” and for quite some time individuals were thinking that it was the Law of One Love—singular—rather than there being two separate functions. As with anything that has to do with a universal construct, the first thing that you want to remember is that this has to do with form and the time-space matrix in which form evolves. It’s the way Spirit functions in form and how it generally shows itself in this experience. As you know, Love is the foundation of the Plan for all form in this universe, but different levels have already been accomplished in different ways, and the way that Earth experiences Love is, of course, different than with other versions of form. So it’s like saying, “It’s all red, but some of it is a coral color, and some of it is scarlet,” but it’s all still red.

Here, for you, Love is the function—not a function; *the* function—of Source in this world. So if you’re thinking of Love as a function of Source—remembering that ultimately “Source” refers to the information of the Source Field itself, as opposed to a god-like figure; god-like figures come out of the Source Field, but they’re not the Source Field itself—it is Love that covers far more than how one human can love another. It’s more along the lines—this is a poor example—of somebody who cooks and really loves cooking. They love how it gets started, the process in between, the final product. Humans tend to love the final product in whatever it might be. I am trying to explain Love as the foundation within

this realm of form as opposed to the love that you might have for each other; it’s a universal love as opposed to affection raised to a very high level.

The Law of Love has to do with reaching that point in this Plan at which all you do, all you are, is Love, which would mean you are functioning as Source in your world. The Law of Love is a part of the Law of One in the way that twins are a part of each other. One does not have precedence over the other. They are both equal but very different.

The Law of One is about the spiritual evolution process that holds form at this time. It’s about beginning with form, as I mentioned in the last Lifescapes, and the spiritual path that allows one to lose more of oneself and become made up more of spirit, and in that process of becoming spirit, recognizing that you are a function of all things.

The Law of One is simpler than the Law of Love insofar as humans would think about it. The Law of One is recognized here as “We are a part of each other.” The Law of Love, on the other hand here, is recognized more as the opposite of hate, or even something as simple as the Avataric command to do to others what you

would have them do for you or to love others as you love yourself. That kind of thing certainly is associated with the idea of mother-child love, the

making love aspects of human relationships, and so forth. It tends to be limited enough here that people believe that they are loving enough because they are loving something or someone, and that’s not it. Loving means being Source.

So there are big differences between the two, but probably the biggest difference is that the Law of

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Love is being Source in the world, the Law of One is functioning as Source in the world, because that stimulates that Ascension process that is the spiritual evolution process I was speaking of. But it's that process on a universal level, you see?

So, using the analogy you did about cooking, you love to cook and then you get all of the ingredients and you produce something in the end—would the Law of Love be focusing on the actual thing that was produced?

When somebody chooses to be a chef, they probably make that decision because they love the whole process of cooking. They love planning the menu, gathering the ingredients, stirring and smelling things as they cook, and they love that end product—and they love people *loving* their end product. It's the whole process, not any one piece of it. Any one piece doesn't choose to be a chef; they just think of themselves as a cook and will gravitate toward baking, for instance, because that's the part they like best.

In what way are these laws? How does the word "law" apply?

My understanding of a law is "here is how something works." You see this sign, it means you stop your vehicle. If you do not stop it there are consequences. And that is true with the Laws of One Love. If you do not begin the process of spiritual Ascension, you will keep trying until you get it right. If you do not function as Source, you will find that your life is overtaken by petty irritations that keep you—here we go—in that Ascension process.

Do you mean like the Law of Karma? That sense of a law?

Right. "Here is how it's going to be." Like the law of gravity.

It's a consequence, or something to expect.

This is how it works ultimately.

So, if you reach a certain frequency, that means you are progressing on that path toward Ascension, right?

The key there is *reach*, because that implies you started somewhere and you are moving.

So then those laws become more important and acceptable to you as you go along?

The Laws of One Love are rarely going to be a part of your consciousness. It's like the way water runs. You don't think about it. You just appreciate that sometimes it's fast and sometimes it's slow, and it carves out canyons and comes down in small amounts from the air. You don't think about it; you just work with it as you need it at the time, be it with an umbrella or a boat. "Here is what I need to navigate it." You don't actually think, "Aha, this is the Law of One."

Love moves to unity, moves to Oneness, which creates more love, and then creates more unity and creates Oneness, which would be the human version of recognizing the Law of One and the Law of Love. And it's important to realize that the human recognition is not going to be "This is how the universe works."

