



PHOENIX RISING

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Spring 2019

An Interview with Samuel

channeled by Lea Schultz

EarthLight's annual Retreat is coming up soon (April 18–21). What are you hoping to achieve at this year's Retreat?

At every Retreat, probably the biggest thing I want is to make sure that individuals feel the connections they have with others who are a part of the work. And then, of course, it gives me the opportunity—which is always fun—to have a lot of time with the group. I always like to watch the dynamics: who's going to ask the most questions, what kind of topics are going to come through, how long will it be before I sense the group's got it, with whatever it is I'm choosing to speak about. So it's an opportunity for participants to strengthen the unity of the community and an opportunity for *me* to strengthen the unity of the community. That's probably the biggest thing.

If you're asking what I will be teaching, I have no idea.

You are calling this the "Year of the Watchers." Who are the Watchers, and what exactly is their job description?

Well, first some background:

Obviously, Watchers are those who watch, and the Year of the Watcher is going to mean two things: those who are watching the planet and The Plan, which is by far more my point, and those who are watching *from* the planet. By that I mean, for instance, Guardians who are paying attention to what's going on cosmically or mass consciousness looking at what's going on in the world, in themselves, and in Guardianship. Now the world is *really* going to be

looking at high-frequency individuals. Anytime you're sinking in a cesspool, you are looking for rescue, and the world in very many ways is going through a lot of challenging times. Because of that, people are going to be looking for those who seem to know what they are doing, who seem to not be crazy during this time, and mass consciousness will hopefully be looking to Guardians for that.

As I've said before, Guardians go through things first, and then the world begins to follow. So if you think of your last couple of years, you will see what kind of world mass consciousness is going to be looking at. Hopefully, *you* are going to be that example of hope that's needed while you are being watched by those who are experiencing chaos.

However, though, for the watching that I'm talking the most about, you

need to first go back to The Plan for the planet and all life force on it itself, which is to function into individuation and then from indi-

viduation into individuated group consciousness, all through the Source function of Love. Love is the version of the experiment here. Love. Love rules, and indeed for this Plan, Love rules.

So, as the possibilities for higher function developed, Creator Force and that which is functioning in dimensions outside of form started being interested. "What's happening? Is this going to work?" Well, the first time it did not. The second time it did not. The third time it did not. And depending upon how you count it, the fourth or fifth time is where you are now. And this is the last time. So there is a lot of interest in whether this is going to work out. Is this actually going to prove itself as a workable path to wholeness? Does the Ascension Process work?

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One of the things that were found through the process was that humans bite. I say that with a great deal of love, but essentially, humanity is dangerous. So not only was a Grid put around the world in order to allow the experiment to be an experiment and not have massive amounts of help come in, but additionally it's about not letting humanity out because of the chaos that could be wrought within the universe.

When a second Grid was created around the planet, at that point there became portal Guardians, those who are keeping the exit-ways not exactly blocked, just restricted.

When you say "exit-ways," are you talking about only energy going out, or do you mean energy going in and out?

The energy going in is handled by the first Grid, and the first Grid for the most part handles the energy going out as well. But, now that StarGate work is being done and humanity is still not ready to be let into the cosmos, there's a second gate to make sure that you pretty much destroy yourselves before you destroy someone else.

Lovely.

But those guarding—if you will, watching the second Grid—are the Watchers.

So all of that was background to take you to Watchers. Watchers have two purposes. One of them is, like Guardians, to guide and guard. In this case, the life force is a planetary energy as it works with the greater Plan. But there are also those Watchers who simply are curious about The Plan. That kind has existed for a very long time. Your history refers to them—sometimes your religious history—as guardian angels, or spiritual guides, or something like that. Now, I'm not much for all of that, but they are Watchers.

