



PHOENIX RISING

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Fall 2019

An Interview with Samuel

channeled by Lea Schultz

Samuel has rarely spoken about scientific descriptions of the creation of the physical universe. In 2004 he responded to some questions about the big bang theory, which is closely related to the main topic of this month's interview. Those earlier remarks are reprinted on page 9 and make interesting background reading for the following interview.

This interview is based on questions submitted by Eckehart Messner, who was not able to make the trip from Atlanta to participate in person. Quotation marks in the text indicate his original questions. Other questions and remarks are from the interviewer.

"In this interview, we would like to explore the creation, mysteries, purpose, and workings of the physical (astronomical) universe and how humanity fits into it. As you have told us in a recent newsletter interview, we humans only know a spit-in-the-ocean's worth of what is out there in the vastness of the universe.

"You told us before that the creation process of the universe began with Source, moved to All That Is, then to the Els. In practical terms (the least airy-fairy possible), please elaborate what part each of these played."

What I generally say is Source released, and what that means is Intent, but that starts getting airy-fairy so I will hold off on that. And Source released All That Is. Now, all that means right there is Intent became

Creation force. All That Is is the Creator aspect of that originating Intent. All That Is, in order to create form, established four directions. And those were four groups of twelve.

Now, the airy-fairy version of those four directions are Intent, Thought, Word and Deed, but each of them is an aspect of creation and essentially, when you get down to it, variations in frequency.

But if you don't mind me getting a *little* airy-fairy, you are seeing the ultimate Creator creating, and all the way down the line you are going to have variations of that, because the Creator and the Patterner—that which is making the creation work—is really all there is here. Those are the zeros and the ones, the Creator and the created, God and—ugh—the Holy Spirit. Be sure to get that "ugh" in there.

Each of those groups of twelve is a grouping of energetic frequency, each with its own Intent. From each one of those four groups of twelve come Ellic Force. That is, Ellic Force along the line of initial creation, so I'm not saying each one of the twelve is an El. It is the combined activity that creates Ellic Force directed toward that specific energetic spectrum represented by Intent, Thought, Word and Deed.

So, you have Source, you have All That Is, you have Ellic Force, and from Ellic Force you continue down in twelves and you begin establishing the universe as you know it, but the basic mechanics are right there.

Your science describes that same process differently. And I cannot describe it in a way you will recognize without using the labels I have used as the questioner did, so I do not know how to answer the question without using them.

Four groups of twelve, forty-

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eight that make up the Els. Does each group have a different Intent?

Each group of four releases a twelve. That twelve together is one measure of Ellic Force. So there are four measures of Ellic Force. Els as beings show up later, but you need Intent to initiate Creation force; All That Is initiates Ellic Force; Ellic Force initiates, and so forth, on down the line.

“You have told us before that one cannot create without Intent. Regarding the creation of the Universe, what were the specifics of the Intent for this creation?”

Well, it’s important that you realize that this was not the first creation. There were what turned out to be prototypes. And the purpose in all of those was to reunify the original creation through Love as a vehicle and as a tool. So bottom line: the Intent this time was “Is Love enough?” And since this is the fourth or the fifth try, depending on how you count it, that does tend to still be a question, doesn’t it?

Yes, I’m sorry to say.

“The big bang theory is the leading explanation by astronomers about how the Universe began. At its simplest, it says the universe as we know it started with a small singularity, then inflated over the next 13.8 billion years to the cosmos that we know today.

“According to the theories of physics, if we were to look at the universe one second after the big bang, what we would see is a 10-billion-degrees Kelvin sea of neutrons, protons, electrons, anti-electrons (positrons), photons, and neutrinos. Then, as time went on, we would see the universe cool, the neutrons either decaying into protons and electrons or combining with protons to make deuterium. As it continued to cool, it would eventually reach the temperature where electrons combined with nuclei to form neutral atoms.

“You have said that the big bang theory is versed in Deed [see page 9] because it has to do with form, but that it does not go far enough to explain the origins of the universe, which is based in Intent, because that is the point of creation.

“This brings up several questions:

“You have mentioned the fact that mass consciousness can hold a collective illusion. How does this mass acceptance of the big bang theory affect our ability to move beyond it to an investigation of or understanding of the real origins of the universe?”

Your science is already recognizing the difficulties with the big bang, because, while indeed there was an event—I hate to call it the big bang—it’s not *all* there is to it.

For many, many years, mass consciousness has accepted the big bang theory because that is what the majority of scientists said, but in the last two to ten years—I’m not that accurate with time—somebody started asking the right question, which was “Well, where did that initial combustion come from?” And one of the things that they will find, if they have not yet, is that Intent, not a bang, ultimately is the singularity.

Gravitation waves plus motion creates form. That is very important, and you need to realize that it is pretty basic. But there is more to it than that: Mathematically speaking—and ultimately that is going to be your best proof—the force of gravity waves plus motion—not accelera-



Phoenix Institute, Inc. was founded in 1984 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly meetings with Samuel and frequent opportunities for group or public discussion of his message, as well as workshops, seminars and similar educational events for deeper study and to assist in the practical integration of these teachings into the physical, mental and spiritual lives of all who are drawn to them.

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Phoenix Rising

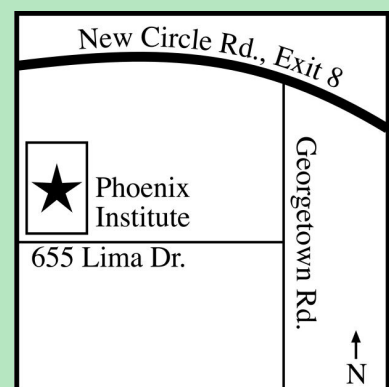
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Contrast: Marion Kee

tion as motion, but the *Intent* of motion—establishes creation.

Now, I'm not clear enough on the big bang theory as Eckehart refers to it here, but my understanding is that it is considered a coming together of particulate matter that exploded creating an accelerated momentum, and out of that momentum began to draw like objects that eventually clustered into planets and so forth. I don't have a problem with any of the evolving matter idea. That's what the big bang is; it's about evolving matter.

