



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2020

An Interview with Samuel

channeled by Lea Schultz

Let's start by reviewing this year. By the time this newsletter comes out, we will almost be at the end of 2019. What significant gains towards Ascension have been made this year (a) by Guardians, (b) by mass consciousness, and (c) by the planet?

As I said recently, this has been actually a very great year in more ways by far than people realize. Everything that goes on in the world, in one way or another, is the result of energy that has come here and has been balanced through Guardians.

Remember that the Guardians who are involved in this work are not the only ones in the world, but you're the ones doing a major portion of balancing the energy transmissions that have been coming in in order for them to be more effective in the world.

Guardians always go through the gate first, so what you're experiencing and the ways that you're handling it are opening the door for the rest of the world. If you step back and look at the world with those two things in mind, you're going to see two things. One of them is that there have been massive strides spiritually across the world with regard to unity, changing for the better, standing up. There is a whole generation of individuals coming up who have life views that are totally different from those of previous generations. They share the awareness that individuals are unique, and they seek ways to bridge instead of what has been commonplace: to judge and to bully. These things are chang-

ing. Spiritually speaking, there have been good changes in 2019.

On the other hand, personality-wise, you see the kinds of core issues that Guardians have been faced with over the last five years or so beginning to show up massively in the world. You're seeing governments having very adversarial relationships with their citizens across the world. You're seeing older people having a lot of difficulty in relationships; the younger people not as much. These difficulties are due to communication issues—not taking the time to communicate well. And Internet trolling is huge.

So if you stop and look at it, I would say that Guardians have done some really great spiritual work, but they have *not* led the way every time with the most positive response to core issues and challenges. And you can see the results in your world.

But I would tell you, there is far more good than otherwise, more hope than ever before for the completion of this Plan, this work, within your lifetime, but ...

[Laughing] If you live to be two hundred.

... you're going to have to live a very long time.

It's happening because what you're doing together, in unity, is strong, powerful, glorious work.

But what you are doing individually is not so effective. And the scary part is that what you experience in one year is going to be exactly what you experience in the next one if you do not consciously change it. So individual Guardians need to get themselves in better order.

Are you seeing the same issues cropping up in all Guardians, or is it individual?

Well, in the big picture it's all the same stuff, because in the big picture it's fear; it's the way that

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you see yourselves in the world. But in the smaller view everybody's experiencing that differently.

If there were two things that I would boil it down to, they would be entitlement and hierarchical thinking, because hierarchical thinking creates judgment and division, classism, that kind of thing that's eating your world from the inside out. It creates so much division that there are massive groups of people who do not even think it's possible for them to move from one level to another.

What do you mean by hierarchical thinking? I think of a corporation as a hierarchy.

That's what I was thinking.

But in day-to-day life, it might mean "I'm better than ..."

It leads to that kind of thinking.

So that's the reason that, if I were in the lowest socio-economic class and had no education, I would think there is nothing I can do to improve my life.

Many people across the world who have low incomes think this is their plight in life, this is how it is and nothing will ever change. And of course change is the key to that willingness to move out.

This year the Nobel Prize in Economics went to three Americans who came up with a system of experiments to get people out of poverty globally.

Really?

Instead of a hit-and-miss approach, they conducted very refined experiments to prove what works and what doesn't in specific communities. A lot of it has to do with educating children. For example, just providing more textbooks and more recreation time doesn't improve things for them. In a series of experiments, they've tried different ways of dealing with "impoverished" situations so they are empowering people to help themselves get out of poverty.

That's wonderful, and it fits what the Nobel Prize is about: encouraging those in their fields—the arts, the sciences—to find new solutions to world problems.

As for the planet, she really takes care of herself in many good ways. She is letting off pressure in different ways. Volcanic eruptions, earthquakes, some of the storms, and some of the extinctions are all a part of the natural flow of the earth taking care of herself.

I would say that the biggest gain for the planet in 2019 has been the change in consciousness in the humans on it. But the biggest problems the earth has are also human-related, overpopulation being a very big part of it. You cannot use up the space that you have—and use it in the worst possible ways—while at the same time making filthy the ecosystems around you, and expect for it to be workable for the extra billion people you toss on to the planet. It's simply untenable. But the consciousness change is going to make a big difference in the destruction of the ecosystems; it will soon enough open the door to people realizing maybe they need to do something about population growth.

I think that's where empowering women and giving them access to contraceptives will make a difference. The Bill and Melinda Gates Foundation does that. It tries to help women plan their families. Having two children and then quitting.



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

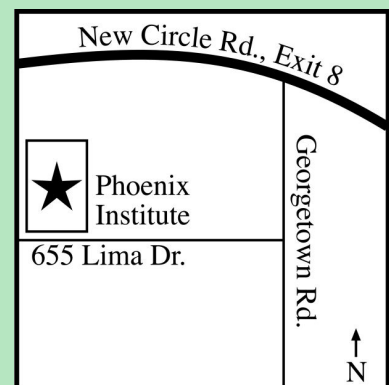
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Well, I really think what is needed on the planet now is to have *no* children and quit. This world needs a break from the massive numbers of people who are being born every day.

There was a movement called ZPG that started about fifty years ago—Zero Population Growth. I haven't heard anything about that idea from politicians or anyone else for decades. It's like everyone has accepted ...

... that nothing can be done.

It could be construed as racist because it's the poor areas of the world that are exploding, and they are not usually white people. It's not politically correct to talk about that any more.

And it needs to be.

