



PHOENIX RISING

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Summer 2019

An Interview with Samuel

channeled by Lea Schultz

Lakshmi Sriraman brought questions to Samuel for this interview. The discussion included the editors and Stuart Waldner.

At the Retreat you mentioned that dimensional constructs have no timelines, and that personality constructs do have timelines. Please help me understand the role of personalities outside of the dimension that they function in. How does it work? What's the reason a personality would want to shift dimensions?

Remember that personality, when I make that reference, is *you* in human form. And ninety-nine and ninety-nine one-hundredths percent of the time, the personality is unique, and it is a product of this world of form and all of its dimensional structure. So personality is a function of form, and form is an evolutionary function, and this dimension is the construct for The Plan here and now.

If you are taking on human form, that personality is unique, and what is available or not available is for the purpose of The Plan.

However, the ability to move through dimensions has to do with the greater energy you are, and not the personality, because ultimately everything—be it this piece of art or this piece of wood or this piece of poodle—is all a particular aspect of form that has moved through the evolutionary process.

The Spirit, which the small-e entity and personality are separate from—“separate from” isn’t a good

way of saying it, but we’ll go with it—the large-E Entity is a function of every bit of form throughout your Universe.

So, as your big E-Entity evolves—and ultimately it is at One all of the time, just as you are, but is still going through an evolutionary process—it has the ability to project information that becomes small-e entity. As the small-e entity evolves, it becomes capable of projecting information that becomes personality.

“Like attracts like” is a rule within form—again not one-hundred percent of the time, but basically. And the small-e entity projection—and here is where personality comes in—can always attract to it, or be attracted to, aspects of itself that may be found in other dimensions. Therefore, it is because of a personality’s evolution into Light that it becomes capable of touching into its greater self in other dimensions. That means you can have dreams and psychedelic experiences in which you shift dimensions. But you’re not going to have that as a functioning human because you’re limited by the personality’s boundaries, which means you won’t see the experience the same way or feel it the same way. You have to move into the cosmic self for that to happen.

Now with those two basic points, ask your question.

Let's say the personality, Lakshmi, wants to shift dimensions or wants to access information in other dimensions. Does it mean that it has to be done with a crossover with another of the projections?

I wonder if you are thinking of timelines rather than dimensions. Only Entity moves through dimensions.

No. I am just wondering if I am connected through the Entity to greater information in other

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dimensions, or is it like moving from this room to that room?

Well, both. You do move from this room to that room, but that's called spiritual evolution, and you are connecting with your own really-high-frequency self.

The thing that you've got to remember is that this—your human self—is not what shifts dimensionally. It's your spirit self, your Light self, because the human self could not tolerate it. That's why you have to be out of your body to make that shift through dreaming, or meditation, or using certain plants.

But you want to remember, as well, that the entity that you are—and here we're going to use small-e entity—has other projections, but they're not projections that the human one can do anything more than receive information from. You can't go to the sixth dimension because there is nothing about it that you are oriented to, and orientation is pretty much the first evolutionary rule. You have to develop the ability to organize within a space.

So this body isn't traveling anywhere, but this [pointing to the heart area] can, at particular stages of its Ascension, travel anywhere.

So can I refine that question?

That's really what an interview is—coming up with an idea and refining and refining it.

How can we access information in other dimensions, then bring it back and integrate it? What's the highest form of access that you see most Guardians have at this time, and how does this kind of getting information from other dimensions serve us to do what we're here to do now?

I just don't know if we're on the same page. I would say *density* rather than *dimension*. I rarely get into dimensions because dimensions are a somewhat geometric description of space, a place, although when you reach some of the higher ones it's not so much that. But all of it is an illusion, because it's your focusing on fourth-dimensional reality that causes that fourth-dimensional reality to become clear.

So the bottom-line answer is, you go where you are capable of going at that moment in time. And as long as you are in form there are limitations to it, if you want your form to go along.

Having said that, though, everything is a product of mind. You are lying in a hot tub at the country club's final hole saying "What if ...," and you're calling it a lifetime. So it's all in the mind anyway, and ultimately it's all Intent. But the small-e entity projects, and as it projects, everything that it has projected to is accessible if your frequency has reached the point of mastery in that area of your life, giving you access to the similar frequency in the other projections. That means that the higher the frequency you work at, the more you're going to have accessible to you, but the way that you access it isn't by going there—he said, pointing out into the world—it's going there—he said, pointing to the heart—because that opens you into that higher frequency.

Where do I say most Guardians are? Most Guardians are at or beyond service to others. And I mean fifty-one percent. I almost said to you "Most Guardians are still at service to self," but I decided by the time this comes out maybe that has changed.

