



PHOENIX RISING

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An Interview with *Samuel* channeled by Lea Schultz

There is a lot of excitement now that the news is out about opening StarGates in England and Scotland next year. How would you describe the major StarGate?

The major Gate at Avebury is the Dragon Gate—no surprise I’m sure, since what is Britain but a Mother Dragon?—and in fact it is one of twelve original, major portals. So much of Western civilization is about Britain, and there have been portals, including time-shift portals, and actually multiple StarGates for different purposes, throughout Ireland, England, Scotland, and the islands in between for a very long time. There have been two-way transportation Gates through the Dragon Gate, as well as an Atlantean connection, although it is not as strong as it was in Bolivia.

When you say Dragon Gate, are you referring to a StarGate?

I mean a StarGate with a very specific purpose, like the Solar Gates or the Twin Gates of Brazil and Arkansas.

What will the energy of these StarGates bring to the planet?

These StarGates are going to have less to do with the planet receiving energy than with creating a portal for moving through the Grids, particularly the second Grid, which was created by the Arcturians. It’s been cut off for a very long time simply because of the first Grid around the planet, so this is going to open the doors.

I believe that I’m talking about things that I’ve not talked about with the group before, and it’s not something I really want to get into, so maybe I’ll just say it’s going to allow earth energy that has been contained up to this point to be able to have a small doorway into the universe. There is also a time portal, and by that I do not mean it changes time as much as it will secure the Fourth Density timeline.

The Gates in Scotland are both minor, and really are for fun. You don’t need to go to both Gates, but if it’s possible we will, although they are pretty much at extremes of the country. One minor Gate works to operate a balancing function of the energies of the area which have had a lot of ceremonial use. Any time you are in a place with a history of great ceremony, there will be a Gate, because the Gate is what ninety-nine percent of the ceremony has been about.

The second Gate has very much to do with feeding latent genetic properties, keeping the humans, the animals, and the plants continuing in an evolutionary state. It’s a lot like a dam that holds water back; when you open that dam it helps balance out the water. Both are very necessary. Both are ready to be activated, as are basically all StarGates.

Would it be possible, if you do end up going to only one, to open the other from a distance across Scotland?

I would love for that to be possible, but I doubt it.

Three StarGates seems like a lot for such a

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small area as Great Britain. Why are there so many in one area?

Actually, Britain is a very power-filled location generally, not only for the planet but for those that are visiting this planet. And certainly, as *you* would know, its history is absolutely filled with magical stories, experiences, ley lines, power places, and holy wells. You can't throw a stone without hitting something along those lines. As far back as biblical times, what is now Britain has been known, so much so that part of the mythology is that Jesus' mother moved there—or the Magdalene perhaps; I don't keep up with those kinds of stories. But it's a very, very power-filled place with a lot of crossover dimensional and earth points.

Sedona is very much like the energy of Britain; it has so many energy vortex points that opening one up is going to have a very strong effect on opening others. So it's a very powerful place, and we're going to make use of that power.

At the most recent Lifescapes in Lexington you said that there were three types of StarGates—primary, major, and minor. How do they differ, and how do the differences affect their function?

When I first started talking about StarGates I said that across the planet there are major ones, with minor ones surrounding them in order to enhance or balance them. Although it is not really like this, you might imagine that centered on each line of latitude there is a major StarGate, so that there is a band of major StarGates and out from that are the minor StarGates. Now it doesn't actually look like that, but there are congregation points across the planet where it may look like there is a swathe of major StarGates and, at some distance, there is another swathe of major StarGates.

So you're saying that they're all on approximately the same latitude.

I was just using it as a visual, because it would look like that to those who are energetically trained and looking at the planet.

Amidst the major StarGates, there are primary Gates, which were the first ones created. Primary Gates often—not always, but often—are what you think of as Atlantean. They are *always* otherworldly—and since we're so close to Halloween that might sound like I mean spooky, but I mean off-planet formation and insertion.