So there are the curious ones, but there is also the Watcher that is really *you*. High-frequency Guardians work on more than one level, not only in the dimensional arena but also at an Ascended level. If you will remember when I have discussed personality, the entity expresses itself through multiple personalities that show up in different time-space functions of earth. It's the small-e entity that puts out those projections, but that entity is itself a projection of the ultimate Entity, which will put out up to twelve small-e entities that, of course, are each going to have up to twelve projections through time. So when a high-frequency Guardian has a personality connection outside of this planet, then you can connect with that self in the very same way that timeline crossovers occur or mastery in one area gives you information from other selves who are at mastery level.

Coming so close to the precipice of "is this experiment working or not?" there is a very strong draw to this planet, particularly now that it has shifted density levels. And ideally the Watchers are boosting transmissions and helping by being far more like a guardian angel than what the term usually means. So in that way, there are individual Watchers as well as the group of curious Watchers, as well as the Guardians of portals who are watching.

If you're saying the large-E Entity is putting out its own projections for each small-e entity, is that all taking place in the realm of form?

No, it's not.



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Phoenix Rising

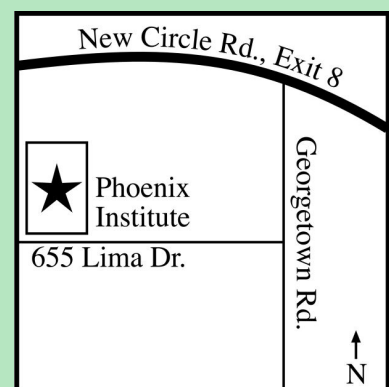
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So it can be in other dimensions?

Right.

You said that the Arcturians were the ones to put the second Grid around the planet. Can you tell us what other galaxies or dimensions are involved with these Watchers?

Insofar as form is concerned?

Yes.

Well, one of the things that pretty much always makes me chuckle when somebody is wanting to know what their cosmic relatives are about and where they are from is that you only know a spit-in-the-ocean's worth of galaxies that are out there. And the ones that your science has known the most about for the longest time are the ones all of the New Agers are saying they are related to. Now there is something to be said for Arcturians and Draco-nians and Pleiadeans all having an effect here, but there are, by far, more places in space for them to come from than you are aware of—not only the planetary bodies that you know, but even whole quadrants of space that you don't currently recognize. So to say they are from Blup isn't going to say anything unless that Blup happens to be a word or a set of numbers you are familiar with. So it really doesn't do much good to even try to answer that, because it's as if suddenly I am speaking an ancient version of Farsi to you and you have no idea what I've said, and there is no translation I can give you.

What I encourage people to do is to go out on multiple clear nights—you might try in the summer, remembering, however, that what you see in the summer sky is going to be different to what you see in any other season—and see what you're drawn to. You may remember from our Arkansas trip that I told you to do that. See if you find that you're regularly drawn to this quadrant over here to your left, and you get to really know that star formation, and through the seasons you see it change and shift and you're still drawn there. It would be unusual if more than a few actually could relate, but if you do relate, then start researching it. I mean deep research, not the first couple of hits off of your Google search, but information from a good university or scientific as-

tronomy site for what's found in that quadrant. And then play with that. That's going to give you more information than if I say you are from Blup.

So there have been Watchers always—the curious ones—just because it's a very interesting experiment. And as I said, it has failed multiple times, so it's sort of like going to Las Vegas and watching at the slots. "Mmm, what's going to happen now? Do you think one more pull will do it?" But more importantly, as I said earlier, you are at a precipice now. Of course, somebody's going to want to know whether "precipice" means like the next year, or ten or a thousand. I can't tell you. I can only tell you you're at a deciding point. You have enough people on the planet Awakened. But what about Activated? Is it going to shift into the Ascension process for all, or not?

You said at January's first-Sunday meeting that

other forms of consciousness are "patrolling" the Grid around our planet, including some of our entities. Besides being an act of service, what other reasons would an entity have for

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doing this? Is there anything to add to that?

You're fun to watch.

We make you laugh.

It's entertaining. Your choices are interesting.

At that meeting, you also said that unconditional love can only come in spurts. Why is that?