But the particulate itself that came together to create that explosion is the function of All That Is. And the more you work to measure it, the less you're going to find measurable, except gravitation waves, and the reason for *that* is the creation force of Intent. So you're not going to be able to measure Intent, but that is a much more accurate version of a singularity.

Mass consciousness will accept that as soon as there are enough saying it to satisfy.

I want to tell you something though, and this is a problem I see all the time. What mass consciousness does is accept, without looking into those things that they don't understand, because they're being too lazy or don't have the ability to check it out themselves. Authority saying something with great authority—be it me saying something with great authority or Carl Sagan or Albert Einstein saying something with authority—causes most people to believe it. What's wrong with that?

Well, they will not necessarily be believing something that is true.

Right. And those in authority can make some-

thing sound good while it may really be bad science. But if you know how to put it across, you'll get believers. So when it comes to something like the creation of the universe, that is something you are now calling a quantum level in a multidimensional housing, there are going to be multiple versions of how it came about, and none of them are going to be fully correct; most of them will not be fully wrong either.

Until humans begin *really* caring, it's not going to be possible to shuffle down to one answer, because what I'm giving is one of multiple answers.

This universe is created by the Source of this universe. There are no other universes—except there are, but they're just multiple layers of the same one. In the same way that I talk to you in layers if we have a private session together, at the end of it you might say, "I didn't get everything answered!" And I will say, "Yes, but I *have* answered everything, so keep thinking about it for two or three days. You'll see that it comes up, because I'm talking to you on multiple levels." The one right here, face to face, with its own prejudices and limitations, hears a piece of it, and once it gets it, it's suddenly opened up to hear another piece of it. So I'm not giving the information at different times; I'm giving it all at the same time, but *you* change to be able to understand it all.

Well, so it is with the idea of creation. There are other universes because there are other dimensions of form than this one. There are other behaviors of that universe within each of those dimensional or frequency levels.

What do you mean by behaviors?

You live in a three-dimensional—four if you count time—a four-dimensional world, and if you stick one finger up in the air, you can see that it is separate from the other things you see behind it, but there is a universe in which it is more two-D, and the behaviors function on what this dimension would call a plane. Well, there is also a six-dimensional one, for instance, in which everything functions as sound. And sound, while it is recognized here as a very definite frequency structure, is not thought of as material on its own. So that's what I mean by different kinds of behaviors.

"When science moves into an understanding of Intent as a creative energy going back to the origin of the universe, what will be the implications of that knowledge for the spiritual evolution of the planet?"

Does that mean the planetary body itself?

None, unless it causes humanity to begin work-

ing with the power of Intent, in which case they can bring about great change, it will be like working with electricity all of a sudden. “Oh, we can use this to power a city!” There was no electricity on Tuesday but on Wednesday there was. Intent becomes that: a usable force that can create, ideally, a healthier planet—remove some of the destruction and do some healing. That would be great, but as for the idea of their figuring out if it affects the planet then, no, there’s not a connection that way.

So if science tells us, “This is what’s behind creation: the big bang,” and it’s accepted as a reality and people start expanding on that understanding, that in itself would then change the spiritual evolution of the planet.

Only if it is used, expanded on, for the *purpose* of bringing about positive change. Right now the Intent is not recognized as a conscious power. Nevertheless it continues to work, but it is bringing out all of the negative Intents of greed and hunger for power and other aspects of humanity that aren’t great.

You are wearing clothing.

Thank goodness.

How does your thinking about manifestation affect your clothing?

It doesn’t.

It really doesn’t, because you are your own power and you use the clothing.

Now having said that, I’m going to go in the opposite direction. Let’s think of the clothes as what they have come from, and we’ll use the cotton plant as an example just because it was a living plant. That living plant thinks. It survives. It warns its neighbors if there are pests coming to it. It has very high-level attributes to it, but it’s at a wholly different level than the human. And as in the last interview we spoke about cephalopods, go back to that for this illustration, because, while plant life thinks and has friends and works to survive and does so many of the things you as humans do, it’s a very different level. The plant’s evolutionary path is very different from the human’s, even though ultimately they are working together for the same thing. And what a human learns, no matter how “eureka” it is, it’s functioning on a whole different kind of knowing than the plant is.

So let’s say that I decide that I want to wear nothing, but cotton clothing because it’s more comfortable, but then I get interested in who is producing it, and I find out that there is a fair

trade movement with cotton, and so I start supporting organizations that support that fair trade. If I take action on what started out being in my own self-interest, can it still have a positive effect?

It might be affecting the future of your clothing but it’s not affecting the clothing you have on right now.

But it’s not putting me into a position to help move spiritual evolution along by taking action.

That’s going to help the life force *on* the planet. Remember that Guardians work to guide and guard life force *on* the planet and *of* the planet. And that’s always been expressed as two different things. So while you are *on* the planet, that’s different than what the planet itself has as an evolutionary path. Both spiritual beings, both working toward Ascension of all life force on the planet, but in two different directions.

“It would seem that there is a parallel to be found in the personal use of Intent to manifest. If we focus on the success of manifesting what we

A note of gratitude —

Samuel often praises us for making him sound literate and intelligent in these pages. We fail to pass along praise and gratitude to the ones who protect us from our own embarrassing errors .

Lea and Frank read every word of Samuel’s material, in every issue, to ensure that our editing never distorts Samuel’s message. We include their corrections, and then Frank reads it again. Thank you both for your devotion to this task.

The truly unsung heroes are our proofreaders, who examine every sentence, every comma, and every square inch of the layout to root out the commas that should be question marks, the accidental double spaces between words, the borders that don’t line up, and so much more. If the editors make Samuel look good, then it is these three who make us, and this newsletter, shine.

Thanks to

Marion Kee Eckehart Messner
Dina Shadwell

want, are we missing out on the true power, which is the Intent? If so, how can we change that? In other words, we get what we want and we focus on how well we did it and we're not going back to the source of it and saying "What can I do with this?"

But think, what *would* you do with it?

Create something different I guess.

You would just continue to manifest, so what changes is the *level* of manifestation work. But your only proof as a human is the manifestation. So even if you access the *power* of Intent it would still be the power of Intent at the level that you can live it, express it, understand it. And that would not be the ultimate power of it.