Now a Guardian—ideally—would see it that way and would care about it that way, but simply growing on the path does not automatically give you an awareness of universal law, even though you have always been working with it.

Why would Guardians be more able to do that?



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

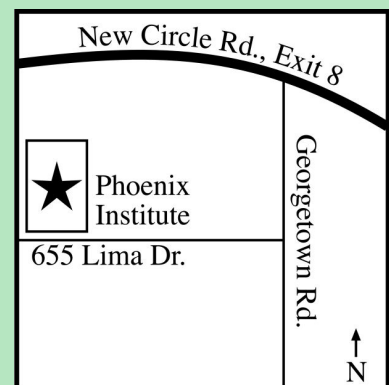
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Pumpkin graphic on p. 1 from
techflourish.com

Because Guardians, ideally, are conscious of the path of spiritual growth. They are consciously working to move toward Ascension—ideally.

We Guardians use the term "One Heart, One Mind." How does that relate to the Law of One and the Law of Love?

As a Guardian working at a high frequency and functioning consciously would express it, I would say that “One Heart, One Mind” is an expression of those universal laws. However, what is by far more likely is that “One Heart, One Mind” is a representation of simple spiritual growth. Reggae music, the idea of loving each other and coming together—very human constructs, and the more you function as a human, the more you relate only to the human constructs. But the higher the awareness you consciously work in, the more you’re going to see it as universal. And when I say universal, I am talking about every version of form in your universe.

Now, something for you to remember is that this isn’t the only universe. It is the universe of the Laws of One Love, so for those who wonder “Well, what about the universe I’m creating right now in some existence?” it depends on whether you chose it to be a foundation of Love if it is a part of the greater seeking to Oneness.

Are you saying that this universe is a Second Ray universe?

No, not necessarily. But it is.

It is, but that's not what you're saying.

Right.

Okay. So I'm thinking there are other expressions of the other rays. There is a universe that is focused on Active Intelligence?

I wasn’t saying that for that very reason, because people are always trying to give the Rays other attributes and trying to fit them into the different kinds of universes. It doesn’t really work that way.

To me, if love is the primary energy, it seems that it wouldn't be limited to just this universe. To me it's so expansive, it would be everything. So I'm just having a hard time wrapping my brain around what another universe or experience would be focused on if it's not love.

It doesn’t matter though, does it?

[Laughing] Because I'm here.

Right.

So, for us Guardians down here in our little trenches doing our thing, how do these laws affect our lives now?

High-frequency Guardians working on the path

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of Ascension *consciously* would notice probably two things. One of them is that the Love that they are beginning to get a sense of permeates all things; for example, this bowl [indicating EarthLight’s large quartz bowl], which has been totally moved away from its original form yet still holds its crystalline structure, *loves* you. Now that’s not the same as your love for your children; it’s simply a knowing of a deeply embedded rightness that fills the missing pieces for the moment you are conscious of it. You become aware of Love as the air, the heartbeat, of everything. And you recognize it as not simply a function of Source, but *as Source*, which then causes you to seek union with that, establishing your awareness of the Law of One. Any time you are not loving, you are not working in unity, you become aware of it in a way beyond “oops” or guilt or “try again.” You realize you’re not functioning at your human’s best and highest, nor as the spirit energy you are, your Entity’s best and highest.

Pay attention to what I just said there, because you can also recognize that you’re not functioning at your best and highest and yet never realize that it’s because you should be connected into something much greater, because you may not be—even a Guardian may not be. The key, as I’ve been saying over and over, is Ascended consciousness—working on the path of Ascension *consciously*. And most find excuses for why they don’t. It’s the human stuff.

So the bottom line is that the way the Law of One and the Law of Love affect you right here right

now is to expand your understanding of both concepts, to connect you in on a much higher level to those concepts, and to give you no breaks in the human construct, which is of course a good reason not to want to go any further on the path of Ascension. And there you go.

What about the downloads that you've spoken about?

Those are a piece of the growth process. They are not an ultimate experience.

But it's not that automatic "beingness" that you suddenly become aware of?

A download is a very large energy transmission in which the information you are getting is limited to that energy transmission, whereas the kind of consciousness I am referring to goes beyond that. It includes that, but it goes beyond that.

Would you say that the energy of the 1960s and early '70s was within the Law of Love and the Law of One? How does the current energy resemble or differ from the energy of that period?