Service to others is high-frequency—meaning it's fourth and fifth



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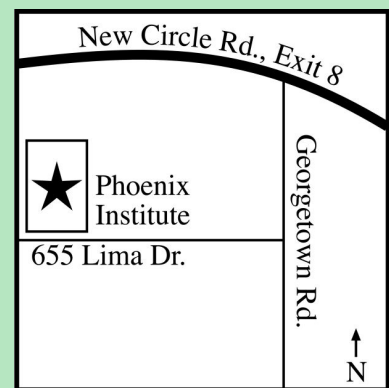
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Phoenix Institute
P.O. Box 12963
Lexington, KY 40583

or e-mail to

phoenixrising@phoenixinstitute.org



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density—but it doesn't mean you can move through dimensions at will.

This place is all about this place, and your experience of the multidimensional aspects of it are nearly always only workable for the spirit you are. So the more spirit you have working through the human, the more you see, sense, connect with that which only spirit can connect with.

It sounds to me that what you're saying is that the large-E Entity is the one that's going to benefit evolutionarily by switching dimensions. Is that true?

The large-E Entity ultimately benefits from it all, but the small-e entity is not fully separate, so the small-e entity benefits as well. What doesn't benefit is the individual projections—the personalities—until they have reached a much higher frequency within their particular life's scope.

Because they don't understand their part with that whole connection yet?

Because they're not attracted to it, because they don't have mastery that allows the reaching out, yes.

How are other dimensions and planets assisting us in the Ascension process?

How do your toes assist your body? They help it balance. You don't walk so well, you have to learn to do it differently without your toes. But generally

speaking, you could lose a few toes and not notice, right? Generally speaking, it all works together. It's all . . .

One.

Well, yes. The big O.

Do the energetic frequencies of Jupiter affect the energetic frequencies of Earth? Of course. It's like a rock in water creating ripples. Does it have an effect on the Ascension process? No, because Ascension is about spirit. The Ascension of the spirit is not going to be affected except in a general way. As in one body affecting another. In exactly the same way that your spirit has no control over your Spirit.

But it does provide opportunities.

It definitely *can* provide opportunities, but doing that is not its purpose.

In a big picture every thing is working toward Ascension and every thing—and I'm saying "thing" deliberately—every *thing*, while it may not be a spirit construct—water is, glass might be, plastic is not—has an evolutionary path that is different from that of the Earth dimension, and in that case I am speaking about spiritual Ascension, and using Earth's dimensional structure rather than its cosmic structure.

Earth's cosmic structure? Can you clarify that?

Earth's dimensional structure consists of the basic laws of physics that govern life and growth here. The cosmic structure is what it looks like. Here is your planet. Here is Mars—it is already an Ascended spirit being. The cosmic structure is all The Plan, but the way it plays out is the dimensional structure.

Okay. So what you are saying is that the other dimensions don't have in their purpose the Ascension of the planet. That's not their purpose.

No, I'm saying that not all things within any field, within any dimensional structure, are all working toward the same end. However, the structure itself is a part of that greater view. So while earth is about The Plan for this planet and all life force upon it, and its direction is Love, and its challenge is to fully forget, on Alpha Centauri Love is still a part of The Plan, but its challenge is different. Its purpose is different.

So within the Plan, you have your cosmos and you have the earth dimension, which is an illusory process because it's made up of consensual thought, but which looks like any other thing in your galaxy from the point of view of those who are sitting in the

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middle of it, holding the limitations of it.

When I use a term in conversation and don't go into it, it's usually because I don't have the words to describe it, and, as you can tell, that's how this is.

What I'm hearing is that the consensus reality, or the illusion, that we have created is a limitation for us, not just in how we function here but also in how we look at other planets.

Of course. You don't see like a dragonfly sees—because you have limitations to your vision even of this world, certainly in interpreting that which you've never imagined or associated with.

So is it possible for us to learn to shift at will?

At the Retreat, I used an illustration of two glasses—one with water, one without—but I was not saying this is not how it is. I meant that this is what people are teaching out there. And I don't agree with it.

Here is what I would say to you instead: The idea of dimensional shifting is a very popular New Age idea, but the reason I don't talk about it in that way is that you, as a personality, can't do that; only your Light Body can.

So if we are discussing the idea of dimension, we need to change the language, in which case I would say that *density* would be a better word. Density includes the various perceptions of dimension because when you are functioning in the first, second and third densities, you are only conscious of four dimensions. When you're functioning in the fifth density you become aware of the fifth, sixth and seventh dimensions. It requires a perception beyond the boundaries of typical form.

Then what is it we experience with the help of plant medicine? Using the language that you've used, how would you describe that experience? Is it shifting dimensions? Is it shifting densities?