Unconditional love is unconditional love, and it is and has been and always will be. There are no spurts to it. But when that unconditional love is coming out of a human, attaining the state that *allows* unconditional love only happens in spurts. So insofar as a human consciously functioning in unconditional love goes, they can absolutely flow with that until something out in the world triggers them off of it. They're in their car and somebody doesn't stop at the sign, or they read something on the Internet about what the president said that gets them agitated. So while the idea that "I love unconditionally" is there, the fact of it is, it comes in spurts.

You also advised us to prepare for upcoming energy transmissions and to pay attention to eclipses, the solstices, and the equinoxes. Please explain how Guardians can best use those

transmissions for the benefit of their own and the planet's spiritual evolution.

The thing always to remember with any kind of transmission is that, first, you're going to be affected by it whether you're conscious of it or not. If you are functioning consciously, you will recognize the way you're thinking or the way you're feeling and simply act on it as if it is one more day's activity. You'll go with it, you'll flow with it. In your meditations you will go with it. You don't have to do anything.

Having said that, group Intent at the time of a great transmission is wonderful because the transmissions coming for a little more than the first half of this year are all going to be about Creator energy. There's a lot of manifestation energy. It's very exciting, but also very threatening, as you can imagine any great imbalance could be. With any Creator energy, you can make it positive and good rather than amplifying the negative.

Individually speaking, knowing when a transmission is coming can help you function at your highest energy—which ideally you're doing all the time anyway—so that you can ensure that you're not going to be knocked off balance by your human self getting defensive, since whenever there is a big outpouring of energy the human gets threatened. It's like walking from a dark house out into the sunlight, and it's "Whoa!" and you have to shade your eyes and put on your sunglasses. If you're ready for it you put your sunglasses on *before* you walk out the door. Otherwise you're going to have a few moments of being blinded, and one response to that will be "I'm going to turn around and go back into my little dark hole because it's more comfortable." If you know it's happening, you can be more prepared.

Transmissions will come around the eclipses, solstices, equinoxes, like last year, and January was essentially transmission after transmission after transmission, but you're not going to have another month like January. There will be transmissions a few times during the year, over and above solstices, equinoxes and eclipses. The key is for you to be ready, working

at your best and highest, so that you have your sunglasses on already and you're not shaken up by the big flow of light getting in your eyes. It doesn't *cause* reactions; you *choose* the responses. That is always true with every transmission since the whole idea of time got worked out.

So if the first part of the year is Creation energy, what about the second part of the year? What different transmissions do you see coming?

Well, the transmissions don't have labels most of the time. Occasionally they do, and those in the first half of the year happen to be stimulating Creator Force. Once that's past, it's going to be more along the lines of more typical energy transmissions that are passing through your galaxy in that they're not quite as directed toward The Plan. The ones coming in up until August or mid-September are directed into this Plan. It's very specific. It's the kind of

energy that generally comes so seldom that I would make sure everybody came together to do a big working, but there's too much of it. It's just non-stop until mid-September. [This will be during the Scotland/England StarGate work.]

You mean transmission after transmission.

Yes. Throw a dart at the calendar for the first six months and you're going to be in the middle or at the start of one.

How do you see these interesting planetary alignments affecting the United States this year?

The United States specifically?

Or the world in general.

Well, of course, plainly speaking, they don't affect the country *or* the planet. They affect those who are *in* the country or *on* the planet. And if what you mean is governmentally speaking, politically speaking, again that's a little difficult, too, because it's *you* that's being affected as an individual, and what you do with it is what matters.

If any population group flows well with it, has their sunglasses on already and is prepared and feels hope—because that's what motivates people—and is seeking a positive, silver-lining kind of outlook,

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then that's going to show up in what is or is not acceptable within the government and political realm. If individuals are in chaos or in pain or in fear, are angry or resistant, ideally their government will reflect that. That's probably ninety percent true.

It's pretty sad.

Well yes, actually it is.

So if you have a tyrannical dictator, then you're probably going to see more tyranny. If you have a just, democratic system, then you're probably going to see more people receiving what they want, because as a whole they are asking for what they want, and, within a democratic system, theoretically what the populace wants matters more than what the politicians want. So I would give that question back to each person reading this: what do you see for them? The way you as a Guardian see it is the way it is going to come about. So use that creative power.