When I said that, yes, everybody immediately went into hippy times—but think for a moment about what we've discussed so far. Is it possible *ever* to be outside of the Laws of One Love here?

No.

No, it's not possible. So yes, the '60s were a time under the Laws of One Love. However the ways that those laws are expressed on earth are different than they are on a universal basis, as I said, only because of human choice. You have this irritating little thing called free will that allows you to *not* choose love,



Jim Horacek shows the winning ticket for a free Lifescapes drawn from the box Suzanne McIntosh holds.

Anyone can drop their name in the box for the drawing when they come to the building to participate in a meeting or event.

not choose unity, on a day-to-day basis. So I would say that in the '60s and early '70s there were a lot of people waking up spiritually, becoming empowered in different ways. But at the very same time, and in many ways because of that, you also saw authority figures clamping down.

Resistance.

Yes, well resistance to the resistance. Very much so. And there would be many of those in this world who would say the '60s were some of the worst times in their lives—probably the parents of the awakening ones, who were trying to keep a particular way of life going, even though it was authoritarian. There was a governmental crisis. And while people were putting flowers in the muzzles of guns on the campuses of the United States, those guns were also being used to ensure that whole generations of people in Vietnam would never see their freedom from what was originally a civil war.

So while it was some of the brightest times in many powerful ways, it also had some of the darkest times, and it was all about those personal choices, particularly maintaining authority or resisting authority.

Well, how does that fit in with this time right now? I would say pretty much the same thing is happening, and I choose to encourage you to look at the positive aspects of it. Constantly work to see the positive and encourage it in your world, rather than taking the easy way and playing with the negative. It's the easy way.

But there is a very big doorway open to many on various levels right now. Those who are really awakened are asking, "Is there more?" Those who are already functioning spiritually—and I'm not even talking activated, just spiritually awake and aware—are beginning to look at core issues. Those who have been activated, and most Guardians who are functioning at higher frequencies, are looking at the end of the Plan and the Ascension process, and consciously working to move that forward. Or, the opposite for each one of those levels.

Moving to another subject: What effects have you seen from the strong energy influx that came with the summer solstice this year and how does that energy work with these laws?

Look at Phoenix right now. Look at many people's lives right now.

Everybody knows what a Dalmatian looks like—a white dog with black spots. When they are born, can you tell the pattern their spots are going to be in?

The answer is no, because they don't have spots when they are born. They have the possibility—the probability. They have the genetic information for those spots, but if, for instance, the puppy becomes very, very sick, all of that information may not get through, and the puppy will not reach the potential its genetic information promised. The puppy may be perfectly fine, but it won't have all of the spots that it could have had.

Every being who has chosen the earth as the means of accelerating their spiritual process into the greater One comes here without spots. Sometimes something happens that keeps them from reaching their potential, but they will have spots and still be able to function. The energy of the solstice—using an illustration I'm probably going to regret—was sort of like catching parvo as a puppy, or whatever happens that redirects the way people are going to function, think, and behave in the world. I would like to avoid words like *recoding*, but it *was* recoding. I'd like to avoid the idea that it had dimensional effects upon the nature of the being that you are, but it *did* have dimensional effects on the nature of the being that you are.

At this year's summer solstice, the energy transmission was very much about what's left for you to be working through, for this blink in time here. Any un-worked-out core issues are coming up. Any scabs that cause you to hide from yourself are coming up. So what you have in your world right now is absolute revolution in every kind of way you can translate that word. And depending upon how tied-in an individ-

ual is to this illusion, they are either experiencing chaos or are becoming more connected into the Laws of One Love because they are less attached to the things of the world while still functioning within it.

This energy has been causing people to question their government, question their local authority, question do they want to stay in this job, do they want to stay in this marriage? They are asking themselves many, many very involved questions. Some are finding really good answers. Some are choosing instead to keep hiding. Hiding means what?

Getting involved in the emotions of it and the negative ego functions.

Precisely.

Being a victim to their core issues.

Yes, very good. Now, as sorry as I am for the chaos, it's great, because chaos forces people to figure out what they want. "Do I like this chaos in my life?" Well, some people are motivated by it. "Do I *not* want this chaos?" It's causing people to really take a look at themselves—or not, in which case there is an awful lot of blame and resistance and such things as that.

I choose to see it as a good thing because ultimately everything in the realms of form is going to function through the Laws of One Love, and this place is all about figuring it out, ideally sooner rather than later, but figuring it out.