You pointed out that there was an important energy transmission coming at the fall equinox this year that would show up in our relationship to truth. It's interesting that you used the word relationship, which would indicate it's about more than just telling the truth. Would you explain that?

There's no such thing as truth. It's the *perception* of what's going on that is *your* truth or *their* truth. The nature of form itself means that there are so very many things that touch you, but you do not even see many of them because of the limitations of the human itself, so you do not think anything is affecting your perception of truth.

So there is not a final truth. There is a relationship to *your* truth. And that relationship is how willing you are to keep it basic, to give it the "exactly as you know it" version. This society likes to embellish. You have too many storytellers. You don't tell children that you're out-and-out lying; you say you're telling a story. There are those who embellish or who omit, and those who are convinced that their version is the only one there is. These are choices people make in their relationship with truth.

As a whole, humans tend not to be trustworthy. Now that sounds pretty bleak, so let me explain a bit. Humans believe that if they have experienced something functionally then they have a box right here that contains all there is to know and see about it, which of course is ridiculous. Most Guardians come in knowing there's more than is in that little

box. For you, it's a just a part of that genetic "other" heritage that wraps around your genetic structure as a human and allows you, at least perceptually, to recognize there's more to something.

A good example of that is when, as you're working in higher and higher frequencies, you walk into a situation and you listen to somebody, and you know what's needed, you know what's going on. You don't actually need the whole story. You listen politely to hear the whole story, but you already know it. And you know it because you have the greater view of the truth naturally.

Nonetheless, ultimately it's a choice. So you may know what's needed here or what's going on there, or what really happened here. But because you're working with a twelve-year-old, you let them get away with it. Or you're working with an eighty-year-old and you let them get away with it. That is your relationship with truth.

So storytelling, omissions, believing that you know all there is to know—these eliminate truth, and your relationship with truth is going to show up in your ability to trust others. The storytellers, the omitters—I'm trying to avoid saying liars—tend not to trust other people because they know they themselves are not trustworthy.

So that is what I mean by a relationship with truth.

At the October first-Sunday meeting, you indicated that September had been "pivotal for the world." In what way did events in September bear that out?

Remember I have said that this year, next year—most years—you're going to have major energy transmissions on the solstices and equinoxes, and that's going to be the same in 2020. That does not mean that there won't be other transmissions, some of them quite strong and important, throughout the year, just as in 2019. But September of course was an equinox, and the weeks leading up to an equinox or solstice and the weeks leading away are filled with a lot of energy change, a lot of energy movement.

In September, probably the biggest and boldest and most amazing event was the work that was done in England and Scotland with the opening of the two StarGates. I cannot find words to express how in-

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credible those two StarGate workings were. The group—at one point or another, in one ritual or the other—were channeling. They were clearly overshadowed and they knew it. It was stunningly powerful work, and I could not have been prouder of them for making that happen. Now, both of those StarGates are going to have very strong effects out in the world. You've got StarGates across the world coming together with the primary StarGate of Great Britain—hello!

Do you mean the energy of other StarGates crossing each other like ley lines?

Yes, exactly. So you've got other connections across the world that are rearranged because of that awakening. It's amazing.

So if I talked about nothing else, I would still say it was a perfect month—a *great* month. The only thing that would have been better would have been to have had you two there. And you would have really enjoyed the power that was created.

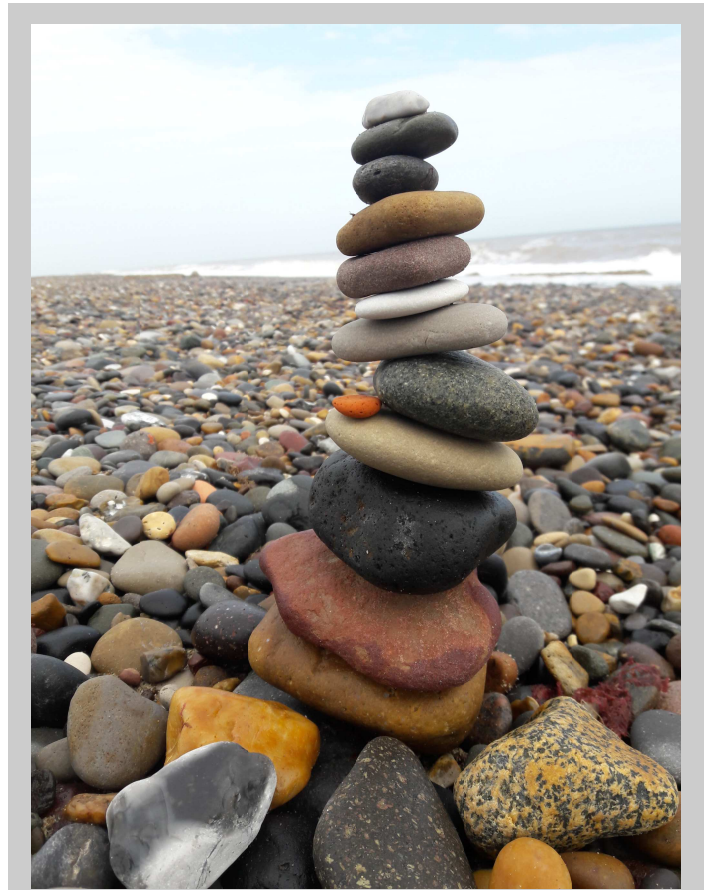
But additionally, September started waking up the governmental powers, and as a result you saw—I know it's kind of a joke how much I enjoy this—a lot of chaos. Your president got himself into some real tricky spaces, and turned a lot more of the population—and a lot more of Congress—against him. America alone is going to be seeing some big changes come about because of things that started in September.