It can be both, depending upon what you're doing and how far you go, and all of that depends on what your Intent is and how advanced your spirit is. Some people will only get a dimensional structure, and the plants will help them, because what the plants are meant to do is help shift your boundaries of reality to dig a little hole and help you slide out. But sliding out, whether it is due to the plant or to your own nature, might only be getting a hand or a shoulder out. Then again, you might get all of you

out. It just depends on where you are within the structure of this physical self, and where Stuart would go is different from where David would go even with the same plant, because they're functioning at different levels, and they would have different Intents.

Can we do it without the help of plant medicine?

Yes, absolutely.

Can plant medicine help you function at higher densities? Can plants open doors so that when the effect wears off you can be functioning at a higher density?

Yes, that is their purpose. Your Intent and your place in your spiritual evolution are going to help or not help. That's going to affect the end product.

So, at the Retreat, when you were talking about shifting dimensions without really knowing that we were doing it—and you told us all the signs of that—were you actually talking about us moving through densities?

No. I was talking about dimensions there, because that's the brain connection. The spirit connection is density. If you want to shift and remember as you do in dreams, then you're going to access the dimension structure, unless you are having real dreams or dream school, in which case you're using density and seeing dimension through the perspective of the density. I can think of no good metaphors to use. I love stories, but there aren't stories for this.

Try this: This wall looks red to some and pink to others and others would call it Geranium Lake; it depends upon what you know about color. But to someone else it's just paint on a wall.

So when I am somebody just going about my everyday life, those distinctions would mean nothing to me.

And as a result you would not recognize that there were shifts happening around you.

But as an artist I can see all of the subtleties in this color, and even more. I can see so many colors that are within that color. That brings out the artist in me.

Sure.

So, when I am just going about life, a lot of things are moving around me, but they don't

You become more open to spirit as spirit is controlling more of the human in you. It's a natural byproduct.

register.

Yes.

But when I focus on "Hey, how am I going to fulfill what I'm here to do?" and work on that, then I've become aware of so much more.

Then you become *magnetic*. You start attracting higher viewpoints. You become able to see what is generally called shifting. But that has required you to be at a higher level.

So there is information all around.

Yes.

That's all there is. So basically we are collecting, organizing, expressing information.

You are a unique program within that sea of information, yes.

When I access information from other dimensions, how do I make it work for me, help me with what I'm here to do? The reason I'm asking this specific question is that, when I journey with the plant medicine, I still don't even know what I accessed and downloaded.

True.

I don't even know what questions to ask. So before I contemplate going on another journey, I want to know what it is I've already experienced. How can I integrate that? How can I make it real in this world?

Two things: the first one is, you don't; you simply allow it to come up, as it will when you are at the perfect magnetic point for that frequency. The information crystallizes—actually pretty literally—when you are at a frequency that connects with that information.

The second part of it is, the more you take the journey—in any way—the more quickly you become aware.

So the more you have those moments of access and you realize it—because you had a question or a great wisdom come to you, or you remembered a piece of the journey that you thought you had forgotten, or the dream that you could not remember comes back to you and you're able to extrapolate from that something that's very helpful—the more quickly it comes next time, because you've had a success with it and you're more willing to see it happen again. Also, although I don't recommend this, you could journey on a very regular basis, and after

you've had a certain number of journeys—and for everybody it would be different—you don't have to go back and think it through because you've made that hole bigger and bigger, so that your body's much more comfortable sliding through it. The information is there without your having to think, All right, what came next? What did I get from that? And what is this telling me?

The brain has its limitations, so thinking about it isn't going to get you there.

Absolutely. But on the other hand, if you're not thinking about it you don't even know you've got it. So it's quite a loop there.

What's the alternative to plant medicine?

Well, you don't need plant medicine to be able to make these huge leaps. They are a response to high-frequency living. You become more open to spirit as spirit is controlling more of the human in you. It's a natural byproduct.

I have no problem with people wisely and safely using plants in the way they were intended—to spiritually help push your evolutionary process.

For me it felt like a huge leap.

Yes, that first time usually is.

The planet evolves out of the earth plane and becomes Ascended, but then it has further progress after that.

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You have mentioned in the past that for Guardians who are on this planet at this time, serving is part of their personal Ascension process. What is the connection between planetary Ascension and our personal Ascension process?

Ultimately, they are going to come together and be the same. Think about a human child that goes through life and grows up and becomes an adult. That adult holds within it that child it once was. That child may have even had some glimmers of the adult it could become at one point or another.

Within The Plan there is the child, there is the adult. The adult would be the planet itself, which is on a different path.

Meaning more complex and larger?