What would be the ultimate power?

When you create a universe. And you will. And if you want to get to the really big picture, you have, you are, you did.

Because we're all One.

Right. And time, as you know it, is an illusion.

"You talk to us often about Spirit (Energy) and that we are Spirit in form. There are three parts to this: What actually is Spirit (Energy)? How does it fit in with the creation process of the Universe? How pervasive is Spirit Energy in the Universe?"

Spirit energy is light and dark. And that's the same thing, not two different things. It is Light as in Light force. It is dark as in the absence of that Light force, which becomes its own force.

Now, do not turn that into good and bad, or sunlight and shadow. Those are illustrations only. They are not a force on their own, all right? So Light in its various densities could be said to be all there is. Spirit is a variation of form. It is a condensate of light and dark. When I see spirit in you, I see two things: First, I see the energy that is yet a function of the whole; second, I see the current version of that energy as it is manifest in form, which causes the Light to become very dense as a property of creation, and leaves a glow. That glow is what you would call an aura. That is *what* spirit is—a function of wholeness condensed into light and lack of light, then condensed further into form.

So how pervasive is spirit in the universe?

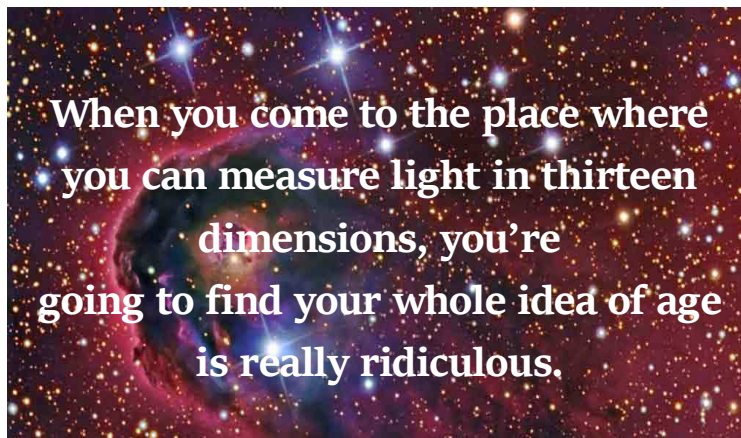
Well, spirit that has condensed into form is less than spirit as a condensate of All That Is. But that goes back to the very beginning where I said Source released All That Is, All That Is released into Ellic force, and it continues on down.

"Astronomers estimate the age of the universe today to be around 13.8 billion years."

Give or take six months.

"They have indirect evidence that the observable universe of galaxies extends far beyond the region we can see. What is the actual age and size of the universe as we know it today?"

Well, you want to remember that, in creation, time was not a part of it. Thought begins a function of time, Word anchors that time, so the idea of time is a part of creation but not all of creation. And the idea of time is going to be very different the closer you are to the origin point of that idea of time. So while humans might say that it's 13 billion years old, there is not a time outside of that that could



be recognized, because it is too close to creation. Do you understand what I'm saying?

When there is a point of creation, time hasn't been created yet, so you cannot use it as a measure for anything.

Right. Exactly so. But as far as humans can detect at this point, they are basing everything—and tell me if this is not accurate—on a measurement *they* have created called light years, and it's based upon what they are measuring the speed of light to be. But if they have not already, they are going to very quickly find out that that is only one version of the measurement of light, because light functions in various levels. You know that a photon is a wave and a point; that is how it is divided up, correct? And it is a tiny measurement of light, but that light behaves—and here comes the quantum universe—in very different ways depending upon the Intent that is put upon that quantum element. And so it is with light. As you are functioning through a very structured mental system at this point, you measure light as you see it which is simply a limited version of it. And when you come to the place where you can, as an example,

measure light in thirteen dimensions, you're going to find your whole idea of age is really ridiculous.

I realize it may well sound like I'm avoiding, but I'm really trying to answer these questions.

"You have told us before that we humans only know a spit-in-the-ocean's worth of galaxies. However, the deeper we see into space with improved telescopes, the more galaxies we discover. There is an immensely vast expanse with billions (astronomers now estimate that there may be even trillions) of galaxies beyond our own galaxy (which is the Milky Way)."

I agree with that.

"And each galaxy comprises millions or billions of stars. According to the leading theories, other parts of the universe may look very different from our own—and may even have different laws of nature. Please enlighten us as to what is really out there. And, what is the purpose and potential of all this matter and energy in existence?"

All right, first I want you to remember what I've said so far in this interview, which is a discussion about how an earth-directed perception is a limited perception, because everything that you recognize—and far more—exists in not just one state, but in a multitude of states, each of which has its own properties and ways of functioning. And that *is* the nature of form, and that is accurate no matter if there is one subject you are looking at or three trillion subjects you are looking at. What I have said thus far fits all of that. And it fits on a cosmological scale as well, meaning the cosmos has multiple aspects which are made up of the very same things that make up this aspect. It's only perspective—and I'm going to throw this in there—it's only perspective and the boundaries you have put on what you "know"—that should be in quotes—what you "know" to be real.

The universe continues in creation. Every bit of form that is created functions under the Intent of Love as the highest frequency, in an accelerating path toward reunion, Ascension. But all of the universe functions with Love, so it doesn't matter if you are talking about the Milky Way Galaxy or the one

thirty billion light years away. Ultimately it's going to be a function of the Greater Plan, but how it expresses that will be unique to the particular structure it became through the creation process.

As a quick for-instance there, carbon-based life is the main life form on your planet. The only life that is capable of multiplying is carbon-based. You can, however, visit here and not be carbon-based. But a carbon base, which is essentially all you're going to get in this galaxy, is not the case throughout the universe. (But that's another interview.) It's all you know, so you cannot imagine life based on a different element.

With that in mind, think about the mineral kingdom. Are all minerals carbon-based? No. Are most minerals carbon-based. Yes. Maybe it's easier to see it that way, but it's *all* creation elements.

I love the thing that one of your scientists has said, which is essentially that, of this vast universe, everything that is within it

can be brought down into a few basic compounds, and those compounds you would think of as stardust. You are made of the compounds that make up this whole universe, and you are indeed stardust.