Britain. Are you keeping up with events in Britain?

Brexit. Brexit. Brexit.

And Boris, Boris, Boris. The British parliamentary system is a little wilder than the American one, but the people are now standing up saying, "We don't care for what Parliament's doing." That hasn't happened for six or seven hundred years. That's amazing.

There has been the activation of thousands of people in two different ways in September. First, in Hong Kong: Whereas the world had been not really paying attention, now it is. It took a lot of sacrifice to make that happen, but it's creating change. And the second one is the growing awareness in September of climate change has turned around a lot of governments' views. The young girl, Greta [Thunberg], spoke to the U.N. and spoke to your Congress, and caused people to stop and think. Needless to say, there have been protests across the world for recognizing that the climate is changing and wanting to do something *now*. Very powerful. Very good. Very



Balance: *Cairn built on the edge of the Black Sea at Spurn Wildlife Preserve, England. (Within 30 minutes the tide had knocked it over.)*
—Carol Gailey

helpful.

Those are probably the biggest, but September is still vibrating into October, and that doesn't usually happen. The momentum is not being lost.

Recently you said that matriarchy is returning, but that we must have a solid base in the Divine Feminine for that energy to grow. What things can Guardians strive for to provide a "solid base"?

Well, Divine Feminine is a function of Spirit. The next level down is god/goddess, which relates to the elevation of the human soul. And then you have matriarch/patriarch, which has to do with the elevation of the human. So without the divine, the human is going to be seeking power *over* instead of power *for* or power *as*.

Divine Feminine is much more than motherhood, and matriarchy is far more than female gender. You can have a matriarchy that involves men doing things; they're not being eliminated. Matriarchy is a way of functioning in the world that has more to do with *creating* the blueprint than with building it out. Does that make sense?

So establishing a foundation in god/goddess or masculine/feminine without the divine is going to create problems. The god/goddess idea divides people. The male/female lowers people. If I believe in the goddess, then in this society that means I'm resistant to god, but either one of those is a limitation of the Divine—Feminine or Masculine or both—because you made an opportunity for balance between them several years ago [2002, at the time of the Fusion of Masculine and Feminine]. The matriarch/patriarch tends to be thought of in this society as run by men or run by women, which, as I said a moment ago, is absolutely *not* what it means. But because of that, it becomes an issue of proving oneself. Rather than creating opportunities, it becomes about end results. So there is a big difference, and that foundation of Spirit is what is really needed now.

So it's easy to say, "All right, that's what's needed in the world," but how does that fit the individual? How do *you*, as you read this, see how the Divine Feminine can be your grounding in life while you work to enhance the slow but sure turnover of matriarchy from patriarchy? Well, I would say that hopefully your answer is going to be through your relationship with power—how you use it, how you see it, how you receive it when someone else is using it, and absolutely how you accept it. I cannot tell you how many Guardians I have spoken with who don't want the responsibility of recognizing their power. So individuals, particularly Guardians, need to turn that into their personal foundation and their personal grounding in order for it to show up in the world.

What did you mean when you said the male/female idea lowers people?

Well, it's because it takes it out of individuation and makes blanket assumptions about both parties. The matriarch believes that the patriarch thinks it is physically incapable of managing, and therefore the matriarch gets angry, and it just keeps going. Rather than looking to the individualized spirit, they become very focused in the kind of chaos with abuses of power and classism and individualism. That is a step down, not a step up.

You also spoke of "Divine Balance." Do you want to say a few words about creating that in our

lives?

It's not masculine and feminine so much as whether you are a person who sees something you started through to the end. If you are, that's Divine Balance in your personal life. That would show you Divine Balance in the world as well. But it's not because you finish something you started; that's not where that balance is. That's a symptom of the balance or, more often, a symptom of imbalance. The balance is that ability to allow the physical, mental, and emotional to merge with the spirit so that you're not dealing with the war caused by form saying, "No, no, no," and Spirit saying, "Yes. Yes. Yes!"

Each knows the benefits of the other and covers the deficiencies of the other. Spirit needs form, but form needs Spirit. When that's harmonized, you have that balance. And it shows up very, very simply as "you finish what you start." But if you think about all of the implications of that, you know what you are and are not capable of now. You judge yourself by this moment—not the past and not the future. You are able to create. You're able to plan. You're able to reach goals. You're able to complete and let go. That's balance.

Using broad strokes, what do you see coming up in 2020 for Guardians, mass consciousness and the planet? And can you tell us any more about transmissions apart from those coming in at the equinoxes and solstices?

Well, it's going to start at the end of your year. The problem is I cannot tell you how it's going to show up, because that's the future and your future doesn't exist—except in the thousand different ways that result from your choices.

What you have coming in front of you, however, is a very destructive kind of energy force, not because the intent of the energy is any kind of destruction, but because it is such a powerful energy outflow, like the one in June of 2015 [the Summer Solstice event at Serpent Mound], that it's going to start the line of dominoes falling. But which way are they going to fall?

There are multiple things in the world that are on the precipice, and that's what the first three months of next year are going to be showing you.

There are multiple things in the world that are on the precipice, and that's what the first three months of 2020 are going to be showing you.