Well, it's further along than the path of that which is using the planet as an anchor for its process.

Both the planet itself and that which is on it are going to benefit from each other, but it's like those who choose to study art and those who choose to study geography:" same school, different paths and different kinds of tests. The evolution of the planet is a little ahead, but when it gets to the point that life force individuates and becomes spirit that can eventually reach a point of world service and then the Solar Council, at that point the two paths come together.

For those who are not part of the Wheel of Life, how does that work?

Well, that's very different. Those who are not on the Wheel of Life have chosen other experiences first. They're not choosing Earth and its process as the map and as their primary experience.

As a result of having experienced in other ways, there is always a pull outside of this planet's life force—a kind of loneliness in a crowd of native humans—because these aren't your people.

Additionally, there is wisdom that some humans are not able to access simply because it's a part of your spirit's experience that hasn't happened yet for those on this path.

And finally, many of those—not all, but many—who have been choosing to come to Earth and help, rather than using it as their point of growth, will grow here, but it will be on their own cycle rather than on that of mass consciousness. Those who have made that choice are probably coming in at a much higher frequency, but they're also not used to forgetting, and so they tend to self-destruct; whereas humans have been hardened by forgetting, and they tend to be a little spiritually tougher. Both are wheels of

growth.

So when the personality ends, all that information goes back ultimately to the large-E Entity. Where does the planet's experience go? Is there an equivalent on the planetary level?

No, because there is a point at which they're on the same journey, but that requires evolving out of the earth plane. The planet evolves out of the earth plane and becomes Ascended, but then it has further progress after that. The Solar Council, which is run by the Solar Deity, is where pretty much everything converges, and that evolutionary process continues on the galactic level and beyond. But remember it's majoring in geography or majoring in art—different tools, different lessons. But there comes a point when you all graduate and decide if you're going to keep going or not.

And all of that feeds to information gathered about form.

Yes, absolutely. There are experiences far beyond even what a very strong Intent could ever provide. It's actually quite a beautiful, though very complex, system, but certainly no more complex than the creation of form to begin with.

We live in a microwave society, but there's also the saying, "Why walk on water when you could take a boat?" I would think you could achieve the states that plant medicine can give you through deep meditation. Can't we reach those levels of the brain and activate areas of the mind through a practice of deep meditation?

It will be different, but yes.

To me, it seems that would be like walking on water, whereas plant medicine could be like taking the boat.

Both offer a little more than that. Meditation without the help is a different perspective, but gives you a little more than what you might think of, as well. So it's a little more complex, but generally I would say yes.

S

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Samuel

r e s p o n d s . . .

I have noticed that in the rituals you have conducted you use the words “life force on the planet.” Is there life force inside the planet? If so, how is it connected to the life force on the planet?

The life force of the planet has its own path, but very often I have said “of” or “on.” When I say *on*, I’m referring to humanity, but there is that which is a part of this planet that is sentient and spirit-led, yet not a part of that which is on the planet.

When you anchor, you are anchoring into the heart of the planetary spirit. You are connecting into the planetary spirit.

Squid, octopuses and cuttlefish are really, really strange. Although their DNA evolves very slowly, they can edit their RNA to alter their physiology, especially in their nervous systems. Our evolutionary lines separated about half a billion years ago, when consciousness itself was very primitive, and so our brains and minds have evolved along separate paths for a very long time. Yet cephalopods, especially octopuses, are very intelligent, self-aware and even seem to demonstrate emotions and personality. What, can you tell us about this kind of awareness that is so different from our own?

Everybody knows that I don’t support the idea that “in the beginning God created heaven and earth in seven days.” I have said multiple times that the human originated ultimately in the water. Well, if you want to get to the real origin, it was with the formation of the planet itself, with the seeding of life from asteroid hits and sprinklings of fairy dust and so forth across the planet.

So early life was successful in the water, not on the land. And, of course, success is the key. “This works, let’s try it again.” It doesn’t always work, but that’s the key in any evolutionary process, because stupid survives if it’s strong and doesn’t get shot early on. So you can’t say the smartest survives. It’s really

that which is most adapted to its circumstances.

Nevertheless small changes bring about small changes, until diverse species exist at the same time. Depending upon their adaptability, they’re going to continue.

Because of that similar origin, there is a certain amount of genetic material that is shared by cephalopods and humans. But the divergence had more to do with remaining invertebrate versus developing a backbone, which ended up becoming human. Brain started with the cephalopods, and that’s why their bodies are organized with essentially three brains. You have three brains, so it shouldn’t throw you off too much to hear that.

They say nine in the case of the octopus.

They’re counting every leg.

Yes, a brain in each, and one in the head.