I don't follow astrology, but I did look on some sites after you mentioned it at the first-Sunday meeting. There are lunar and solar eclipses in July. It's interesting that the particular astrologer I read said that the feminine would be working strongly to overcome the patriarchal influence in this society. So would that still be using the creative energy for the first part of the year?

Sure. There's a lot to be said for astrology, and I just want you to be careful to know that what you determine in *your* life is going to have a much greater effect than what the alignment of stars and planets has on your life. But if you firmly believe that the alignment of the stars and planets has a very strong effect on your life, then it will indeed have a strong effect. So while I'm not saying "Well, any kind of predictive astrology is going to be incorrect or so general that any time period would fit into it," I'm also not saying it's wrong either. So I don't think I can give you a good answer to that question.

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

If you have ever been at a time in which you asked "What is my compact about? What am I here for? Why?" this is it.

It's important for Guardians to remember that when I talk about a precipice, that this Plan is at the edge, I'm reminding you *this is what you have come here for*. This is the life. This is the time. This is *it*. If you are seventeen or seventy, this is the life, and unless you're planning to be out of here in the next couple of months, you're going to be seeing those effects. If you have ever been at a time in which you asked "What is my compact about? What am I here for? Why?" this is it. *This* is it. Everything that you do matters. Some of the things that you have been doing up until now have had the benefit of a good dress rehearsal, but you're not *rehearsing* any more. This is it.

When the Watchers come everything is heightened, because not only is the energy interesting enough to draw those who are watching The Plan, but *their* energy adds to it by the very presence of the Watch. It's a very important time to remember why you're here, what your job is—not what your career is—what your actual job is here. It's an important time to come to a place in your life where you are serving others as a high-frequency, higher-density being, and being what you *are*. I have spoken about that in a thousand different ways, repeated a thousand times.

There are many things that you can do to be functioning at your highest frequencies. Do them. *Do them*. Get yourself ready. Otherwise you are going to be adding to the chaos, and for your sake, *I beg you*, don't do that, because when this time is over you will be horrified about the waste.

It's never too late to start up and do what you're here to do.





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Samuel

r e s p o n d s . . .

Several months ago you encouraged us to practice a new sitting technique. Once we get good at receiving and translating the information accurately, what's the next step? What skills are you hoping we'll develop, and when will we use them?

First, there is no "here is the set thing that's going to come out of it for everybody." Second, so few people are practicing it, I'll just kind of throw in that towel.

However, for those who are practicing it, what I was going for was for you to be able to trust what you're getting because you're getting confirmation from outside of you, starting with very small things, then moving on to bigger ones.

The next step was to move from objects—"I'm thinking of a color. I'm thinking of a tree. I'm thinking of ..."—to communicating ideas; feelings would be a good place to start. "I'm getting happy." "I'm getting a bit frustrated." And constantly refining until, ideally, you are able to communicate clearly. To be able to read another person would enable you to make connections and give you the advantage of better communication and better ways to serve them.

But in order to do any of that, you have to open yourself up to your Source self, your Light Body, in a very powerful, good way.

I'm not sure why this exercise isn't really appealing to many Guardians.

Are the angels referred to in the Bible the same energies outside of our physical world that we call aliens? What are you referring to when you use the term aliens?

The first thing that you want to remember is that *alien* is a reference to foreign, and some of the time when I use it I mean exactly that: foreign—outside of your knowledge base. Other times I mean little green men because I'm making a joke of some sort: "It's aliens! Sucked up by a spaceship!" That kind of thing. And sometimes when I use it, I'm simply talking about those other forms of life that have developed alongside yours that are perhaps a part of a

different experiment. It's more than likely a visitation from long lost cousins that live on the other side of the world, but read "cousins" to be "beings" and "world" to be "cosmos".