So there are major StarGates and minor StarGates. Among the major StarGates are primary ones. Guess how many?

Twelve.

Right, twelve primary Gates.

Moving on to a different subject, how is mass consciousness doing at this time with the shift to Fourth Density?

Always, always, *always* look at Guardians. When you see what Guardians are doing, that's going to give you a real sense of what the rest of the world is going to do. If you think Guardians are doing just fine, then look at your news. Find a news source that you consider unbiased. I'm not sure in your country there is such a thing right now, because things are so polarized, but check your news and see if the way



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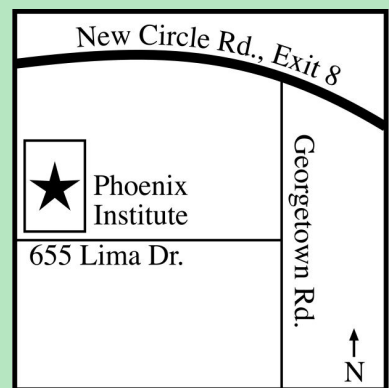
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you are looking at it is correct or incorrect.

What would I say? I would say there's a tremendous amount of chaos, a *tremendous* amount. I like chaos but I'm really ready for the chaos to settle down.

So Guardians should consciously create something different, rather than letting the chaos continue.

Rather than becoming a victim of it.

Right. Then we will start seeing that out in the world.

Yes. Yes. Absolutely.

It seems like no matter how often I say "If Guardians go through the door first, then others can follow their lead," or "What's happening with you is what you see in the world," Guardians do not recognize that means they have a power that needs to be guarded and *consciously* used. It's a confirmation of your power and a *responsibility* for the world. Guardians could be of more help by consciously realizing "Everything I do, I think, I say, goes into the Grid and becomes the means by which others do and think and say." That's my soapbox.

You said at one point that Guardians had become more embedded into the world than had been expected, and I think for a lot of Guardians that's a stumbling block in a sense.

Well, it all seems so real, and the sensory system gives you pain and joy, power and victimization. It gives you creativity and high culture. It gives you the ability to learn to not see, as opposed to a oneness in which you experience it all without attachment either to joy or to sadness. It's such a massive difference that it's very easy, because of the way that it works within the human core, to forget that this is temporary and illusory. It's *not* what is really going on.

It's so solid that it's easy to feel that you can't move anything in it.

Yes, metaphorically, because in fact it's not solid and it's not hard, it's just socially unacceptable to move out of that mindset and realize how amorphous, how fragile, how weak it really is. You think you need this world of form because you live in it, but occasionally you do something that takes you out of this reality and you realize, "This isn't what it is." It may be deep states of meditation, it may be

help from the plant kingdom, it doesn't matter; it's that shift outside of the body that helps you realize that.

Stuart: Are those experiences [of help through meditation or plants] still part of the illusion that we're seeing in a different way, or are they outside of the illusion?

Both. There are both kinds of experiences.

What do you see is most needed for us to continue to release the fears that hold us and our world back?

Fear is misuse of ego, so get over yourself. You are afraid that something is going to happen to throw off your illusion. For example, you are not fearful about Gracie [the editors' missing dog], because you have shifted away from that. You are concerned *for* her. On the other hand, you fear the hole that would be left if she is never able to come back to you. *That's* the kind of fear that is destructive, and it has to do with "I will miss her. I cannot go on without her." Fear is nearly always an ego thing, so my best advice is to work on releasing the ego.

Now, a quick aside: core issues are ego things, so it's sort of like saying work on your core issues, but I've said that a hundred times already.

A record number of women are running for political office now, so it seems that the force of the Divine Feminine is growing. How do you see the Divine Feminine influencing our world now?

First, women running for office has only been hindered in this country. Across the world, having female leadership or women in high places of power, even if not full leadership, is not unusual, and the more energetically active an area is, the more likely it is you will find females in very high places of power. Now, that doesn't speak so much to Divine Feminine, but to the way your question was worded.