There is the brain that controls the reactive portion of their physical body. There is another brain that controls their vision—think hand-eye coordination, but with octopus—but they have a separate brain altogether that, so when they see either a predator or prey there is an automatic reaction, and that is controlled separately. And yes, each tentacle has its own functioning system. So the question isn’t how many brains as much as how many *types* of brains, because each type has specific aspects in the same way that the human brain has its own aspects.

For cephalopods, the intelligence isn’t from that core. It’s from the three parts—or nine or ten if you want to count them that way—and their ability to work together as one function, because the three on their own would not, but the three together do. Effectively, the octopus brain is spread across its form, so it ‘reads’ and interprets and acts/reacts, from any interaction with it, from multiple points of input. It’s very effective. Humans have a similar, but unawakened, system for information input that remains mainly unused until Awakening—your sixth sense, more or less, your Spirit working through your form.

Remember octopuses are Guardian animals—squid and cuttlefish are not, unfortunately—but octopuses are, because they have a very unique evolutionary path. But their intelligence is very different. They see with their tentacles as much as with their eyes, and it creates a composite kind of image, but

that image immediately creates action, because they're just wired differently than you are.

The question "What would our lives be and look like without free will?" was raised at a recent Lifescapes. Human beings without free will would have to be pre-programmed robots, like ants. There could not be any spiritual evolution and individuation, so the Plan and the Experiment for this planet would not be possible. Please explain this more fully.

The first thing I would say is that not having free will doesn't make you robots. I think not having free will is a very viable alternative. I think it's a *great* alternative. And the way that I try to explain that is by pointing out that you know in your own life there come times when you have a choice before you that is no choice: ice cream or break your leg. "I'll take the ice cream!" No choice there. But of course, if you have free will you can make the choice.

Well, that's not the free will I'm talking about. If you had all of your knowing here with you, it would eliminate the painful parts of gaining wisdom. It would be much more like an artist who really enjoys painting and so plays with one method until something else sounds like fun, and then plays with another method, to master it. And then something else might be fun. As opposed to "I've got to make a choice. All right, I'll make *this* choice. Oh, it's the *wrong* choice! Oh, I'm so stupid. I make such mistakes. I'm never going to . . .," which is the painful method.

So it's not that you would be robots; it's that learning wouldn't be as fast, because a lot of people learn faster from pain: "Stay away from that. Don't do that again." The artist might say, "Well, I might do that again, but use different colors." So I cannot answer that in a good way, because the whole idea of robotic hive-minded beings is not what it would create.

At the first seeding, when life force was at a place to recognize alternate realities—choices within the

structure of life—the option was given. And it's not given like "Hear ye, hear ye! You now have a choice in front of you." It was essentially inscribed into the core of the species—all of them: How do you want the Plan to continue? And fast was chosen over "slow and steady wins the race."

I'll get over it someday.

You have told us that the United States had, and hopefully still has, a special role to play in the world. How have the problems in our political and electoral processes affected that role or function?

The statement that says you always have the government you deserve is very accurate. The United States is a very powerful force in the world. You have a tendency to think that right now your country is in a great downward spiral, that your democratic system is in danger, and that the world is going to be falling apart because of it. No, it's not, and you're not.

This is a cycle. Your government right now is representing a very large number of people, not only in your country but in the world, that have views quite different from that

which has been in effect since right before WWII. The cycle will complete itself and another one will come up, because that's what always happens.

However, here is where that should get interesting, I think. Right now you're in a different density than when the cycle began, and you're with a majority of awakened individuals, which is also different from the beginning, and at this point what that is creating is a *huge* awareness of divisive words and behaviors and a lot of opportunities for individuals to do some reflection as to where they stand on that unity-individualism cycle, because that's what those cycles are, all the time: look out for yourself—look out for each other—look out for yourself—look out for each other.

Guess what you're on right now? "Look out for yourself." But it's turning, in a very loud way, to "look out for each other," causing a lot of kickback

How quickly this cycle ends is the question, and that's where America can take the lead again, but unfortunately it isn't, at this point.

from “look out for yourself,” which causes kickback from “look out for each other,” and on and on.

So, how quickly this cycle ends is the question, and that’s where America can take the lead again, but unfortunately it isn’t, at this point. But it *could* take the lead again, and it doesn’t require an election to do that. You take the lead by becoming an active believer in unity; and you start living what you want to see in the world, and the world changes. That is going to have an effect, like that rock in the pond, on the next person and the next and the next.

A very wise person once said “One by one by one you can change this world.” And ultimately if enough in America stand up for unity, that will speed up the change of this particular cycle and open the door to a much brighter version of unity outside of this particular cycle.