Shining Ones, angels, gods, all are the same as aliens, just at different levels, with different purposes, different kinds of behaviors, different degrees of opacity—meaning your ability to see them.

When the angels come and visit in the Bible, can we say this is an alien energy coming or is it the higher self, a part of each person's higher functions?

It can be both of those or neither, or something different altogether. For the most part—and I hate to do this, because I'm sitting in the middle of a very Christian culture—if you go to the oldest languages of your Bible or any of the great holy works in your world, you are going to find that God is from a "place" other than Earth. The Hebrew word refers to a being of great light that rules over all, but it was a visitation by Shining Ones into this world. That's aliens, not from Venus or Alpha Centauri, but from a different function of form out of All That Is—a higher function, if you will.

Once you think of God as an alien, you have to realize that when the writers were referring to God speaking about the division of the heavens, they were talking about the different frequency levels of being that created the realms of form. It's just one misunderstanding after another!

Now, you're going to find one of two things in those descriptions. You're going to find references to angels and demons, which you always find as long as you're dealing with humanity, because there has to be good and evil. After all, you cannot manipulate somebody if you don't have something to judge them with and push them with. Angels are the ones that are with the current politically correct group, and the demons are the ones—don't get me started there.

Another thing you're going to find is a hierarchical structure, and you're going to find a capability structure, meaning what it can do when working with humanity. The hierarchical structure would be you have archangels and then you have seraphim and then you have cherubim and on and on, whereas I would say you have seventh density and you have sixth density and you have fifth density. Or you would say you have those who have become

world servers, and those who have become a part of the Planetary Council, and you have those who have become Keepers of Wisdom.

Nonetheless, one way or the other, you have a hierarchy—and it's all life function beings—and it comes from off this planet, but it's a different kind of alien than Martians and Venusians. Maybe it covers both of those.

How do stimulants work against the healthy functioning of the pineal gland?

Two things to remember: The first one is that the pineal is an instigator—it is a part of the body's endocrine system. It's a part of the early brain function and is very necessary for your life as a whole in the same way all of your body hormones and many other chemicals are. So as a result of that, one of the things that a healthy pineal is is a reflection of a healthy body.

What stimulants do to a healthy body is they teach it how to stop producing its own stimulants or depressants or bonding chemicals and a very large number of other things. A healthy body does it on its own.

For example, you have a society in which highly caffeinated sport drinks that are designed to pep you up have taught people that this is how you should feel, that this is what it should be. Coffee, teas have taught people you cannot really wake up in the morning and do your work until you have had this stimulant. As a result, as anyone who has got off of them knows, it takes a while for the body to stop complaining and begin producing these things in its own natural cycles again. So the first thing that a healthy pineal shows is a healthy body that creates these states on its own. You don't need to supplement it because your body produces it, and the more spiritually capable, the more functioning within the Light Body one is, the more one can direct that. "I need a boost here," and you're able to give that boost to yourself without relying on a stimulant.

The second thing about the pineal, though, and the one that concerns me the most, is that an unhealthy pineal has a profound effect on the body not only as a reflection of one's physical health but also

of one's ability to function through the soul. Remember, soul is that mechanism by which your Light Body works through the physical body. The pineal regulates your soul's connections. Most people on the planet have calcified their pineal before they're out of young adulthood and, in this culture, as teenagers, if they've grown up with all of these habits.

If one has a gift for healing oneself and others but is not sure how to proceed to explore it, what suggestions do you have for trying it out in ways that will serve and not do harm?

The first thing that I always suggest is to start with plants, then move to animals. Start by getting two plants that you feel are okay working with you. Take care of them both the same way while they acclimate to their new environment. Then take one and do regular healing work with it, and just keep taking care of the other one as you were before. What that's going to do is show you exactly what your energy can and cannot do.

You're either going to help it flourish or burn it to the ground, and that's going to tell you that you need to learn to parcel out your energy, to pull it back or push it forward at will. You're also going to

An unhealthy pineal has a profound effect on the body not only as a reflection of one's physical health but also of one's ability to function through the soul.

create a storehouse that's very closely connected to your healing ability, because the plants will hold the energetic memory—the traces of what you give it—and it will give it back to you. So a healer giving healing energy to a plant can put that plant near them when they need some of it back, and create a kind of symbiotic relationship, but one in which both are benefiting.