There are five to seven variations of the human form around you at any given time. They are also stardust. Outside of this galaxy, it's still all stardust but it manifests in a different way.

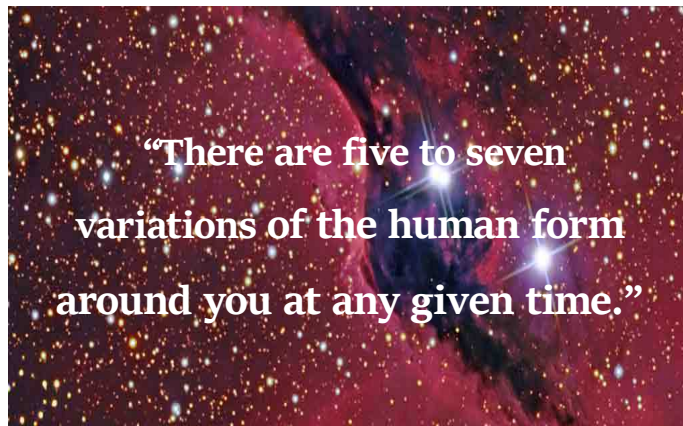
And even if we could visit another galaxy, as humans we probably wouldn't even recognize that life form because we would have nothing to base our recognition on.

Precisely so. And you do that right here, right now. Let's go back to that cotton plant. You don't see it as intelligent life, but it does things you cannot possibly do.

We keep sending probes to look for life on Mars, and I have to think that it's probably there, but we cannot see it because it's not what we expect it to be. We're looking for carbon-based life.

I'm one-hundred percent with you there.

"Why is there a dimensional quality to form itself, and how does that affect the human





Contrast: *The contrast between how the sun hits various areas of these morning glories caught my attention.* — Frank Schultz

experience? Please explain that from quantum scale to planets and humans."

Intent is quantum-scale, and what *you* see is human scale. And *everything* in between is also human scale, including what you call quantum—*especially* quantum. So I just went from one to the other and then back again to one. What you see as the quantum universe is because it's how you think to see it, and it changes as your science and technology advances. But ultimately it is the world of Intent.

Now, as I said in the beginning, All That Is functions in four major ways. Scientists amongst you should not be thinking the four kinds of force here. That's not going to be equivalent. If you think of it as Intent, Thought, Word, and Deed, remember that all of those are simply a frequency spectrum that is Intent, that is Thought, that is Word, that is Deed. The quantum scale is Intent, and it moves up to Deed, which is the human scale—not that any of that matters, because all *you* get is the human scale. You cannot see what you do not believe, as every mystery school has said. You see the quantum because enough people have said "Ah, this is quantum."

You have a double-slit experiment that you can't get beyond because the observer affects it. So when

I am saying human scale, I am talking about the observed universe.

If what is being asked is what the unobserved universe is made up of, I would say the very same thing as the observed, but functioning at different levels with a multitude of perspectives all coming together to create a whole. And that whole is Intent.

"Some time ago, you told us that once we are back with Source, we could create our own experiments within the universe, similar to the one on planet Earth. How many such experiments are already ongoing among the billions of galaxies, and what is the nature of these creations? On what level do they intersect, and what are the common objects within each creation?"

They are unique unto themselves and there is an infinite number at any given time. And both of those statements are to say, I cannot really answer that.

"Closer to home, our solar system, supporting humanity, is just a minuscule dot in the vastness of the universe. As for a perspective, beyond our own sun, the next nearest star is incredibly far away, about five light-years (one light-year equals about six trillion miles). That leads to the ultimate question: How much of all there is in the universe is related to humanity?"

Every bit of it, because you are the center of your own universe. And what I mean by that is not that you've created this; it's that you only *see* what is related to you. *All* you see is what is related to you.

I think that Eckehart has been viewing space, and that's great, because he has come to a place where he has a sense that "we are such a tiny speck in the vastness of creation." And that's a very good perspective, but it's important to remember that it's not the only perspective. You are here for a reason. Everything in the most distant galactic formation is a part of that reason, but it does not all function within your *specific* mental perspective. There is much detail you're not able to see, either because you're two

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

years old and don't think that way yet, or because you are an astrophysicist and your focus is more planetary than that.

Your whole universe changes as you do. And the more that you become aware of, the more curious you are, and the more you wonder, the more you are capable of knowing, because *nothing* is a secret. But everything, when closely viewed, is very tricky to understand, because there is so much more, and there is a tendency within the human brain to limit all input to what you already know. So Eckehart is doing a great thing, and I hope if nothing else this interview is letting people know that everything you see is limited, because you're only seeing a tiny portion of it.

So stretch and be curious and try and explore and seek out discrepancies and make things up and look to see how it works in the world that you just made up. Purple unicorns dancing in a garden of string beans—that's a picture. Well, you know about string beans, and you can dance in the garden, so maybe purple unicorns can, too. So start looking for purple unicorns—Is it purple? Is it a unicorn?—and play with it. Expand yourself so that all dimensional values of your world become a known, rather than unknown, thing. It's really good.

I guess when there's an unknown we tend to go toward fear.

Yes!

Whereas when it's a known we can embrace it because we feel comfortable.

Nicely said. There is even an expression, "too much information."

Yes, TMI.

That gives the idea that there are things you don't want to know, and religion has been great at saying, "You cannot know this." Try anyway.

S

Samuel is pure, unlimited energy, an intelligence that has communicated through Lea Schultz since 1984, working in the energy of those in his presence to assist them in their spiritual development.



Lea Schultz



*Contrast: The sky was on fire as we drove home from Phoenix, with bright golden billows erupting into the lingering light from the setting sun. No photo could do it justice, but I had to try.
— David Thomson*

Chillin' in the Pool of Patience

by Marion Kee

Samuel has been speaking quite a bit lately about the need to be patient. It turns out that's something I needed to hear. The new energy that's coming to the planet right now has a way of making me feel like I need to push. I keep trying to make shortcuts happen where they shouldn't be. To bring more patience to my psyche, I created a visualization, which a good friend suggested that I share.