Lately you have been frequently referencing the topic of “individuation.” Please give us a quick primer as to what that means in practical terms for the individual human being or creature in form, on Earth, and when transitioning from Spirit and back to Spirit.

When humans start school, there are usually many children and one teacher. But the higher children go in their education, the more it becomes self-study. You have to research and write about something, and then you bring it back to the teacher, who will take a look at it. If you did well, then you continue on. If you didn’t do well, you might have to go back to some basic courses.

Individuation is sort of like that—a very big sort of—in that as the human spirit develops there are multiple species, not just *homo sapiens*. Before humans became what you think of as human, at that point when they first started, they functioned as a group soul in very much the same way as your cat, because in all early development that is a very smart way to go—to have a group mind, to have a group soul.

But as environment, intelligence, ease, made

way for a more specific growth pattern—kind of a nice way of saying when *homo sapiens* pretty much took over—the need for a group mind was far less, and so it became separated out until you eventually reached individual spirit growth and individuation.

Individuation is *only* a spirit thing, but it’s about how easily it functions within whatever form it’s working in. Basically, the easier the life of a species, the more likely individuation will come about. If your life is that of a prey animal, if it is all about survival, you’re going to have a very short, not very wisdom-filled experience. You don’t need individuation at that point.

So individuation is a kind of graduate school. Group soul is kind of—and these things always come back to bite me—is kind of nursery school. But as you go higher in frequency, at every major leap you’re back in nursery school, and then quickly develop to individuation, which is mastery of that level. And then comes another leap. Individuation of the spirit is something that begins with the initiation of spirit into form and ends with the final return to oneness, which is a sort of individuation on a mass group scale.

And at any given moment within your individuation, you have access to a group, don’t you? Because you are a function of your Twelve. And as a function of your Twelve, you are kind of a group soul even now.

There is a lot of spiritual information out in the world much of which I think is very misleading. It is more about selling a system than giving information.

So as a result of that I would rather be truthfully broad than marketing-dishonestly narrow. But everybody wants “narrow but truthfully,” and that gets tricky.

Stuart: It’s hard being Samuel.

It is.

*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.



Samuel's 2019 Group Trip to
SCOTLAND & ENGLAND

September 8–21

**Activating two StarGates—
the Crystalline StarGate
of Scotland and the
Dragon Gate of Britain
at Avebury**

**Registration and details at:
DiscoverSamuel.com**

GIFTS FROM OZ

by Brandi Parker

Samuel often calls this Earth experiment a cosmic circus, an illusion. He says through Intent, Thought, Word, and Deed we create the world we want. At the recent retreat he asked, "What do you want your world to be like? What can you do to make those changes?"

I've heard Samuel say these things before, and this time I zeroed in on the words *illusion* and *change*—change my illusion, change my world.

For years my morning routine was to walk the dogs, feed the fur kids, have a morning beverage, go to work, and use time in between to send energy where it's needed. And of course, use Samuel's teachings to move through the day functioning at my highest and best as much as possible. Not a bad routine, but I recognized room for more.

After the Retreat I asked myself, if chaos is the catalyst for change, what can I change in myself to bring less chaos into my world while making a positive impact on others? I had already experienced less stress from changes that make my days more enjoyable, like creating more quiet time for myself, intentionally setting the tone of my day, avoiding the news, and spending more time outside communing with nature and the Universe. Those changes have been good for me. If I intentionally focus on raising my frequency higher, does the illusion change even more?

My experiences recently indicate it does. Choosing to fly in vibrational alignment with Love by seeing, hearing, and speaking as Source does, and setting that as my daily Intent is having a real, tangible impact. High vibration creates like-attracts-like magnetism. If I'm functioning at a frequency closer to that of Love and Source, I don't attract people or situations of lower attraction points. This allows me to be fully present for those I do encounter. I'm attracting fewer people into my day who are frustrated or angry, and fewer delays and interruptions such as traffic or problems in general. I am experiencing more positive people, life flows more easily, and I'm able to tune in to broader communication from Source. When I'm aligned with Source frequency, manifestations happen more quickly, probably because I'm not making choices that block them.


PHOENIX INSTITUTE ATLANTA

In the movie *The Wizard of Oz*, the Wicked Witch melted, the scary winged monkeys flew away, and the commanding voice frightening Dorothy and her friends turned out to be just a man with a loud microphone behind a big curtain. There wasn't a controlling wizard in charge of everything, just a powerless illusion being made powerful by those who believed it. Dorothy and her friends already had everything they were searching for. They just didn't realize it was there inside them all along.

I don't have to accept a world jam-packed with all kinds of chaos. I don't have to buy in to every behavior and catastrophe for so long it becomes part of my reality. Instead I can choose to acknowledge it, send whatever energy is needed, and move on.