This transmission was about stripping ego, and I see it doing that, but as is the case with all things such as this, while those who are choosing One Love



July 15 was a hot and humid day in Lexington, but that didn't stop twenty-two dedicated volunteers from responding to Samuel's request to re-energize the protection and safety of the home base building and grounds. Of course, many were replete after enjoying the delicious food at the monthly potluck, but instead of taking a nap everyone convened on the grassy area at the back of the building to join the leaders of the working, Suzie and Angela.

After the group formed a circle, Lea lit a candle in the center to claim, "This is a working of the Light!" After a Heart Tone and the unison reading of the Intent of keeping our building and grounds safe, fifteen volunteers stepped forward and formed themselves into three groups of five. A glass bowl of crystals from the group trip to Arkansas was given to each group.

Then the fun began. We'd had no rain for a while, so the ground was rock hard, but with the help of Angela, Mary, and Steven and their strong shovels, and a few people wielding hand trowels, the group was able to punch enough holes around the perimeter of the grounds and the building to bury more than 120 crystals. Some volunteers then

walked the perimeter to add further energy to the crystals, after which the whole group came together to seal the working with another Heart Tone.

Everyone stayed cheerful despite the heat and humidity, and went home with the knowledge that our beloved Phoenix property is newly protected and secure.

on any level are stripping away ego, the other side of that is to hold on to it that much more strongly. And that will always be the case. Those who function in fear—and there is a lot of your world still functioning in fear—are going to take the negative view of what’s going on around them and what’s going on within them. They are going to become defensive and angry and separate. Under the Laws of One Love, they will eventually come back around, but until then it’s better for those who function differently.

I referred to the energy of the transmission as “Put up or shut up.” Maybe understanding what it touches within individuals can help you see why. “Put up or shut up” meant you keep saying how spiritual you are, so *be* that being or quit saying that’s what you are. Stop trying to fool yourself. It means that if you say you don’t have attachments, let go and keep moving, or stop saying it. Victimization is going to really come up or be squashed. Put up or shut up. Prove what you’re saying or stop saying it. Live it. Put feet on it.

What influence did opening the Stargate in Bolivia have on the energy that came in on the solstice, or did it have any effect at all?

Well, with both the Stargate and the solstice there was a certain amount of energy that was already working leading up to the event. This Stargate had more to do with opening access inter-dimensionally than opening access to space. And I mean inter-dimensionally as opposed to Martians or Lyrians, or as opposed to opening the door to aliens. I don’t like saying that, but you get my point. So this one has more to do with the internal workings of one’s spiritual process, particularly as it is centered around power, than any other Stargate would, because it was a primary Stargate. So those who are affected by the Stargate might be more sensitive to the solstice transmission that peaked around the same time as opening the Stargate, but neither would know it was being affected by the other.

Neither who?

Neither the Stargate and its energy nor the transmission and its effect would. The energy of the Stargate would not know the energy of the transmission was either happening at the same time or going to be affecting people at the same time. It’s just not that kind of thing. And I was saying “energy of the Stargate,” meaning of the transmission, not the energy of the people affected by the Stargate and affected by the transmission, because that’s different.

What kind of effect will the influx of energy at the autumn equinox have on Guardians and mass consciousness?

For those who have not been responding well to this last inflow, it will be a relief from that.

For those who are using that energy in a positive way, they may find themselves a little bit disappointed, because the solstice energy is very strong creation force, bringing out a lot of creativity, as chaos tends to do. The energy at the equinox, however, will be a wholly different energy flow, and it’s going to be about balancing your life much more than about looking at what you want and don’t want in life, or looking at what you feel about yourself and others. It’s about more than “shoulds” and “coulds.”

It seems to me that to keep balance in your life is about exploring options.

Well, there is always a certain amount of that in life as a whole, but remember that, at the Serpent Mound working, your work was about becoming the balance for the world. That energy moved through you, and your balance helped that energy flow into balance in the world. It’s *that* kind of balance. It’s not just the balance of “Am I working more than I am having fun?” It’s not just that kind of balance. It’s the balance of where you are on your spiritual path, balanced by what you are on the spiritual path and where you could be.

So I expect to see people either fighting or succumbing to self-judgment, a crisis in confidence because they don’t feel balanced. So if there needs to be any focus now in preparation for that until the end of the year I would say be working on balance in your day-to-day world so that, as you become more aware of the need for greater balance, that’s not going to get in your way.