When you move to animals, again, you've got to make sure that you've got an agreement. With plants maybe you'll be able to say, "Well, its light was just a little different," but with animals you're not going to perceive that. It's going to be pretty obvious whether it is working, and you can look for ways to make use of it. That might mean you become a volunteer at your local shelter, and you go in and sit with the cats who come to your lap, and you put your hands on them and do healing work. I'm sure every shelter could use somebody who wants to just sit with the animals or help clean their cages.

Our shelters call them “cat cuddlers.”

That’s probably the easiest way to ensure you’re doing no harm, plus you’re not working on humans, which can be a little more discouraging to a burgeoning healer’s confidence.

Regarding timelines and parallel universes, since there is no time and you can see all of the pathways as they have already unfolded . . .

I wish!

. . . is there any iteration of our world where The Plan worked in the way the Creators hoped or expected? If so, how can we call upon that perfected version of ourselves from that unique timeline where it worked in order to bring that part of ourselves into this “now” on this current timeline to help complete The Plan?

The first thing that I need to correct is that I do not see the end products here. I see probabilities. I cannot see an end product because, no matter what timeline you’re on, no matter what offset of the universe you’re on, you’re in the now. Your *mind* might bounce you to the future, but time doesn’t work that way. You can only connect to a specific aspect of time/space.

Now, let’s define *time* a little better. You might be able to connect in time from the 1700s to 2200, but you cannot connect to 2200 in all universes. It’s different for everyone, and every one of those universes is a function of free will if they are a part of this Plan. If somebody wants to influence the timeline they are on and any other times that might cross over it, there is something they can do as long as it is toward the completion of The Plan—and my vote is always that one. Guess what it is. It’s to live at your highest frequency, constantly and consciously living love. Loving all always, without judgment, without condition, without a need for it to be a particular way. These are things that are a part of the definition of unconditional love, and one of the very first questions in the interview in this issue was, “Why do we experience unconditional love in spurts or as pulses?” As I said, it’s because you’re human.

Making choices is a vital part of The Plan, and individuation is about making your own choices. But as long as those choices are based on something

other than high-frequency living love, then there will be a constant flux upon the path and consistent inability to determine where that path is going to end.

Some individuals would really like me to be God, as this culture sees God. God knows it all, runs it all, can do it all. But *you* are the ones with power in this world, not me. *You* are the ones with the power, and knowing how to use it is what this experience is about—using it the right way for the completion of The Plan.

People want to think that there is such a thing as a past and a future, but really there is only now. In the same way that “now” is called mid-afternoon here but lunchtime in L.A., and it’s called morning a little further west than that. It’s all the same time, but it’s perceived differently based on the circumstances of the space it’s in.

How can Guardians release old ancestral fears deeply embedded in our cellular genetic memory?

I don’t want this to sound trivial because it actually is the answer, but it’s going to sound pretty outrageous: dance and sing.

There are a few things that are actually a part of a cultural programming that do show up within your genetic programming. You might remember that at a Retreat a few years ago I spoke of African-American Guardians and how choosing that path in this culture is such a brave and powerful thing, because they are working to help change that ancestral genetic issue.

The only way you’re going to change your genetic structure is through mutation, and mutation happens in many different ways, your thoughts being one of them. It’s very hard to dance and sing and be depressed at the same time. It’s hard to be negative, to be fearful or attracted toward negative behaviors or outcomes while you’re singing and dancing. It’s very hard. So as I have taught in the past, movement, particular rhythmic movement, and singing have a frequency-changing ability for any individual. The basis of DNA activation and deactivation is movement and sound, and using movement and sound will help change your mental landscape, and that will begin to work on your cultural genetic memory.