There was a time when I worried about every negative thing that happened, and as a result, I attracted more negative things. I focused on what others thought of me and worried about not being liked or included, so of course I created even more opportunities to worry about not being liked or included. I'm so grateful for the two-by-four that made its mark and delivered the novel concept that I cannot guide life force while guarding myself from an illusion that I'm making up anyway!

During the February Lifescapes, I experienced momentary awareness of my Entity. It was stunning and amazing and life-altering. I felt like a minor detail in contrast to this huge, loving presence that seemed to be towering over me, a mountainous, connected part of me. It was as if my Entity touched in and simply said "Hi." I felt like the little toe of a giant.

After that profound experience I realize that being in form at this time is a gift so magnificent I'm not even sure I can wrap my head around it. I am loved beyond words and worlds. I am experiencing a free-will illusion, and I have the freedom to make it the best I can for me, for life force, and for The Plan. Even in Oz there were gifts for everyone once the "great and powerful wizard" was exposed. I'm choosing to remain merged with the Lion and have courage to look behind every illusory curtain! 

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 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 coconut sugar or organic evaporated cane juice
2 cups shredded or grated carrots
1 cup diced celery
½ cup dried cranberries
1 ½ cups, 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, oil, 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.

CLASSIC *Samuel*

Gems from the Library archives

Once upon a time there was an amazing force. It was not in this universe. It was greatly beyond this universe. It was before there was this universe. There was a great and amazing force. It was life.

Being life, the nature of it was to expand, and to expand in a creative manner. You are a part of that life, and your nature is to expand and grow in a creative manner. And so this energy, in a very beautiful and very courageous act, allowed itself to let go of what it must have felt to be its very being, to let go in order to fulfill its creative life. And it sent itself out and about to explore and to create, and it did.

Now, in doing that, does that make any one of those pieces less of the whole? Nay. It's very much a part of the whole, just as, when you have a mirror, and you've broken it, it still reflects when you look into it. Each one of these pieces of the great Source went out and started creating, and created the most wonderful reflections of the whole. It created a whole system of existence that is now called galaxies. It created wonderful entities of itself known as planes of being, wholeness, beauty, and it was good. It was so good that the experiment allowed itself to go further, because each plane of existence was able to create, also. And one of those planes of existence is one that you're very familiar with. It is this earth. It is a beautiful part of the Source, and on this very incredible place, it was designated that this plane, this existence, would be the fulfillment, the embodiment, of that strange and beautiful vibration that represents the Source in a very whole way. This would be the place which embodies love.

In embodying love, another experiment was carried out. Energy throughout the other planes wanted to take a try at this wonderful place of love, and so they would come. And part of the experiment was that, when you came here, you put yourself—your fine and wonderful free-flying self—into a tiny cubicle of sorts. It was very limiting. It was called a form. You would shove yourself into this size or that size, or something in between.

And then, amazingly enough, something else

would happen to you here. It was perhaps due to the atmosphere, maybe. It was there you had to do with putting yourself into a carbon-based form instead of your light body, but it caused you, somehow, to forget who you truly are. And somehow this thing would grow about you for your blink here in such a way that you started to believe that you were the form that grew around you to be here, rather than you.

However, it seems that the experiment had its advantages, even though these terrible disadvantages could not be changed very easily. It did seem as though putting yourself under those terrible constrictions did very much to teach that energy how to use love. But the Source did not wish such difficulty to be about, and so it sent some of its very best selves, its very best teaching selves, to see if anything could be done to help memory come back, to help those hatchlings that had this form grow about them, help them remember who they truly are. It

Much of the information Samuel has given us is timeless. In future newsletters, we will publish excerpts from the 450-plus transcripts of Sunday-night meetings Samuel has held over the past 35 years.

The complete meetings can be purchased at DiscoverSamuel.com or borrowed from the Library at Phoenix Institute.

Many thanks to EarthLight for making this material available.

sent great teachers.

Those teachers did much to affect those very many energies, did so much without affecting the growth, that the time came that these hatchlings were starting to remember. They were coming to a place where they were developing a power. They were coming to a place where they were ready to take the next step, and that meant for the teachers to no longer be walking about with them. Instead, now these teachers would work from within, for of course they were made of the same stuff that those imprisoned in this shell were made of, and so they could reach them on inner levels. They could speak to them inwardly, and that worked, and that helped. And they continued to grow, and some of them choose not to grow quite so fast, and some of them choose to grow very quickly.