When the world functioned with matriarchal Divine Feminine leadership, it did not mean there were no wars and killing, it did not mean everybody was compassionate and sprinkling fairy dust everywhere. It meant that there was more *reason* to actions that were taken. The feminine mind does not go first for power *over*, but whenever it is possible it will go for power *of*. The masculine will go for power over as a means of gaining power of, and that's what you're seeing in a lot of the world still.

Divine Feminine activation, which has happened, has a lot to do with changing consciousness to open doors instead of closing them, knocking down walls [smiling] instead of building them, and for looking at problems in a different way. Generally the Divine Feminine enhances the spirit-soul connection, as opposed to the Divine Masculine, which enhances the physical-soul connection, the soul being the commonality in both.

Divine Feminine energy, which is genderless, creates a time on the planet in which spiritual evolution is more active. As spiritual evolution has become more active, you have begun to see cultural changes in thinking, and those cultural changes have been leading to a recognition of the more gender-specific aspects of Divine Feminine, meaning the empowerment of women and their willingness to stand up and be heard, which is what you're seeing so much of right now.

Divine Feminine says "Yes!" first and that creates opportunity. But remember it's the Divine Masculine that uses the opportunity. So always, always, it's balance that's needed so that both can take part.

But shouldn't the Divine Feminine be dominant in order to counteract the past patriarchal influence on society?

Generally speaking, on an energetic level only, I would say no, that isn't a requirement. But having said that, in a society such as yours in which there exists patriarchy, Divine Masculine, and masculine energy generally—which are three different things: Divine Masculine shifts into gender-based masculine and that shows itself up as a patriarchal version of society—that misunderstanding of those three is holding on with teeth and claws. While there is some shift going on in the world, this country—the United States—has a very strong influence on what's going on in the world. That strong influence means that feminine energy world-wide is having to do much more to be heard, much more to break some of the bonds that have been functioning in this world for the last two and a half millennia. So in the case of the U.S., I would say yes, it will take some push to help create change.

You said at one point that our governmental system in the U.S. is "broken." How will the increasing influence of the Divine Feminine help to

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fix the U.S. government, or will it?

Well, you remember that when I was first describing Divine Feminine I was saying that it knocks down walls, it does not build them; it opens doors, it does not close them. Your country right now is playing to the worst aspects of masculine culture, so fear and force are what is ruling mind right now. Yes, Divine Feminine will soften that, but will it overcome it? You need a lot more of that feminine energy standing up and saying that they won't take it anymore. Is that a political thing? Not necessarily. Is it a necessary thing? Absolutely.

Your government *is* broken. While the country is not built on the idea of a pure democracy—although people like to think that—even a pure democracy would have its troubles as well, simply as a result of the nature of humans as a whole. Nonetheless, your version of democracy is a good one. It has been a workable one, but that began changing pretty early on when individuals stopped having a focus on change for the better—leaving their mother country and all of that—and began looking at prosperity for themselves, which has more or less made your democracy the government of the loudest self-seekers. And that's nothing if not broken.

What is the significance of the training done on the Sedona trip to your work and to the Ascension process for this world?

[To Stuart] You were there. What do you think?

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Stuart: To me it was getting to know on different levels what is me and what isn't me, an understanding of my filters and how I perceive and interpret energy, and trusting what I'm getting; things like that.

I started out teaching people how little they see and how poorly they interpret what they do see, because that is a very big hindrance to spiritual growth, and spiritual growth is what takes you into Ascension. So my big purpose in going to Sedona was to take away excuses for Guardians to say, "I can't see what I truly am. I cannot see what I can do." I wanted to take away the blinders and put responsibility in their place, because you cannot un-see what you've seen. And that's a group of people who saw.