When I go to the Healing Room at the Crystal Palace, there's a beautiful oval pool of light blue, light-filled water in the center of the entry area. I didn't always have that in my version of the Healing Room, but was inspired to add it a few years ago. It holds a very calming, balanced energy. This is my Pool of Patience.

I've anchored myself in the Healing Room energy so I can go there quickly. I just visualize it, and poof!—I'm right there. When I need patience, I visualize the pool and see myself sliding into it. The water is just the right temperature, whatever I need at the time. I can breathe the water, so I immerse myself in it and soak in the energy of balance and peace. When I'm in the Pool of Patience, the lovely blue light colors everything I see. I stay there until I feel that my mind, emotions and body have returned to balance.

With practice, I've gotten to the point where I can visit the pool with my eyes open, even while I'm stuck in traffic or waiting in line somewhere. I think of the pool and the light there, and allow the energy to bring me into balance and alignment with my highest good. It's a pretty handy visualization. Maybe you'll want to personalize it and make it your own!

December Events with Samuel

Festival of Light

December 19, 2019

7:30 p.m.

Ritual rehearsal begins at 6:30 p.m.

Celebrate the Return of the Light with Samuel.

We'll unite our intentions for amplified Love in the world
then celebrate with a potluck reception.

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

New Year's Eve

December 31, 2019

10:30 p.m.

Ritual rehearsal begins at 9:30 p.m.

Join your Phoenix Family for a special New Year's Eve Celebration
with Samuel. There is no better way to prepare for the re-creation
energy of the new year than by uniting in One Love
and welcoming amazing new possibilities for 2020.

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

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

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

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The big bang theory of the origin of the physical universe, which holds that the entire cosmos expanded rapidly out of an infinitesimal point of energy, describes a process that is consistent with the physical laws we understand, without attempting to account for the creation of that initial point or what preceded it. The creation process you describe, in which the universe, space and time arise out of an act of will by All That Is working through the Els, sounds like it could account metaphysically for the creation of that initial point. The two don't necessarily conflict, since they relate to different stages of the process. You have said the big bang theory is not correct, but have never provided an alternative account. Would you describe the creation and evolution of the physical universe as it has unfolded and continues to unfold since the initial activity of All That Is and the Els?

In the current theory, big bang is Deed. The creation moment, right before the bang, is Intent. They are two very different things all working toward the same purpose. Bang is tangible result. Bang is not creation; bang is fruition. The physicists are correct in saying that, but what mass consciousness says it is *is* creation. And in the sense that manifestation as form represents a process of creation, that might be right, but it's not Creation Intent.

Mass consciousness is looking at a form-based version. Your scientists are becoming more and more clear with and capable of moving beyond that. The big bang is creation, but not at a primary level. That level is where the answer is.

Science is moving away from the idea that there needs to be a point that the bang comes from, which is why I say they are coming close to the truth. The physical universe begins with Intent.

In the limitations that form needs—and I mean needs—your view is based on what is expressed in this reality. But this is what you're moving away from. You are beginning to create objects that affect matter by thought, to work with what is, thus far, imagined and not seen—elemental energy from which action later comes. Scientists are measuring the action to recognize the invisible intent, and when they are able to do that, they will have moved out of this dimension into what is, probably wrongly, thought of as a quantum universe (but, insofar as the limitations of form are concerned, that may be the best way to describe it). And it's happening. It is happening. They just don't know how to

recreate it. They're thinking right now that it's a mistake, a fluke. But it's coming. I should think very soon, soon enough that with a little Internet search, you probably could find more on that.

The reason physicists like the big bang so much is that it's been used to predict many properties of the universe that were later verified by observation. Prediction is the gold standard for a theory. What questions could be asked instead that would point the way to alternatives?

First, remember that I don't want an alternative to it. I want an expansion of it. The big bang, as you now see it, is wrong. But hopefully you understand that the only reason it's wrong is that, first, it is limited to the nature of form, and second, that limitation is keeping people from looking beyond it. The good news is, very soon you are going to be able to look beyond it.

All right, first, let's get very, very basic. What is the property of energy? It's not string, wave, dot. It is the means by which action establishes itself. Energy is a vehicle; it's not the bottom line, it's not the answer. You are looking at the measurement of energy to represent the means by which this universe was created, but what energy is is the means by which creation manifests. How does energy manifest? By Intent, which then moves right back to what I said about the definition of energy. Intent is a power that can be harnessed and used. Although I use that more often as a spiritual statement, it is a physical one.

That's the question, about Intent. That's where you want to work your proofs—on Intent. And, just like in your spiritual experience, you don't want to focus on the manifestation being the proof: "I know I did it right if I have what I want. I am right or I am wrong based on results." You want to base it on an understanding of the power that is Intent.

About twelve or fifteen years, maybe thirty years ago, you saw for the first time that you could not reproduce the actions of the smallest forms of energy, that in fact the expectation attached to an action determined the outcome. This made the results impossible to control until the power of the expectation was realized, and the Intent was made consistent.

That was the beginning of the process by which 4:3:2 was ready to move into 5:3:2, because humanity had reached a point at which they were able to move out of form and into Intent. And that's what you're doing, harnessing Intent. Your questions are about thinking as the source of all creation.

Samuel talks about
CREATION AND THE BIG BANG
in Phoenix Rising, Spring 2004

Samuel

r e s p o n d s . . .

Recently, when talking about Guardianship, you mentioned that there are Guardian trees. A controversial German forester, with a rare understanding of the inner life of trees, has long suspected that trees are far more alert, social, sophisticated—and even intelligent—than we thought. Latest scientific studies, conducted at well-respected universities in Germany and around the world, have confirmed this. Do trees have consciousness, communicate with each other, have feelings, and even memories, and can they be considered sentient beings?

Yes. And I have always considered them sentient.
Which tree species can be Guardians?

Evergreens. Pine trees mainly in North America, because that's what you have the most of. It's hollies and evergreens.

Can only certain individual trees within a species be a Guardian?

Yes. Like with humanity, not all pine trees are going to be Guardian trees. Having said that, there is a way to recognize which ones *are* the Guardians. Generally speaking, just look for the largest root system.

How do we best communicate and merge with Guardian trees?

