



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2020

## An Interview with *Samuel* channeled by Lea Schultz

*The guest interviewer for this issue is Marion Kee, whom most of our readers recognize as an astute questioner of Samuel in Lifescapes and Retreats. She traveled from her home in Washington to conduct the interview in person.*

***You mentioned in the Winter 2020 interview that too many Guardians are still harboring core issues and this shows up in the world as chaos. Does that refer primarily to the Guardians who know you as Samuel?***

No. All Guardians.

***What are the reasons for this inability to resolve stubborn core issues?***

Service to self instead of service to others.

***Are the Guardians that work with you doing anything better or worse than the Guardians who don't work with you as Samuel?***

They're all working with me.

***I mean specifically working with us to get over core issues.***

I'm working with others to do the same thing. The Plan and Guardians are the same throughout the planet insofar as what they're compacted to do.

***What I'm trying to get at here is motivation, because in the presence of free will and Guardians' stubbornness, I think that only motivation is really going to help. So what changes could we make in ourselves and our behaviors that could offer the best return in this area for us and for our world?***

As I said, the biggest difference is choosing service to self instead of

service to others, and I want you to think about that for a moment. They're both important, but service to self is not the direction that's going to help the world Ascend.

Service to self is important on first Awakening because separation creates tremendous amounts of drama in the lives of mass consciousness and in the lives of Guardians. And at first awakening, that sense of being alone, in a world where nobody sees things the way you do is very disheartening, and results in a lot of protective needs, which means a person stays at Awakening and doesn't easily move into Activation.

Activation is where service to others begins and that is where, for Guardians, their true work begins. However some Guardians never get to their work, and some Guardians choose to only see through the lens of what they're going to get out of it.

Some end up being satisfied, which I find a very backward thing for Guardians. They allow small digressions from what they know is best to become big lifestyle decisions without realizing it.

These things apply to mass consciousness and Awakening Guardians. It's not what you should be experiencing, but changing it requires truly believing that you are the creator of your universe, that this reality is a reflection of what's going on with you, and when you resolve *you*, you see this reality very differently. You find that place where you take care of

yourself so you can do more in the world—not wanting to be protected from the world. Do you see that difference?

So, what kind of motivation allows for that? One thing only—and it's kind of a problem in itself—and that is that you recognize the Source within yourself, and resolve that sense of dichotomy. That dichotomy—that separation—is from a



lack of wholeness, oneness. So the motivation is feeling—*being*—that whole one, and then you naturally fall into taking charge of your world, serving others, and taking care of yourself to do that, rather than complaining “All of my life is a drama,” and “Everything is working against me,” and “I am filled with questions about what it is I’m here for,” which is exactly what happens when somebody is not connected from within, but seeking desperately to find connections without.

***Getting in touch with a deeper answer involves a lot of responsibility, and to avoid that sometimes more questions get asked, even looking for another teacher.***

“I want a different teaching that lets me just sit back and ‘get’ it all.”

***And eat onions and garlic.***

***And cheese and steaks.***

I never understood why it’s so hard, but it’s because of my expectations, you see? I have expectations that Guardians are functioning close enough to Source that they experience the difference in their energetic bodies when they take these things on.

***Living in the world as a human is pretty complicated.***

It’s not; maybe in the Western world and cultures.

***Is that also partly responsible for people not resolving these core issues? We get distracted by the world?***

Never forget that you are doing what you want to be doing. You do what is important to you. There is no such thing as “I do not have time to ...,” fill in the blank, because you have time to do what really matters to you, not, however, to do what doesn’t really matter to you but you feel like it should and so ...

There is self-judgment, and choices that you make as a result of self-judgment that distract, because you look for that which agrees with your view of yourself and therefore your world. There are a thousand and one reasons that you cannot take ten minutes of quiet time, or feel connected to Source, or hear the singing of the world, or see the colors of auric force, or have that sense of wholeness and love that emanates out of every being on the planet, because that doesn’t fit your world view.

***What are other potential positive results of our continuing to clear core issues?***

Imagine that you have a beautiful home on the seashore. It has a lovely view of the beach, the ocean, and the sky. You love that place. You love sitting with a cup of tea in the evening and watching the sun set through the windows. Then comes hurricane season, and—oh, my gosh—a massive hurricane hits, with pounding rain and horrible wind beating up against the house. You worry if everything is going to be all right. Finally it’s over, but your windows are filthy. You can hardly see out. You can no longer see that beautiful sunset or enjoy that beautiful view. It’s no longer relaxing to sit with your cup of tea and look out at night. So do you curse the storm because that storm has ruined *everything* for you? Or do you just get some newspaper and vinegar and clean your windows?

Core issues are the dirt on those windows. You can see everything you want when they’re clean and clear. And there are even things you can do to cheat—diet is one of those. It pushes things along. It’s like



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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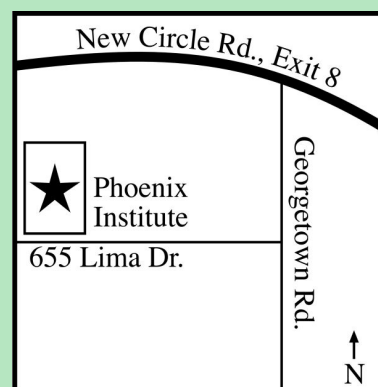
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double-duty vinegar. It's going to clean even faster. What happens though is that people do not want to put out the effort. "Oh, you know, I can clean from the inside, but I cannot do it from the outside because I cannot get up on a ladder. What if I just clean what I can reach and leave the rest dirty?" Well you tell me, what happens? You can see a little, but those dirty windows keep getting in the way. *Clean the windows.*

People think it's too hard because they forget that it's like an onion, made of multiple layers, and when you've cleared off one layer, you've got to go a little deeper. People clear it once—spit at that window and rub it with their hands and say, "All right, I did it! And it was hard, too!"