Now, of course, as always, what any individual does with it will be seen, but the idea was that they could take that knowledge and use it in their lives in very practical ways. A therapist being able to read that energy and home in on exactly what a client needs; a healer knowing exactly where to go because they can see what that body needs; knowing what's needed at any given time because they can hear the information—they know the voice; the ability to read the transmissions that are coming through and make sense of them. All of that, in a very practical way, could help the world, but using it is going to be up to the individual. Then, ideally, that individual will touch another and another and another, so that

one by one the world is Ascended.

When you say touch another, do you mean touch another with their energy because it's been changed?

No, although there is a certain amount of that. I mean making a great difference within their everyday lives through their activities, their choices, and of course their love—the Light beings that they are—but also through doing what is thought of as impossible, so that people realize, "Hey, maybe there is more. Maybe I should seek out what I am."

Stuart: Samuel, you intentionally kept the size of the group small in Sedona, so given what you've just said about the benefits of learning those things, is it a trip you see doing again in the future?

No.

Would you see giving the same teachings in another place?

No, because it's very complex, and I would not have been able to give this kind of information to a larger group. I always want to make sure everybody in the room is getting it, and this teaching is simply too complex for that. And it was even a little too much for the size of the group that was there. If we had not been in such a powerful place, it would have been much more difficult. So, bringing groups as a whole—no. I really don't have an interest until I see what's done with this. If nobody does anything with it, why should I teach it again?

We know that you cannot predict the future, but what kind of energy should Guardians be expecting in 2019? What energy transmissions will be coming to the planet, and how would you advise Guardians to prepare for them?

I do believe that I have given a version of this in each of the cities in the Lifescapes.

As a whole, what's needed right now, what's going to affect people, isn't what these energy transmissions are about. It's what you do with it, and what you need to do with it is to step out of your comfort zone.

I spoke recently to a group about this, and I will be saying it again in a couple of weeks: change comes about because somebody was willing to be the fool, willing to risk, willing to step away from currently acceptable constructs.

Samuel

r e s p o n d s . . .

Please explain how an entity selects the right recipient (newborn) to enter. How does the Spirit enter the body?

That Spirit knows, first, exactly what level it itself is at as an entity, and what is needed to fill in the blanks of the greater whole. Because that's what humanity does. This whole experiment of life force is about adding to the greater whole, so the Spirit knows the direction it wants to go to do that.

If that Spirit is a Guardian energy, what it chooses has to do with what is needed most in that specific transition, and what the possibilities are for being able to complete that mission. So as a whole, the Spirit then looks at what the best genetic combination is to make that growth happen, and then it looks at what cultural situation would most help to make that happen, and then it looks at where that combination can be found.

As a whole, these processes are true for a Guardian, but that initial Intent would be different, as I mentioned.

With regard to the Spirit entering the body, think of a child sucking its thumb. Its thumb is a part of itself but until it is stuck into the mouth it doesn't have a real purpose to that tiny child at that moment. Your Spirit is a very natural part of the Intent that you are, but there comes a point in which the need for that connection calls Spirit forth, like that thumb into the mouth to comfort the child.

For most humans, that comes with movement into this world, breathing air and activating that life force, which is when the Spirit connects in. For a few, that subtle awakening into life happens before birth, but only a few. There really isn't much need to go through the birth process, which is a very traumatic event in every possible way. So to have a pretty fresh start, most Spirits activate the soul—which is what is going on—after birth.

The Form was listening to a cooking video. It was with two brothers who were outrageous, profane, silly, yet they had hundreds of thousands of viewers. That was such a great example to me, not that you have to be profane and outrageous, but that people notice what isn't a part of their everyday, narrow thinking. And you've got to be willing to move outside of that to be heard.

That works pretty well with the Divine Feminine entrepreneurial mindset—have something different, step out—but when it comes to your personal belief structure, which is really what a Guardian is about, suddenly that idea of stepping out there becomes too scary, and *that* is going to be challenged a lot this coming year.

Just in Guardians?