The same way that you merge with anything out there. And the way that I would suggest is that you recognize the Love, the Light, that you are, and you see it as if you are giving a tree a big hug. You don't actually need to touch it to do that. You see your Love and Light mingling into that tree and then you speak your words to it.

Now, it's the same as when you're communicating with a dog, or as a gardener you are communicating with the vegetables you're growing and the weeds that pop up around it: you talk to them. You say, "How are you feeling little dog?" or "You're on your way out of here, little weed." The reply doesn't come to you in words; your brain *translates* those energetic frequencies into words. Usually it's a picture, and you pick words up out of that picture. So let's make that a two-step process.

Can it be a feeling, too?

It can, but I tend to ask you to be careful about your feelings. When you work with plants all the time, you get to where you trust those feelings, and in that case, I'm all for it

When my plants are dry, I know. They start calling to me.

Screaming.

I like to think of it as calling, but screaming sometimes.

Well in this house they tend to scream.

Many spiritual "tribes" exist, whether based in religion, philosophy, or groups following channeled entities. Such groups can become lost within themselves without meaningful contact and respect for the truth existing in other such groups. How do we strike a balance between the strength, the nurturing nature, of belonging to our "tribe"



Contrast: *Quilting is a Kentucky tradition, but it looks like even the farmers are into it now!* — Paula Thomson

and the deep and meaningful interaction with other such groups and the world at large?

I do not understand the question. Let me ask you a question. Is the word “tribes” referring to tribal societies, as in a South America and Africa and far-north Native American? If so, that’s one thing. If it means tribe as in individual spiritual communities, as people often lovingly refer to this group as a tribe, that’s different altogether.

The word is in quotes, so I assume it means a group with similar philosophies or beliefs. “How do we strike a balance between the strength, the nurturing nature, of belonging to our ‘tribe’ and deep and meaningful interaction with other such groups?”

Here is what confuses me. You deal with that every day, unless you live in a little cocoon in the corner of your house in the middle of nowhere up on a mountain. For example, your family tribe interacts with the grocery-store family tribe, which interacts with still others, so I’m just not clear enough about what is being asked.

And if what’s being asked is about how this group and its spiritual teachings function with other groups nicely, I would say “Aren’t you doing that?”

On the other hand, if it’s referring to things like, say, belligerent Christians—and I’m not going to say all Christians, nor am I going to say close-minded ones, even though that’s what I mean—getting along with Muslims, most will get along, and a few will not no matter what you do. The *key* always is person-to-person interaction. *You* represent the *other* until I get to know you; then you’re the exception, and as I get to know you more and meet your friends, I realize that you are not the exception, so ultimately it continues to be one by one by one.

So there are a lot of ways to look at the question.

How is our continuing spiritual evolution helping medicine find ways to diminish the incidences of cancer worldwide?

Well, the more awakened a populace is, the more Light as a force—as a healing, a goddess, feminine, force—comes into play. Most of your population is awakened now, and that creates the desire to act, but it takes Activation to complete that. That brings in masculine energy, and, assuming that feminine and masculine energy balance—that light/dark balance—is going to allow that which was begun to reach completion.

Or to put that succinctly, awareness is completed through Activation. So the key is awareness.

On the subject of female bodies, more research money goes into breast cancer than uterine cancer, which is far more deadly. But that’s because breast cancer awareness is much, much higher. So the awareness is very much the key.

CLASSIC *Samuel*

Gems from the Library archives

S: Who can help another on their path?

No one. You don’t know what another’s path is.

S: But wait a minute, dear. That cannot be quite right. I mean there are certain things that we, as more highly evolved individuals, do know about, eh? For instance, I happen to know that you can heal yourself, and if you’re not doing it, you’re doing something wrong, eh? For it is not your path in the form to be ill.

The lessons you might learn from the illness are the lessons you need to learn.

S: Oh, gracious, you mean to say that illness might be part of your path?

Certainly, who’s to say?

S: Does that mean perhaps I’m not evolving, because I allow myself to be sick?

Becoming ill is not a backsliding in a spiritual sense.

S: It is important to understand that there are those things which will not be healed, which is why you do not send healing [to someone who is ill]. You send energy that will be used by the individual in the best manner. “Oh, but Samuel, this individual does not know how to use it.” Darling, they’ve got the god within, just like you. That’s where the energy’s used.

October 15, 1985

My Spooky Mormon Hell Dream

by Suzie Stammer

The Universe has given me many lessons over the years about some of my core issues, but none has been quite as memorable as the one I'm going to relate to you here. The gifts of honesty, courage, and right action were all ingredients of my core issue of wanting and needing to be liked or, even more, loved by everyone. A pretty tall order! But I have had a great teacher who has given me many tools to excavate these core issues and bring them to the surface so that they can be resolved. Here is my recent spiritual, archeological find.

While in Bolivia with Samuel and the group in 2018, I had an extremely educational Real Dream concerning what I now refer to as my "Spooky Mormon Hell Dream." This is a reference to a theme in the hilarious play, *Book of Mormon*, which is still running on Broadway and in many cities across the country, too.

The protagonist in the play is a young Mormon Elder who has been assigned to Uganda for his year of missionary service. He is initially very upset about this because he thinks he was the very best trained young Mormon Elder ever. So as he is questioning why he has been sent to this violent, AIDS-filled outpost, he remembers a time as a boy when he broke the Mormon doctrine by lying to his father about who ate the last donut. That night he had a horribly frightening dream which is once again resurrected and returns to him in Uganda when he has again betrayed his Mormon faith.

This dream is truly frightening to him and is very chillingly presented in a hilariously out-there song. When he wakes up he realizes what the dream was telling him, so he takes action to correct the situation.

My Bolivian dream, in which my main transgression was ignoring actions that I knew were wrong and looking the other way instead of speaking up, was equally disturbing. It was so vivid and the lesson and message so clear that it astounded me and affected my thinking for days afterwards. I was very grateful for the dream, because it was remembered, and acted upon, at a very important time after my return from Bolivia.

And once again, within a few months, a situation

came up in which I had the opportunity to speak up for what I really felt and knew, or ignore on purpose what needed to be said or done. Thank the Gods and Goddesses, because I had another dream soon after. And yes, not only was it the same theme, but this time the Universe added even more scary examples that made me feel pretty heartsick and extremely guilty.