Balance: —Marion Kee

Now, as I have said many times, my favorite response for you to have to a massive energy flow is “I didn’t notice,” because that means you weren’t shoved around by it. You were both able to let it move right through you and function at a high enough energy that it wasn’t weird, it wasn’t alien to you. So what you’re going to need to do is look at what’s coming up for you individually, and really work before that time to give yourself as much clarity as you possibly can.

Soon after the middle of January you’ll have two small energy changes. These are probably more personality-oriented. Anytime there is a strong energy flow, the Plan is such that there are usually a couple of stabilizing energy flows right after it. And then you’re going to end up with your equinox energy burst.

Generally speaking, time is going to be very much a key point in 2020. Things are going to be moving fast, and I think that most of you are going to be quite surprised at how time seems to have shifted. People are going to be seeing things that were initiated very long ago suddenly reach completion. The way that you deal with your time might cause conflict. It might make things better or worse in your life.

There’s going to be much more movement toward internal timekeeping, being true to not only the scientific aspects of your rhythms, not only the world rhythms, but to your patience with yourself or lack of it, your recognition of “Here is how old I feel; does it match with how old I am?” or “Here is how old I am; am I older than that or younger than that?” Your concept of time has to become more fluid in this

coming year.

I can already tell you that in the middle of the year there is going to be a very strong pressure due to the solstice energy—pressure is probably the best way to say it; I don’t want it to sound scary—to shift out of the world as you know it. It still sounds scary doesn’t it?

Well, it could just mean changing your environment or making different choices. “I’m not going to do this anymore. I’ll do this instead.”

Absolutely. It could. And of course that’s ideal, because that’s going to help the Ascension process. But it’s also probably going to mean a lot of death, a lot of suicide, not because something terrible has happened, but because people are just not so attached to this world. That’s the scary part.

Here is the thing about mass exodus: When people are able to use a portal that is not a final portal they usually have to come back, and that puts the conclusions further out. So the June one concerns me, but only if it is not flowed with.

The fall equinox actually looks quite bright no matter what pathway I’m looking at there. So it seems that, after that massive June solstice energy, the energy flows will be enriching, enlightening, helping you, because there’s a lot of focus and strength.

Generally, it looks to me like the first half of the year could be very challenging to those who do not know how to work at higher frequencies and who do not know how to let energy move through them, to balance themselves. The second half of the year looks much lighter and brighter. I tend to think that that means the first half of the year is going to be better for the completion of the Plan because the ease of the second half will tend to make for complacency. We’ll have to see how that shows itself.



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

Full-Moon Ritual and Labyrinth Walk



We have had some interesting and powerful rituals this year to make use of the energy of the full moons. In October, a group met in Steven Smith's backyard to use the added power of the labyrinth he has constructed there.

Steven chose as the Intent of the ritual: To bring about positive changes in gun control legislation and changes within the hearts and minds of humanity that will result in the most appropriate use of guns for the highest good of all.



The group walked the labyrinth in silent meditation on the Intent before adjourning to a scrumptious vegan potluck!

Ritual Celebrations in 2020!

Group Intent: one of the most powerful tools that Guardians have learned to wield to bring change into the world. For several years we have come together almost every month, to unite our Thought, Word, and Deed around a shared Intent, using the energy of the full moon to aid us in manifesting changes that will benefit both the planet and the life force on it. This fits perfectly with our commitment to bring about Ascension.

Samuel has suggested that in 2020, instead of monthly Full Moon Rituals, we could harness the powerful threshold energy of the cross-quarter days, the thresholds that fall midway between the solstices and equinoxes. For the Celts, whose lives were closely bound to the cycles of the earth, its plantings and its harvests, its births and deaths, celebrations on these four days were an acknowledgement of the partnership between Source and humans that allowed the tribe to survive and flourish. Each season had its labors and its rewards, but the one ever-present concern was preparation for the long, dark European winter, which, without hard work and the cooperation of the gods in producing a bountiful harvest, could bring misery or worse.

Because large herds could not be fed through the winter months, many animals were slaughtered in the fall and the meat preserved as sustenance through the winter. Of course some livestock had to be kept alive to provide the herds for the coming year. Thus, the successful birth of new and healthy stock in the early part of the year meant the tribe

would do well in the coming months. These births were celebrated at the festival of **Imbolc**.

Having offspring meant that the tribe had a future, and so the celebration of fertility and successful coupling—identified with the god and the goddess—was a highly charged and ritualized fire festival. Couples waiting for summer to marry could “hand fast,” showing their intention to wed. **Beltane** was a time for dancing and song to welcome the new shoots starting to sprout in the fields.

The festival of **Lughnasadh** celebrated the first harvesting of the crops and the pairing of the sun god, Lugh, with the earth goddess to produce healthy grains and animals. It was a time of tribal feasting and

enjoying the fruits of the labors of the summer, and signified gratitude for the bountiful produce of the land, which guaranteed food throughout the winter and the survival of the tribe.

On **Samhain** the curtain between spirit and human was at its thinnest. It was a time for honoring and even communicating with ancestors beyond the veil, as well as a time to beware the mischievous fairies. For the tribal Celts, it marked the end of the harvest

season. Livestock were slaughtered and the meat salted to feed the tribe through the coming dark times. It was an ideal period for sweeping out the old, settling debts, and establishing a positive foundation for the year to come.

If you would like to lead one of these rituals or would like to have more information about what is involved, please contact:

Paula (dog.lover40342@gmail.com) or
Angela (angelapibiz@gmail.com),

who will be coordinating Phoenix’s celebrations.