Actually, in the world as a whole. Now some of that goes back to those questions about the Divine Feminine, because that need to stand up and be counted means shifting out of the herd. But with Guardians my question in 2019 is going to be, "If you do not talk to people about how spiritual growth works, how is there going to be spiritual growth?" If you are not willing to step out of your comfort zone to show people other ways to think and be, to release their fears, to not tie into this illusion, how are they going to do that? Because just like EarthLight's big dog does everything the little dog does, people feel safer if someone else goes first. You might be going first, but no one will know it if you don't stand up and shout it.

So this coming year is going to be a lot about your comfort zones, and some of that is going to be related to government and finances.

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

How much knowledge does the soul bring with it upon entry?

It depends on that original Intent. If it will prove to be useful for that life to be able to remember, either its past or its wholeness, then there will be the needed amount of that memory transferred through that initial life-force awakening point.

Guardians have access to a lot more, though, but instead of it being the initial activating point of life force, it is mastery of particular aspects of life itself. When you graduate from elementary school you are then capable of going to middle school. So it is with Guardians. When they have completed certain awakening processes that have to do with Spiritual growth rather than physical growth, then they have access to other timelines, other life experiences, Entity's connections—it's much less limited.

How is that knowledge expressed to and through the person as it grows up?

Some remember past lives. Some have a very strong intuitive knowing and have learned to trust that. Some get very religious, which is probably understandable, since that's the culturally acceptable way.

Guardians, on the other hand, tend to get rebellious and resist authority because they are remembering power, whereas most of humanity is not. So there tends to be a difference there.

That last question is hard to answer because everybody does things differently and there's so much to do here with the choice you make, to stay the same as everyone else or to get it and do something with it.

Many years ago you talked about choosing to come to earth for specific reasons, and you used the metaphor of a faceted stone and working on a specific facet. Is that at the entity level?

It is the entity that makes that choice, but that would be small-e entity, not large-E Entity.

Do Guardians, or energies as a whole, also take into account the compacts with the energies they've worked with earlier in this dimension? You know, "I've worked with this person before so this time I'm coming as their son."

Sometimes, but it's a little more complex than

I'm making it sound because I'm trying to boil it down to the simplest version. Big picture? It's all about frequency mesh and the greatest number of probabilities for the highest frequencies. It's very hard to guarantee that you will find someone that you have a compact with, so compacts with others who have taken the dive when you did are rarer than you might think. But it does happen.

How much are a prodigy child's abilities due to accessing information that is a carryover from a previous lifetime of one of the Entity's projections?

Why do people always want things to have to do with a past rather than allowing that some brains are wired a little differently and are able to focus a whole lot of their mental, emotional, even physical power into becoming, say, an eight-year-old prodigy musician who started when she was three, or whatever?

In one version or another, every human being is capable of becoming, or already is, a prodigy in something. You are what you focus on. You focus on what you succeed at. You base that success, or your version of success, on what those whom you respect applaud. A two-year-old beating on a drum is going to have its whole life support system—that is, its parents—praise and encourage it, and so the child learns, "Ah, I should focus on this."

Having said that, there are those who in their compact predetermine access to painting or piano or another ability, but it does not guarantee that the possibilities work out for that ever to be initiated. It's much better to allow success to focus the mental, the emotional, and the physical self.

I can only conceive of things taking place within a framework of time. And I can only conceive of my actions as arising from desires—and the decisions they lead to—of my personality, which, like time, is also tied to this dimension. In the dimensions where our Entities exist, how can anything change or "happen" without time? And without an emotional drive, which we leave behind when we pass, what motivates us to continue to grow and serve?