But this time I had the courage to act differently and so I chose to apologize to all concerned for my lack of honesty and Right Action and told them the Truth as I knew it. This has had a profound effect on me: now I have an example of success and overcoming a core issue—my fear of not being liked. I learned that having the courage to always tell the whole truth brings a lightness to my Being that hasn't been fully there before. And I learned that, in this case anyway, I was not loved or liked any less and was in fact the recipient of gratefulness and thanks.

The moral to my Spooky Mormon Hell Dream? Honor yourself and your truths and don't be afraid of standing up for them; you will only attract more love, and will feel like you are consciously living your love out in the world. And that's what we are here to do, isn't it?

PR



Contrast: Art vs. nature. I thought the beige patch on the statue's cheek was a piece of fabric or part of a Band-Aid. It wasn't until I zoomed in on my computer that I saw the tiny dots that must be eggs of some kind—spider, perhaps? So now we have a photo of nature on art on nature. — Dina Shadwell

At the time of this writing, I am preparing for the trip to Scotland with Samuel. Everything I've read tells me to gear up for wet weather, so I decided I needed a decent pair of waterproof hiking boots. After a fair amount of research and an extended visit to REI to try on pair after pair, I finally chose the perfect ones for me. The sales person told me to be sure to break them in before the trip.

I enjoy getting on a trail, and Atlanta has tons of them to choose from. For this first trial run I decided to go to Stone Mountain where I knew the terrain would be fairly rugged. On this particular day I was doubly anxious to get on the trail because it's where I do my best thinking. And I had a lot to think about.

Samuel's July First Sunday message was still reverberating. He encouraged us to focus on patience, communication, and relationships, particularly our friendships. Is there room in our lives for new friendships? Are our current friendships still feeding us? Is it time to let go of those that aren't?

These questions were particularly timely for me because every July for the past four years I have gotten together with a group of old friends from my hometown. We were all in the same graduating class and have known each other since at least middle school, if not kindergarten or first grade. Most of us were in marching band together, and many of us did the school plays. We spent a lot of time together and we shared a lot of laughter.

We went our separate ways after high school, but social media made it easy for us to reconnect, which has been great. It's also caused me a fair amount discomfort and anxiety around these friendships. When I see some of them posting things that are divisive and unloving, it disheartens me. I avoid engaging with them on social media because public debates tend to escalate quickly. I'd rather talk face-to-face about political, social, and spiritual topics. But when we get together, we tend to avoid diving deep into much of anything. And that becomes a source of frustration too.

This is where my mind was the day I hit the Stone Mountain trail in my new boots. I had just hugged my friends goodbye after our weekend together. And I was still kicking around the things Samuel had recently discussed. Were these relationships still feeding me?

I meditated on this question as I worked my way

around a lake. The boots were propelling me along at a nice clip. They felt great and were easily handling the tree roots, rocks, and inclines. I was feeling positive about my purchase. And my steady pace was conducive to my inner query: what is at the root of my discomfort? Is it time to let go of these relationships?

No answers were coming yet, but more questions were. Why do I really care so much when people I love have opinions and beliefs that differ wildly from mine? Is it my ego that needs them to agree with me? Or is it

more that they aren't the people I expected them to be? Am I dealing with the disappointment that often follows expectation? Do I think I could change them if I did engage on these topics? Why do I need them to change?

And this was how I was clipping along when BAM! The toe of my boot caught on a root. I slammed to the ground, catch-

ing myself with my hands and knees. After a few choice words I picked myself up, dusted myself off, and surveyed the damage. It was minimal, so I continued my walk.

But the fall did more than disrupt my pace. It brought my mind very much to the present moment. And then I came to several realizations: I can be fully equipped for any adventure, I can have the perfect shoes for any terrain, and I can still stumble and fall. I can hone every spiritual tool I have, and still my ego can pop in and disrupt my flow in its attempt to keep my world comfy and safe. I know I can't control what people I love think and believe. But I *can* change this world, as Samuel says, by changing myself. And I can only change myself with love.

So I need to stay on my own path. Deal with disruptions the best way I know how, and focus on that which connects me with my friends—our love for each other. Maybe one day we'll be able to go deeper. Maybe I just need to nurture one-on-one relationships with them rather than depending on our annual group gathering to feed me. Maybe I need to remember I have other friends who will go deep with me. Maybe I need to honor the history and longevity I have with my schoolmates and recognize that we are working through our compacts with each other. They are helping me grow spiritually even as I write this. And bottom line, it's all an illusion anyway. Why would I keep my focus on the ground that smacks me in the face when I could get up and notice the beauty of the lake and forest?

THE TERRAIN OF FRIENDSHIP

by *Dina Shadwell*

In the Vegan Kitchen

by Paula Thomson



Have you wondered about investing in an Instant Pot? And it is an investment—around \$100 if you pay the full price. However, you can take advantage of sales. For example, I found a name brand Instant Pot at my local supermarket for \$69.99.

But are they worth it? I think they offer some advantages to people on a vegan diet. You can cook organic dry beans in just minutes, less if you soak them first, which makes them a lot cheaper than buying cans of beans. I freeze the extras for use later. Additionally, you can cook a quick meal or soup in a much shorter time than using conventional methods on the stovetop, and you don't have to stand around watching a pot and stirring. You turn it on and walk away. And there are lots of recipe books and online sites that cater to vegan Instant Pot cooking. Unlike old pressure cookers, you can sauté food items like carrots and celery in the pot before adding the rest of the ingredients. Mine has a removable, easy-to-clean stainless steel liner.

Do you have a favorite vegan recipe you'd like to share? Starting with the next issue, we will feature your recipes. So please send us your yummiest soup, main dish, or dessert recipes. Samuel says that sharing food builds community, so let's make our Vegan Kitchen a sharing place.

There are some drawbacks; the most significant to me is the storage or counter space they take up. The average size is 12" H x 15" W x 14" so if you have a small kitchen, you might want to decide ahead of time where you will put it. And most of them are round so they don't snug into a shelf easily.

It's very important to be sure that you read the instructions before using the pot. I have given instructions for the one I have, but there are differences in individual makes and a learning curve to using them.