Now remember that your cultural genetic mem-

Making choices is a vital part of The Plan, and individuation is about making your own choices.

ory resonates and affects everything around you. So as you repair a centuries-old fear, that will have an effect on those around you. It's a little radio system within every cell of your body, a crystalline message which greatly affects some, while others don't even notice it, although they're still being affected by it.

So the easy answer is dance and sing. And when I say sing, I don't mean the top ten songs out now, although those will work to change your mood. I mean hum and play with vowel sounds until you find the ones that work well for you. For instance are you a "dah-dah-dah" or [at a lower pitch] a "doh-doh-doh" person? While you'll find under certain circumstances that you might sing "la-la-la" to the tune of "Row, row, row your boat," other times you might find that "Row, row, row your boat" isn't even where you want to go; you're more into something quieter, something country, like "I lost my truck. I lost my dog. I lost my mother. I'm an unhappy person. Help me out." Or you could hum that and find it wants to come out like a Tibetan chant. That's not

because the low sounds are depressing and the high sounds are happy; it's because the low sounds stimulate the lower emotional levels within you, more of the root issues, including root fears.

There is a lot that could be taught about that. I've played with it a bit over the years, the "Oh Ah Hu" exercise, for instance.

It's not very likely that we can sing and dance 24 hours every day.

Well, it does have a residual effect.

So a little every day would help.

And then it would start building, yes.



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.

Creative Explorations: Playbook Freedom

Saturday, March 23, 2019 • 2:00-4:30 p.m.

Phoenix Institute, 655 Lima Drive

Cost is \$5

Experience joy in the individual process of creativity in a free-flow context.

No expectations. "Mistakes" are encouraged. Let your creative self go rogue in this artful play session stepping through the doorway of joy and Spirit!

Each participant will receive their own Creative Playbook to use in the session (and take home), as well as the use of an array of mixed media art supplies and tools. There will be a brief orientation on tools, techniques, and supplies, and individual one-on-one help is available if requested.

Please sign up by March 21 so you will have a playbook for the session.

Register at <https://pi.phoenixinstitute.org>, or email creativity@phoenixinstitute.org.



Caution to participants:
Playing in your Creative Playbook may become addictive!

APRIL 18-21



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She Manifested with Science

Over the years I have managed to accumulate a whole lot of journals *by Pat O'Malley*

full of info from Samuel. I must have at least forty journals in storage because I have no room in my current digs to stash them. The other night I came across one from when I lived in Syracuse, New York. Reading through it, I found notes from various Lifescapes and Retreats. I also found some personal chats I had with Samuel using the technique he taught us years ago: sit down and write out a burning question we need an answer to, then automatically write out the answer without questioning if we are making it all up.

After reading a few pages, I was astounded at how much anguish and drama existed in my life ten years ago, mostly around relationships and career. It was embarrassing to realize how drama-filled my younger years had been, and the answers to my questions were amazing, almost like sitting for a personal session with Samuel. While not as wonderful as sitting in Samuel's energy, it seems to have been an amazing second-best option. Maybe that's why he gave it to us as a tool to use.

Reviewing those personal notes also made me realize how drama-free my life has become. Apparently, all those exercises Samuel gives us to resolve our core issues actually work! How much time had I wasted over the course of my life perseverating about things that weren't real, about fears that never actually existed anywhere but inside my head? How long had it taken me to get to the place where I realized it was all just an illusion? The good news is that it happened a lot faster than it would have had I never met Samuel. The key, I suppose, is to just do it. Taking time to review my life and my issues, then taking action really worked, as Samuel promised.

What is my next step? What should I do with all the extra time on my hands now that I'm not wasting it worrying about things that don't matter or exist? Samuel gave us a huge hint at the January 2019 Lifescapes in Atlanta. He spoke about creating. Creating anything. Just do it at any level, because it opens doors to bigger creation and manifestation probabilities. Cooking, singing in the car, listening to music, making music, doodling, making art, decorating, making travel plans—and almost anything else you can think of—will open the door. Samuel says it creates torsion.