Well, first you want to remember that time has very little to do with it. Humans use time as a mental construct. It's not a force in and of itself. It's a means

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of translation—translation of incremental energy bursts. And those bursts are a perception of form because form itself works on partial understanding. Let me say that better: The actual physical construct of brain, and mind, which isn't such a physical construct, are such that the minute portion of a second that it takes for an action to register in the brain and create a reaction causes the world around it to look as though it pulses. The pulsing is what I was referring to as increments of energy. So the perception is that everything comes in bursts. The reality is that information is constantly flowing but you're only capable of *receiving* it in bursts. You call the space between one burst and another—which is truly, really, all in your head—you call that time, but time as a force does not exist. It's simply handy as a means of explaining your world.

You talk about the energy being a flow, but a flow is a change of position from one time to another time.

You're putting it into a human construct. Think of it more as the skin on your body. The skin on your body *is*. Unless there's something going wrong in it, you don't notice it. You're just used to it. You don't even think about it when you look at it. It's not something you watch grow, even though you know it does. It just is. Because it's a part of that greater whole, information just *is*, but your reception of it is not. Your reception of it is based upon how you experience it, and how you experience it is based on what you call time.

But consider a chicken and the egg from which it came: is the difference due to your experience or the passage of time? Your experience came first.

What you might want to ask is, "Well, okay, maybe, considering the way my synapses work I have created these increments of time, but what about a five-hundred year old tree or a rock? How does it experience time, given that you are saying that time is a human-based construct? What would you say?"

If time is purely a human construct, then other forms of life do not experience time.

They don't experience it in the same way, but as long as that tree or that rock is in this world of form, it will have some version of experiencing the way information comes through.

Your version of time is different than the Pleistocene version of time, which is different from a tree's version, a rock's version.

Different kinds of time?

A different means of measuring information reception.

Stuart: I've been really fascinated lately with doing time-lapse photography and slow motion photography. It can be very beautiful to see the clouds and the shadows and things moving at a different rate of time than what I usually perceive.

Aye, the perception is the key.

Stuart: We're probably just like blurs to a tree, because its experience of time is so slowed down. So you see it like a time-lapse picture; you see things moving a little faster.

If you go to New York City from Lexington, Kentucky, you either have to adapt to their version of time or suffer, don't you?

The different version of time I can deal with. The difficulty was with understanding the notion that time did not exist in the other dimensions.

But those dimensions that are a function of the world of form, which is not simply limited to people, are a part of this function of form. This universe is this function of form.

Everyone has seen how people who share knowledge of the same facts can still make different choices from each other. But free will is compatible with knowledge. Why didn't we get a free will system with a higher level of information access and processing than this one? Why did this system include the notorious deep-seated cognitive errors humanity is famous for?

Well, first you need to remember that not everybody is functioning at the same level as everybody else and that there are those who figured out, pretty early on, how to bypass some of those great errors. And there are those who, because of their free will, are functioning a lot worse than everybody else.

Free will isn't the issue as much as it is the choices one makes day to day. So that question boils down to the question of why people make the choices they do. And actually that's one I've asked for a very long time.

In the bigger perspective? The Creator of this uni-

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

verse designed the experiment, but there are Creators doing different versions of experiments, so right now this one is about following the rules of free will. Next time around one might say, "Well, that didn't work too well. Maybe we should try something else."

Everybody has the opportunity to change their circumstances, *everybody*. Whether or not they choose to has more to do with their levels of fear than levels of Spiritual evolution, and that fear has to do, at the most basic level, with survival of life and, in the higher sense, survival within the cultural conditions and expectations that are brought upon them. Humans will always do whatever they want to. Humans will always choose, or not choose, what is best for them.

The question isn't so much about choice as it is about why someone thinks what's best for them is stepping in front of a train.

There are some types of love that may seem not loving, such as disciplining a child or establishing and holding boundaries. On the other hand, loving without boundaries sets us up for being abused. Please discuss how to handle doing the loving thing when that may mean walking away or not doing what is expected or asked for. And, how can we discern when we are setting ourselves up for abuse?

One of the things that you want to remember is that loving all, in the beginning, does mean being good to yourself, but the further that you grow in love, the more you see that it's not about you, that it's about loving others even more than you love yourself. But that is a path of progress.