If you do have an Instant Pot or are thinking of buying one, here's a delicious soup recipe that is quick and easy to make.

Vegan Instant Pot Mushroom Soup

2 tsp virgin olive oil
1 large carrot, peeled and chopped
1 large celery stalk, chopped
8 oz crimini mushrooms, sliced
8 oz shiitake mushrooms, stems removed
1 tsp dried thyme
1/2 tsp ground pepper
3 cups high quality vegetable broth
1/2 tsp sea salt
2/3 cup unsweetened light coconut milk

Set the Instant Pot to sauté mode.
Heat the olive oil and add the celery and carrots, cooking them until they soften (3–4 minutes).
Add the mushrooms, thyme and pepper, and cook for another 2–3 minutes, until the mushrooms begin to release their liquid.
Stir in the broth and salt.
Put the lid on the pot, close the vent, and set to high pressure. With the manual setting, program the pot to cook for 10 minutes. Don't forget that you need to add some

time for the pot to reach pressure (about 10 minutes) and time to let it cool down before opening the lid.

Transfer half of the soup to a blender; add half of the coconut milk, blending until smooth. (Stop and lift the blender lid occasionally to release any steam.) Pour the mixture into a bowl and do the same with second half of the mixture. If you like a chunkier soup, blend the mixture for a shorter time to leave some texture. If the soup needs to be reheated, you can return it to the Instant Pot and heat gently using the sauté mode.

(Serves 4)

CLASSIC *Samuel*

Gems from the Library archives

S: What do you know about the evolution of mass consciousness from the discussions that we've had in the past?

I know that it affects general outcomes.

S: It is rather the spiritual evolution of a species, so to speak. War is a manner of mass changes in consciousness. "Well, are you saying that even those wee ones that came onto the earth at that time and got blown to bits before they were two years old because of some bomb dropped upon their country, and they had nothing to do with it, you mean to say that they perhaps participated in that in some way?" Aye.

You are energy which is not bounded by this form. But you have made the decision to come into this form for a reason: to learn and grow, perhaps to help others. You have made that decision. You have set up contracts; you have set up agreements, pacts, with those you will deal with to work with you, to meet with them. Gracious, darlings, the energy in this room is so familiar when you walk in, for most of you have been together before, and it feels good. You think, "Where do I know you?" You've come selecting the best method for you to learn the lessons you need to learn.

Perhaps you have chosen a time that you needn't be here long, and so you set up several choices. Well, one of the times might be to have yourself born into a country going through a war. It's a very good chance that your life will be ended by a bomb. But you can set up another path right next to it in which, at the same time, you're going to make this particular exit: you may be hit by a car instead, or taken by a disease that could be an offshoot of the same thing. But you have chosen the way you leave, just as well as you chose the way you came in.

It must be so.

It seems like so many things are left open to chance. From the time that you're born until your death comes, if you live a fairly long life.

S: How many times have you narrowly escaped a situation, perhaps because you listened, perhaps because circumstances changed—[whispering] coincidences?

Okay, a lot.

S: Aye. For everyone. How often as a child have you been very sick, perhaps close to death, but you did not die? Darling, you're indestructible until it's your time to go.

What about suicide?

S: What about suicide?

Is it also set up?

S: Aye. It's a way to go. Think about this, darling: there are times that the biggest statement you make in your whole life is the way you go.

So do you predetermine to go that way?

S: As I said earlier, you make the choice of going—for instance suicide or sickness—but you still have options. What you do with those options may be a determination that your higher self makes. You may decide that suicide is the way to go, but things change so much in the path that you are going to take that it is not the logical means any more. You will choose based on what compacts you have made. There is no wrong path. If you've come here to do a certain work, and in the middle something changes; now you're doing a different work. Well, you'll have another chance to do the first. It is not wrong to go with that change; it is perhaps going to be more difficult, for you've set things up totally for your first path choice. You may not learn all the things you set up for yourself to learn, but you learn something else.

October 15, 1985

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.

PHOENIX PHOTO CHALLENGE

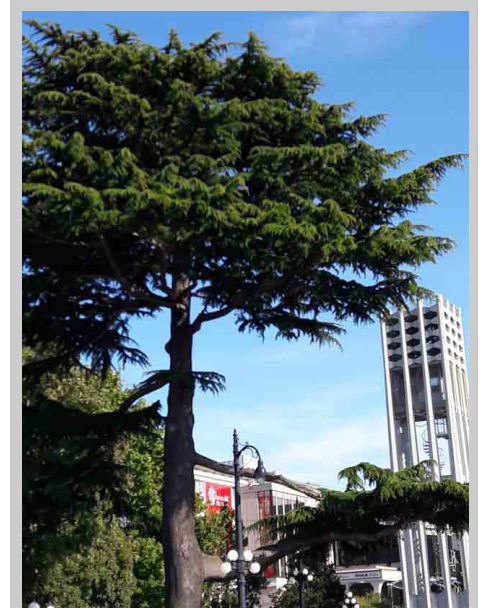
Wow! We got a real mixture of responses to our challenge. Thanks to this season's photographers for participating and showing that it's fun to be creative.

One of the aims of the challenge was to gather meaningful material that could be scattered throughout each issue, to liven up the pages as well as make the layout job more flexible. You've seen on previous pages how helpful that is.

But there were too many photos (that's a good thing) for the space available space, so the remainder are collected here.



Contrast: *...or lack of—Jennifer Little*



Contrast: *Reaching for the sky—Carol Gailey*



Contrast: *Five school buses ready to go on morning rounds, one a bit more eager than the others to get started.—Paula Thomson*



Contrast: *Marion Kee*

Fall's Themes: **BALANCE and PATIENCE**

(either or both)

Deadline: **DECEMBER 10**

Send to: phoenixrising@phoenixinstitute.org

Samuel has recently suggested we “focus” on these two qualities until the end of the year. They resonate beautifully with the purposes of the Photo Challenge: to get us thinking creatively about the traits we see in ourselves as reflected in the world.

Rules in brief: Submit new photos relating to the theme, however you interpret it; no recognizable faces without permission; two pictures maximum. See the Summer 2019 issue for a fuller statement.