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

December Events with Samuel

Festival of Light

December 18, 2018

7:30 p.m.

Ritual rehearsal begins at 6:30 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 then celebrate with a potluck reception.

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

New Year's Eve

December 31, 2018

10:30 p.m.

Ritual rehearsal begins at 9:30 p.m.

Join your Phoenix Family for a special New Year's Eve Celebration with Samuel. There is no better way to prepare for the re-creation energy of the new year than by uniting in One Love and welcoming amazing new possibilities for 2019.

Please consider bringing a vegan, garlic- and onion-free savory or sweet dish, presentation ready for serving, with a list of ingredients, for the potluck reception following the ritual with Samuel.

*Both events are free of charge,
but donations to help defray event costs are welcome.*

For any questions please contact:
dec-events@phoenixinstitute.org • 859-231-8449

Phoenix Institute • 655 Lima Drive • Lexington, KY 40511

You Say You Want

by Brandi Parker

A Revolution

The Beatles summed it up perfectly: “We all want to change the world!”

When Samuel suggested personal revolutions as a way to impact the planet in a positive and loving way, I asked within: What still needs healing inside me? What microcosm can I focus on that reflects the macrocosm I’m seeing in the world that could use some healing? What is the most important action I can take to help myself, my relationships, and the planet?

Communication. The function of form that hurts or heals, builds bridges or blows them up. Communication is a multi-faceted, humongous topic, so I did some research with the intent of identifying a personal challenge that is also impacting the world, and I found something I had just experienced in a big way. It is not easy to digest feedback about one’s behavior, especially when it contains at least one grain of truth. Put that truth into an already difficult discussion and the ground can become sinking sand pretty quickly.

A communication snafu happened at home recently that I have not been able to get off my mind. Disagreements can be painfully raw and difficult to move through, but this time I actually heard something that had been said to me numerous times before. It was that I often don’t allow my spouse to express feelings without me getting upset and trying to leave or end the conversation. Instead of my usual opposing banter, I stopped talking. Actually, I didn’t have anything to say. A blanket of awareness was settling over me, showing me glimpses of where the behavior comes from. It was kind of like a life review. I could see the origins of habits that don’t serve me, and I became aware of the impact those habits have on others, past and present.

It was rather numbing—a stunning moment of clarity I won’t soon forget, if ever—like words that find a voice and cannot be retrieved, like a snowball that becomes an avalanche. I was kind of paralyzed, and quiet for several days. A timeline was shifting, and I welcomed it.

I realized I had been internalizing what was being said to me as something I needed to fix, even if I didn’t

know how, and even if it wasn’t mine. Dregs of an old belief system arose, telling me that everything is my fault, my responsibility, and I’m not good enough. It’s a seemingly endless onion that is laden with ah-ha moments. Growing up in form can really do a number on you!

So, what to do? From my own relationships to world leadership to human rights and beyond, I decided a personal revolution for courage, patience, clarity, and openness in communication was definitely in order. Just thinking about a personal revolution stirs feelings in me of responsibility and right action. It reminds me of the quote: “It’s never too late to be what you might have been.”

I needed a plan, and a good one. I determined I would be ready the next time I felt myself becoming anxious in a conversation. Now I choose to be open and grateful. I intend for others to know I appreciate their honesty and that their feelings are important to me. I want to come from a place of Source Love. If I say I am One with Source but I don’t put it into the world with courage and right use of power in my communication, it’s no revolution at all.

As Samuel has mentioned many times, intention is always a great place to start when making a plan. Creating an intention each morning for good communication throughout the day lays a great foundation. If a conversation is becoming tense, I just need to remember to pause and breathe. No one can hear my thoughts, and if I’ve just heard something from another that is true about me, all I have to do is admit to myself, yep, I do that. I’m learning to manage my filters and fears; I don’t have to be perfect. I am safe regardless of what is being discussed, and I don’t have to say anything in the moment if I need time to gather myself. Remember—pause and breathe!

I have been increasingly observant of communication since the Universe got my attention a few weeks ago. We have many opportunities to communicate clearly, kindly, with good humor and love. Guiding mass consciousness by speaking and hearing as Source speaks and hears is more than a revolution. People want to be heard and acknowledged; sometimes that is all they want. Humans often make communication harder than it has to be and scarier than it is. I hope my personal revolution becomes a revelation in the world.

Samuel

r e s p o n d s . . .

Samuel, what is your definition of "sacred"?

Growth toward.