So how do you do this without setting yourself up for abuse?

Which is really where this question is coming from. "How much can I stay away from things that I perceive are going to be difficult and still be functioning out in the world loving everybody?" I have no sympathy for that. You must have boundaries, but those boundaries are not about protecting yourself from love unconditionally. If your lack of a boundary is hurting me and hurting you, if you're going to walk all over me, that means somewhere you never learned that that's not acceptable behavior. And that

hurts *you*. But the moment that that boundary comes to be all about you, then you're back to two-year-old status. It's also incorrect if it's all for you, because, under the laws of unconditional love, the two must be balanced.

What happens way too often is that you're so busy protecting yourself from perceived slights and damage that you consider it protecting yourself and setting boundaries when what you're really doing is not letting other people in because you're afraid to face the world. In 2019 you're not going to be happy doing that.

Guardians get really hung up on "Well, in order to do the loving thing I've got to have some 'me' time," and it becomes an excuse not to ever push out of their own boundaries, their own belief structure, about what they can and cannot do. It becomes a holy reason for unholy behavior. Boundaries are a good thing until they're not. And they're not when they are all about protecting yourself. In any given moment nothing hurts you—nothing.

[To Paula] Your [painful] neck, you think about it all the time except when you're busy doing something, and then you're not thinking about it because pain passes in the moment. It's the fear that comes from anticipating the next time, and that's what this question is about. "I am anticipating these bad things; therefore I set boundaries. But I'm still really loving, right?" You are to yourself. Now put it out there in the world and risk your fears.

Questions like that are so much how current Guardianship thinks now. "How can I keep myself in this nice little box and still say I'm serving the world?"



*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.

I Got It!

by Pat O'Malley

After the recent trip to Sedona with Samuel, Dina and I were anxious to talk with Brandi about her experiences there. We knew that Samuel had planned on doing a master class in recognizing different energies and working with those energies. We got to talking about our individual journeys of developing sensitivity to energy over the years.

When I was a kid, I could see things that most people could not see. I also knew things, and I would get in trouble for spying on adult conversations if I asked the wrong questions. The problem was, I hadn't spied on anyone. I learned to stop asking questions because it wasn't safe to do so. I had dreams that came true, and I could tell when someone was lying to me—all handy-dandy tools to have as an adult, but confusing to have as a kid. Kids tend to say whatever pops into their heads. Turns out that it's not cool to tell an adult they are lying, especially if that adult is your father.

These abilities eventually got closeted during my early adulthood until I began really waking up. After reading a Mary Stuart book about Merlin, I found myself yelling out loud that I wanted to be able to do that again—I wanted to own my power and wield it for good. I ended up attending classes at the Berkeley Psychic Institute in California, where I learned how to work with energy. Basically, we ran energy—cosmic and earth energy—through us and around us. The more energy I ran, the lighter I became. Suddenly I could see again, without trying.

Brandi shared:

While I have had some feelings and fewer visual experiences, most of my ability to read a situation


comes in the form of one or a few words from my inner voice. The first time this happened was many years ago before finding Samuel and Phoenix. I parked my car in the lot of a Home Depot and began walking toward the door. Clear as a bell I heard, "A cart will hit your car." I looked over my shoulder, saw that I parked in the first spot of that row, and dismissed it as: Wow, that was weird. When I exited the store, there it was—a cart against my car and a dent over the wheel well. I could not believe what I was seeing.

Messages have continued to come to me via that inner voice, which has proved to be very wise and insightful. After being with Samuel in Sedona and learning to trust the information I'm getting, I'm becoming more confident about what is going on around me. My inner voice continues to be active, and practicing the exercises he gave us is steadily helping me see more color and be more aware in situations around me. The illusion of only having five senses is no longer a box for me because I am experiencing so much more!