Cross-Quarter Days in 2020

Imbolc	February 4
Beltane	May 4
Lughnasadh	August 6
Samhain	November 7

The 8-spoked wheel is a symbol of the cycle of Celtic festivals.

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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Samuel

r e s p o n d s . . .

In looking for things that would alleviate my depression, I have run across recommendations for using small amounts of psilocybin every few days, micro-dosing. I know that you don't condone breaking the law, but could you just comment on the effectiveness of micro-dosing?

I don't advocate people take drugs recreationally. Now, of course, many, many do. I'm not saying good or bad either way, but medicinal plants usually elevate the spirit as well because they help you—oddly enough—control the body, and Spirit is better able to take over. And I would say that it's the higher spirit frequency that works so well with depression; it's not the chemicals that psilocybin affects. It's one of those plants that's put into the world and has been used for thousands of years to help entrain a spiritual consciousness.

Now, recreationally, you're not going in with the Intent, you're not using it ... but with Intent, I think it's great. It usually helps people, and micro-dosing, which is doing a very little insofar as any kind of trip, helps regulate the human enough that their spiritual awareness is higher. Your ability to move out of depressed and anxious states is much easier. Your ability to let go, release issues and situations that you really cannot do anything about but you're going to be upset about, melts away.

[This question is included for information only. Possession of psychedelic mushrooms is illegal in the United States and most other countries, and their use is not risk-free. Neither Samuel, Phoenix Institute nor EarthLight endorses the use of psilocybin or other illegal drugs. If you make the choice to use psilocybin or any other drug (legal or illegal), please do your research.]

In the last newsletter you spoke about a Guardian tree. In the last few years three large pine trees in my yard have died, and I have noticed the same pattern around Lexington. It now seems that the Guardian tree in the portal behind the Phoenix building is also ailing. Why is this happening? Is it climate-related or just another example of species leaving at this time?

I disagree that what they are seeing is a mass kind of thing, because most of the evergreens in the world, the Guardian trees, are actually doing quite well, no matter what your media want you to think. There is a very, very large forest in Russia that's having some trouble, and that is unfortunate, but as a whole the forests are doing pretty well.

Remember that not all within a Guardian group are actually Guardians. So you might have some beautiful pine trees, but they may not be Guardian trees simply because on a very small piece of property—no matter how large your property is, in relationship to the world as a whole it is a small piece—there may not be trees that have Guardian energy.

As for the tree in back of the Phoenix building, I did not know it was ailing.

I think it's a part of the natural growth, where evergreens tend to die at the bottom while the top grows vigorously.

And haven't some of the homeless people been



Patience: A chocolate pie, ready for the table at last.
—Paula Thomson

using that tree? Haven't they for years been using it as their outdoor bathroom? I think that that would have an effect on any plant.

So suffice to say, while I disagree that the tree is ailing, I think that it would probably benefit from some deep feeding.

But generally speaking, I don't see that Lexington's trees are making a mass exit. Some trees are not going to live two hundred years; some are not going to live beyond twenty years. It doesn't have to do with them being or not being Guardians; it has to do with the energy and nutrient balance of the tree itself.

Guardian flora and a lot of the fauna can shift their energy, so, like the giant [mycelium] fungus that covers a thousand acres underground, a tree can shift into another tree of the same kind. So I am not worried about this.

During the group trip to Machrie Moor, there was an open transportation portal down by the farmhouse. You said it should not be used until the Scotland StarGate was open. Now that it is open, I'd like to better understand that particular portal and its functionality. If I were to return there on my own, would I be able to safely make use of the portal to travel in both space and time?

No.

Could I direct it to take me anywhere simply with Intent ...

No.

... or is it like a "metro stop," limited to pre-set final destinations?

When I said that it could not open and be used until after the opening of the Scotland portal, I did not mean that it would suddenly open then and be able to be used. And at any rate, no one person could possibly use that portal.

Greed seems to be very prevalent in our world, contributing to the imbalance between the haves and have-nots. What is the underlying motivation with greed? Given that everything a Guardian does goes into the Grid, what should we be looking for in our personal lives to make sure we are not giving way to greed?

Well, remembering my basic teach-

ings, what do you think the foundation of greed is?

[David] Fear.

Of?

[Paula] Loss.

Yes! That's exactly what it is! It's a fear of not having something you believe you need. I'm not sure that my numbers are going to be quite on spot here, but the second richest people in your world—Bill and Melinda Gates, whom you mentioned earlier—gave away what, thirty billion dollars?

Something huge like that.

Thirty billion dollars! And it did not affect their wealth. A big reason for that is because they gave away thirty billion dollars to make this world better.

The key to not having greed in your society is to break apart the hierarchical system so that you no longer have those who believe that they can never get out of poverty and hopelessness, because if you had times when you could not afford to eat, you would start keeping peanut butter jars under the bed.

Taking away *need* changes *want*. And greed is want, not need.

I really like the way the two of you bounced off of each other. That was so great!

You have discussed the evolution of spirit with us. Please describe the transition from serving others to serving the planet. What does that look like and how are the two differentiated?



Balance: —Paula Thomson

Serving the planet doesn't mean you become a climate activist, which is what a few people have thought I was saying. It means serving the soul Intent of the planet and all life force on it as a whole.

It is the difference between serving a kingdom—serving the plant kingdom, serving the animal kingdom, serving the humans, serving the oceans, serving ..., and on and on—which is serving others: not looking out for oneself, but giving others the means to Ascend. It's the difference between having a castle and being a king. What I mean by that is that, with the old system, an individual would have a castle and be responsible for the village that grew up around it, but the king is responsible for all of the castles and all of the people around them. And that's serving the planet and all life force, as opposed to merely serving others.