What are the top five pieces of information that we need to know, or that would be extremely helpful for us to know, to prepare for the rest of our lives and what the upcoming changes will bring to us?

Well, just five would be very hard, but one is not. Love all, always. Or to put it another way that you're more familiar with, live love. That covers everything.

But as for a breakdown that would be helpful, first, I would encourage everybody to stop for a moment and think about what five great life lessons have helped you on your path. Then I would say, don't give up on you; live love, not fear; do not harm; it is an illusion, not permanent; and remember *what* you are rather than being attached to *who* you are. And, of course, all of these involve many, many things. They cannot be just a headline and that's it.

In the Fourth Density, should we still allow three days after death before cremation or embalming to allow separation from the form? How does this delay affect organ donation?

It has nothing to do with the Fourth Density. It has everything to do with the nature of the physical body and the soul—or the doorway into spirit—fully opening. So yes, three days are still needed.

There are a few high-frequency beings in this world who would not need the full three days. Those who are going consciously would not need three days. Ideally that would mean that most Guardians would not, but unfortunately, so far, it does not seem to be working that way.

I have never encouraged organ donation for very different reasons. The first one is, yes, because after three days they usually don't want what you have to offer, but the second one is that every part of your body holds every other part of your body, and there *really* is something to be said for not wanting Stuart's life lessons coming through a kidney into the Form. Do you see? Nothing, *nothing*, is simply what it looks like. Your pancreas is an energized being of sorts, because it is a part of an energized being all together.

I am grateful for the people who receive an organ

transplant and live longer and make use of the energy. As a high-frequency energy being, what you're giving would greatly benefit them, but what *they* can give may not be of any benefit to *you*. And every body—I mean every single body—carries the blueprint of the physical, mental, emotional and spiritual possibilities of the one it was designed for—four legs or two, it doesn't matter. And the resonant energy of that blueprint may not be compatible at all with the energy of the one it goes into. So I'm not a big one for encouraging you to sign the back of your driver's license.

Can it be seen as interference in someone else's path?

Well, not karmically speaking. It wouldn't be interference in that way. It would just be a poor choice.

I understand what you're saying, but just to play devil's advocate for just a moment.

[Laughing] I thought that's what they said of me.

If this is all illusion and our life is just a blink of an eye, what difference does it really make?

Well, in that case, why get a transplant at all, if it doesn't really matter? If you get a cold, don't take a cold remedy. Why bother with anything at all if it's just an illusion.

But you take medication to hopefully heal.

That's why you'd get a transplant as well. But I'm saying it would be like taking a poisoned medicine. Do you remember back in the day when Tylenol was dangerous to take because someone might have opened a bottle and tampered with it? It's kind of like that. You don't know the effect that's going to be created. You should be cautious, because there tends to be no choice available in the process. You have no choice, or almost never have a choice, where your organs are going to go, and the person getting them has no choice of the kind of person, the life lessons, the story behind the one that they are getting the organ from.

You know, some people who have heart transplants have memories of families they never met. That's how much you hold that resonance. It may be different for you, but I think you have a hard enough time just dealing with your own stuff without adding someone else's to it.

[Samuel also spoke in detail on this subject at the Atlanta Lifescapes in August.]

You have made various comments about social and political activism in the past. What form of activism do you see as being most effective in the current environment?

Group Intent.

Like Full Moon Rituals?

Yes.

Please explain the effects of obsidian, and when and why we can responsibly use it.

The writer thought that you had said somewhere—but she wasn't sure—that obsidian was a mineral to be used at this time.

I can tell you a few things. Obsidian is a pretty special form of glass. It is a high-pressure, high-temperature fusion of minerals. It traditionally is black, but not always, depending on what's around it that will affect the color. There's a very large piece of obsidian up by the Form's computer and it has gold in it, because that's the mineral that was in the particular deposit that created that obsidian. It's not all created through volcanic action, however, but that piece was.

She keeps it by her desk because it's excellent for grounding, because it was formed of earth.

Now, I want you to think for a moment about high pressure and high temperature creating something special. It sounds kind of like life, where you're either going to create something wonderful out of these high-stress experiences or you're going to just crumble under them and be there for the next round of creation. So in that sense, I kind of like that question, but do I think you should go and pick up some obsidian more than quartz? No. Actually, I think you do really, really well with just—and this should go in quotes—"plain old quartz."

Also the Form would say that obsidian is the only thing we know of that will kill a White Walker.