Dina said:

I have always known Pat to be someone who has tremendous psychic abilities, and I know that Brandi has what I would call profound moments of connection and insight. My tendency is comparative judgment. I don't really see or hear groovy things, so I leap to the conclusion that I don't have any sensitivities. But working with Samuel over the years, I have come to appreciate that each of us is going to experience things differently. I may not see auras, I may not hear voices, but I often have a deep knowing about things. My challenge is to recognize the knowing and not write it off by saying, "I made this up"—a familiar lesson from Samuel. I'm also trying to stay open to the possibility of seeing energy, although there might be a very good reason why I don't. It's highly likely I would be so distracted that I would be useless as a human! But as with any art form, the more we practice the better we get. I tend to want to

be instantly perfect at anything I try, which is a convenient excuse to keep me from trying. But why should I expect to be perfect at sensing energy when I've grown up in a patriarchal culture that values the rational mind over inward knowing? Some of us used to get burned at the stake for such shenanigans!

All three of us remember Samuel using the analogy of the stereogram—an image that looks like a repeated pattern but magically transforms into a 3-D image once you shift your focus. This seems to be key right now—shifting our focus to recognize our own inner Merlin magic. But it's not enough just to see the magic and know it's there. Samuel wants us to be able to work with the energy, to send healing and wholeness where we sense it is needed. We all walk into the room with our power. It is our responsibility as Guardians to harness that power for the greater good. Shifting our focus takes practice. Sensing energy takes practice, but it's what we are made of, and it's why we are here. 


Healing the World by Healing Ourselves

A new program in Lexington in 2019

is designed to help us see how our behavior, in all areas of our lives, affects the world. By becoming more aware of the consequences of our beliefs, thoughts, and behaviors, we can restructure our lives so we can have the maximum positive impact in the world.

Based on Samuel's current teachings, this program will help us consistently bring out our Guardianship best.

Watch future announcements for more details.



**Jewelry, crystals, handcrafted wood,
books, and other fun stuff are available at
the Phoenix Fundraising Boutique!
Open Sundays with Samuel, after the
December Events Rituals, and at
Lexington Lifescapes.**

In the Vegan Kitchen

by Paula Thomson



Happy holidays, everyone! Here is a trio of recipes that combine to make a novel dip to add sparkle to any winter party. You can use your own favorite garlic-free hummus recipe or try the one below.

Festive Hummus Dip

Garlic-free Hummus

- 1 can (15 oz) chickpeas, drained and rinsed
- 4 Tbsp tahini
- 2 tsp cumin powder
- 1 tsp smoked paprika
- Juice from one lemon (or more depending on your taste)
- 3 Tbsp virgin olive oil
- 1/4 cup soy creamer (or more if the mixture is too thick)

Place all of the ingredients in a food processor and blend until smooth and creamy. Taste the mixture and adjust the salt before you turn it out into a platter.

Cover and chill.

Roasted Chickpea Garnish

- 1 15-ounce can chickpeas, well drained and rinsed
- 1 Tbsp olive oil
- 1 tsp coconut sugar
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp ground coriander
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Preheat oven to 375 degrees. Dry the chickpeas with a paper towel so the coating will adhere to them. Place the other ingredients in a mixing bowl and toss with the chickpeas to combine them. Spread the beans on a baking sheet lined with parchment paper. Bake for 20-25 minutes until golden brown.

Set aside to cool.

Horseradish Sauce

- 1 cup raw, unsalted cashews
- 3/4 cup water
- 1/4 cup lemon juice
- 2 Tbsp bottled horseradish, not drained
- 1 Tbsp dried dill, divided (or use fresh dill if available)
- 1/2 tsp sea salt

While the chickpeas are baking, place all of the horseradish sauce ingredients in a blender and blend until smooth. After removing from the blender, add the rest of the fresh or dried dill. Taste and adjust seasonings as needed.

To assemble, pour the horseradish sauce over the chilled hummus and scatter the roasted chickpeas over the top. Serve with crackers or chips.