The teachers learned some very interesting things. They learned that, when the hatchlings are very young, just out of their shell and into this one, they learned that these seemed to be very close and can hear very well what the teachers are saying. And as they grow older and become more a part of the convention, more a part of the programming, more a part of the self-made society that these restricted energies put on themselves, more a part of that growth, that they began to forget. They would forget more. They would forget how to hear, but they would not forget how to feel, and that was very im-

portant.

They would not forget how to feel. They could, perhaps, not hear the exact words the teachers were saying, but—this is important, dears—they could sense the message. Some had the words, but most had the sense of it, and that was good.

These energies would live out an existence here and always come back. Even though it seemed such a hard way to go, they would always come back. And every time they would come back they would forget what it was they were there for that particular time, but they would not forget what they had learned each time before. They would perhaps forget that they knew it, but it was easy to bring it back. It was easy enough to make you remember that.

It was easy to remember that they had had an experiment as a hatchling in Egypt, and this hatchling experience walked with the teachers. It was easy enough to remember that there was an experience in Great Britain, or maybe that they were a Viking, a healer, a teacher. Maybe it was an experience in which they were creative, in which they experienced poverty to be able to know richness later, in which they experienced ill health to have better control of the body, all the while working and working and working, and just forgetting why. It was easy enough to remember the lessons, but not so easy to see how it fit together, the why.

Many things happened, and many experiences went by. The teachers taught in very many ways. Time started changing, and more and more hatchlings were remembering, and came at a time when that memory was greatly needed.

And so, once again, the teachers started coming out and started coming about. Except this time,

rather than coming in the form, it was much more expedient for the teachers to come borrowing a form, for in borrowing one they were not so strongly limited by this [form]. It became a time in which teaching was given freely again to those hatchlings that had been a part of the former teaching, to those hatchlings that had walked with the teachers before and would recognize the words.

My darlings, this room is filled with those, filled with those, who have been a part of Phoenix on and off for quite some time, and have not been here, and now you are. It is filled with those who have been a part of Phoenix regularly for quite some time, and have just recently experienced a change that is causing you to hear in a different way, and it is filled with those who are new, because everybody in here is here for this night's lesson. I urge you, my darlings to listen carefully. Boldly I will say, you are hand-picked this night, and that is not to fear.

~~ September 14, 1986

The Library and Fundraising
Boutique are open before
and after every
first-Sunday meeting.



Pixie and Pete, littermates for adoption at the Anderson Humane Society

A possible
interpretation
of the theme "Contrast"

See the Photo Challenge on
the next page!

A CHALLENGE: Phoenix Photos

Ever since most of Phoenix's announcements moved to its website and social media, *Phoenix Rising* has been looking for new ways to contribute to the tribe. We hope this one will appeal to you.

For many years but especially recently, Samuel has encouraged us to tap into our creativity as a way of getting in touch with spirit. That's why home base has displayed photos and paintings by artists in the Lexington group on its walls. We'd like to extend that effort by opening a "gallery" for our readers, regardless of where you call home.

Taking a cue from National Geographic (and many photo clubs), which often publishes photos on a specific theme, we will throw out a concept—such as *symmetry, creation, surprise, contentment, even red*) in each newsletter and allow a few weeks for everyone to take images that relate to it.

The photographs will appear, over your name and caption (see tip #3), in upcoming issues of the newsletter. You will retain ownership of and all rights to the photo.

All of us have cameras, on our phones at least, and we usually have them close by, so anyone can participate. In fact, your participation will determine whether the idea flies or dies. So get clickin'!

"You can't use up creativity. The more you use, the more you have." — Maya Angelou

The Rules

1. Photos must be taken after the announcement of the theme and before the given deadline. (The idea is to take creative *action* to express the theme, not just find an old photo that fits it.)
2. Photos must not include recognizable faces unless you have written permission from the subject to publish them on the Internet.
3. The theme should be a prominent feature of the photo, but not necessarily the chief one. In fact, a strong interest other than the theme is a plus. (A picture of an African tribe dancing would be a more interesting depiction of *movement* than a picture of a car going by.)
4. No more than two pictures should be sent to phoenixrising@phoenixinstitute.org before the deadline.

Some tips

1. Photos may be posed or candid, captured from the real world or made of props you've assembled.
2. Post-processing is allowed, but not necessary; you may send your photos directly from your phone if you think they're ready.
3. A brief caption (one or two sentences) is not required but will be appreciated, focused on the subject of the picture, not its theme. ("Masai men demonstrate a ritual dance done before entering combat" is better than "I thought these guys jumping up and down were a good illustration of *movement*.")
4. Don't set your standards so high you can't meet them. Keep it fun.

Summer's Theme: **CONTRAST** Deadline: **SEPTEMBER 10**

Send to: phoenixrising@phoenixinstitute.org