Does that answer the question?

It's a good analogy. I don't know if it is what the questioner wanted.

Well, that's the problem. When people send in questions, what they think they are asking and what the question is actually saying are sometimes not quite the same. What do you think was wanted in a response?

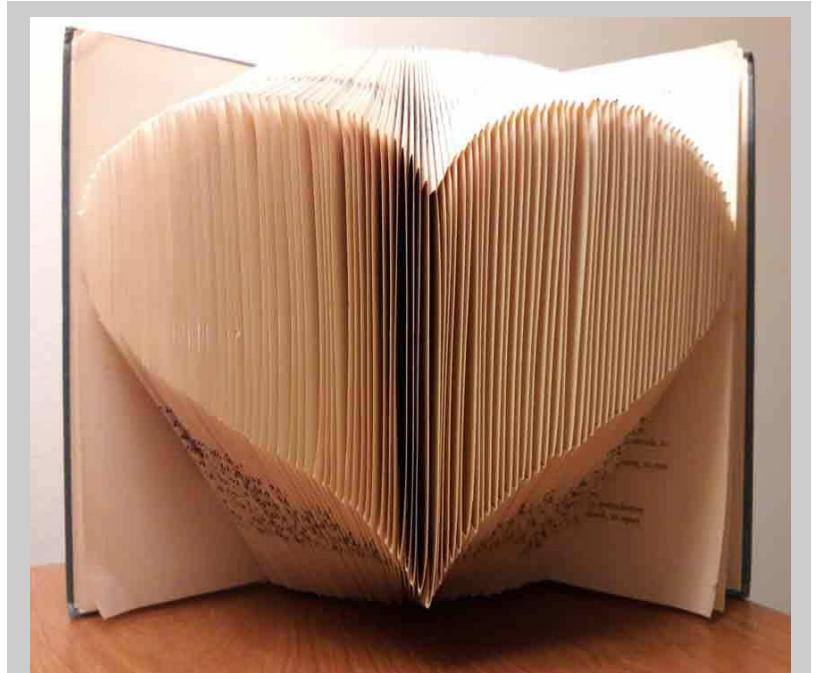
Maybe something a bit more specific. Some examples maybe? What would it look like if I wanted to serve the planet?

Well, you're not going to find that answer. Even as a human Guardian, you're not functioning as a world server. It doesn't work that way.

From past experience I know that there's a team of energy beings who function as a transition team ushering people into and out of this world at birth and death. Please describe this group of beings and their process—who they are, what they do, how long they stay, and anything else you want to mention.

That's kind of a personality thing, not a Spirit thing. And the idea that there are beings that have that job—"I'm the ambassador to the newly dead"—it doesn't quite work that way.

Remember that death is merely going through a tunnel of life. You've got this tunnel that takes you from Switzerland to Italy and you call it "life" when you're in Switzerland. Then you go through the tun-



Patience: *Folding pages of a book to represent Love, which in itself is always a matter of patience. (Created by my daughter-in-law, Emmaline Silverley.)—Carol Gailey*

nel, and when you come out you're in Italy. Well, it's all life. You're just driving, right? But the people in Switzerland know you're not there anymore, and the people in Italy are happy to see you there now.

Death isn't the end of life; it's just a stop. You're on the road and you have to pull over and go to the bathroom. You've just released a little. That's all it is. But the personality has all of these attachments. Your mother is attached to you as a child, and there are your friends and your husband, and on and on and on. There's so much here to hold you. So many memories. To your personality, this is all you know. This is it. And when you see that tunnel that you know is going to change everything, it starts a process of either acceptance or resistance. So it's not unusual for the personality, when it realizes what's going on, to put out so much energy that it attracts like energy that has already gone through that tunnel.

How that shows up in your life is: you're sick; you're getting ready to go; you start seeing your grandmother and your father and your friend that died when you were a child, because they are drawn to that wild energy change that you are putting out as you prepare to go. If they have a compact with you—and not all who greet you when you go have a compact with you—then they're being drawn to help you through the transition. "You're not Paula anymore. You're not David now. They're

going to be fine. Let it go.”

A quick aside: if everybody who lost someone dear to them realized that they’re still alive and in an even more whole way, and chose not to see them in their personality role, grief would be shorter and easier, and the Spirit would be able to fully reintegrate that personality much faster.

I have read that you are greeted on the other side by beings, or energy, in the form of someone familiar to you.

I’m not sure I’d agree with that. You mean that I would take on the form of your grandmother to help you feel better?

Because I’d relate to you more readily.

Right. But that’s not necessarily how it is.

Wouldn’t people with strong religious backgrounds, for instance, see Jesus or a saint?

Well, they do.

So, they’re just attracting an energy, and their personality is translating it that way? Or do they actually see Jesus?

No. They create it to be that way.

Because the expectation is there.

Right. They intend to see Jesus or Buddha or Satan—well, I don’t think Buddha would agree with people seeing Buddha—and as a result, in that last mix of chemicals, there is what is more or less an explosion in your brain and you experience tremendous light. And while your life is filtering through, for want of a better word, those images important to you come up. You firmly believe, whether you were

devout or not, that you are going to see this figure, so you pretty much will. But it’s not because the personality that was Jesus or the Christed One is choosing to come and greet you. It’s that you are translating the energy of wholeness as that.