I have heard you say that coffee has a negative impact on the pineal, not so much from the caffeine but from the toxic effect of processing. Is there any way to process the beans to take away the toxic effect when the coffee is drunk, such as buying raw beans and roasting them in our oven, or would the toxic effect be the same?

Is this saying, "It comes from processing, so is there another way of processing?"

Well, it's actually the roasting process itself that creates a large amount of the toxicity, over and above what the bean itself holds. A green, unripe bean has certain toxic effects as well. Coffee *generally* is a toxin to you, and it's especially a toxin because it occludes every organ in your body, including the pineal gland.

There isn't anything you can do to make it good for the pineal. I'll just remind everybody that every-

one makes choices, so make a choice.

But it's the roasting that makes it taste like coffee, isn't it?

Yes.

So where some roasts are less bitter and roasted less, would they be less toxic?

Well, as far as your pineal is concerned it doesn't matter if it's less roasted or more. The Form has used this as an illustration, and I have used it because it had exactly the effect I was looking for: If you bought your lovely, expensive restaurant meal, but here was just a tiny bit of dog poop on it, would you say "it's just a little bit, it's all right." Would you say, "Just take it off and I'll eat around it."

Please comment on the group trip to Bolivia and its effects. Is there anything you'd like to add to what you said in the interview?

Well, in addition to the more high-frequency effects that that primary Stargate has had, I would say that the Bolivia trip opened up many people to a much stronger awareness of their Atlantean connections and the various versions of Atlantean experience.

I think that the ritual itself had a profound effect on those who were there because, even though it was a fairly small group, they were in one of the most potent energies in the world, and they not only drew down the energy that was needed, but even those energies who weren't invited, which I thought was pretty great, insofar as other-dimensional Atlantean, crystalline and local energy went. As I was walking people through the ritual, I just had to stop and say, "All right. A large contingent of little brown people have just walked in and said they should have been invited here, so add them into that calling."

People have come back very changed. I think coming back very changed and at the same time being hit with the solstice energy has proven too much for too many.

Shifting direction: Bolivia itself is a very powerful place. One of the reasons, aside from Lake Titicaca and the surroundings, is that it's not traveled over that much. It's a very rural society, a very segmented society, so the population of one area is rarely around that of another. That means that large amounts of the land still hold their originating force. There are other places in the world like that, but to have one that holds a major Stargate is pretty great.



In the Vegan Kitchen



by Paula Thomson

Even in the fall, it's not too late to take advantage of late crops of zucchini and corn to make some delicious salads flavored with fresh herbs. As an additional bonus, tender young greens like kale and spinach are coming from fall gardens. Here are two recipes that make the most of these delicious fresh vegetables. *Bon appétit!*

Spicy Kale Salad

1 bunch of kale

Chop finely, then steam for 10 minutes. (If the kale is young, you do not need to cut it as finely as with older, coarser leaves.)

Set the kale aside to cool.

Peanut Sauce

¼ cup tamari
¼ cup white wine vinegar
3 Tbsp finely minced fresh ginger
3 Tbsp virgin olive oil
2 Tbsp smooth peanut butter
1 Tbsp toasted sesame oil
½ tsp maple or agave syrup
½ tsp sea salt
1 tsp spicy chili oil

Put all of the ingredients into a blender, and blend on high speed until the ingredients are well mixed.

This is a delicious dressing that you can use in other dishes. I make a double batch and use it with brown rice, quinoa, or even to dress more traditional salads.

Toss the cooled kale in the sauce until it's well coated.

serves 6

Corn Salad

5–6 ears of fresh corn
3 Tbsp olive oil
3–4 Tbsp fresh thyme leaves
1 cup flaked coconut, toasted
1 cup sliced almonds, toasted
Sea salt to taste
Enough fresh lime or lemon juice to make your taste buds tingle

Cut the corn from the cob with a sharp knife and sauté it in olive oil for 3–5 minutes until cooked. Stir in 2 Tbsp of thyme leaves and remove from the heat. Toast the coconut and almonds on a cookie sheet in 350 degree oven for up to five minutes. Stir several times so they brown evenly, and watch carefully, as they burn easily. When the corn mixture has cooled, add the coconut, almonds and as much lemon or lime juice as tastes good to you, along with the remaining thyme leaves. I've served this chilled and at room temperature and both are good.

adapted from a recipe in the N.Y. Times

serves 4