Torsion is one of those topics found in physics that, unless you have a Ph.D. in higher science, is hard to describe. My degree in music is hardly a qualifier for a lesson in physics, but here goes nothing: Nikola Tesla discovered torsion by twisting two electrical wires together,

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then running a positive current through one and a negative current through the other. This created a third energy—one which could travel way faster than the speed of light. Does this mean that one plus one now equals three? Maybe!

When I sit down to journal my questions and reach out to Samuel, am I creating a torsion event? When I start playing my guitar and allow music to flow through me without trying, am I creating a torsion event? Samuel says yes. If I couple an intent with the flow of music, what happens then? Our simple acts of creation open the door to bigger and bigger creation events. This is good news to me as I work on creating a big door to go on the trip to Scotland and the Retreat this year.

I must start somewhere with this manifestation thing, and this leads to more science. Good old Newton gave us the first law of motion which, by the way, is also the definition of inertia. According to NASA's website, *"Newton's first law states that every object will remain at rest or in uniform motion in a straight line unless compelled to change its state by the action of an external force."* This means if I spend my time binge-watching *Game of Thrones* on Netflix instead of engaging in some creative measures to get to Scotland, chances are I will still be on my couch in the fall, binge-watching something else and making excuses for not being in Scotland.

"The second law explains how the velocity of an object changes when it is subjected to an external force." This means if I propel myself (external force) off the sofa and start calculating what needs to be done to manifest Scotland, it'll go much faster than if I remain in inertia on the couch with the boob tube blaring away.

"The third law states that for every action (force) in nature there is an equal and opposite reaction." This sounds sort of torsion-producing to me. So, remembering that torsion creates an energy faster than the speed of light, I am making a note to self: if I want to manifest the trip to Scotland, or anything else, for that matter, 1) get off my butt and do something, 2) have fun creating things that will make this work easier and my life more joy-filled, and 3) trust that this process works, especially if Samuel says it will. Move, create, trust, manifest—and then go pack!

[Special thanks to NASA: <https://www.grc.nasa.gov>]

In the Vegan Kitchen

by Mary Claire O'Neal



Whole sorghum (jowar) has a lovely, chewy texture and is gluten-free with a high nutritional value. It has good levels of protein, fiber and minerals like phosphorus, potassium, calcium and iron and has more antioxidants than pomegranates and blueberries! It is considered to be very good for digestive health, and a study has shown that it helps regulate blood sugar, lower cholesterol and diverticulitis. It is pre-biotic rich and very helpful for the gut because it can help reduce chronic inflammation.

Curried Sorghum, Carrot and Cranberry Salad

- 3 cups water
- 1 cup whole uncooked sorghum (I like Gerbs and Bob's Red Mill)
- ½ cup coconut milk
- 2 Tbsp apple cider vinegar
- juice of ¼ lemon
- 2 tsp organic extra virgin avocado oil
- 1 Tbsp curry powder
- ½ tsp ancho or chipotle chili powder
- a couple of dashes black pepper
- a dash cayenne powder (optional)
- 2 tsp raw organic coconut sugar or organic evaporated cane juice
- 2 cups shredded or grated carrots
- 1 cup diced celery
- ½ cup dried cranberries
- 1 ½ cups organic, frozen chopped spinach
- ½ cup lightly toasted sliced almonds

Bring the 3 cups of water to a boil and add the sorghum. Return to a boil, then cover and simmer for about an hour or until tender. Drain off the liquid.

Lightly brown the sliced almonds on a baking sheet at 375 degrees. (Watch carefully as they can burn quickly.)

In a large bowl, combine the coconut milk, vinegar, lemon juice, curry powder, black pepper, cayenne, sugar and ancho powder. Add cooked sorghum, carrots, diced celery, and cranberries. Mix well.

Crumble the frozen spinach and add to the bowl. Mix in spinach, then mix in almonds (reserve 1 Tbsp of the almonds for garnish later). Cover and put in refrigerator for at least two hours, then mix the ingredients again and return to the fridge until ready to serve. Before serving, sprinkle with the almonds that were set aside.

Serves about 6.