I hope you see me and the Crystal Palace, but you won’t, really. It’s only when you’ve left the personality that you are going to see me.

The group trip in 2020 will be to Hawaii. What do you want the group to accomplish there?

Aye, well I’d like them to open a StarGate, a Fire Gate.

A Fire Gate has everything to do with the planet itself, and it will be the first StarGate that is not there because of its effect on people or to provide a passageway on and off the planet. This one is for the planetary spirit. It will affect the planet in a stronger and more specific way. And here is what I mean: The planet is, of course, always creating itself, adjusting. Up to this point, its response has been to let off pressure, but not to actually recreate. Now it’s time for the planet to recreate. That should open the door for new species. It should open the door for genetic change in multiple kingdoms. The planet has been staving off, rather than healing. This should open the door for healing, rather than simply keeping it going.

Additionally, I want those who live in the United States to be able to get to the southernmost point of the country—which is quite an important threshold—and be able to do some energy work there so that the Pacific and the states themselves—the governing body—can be affected by being in such a powerful directional threshold.

I also want the group to try to repeat what they did in Britain with that incredible StarGate work, because it has changed people who were there. Let’s see if that can happen again.

Besides, Hawaii is beautiful. And it’s warm.

There is a twin StarGate, and I would really have liked it if you could have gone to Indonesia, where the volcanoes are very, very active. But apparently it’s too hard to have a twenty-hour plane trip. What a bunch of wimps!



Patience: *An acorn waiting to be buried and left to sprout. “All I need is a squirrel with a bad memory.” — David Thomson*

LIFESCAPES

Samuel's free-flowing and conversational Lifescapes allow him to teach us what he sees our specific needs are at the time. His teachings about empowering and improving our lives are especially important now when we are in a constant state of recreation and major life change. Samuel's Lifescapes help is make windows of opportunity out of the energetic doorways opening all around us.

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Samuel has worked with us for years on our manifestation abilities, but lately he has been more pointed in his discussions of it. Each new energy transmission coming to the planet seems to offer an opportunity to amplify our ability to create, and Samuel keeps prodding us to use our new skills in more creative and powerful ways.

Manifestation isn't as difficult as I've made it out to be over the years. As it turns out, I manifest things all the time. Unfortunately, in my early days with Samuel, many of my manifestations involved chaos and drama. I thought the chaos and drama was coming from someone else. Talk about painful, unconscious behaviors! I whined a lot back then, clueless as to how I had gotten myself into all those messes and misunderstandings. Things improved when Samuel told me to stop letting things happen to me and to start taking charge of the weave of the tapestry of my life. What a lovely, poetic way of letting me know I needed to acknowledge my power and take more responsibility for myself. No more self-indulgent blaming of the other guy for situations I was creating. It was quite an eye opener!

Twenty years later, an older and wiser self has taken charge. I don't panic about things the way I used to because I am no longer fearful about little things. Like last Friday night, for instance. I went out to eat and do some grocery shopping, but when I ambled out of the restaurant and got into my car, it wouldn't start. My only reward was a flicker of the dashboard lights. After several tries, the engine remained inert. Why was my two-year-old car suddenly acting out?

As I sat there ruminating on what to do next, I stayed calm and intoned a phrase I often use when I need help: "I call upon the energies that work with me for the highest good to send help." I got out of the car, opened the hood, and stared at a mass of metal I knew nothing at all about. Just posing with my busted car, I guess. Which made me feel like I was taking action. Sort of.

Lo and behold, the open hood caught the eye of a guy with the biggest red pickup truck I've ever seen. He rolled slowly up behind my car and asked if I needed a jump. My car sure could use a jump, I said. He pulled up next to me—wouldn't you know, there was a handy empty parking space to my right—and got my car going again. I exchanged "God-bless-you"s with my rescuer as he drove off. I also thanked all the energies working with me for my highest good. What an amazingly quick manifestation!

Not all manifestations are that quick and easy, though. The really challenging ones—home purchases,

new relationships, job searches, Samuel trips—take more effort, focus, and planning. Decades ago, after listening to my born-again younger sister loudly express dissatisfaction with her job and her dreadful boss, I asked why she didn't leave. Her response: if Jesus wanted her to have a new job, he would find one for her. She ended up suffering for years at that store, whining all the time. My sister finally went back to school after she realized that Jesus wasn't that kind of job recruiter.

Fortunately for Guardians, Samuel has worked tirelessly with us about our fears, beliefs, and those infamous core issues that often sabotage our efforts. We are creators. We only need to believe it, own it, and put it into action by knowing what we want, creating a vision, and working out the steps to take to get there. Inertia is not our friend. Intent, Thought, Word, and Deed are.

A really important manifestation opportunity for me was the group trip to Scotland this year. I really, really wanted to go to Scotland. The Intent part was easy, as was the Thought part. Actually, I had to be careful not to over-think everything. In the past, I often found myself frozen, like a deer in the headlights, falling into the fear of not being or having enough to get where I wanted to go—that basic poverty consciousness. Obsessing about it made it worse.

However, going on the trip was so important to me that I didn't have time to be fearful about how I was getting there. My focus was totally on achieving that goal. This meant I had to sit down and crunch some numbers, using a combination of cash, credit cards, and tax refunds to get a sense of where I stood. Unfortunately, I didn't quite have enough. I told myself not to worry because Samuel had given me a ton of manifestation tools to use and all I had to do was use them and trust. Three weeks went by with no updates. Another week went by with lots of plotting but no actual idea on how to make up the difference. A week later, with no physical effort on my part, a gift of cash fell into my lap and the trip was on! In all my imaginings on how I was going to manifest the money, cash falling into my lap did not factor into the equation. Thank goodness I had remained open to anything happening to get me where I wanted to go. Samuel has always told us not to need to have it happen in a certain way.

Manifestation is getting faster and easier for me. The self-exploration Samuel has encouraged us to engage in—especially dealing with old fears and hang-ups that drag us down—has helped me on so many levels. Life is so much more beautiful—and a lot more fun—when we take charge of weaving our own tapestry.

THE TAPES OF

MANIFESTATION

by Pat O'Malley



Foundations of Yoga Asana

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Teri Landers Concotelli

This is an all-levels class.

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Please preregister at pi.phoenixinstitute.org.



About Teri Landers Concotelli: Teri conservatively estimates that she has over 4000 hours of teaching experience, primarily at the Lexington Wellness Center. She is also a self-study in yoga philosophy. Teri has studied extensively in both workshops and teacher trainings with numerous highly regarded teachers. She holds teaching certificates with TriYoga and Physical Mind Institute.

In the Vegan Kitchen

by Paula Thomson



Ho, ho, ho! The holidays are here and it's time to pull out those special festive recipes that make any party a big hit. Being a vegan can have its challenges, but there are plenty of tasty dishes to give your get-togethers a flair.

I had to buy a mini-muffin pan to make these Key Lime Tarts, but I'm glad I did. When I took them to a Full Moon Ritual Potluck they were a big hit, so they will become a regular holiday treat at our celebrations.

Key Lime Tarts

no *gluten* *baking*
dairy *grains*

THE CRUST

- 1/2 cup unsweetened shredded coconut**
- 1 cup roasted salted cashews**
- 1 1/2 TBSP maple syrup**
- 1 tsp vanilla extract**
- A pinch of salt (optional)**

1. (You can skip this step, but it adds a delicious flavor.) Put the coconut in a saucepan over medium heat. Stir frequently until it is evenly browned. (Careful! It can burn very quickly.) Pour into a small bowl and let cool for about 5 minutes.

2. Place all the crust ingredients in a high-powered blender and process at low speed until the mixture starts to clump together, but doesn't become pasty. It should hold together when you pinch a small amount. If it doesn't, add a tiny bit of water and process again.

3. Divide the mixture among 18 cups in the mini-pan (lined with cupcake paper if you're concerned they may stick). Use the bottom of a shot glass or your fingers to press the mixture down firmly and evenly.

4. Refrigerate while you prepare the filling.

THE FILLING

- 1 cup roasted salted cashews, soaked overnight in water then drained**
- 3/4 cup unrefined coconut oil, melted (do not use cold coconut oil!)**
- 1/4 cup coconut cream (the solid, creamy part from a can of full-fat coconut milk that's been refrigerated overnight)**
- 1/4 cup freshly squeezed lime juice**
- 1/4 cup bottled key lime juice**
- 6 TBSP maple syrup**
- 2 TBSP lime zest**
- 1 tsp vanilla extract**
- A pinch of salt, or more to taste**

1. Clean the blender.

2. Blend all the filling ingredients together at high speed until totally smooth (30–60 seconds, or longer if necessary).

3. Place the filling over each crust making it level with the top of the mini-pan holders.

4. Refrigerate for about 4 hours or until firm. If you're in a hurry, place the pan in the freezer.

You can keep the tarts in an airtight container in the fridge for up to 3 days. If you freeze them, they'll need about 70–80 minutes at room temperature to defrost or about 1 1/2–2 hours in the refrigerator. Once properly defrosted, they should be totally creamy.

Don't forget you can share your favorite vegan recipe with other readers. Send it to phoenixrising@phoenixinstitute.org.

CLASSIC *Samuel*

Gems from the Library archives

[More than thirty years ago, Samuel brought a beautiful "prayer" to the group, a text that had been channeled by Alice Bailey in 1945. Many of us can remember the group at Phoenix reciting it together. Later, Samuel revised it slightly to make it more in sync with his own evolving teaching.

Here is his description of it as he presented the original form to the audience on August 17, 1986. The text is his later revision.]

I wish to leave you with a gift. The teacher always leaves the student a gift. This is a gift you have been given before. This is a way for you to move the Universe, then change yourself. I am not making light here. This is a thing for you to do that works towards bringing Light in this world. It starts by shining your own head light (well, I did not mean it like that, dears, but thank you). It works to change you, and it has a collective effect in making a change in this world. It is a gift that has been given to all students of this esoteric school since it was given. It was given, by the way, by a solar master. As you use this, allow it to be a meditation which you think about, which you incorporate.

The Great Invocation

From the point of Light within the Mind of Source
Let Light stream forth into the minds of humanity.
Let Light descend on Earth.

From the point of Love within the Heart of Source
Let Love stream forth into the hearts of humanity.
May Christ consciousness return to Earth.

From the center where the Will of Source is known
Let purpose guide the little wills of humanity –
The purpose which the Masters know and serve.

From the center which we call humanity
Let the Plan of Love and Light work out
And may it fill all hearts with Love and Light.

Let Light and Love and Power
Restore the Plan on Earth.

That is a gift, my darling, that is strangely powerful. Allow it to change you these weeks. Allow it to mold you by its vibrational quality. Allow this quiet, gentle night of not as much laughter but much thought help you over the boulders that come your way. Let this night strengthen you.

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.*