***"I can see a little corner of the beach!"***

Yes. Well, for a lot of people that's enough, that little corner of the beach, but if you want more, keep cleaning. And the motivation, I would say, is not only that you get your view back, but a new you comes out of it, one that is stronger, happier, and more connected to the whole. So if that matters to you, keep persevering.

The journey here is always going to have its hurricane seasons, its challenges, but your responses to those challenges say *everything* about what you want in your world, because you are creating it. You are the center of it. It is all a reflection of you. Your house may be in torment, but *you* are not, because you are functioning from an overview. And that's what clearing those core issues does: it gives you that overview. Instead of riding over the potholes on a skateboard—boom-boom, boom-boom—it's more like you are in a tank just sailing along.

***In terms of our own process of Ascension, I don't know any Guardians who actually want to fail to keep their promise to this world and "get a bad grade." I think some people are confused about their personal Ascension process and that that affects creation because ...***

All right, I'm not sure I understand that. A personal Ascension process?

***You keep working on yourself, and then you figure out that you're bigger than just this one projection and you realize that you have responsibilities as a creator towards this world. And getting stuck at that point, kind of freezing up and saying,***

***"Well that's way too much. I'll just stay as comfortable as I can here."***

"If I wait, maybe it will go away." But you see, nobody who is stuck like that thinks they are stuck like that. But people get satisfied, and that's obnoxiously dangerous—both of those things. It's dangerous and it's obnoxious.

I'll tell you what's very different about my work and why it is so incredibly unpopular: I don't give you "outs." I don't give you the easy way that will not help your entity—that's small-e entity—at all, but will allow you to be satisfied and maybe even have glimpses of power here and there. I don't work with those Guardians, and definitely not mass consciousness. And I promise you that when people touch in

[to my work] and leave, it always comes down to the fact that they think it's too much work. *Always.*

But I *know* what you came for and I

*know* what this Plan is, and I *know* what's needed for it. And I'm not going to prop you up and tickle you into complacency. I'm going to say "Yes, it is painful; keep going. Yes, it can be hard; keep going. Yes, it can be wonderful! Keep going." I try to be nice about it, but you come into this work knowing you are not a just-awakened Guardian. You come into this work knowing that you're about serving others, and when you don't, you feel guilty and you make excuses. You justify and you separate, and you make it okay to do that so you don't have to do the work.

***So a Guardian who does that is then not living their true self, and they're being inauthentic?***

Well, yes, but the thing is they know it.

***And so at some level they are miserable but may not realize it.***

Oh, they realize it. If you have anger in your life, if you are not happy, if you are not functioning in oneness and wholeness then you *will* have separation in your life, and you *will* have anger and unhappiness.

I'm going to be very blunt here: You're either functioning *consciously* with trust and creatorship, or you're not. If you are, it does not mean everything is all right on the outside, but it does mean everything's all right on the inside. And what you're seeing are those who expect it be all right on the outside to make it all right on the inside, when it's really the

other way around. And there are those who are using questioning as their justification for not pursuing the inner work.

There are Guardians who have made their life around not getting any further than their own needs, and are perfectly able to justify that to themselves.

***You teach Guardians in your work to eat a vegan diet so they can function at their highest spiritually. But eating vegan has the additional benefit of reducing our individual contribution to climate change.***

It does.

***Please speak about the impact on this world from Guardians consciously putting vegan dietary awareness into the Grid and out into mass consciousness.***

People are much more aware now of not being bigoted and prejudiced about the many different isms—not religion, not skin color, not cultural bias, not gender bias, on and on and on. And they're finding that the world is so much better without those preset notions of me versus you; instead, they recognize the value of wholeness.

Now you may be wondering why I am going off on that tangent when the question is about being vegan, but I want you to remember how good it feels to be one with others. One of the things veganism does is open you up to the rest of the animal kingdom in a way you could not experience otherwise, because you have to turn off multiple switches in order to eat animals. They're too high a frequency; there are even some plants you cannot eat because they're too high, as well. Animals are too close to you, so in order to eat them you must make them less, which is what Nazi Germany did when killing off homosexuals and Jews and disabled people.

Now, am I saying carnivores are equivalent to Nazis?

***They are if you're a cow.***

Well, I like that answer—if you were a cow, you would say yes. You have to miss out on the opportunity to increase your heart to see the world as a wholeness that you are a part of.

So, when partaking of animal products, first you have to switch off a natural compassion to all that is around you. You have to switch off that sense of oneness that “we have the same heart.” You have to

switch off that sense that killing others is to be avoided. You've got to lie to yourself and say such things as, “Well, it's survival. If I was dropped out of an airplane into the forest I would have to kill little animals to live,” which is not true either. If you eat animal products, you have to disengage massive parts of your soul. Now, turn that around: by being vegan you get to reengage those parts. So I would say that is vital.

The second thing, however, is that the factory-farming methods that have become popular across the world—it's not just the U.S.; India, for instance, does as much—these mass farming methods are killing your earth.

***Does that include raising plants with the use of toxic substances?***

Well, most of what is grown ends up in an animal. Land is cleared so an animal can graze; plants are grown so an animal can eat them. And they're given

hormones, and genetic changes are made. And chemicals are used on their food so it can be stored until it's fed to the animals. It's a *horrible* cycle.

I promise you, the earth will win in this game, because she is by far bigger than the puny humans on her surface. But until the earth finally says, “All right, we're getting rid of the humans,” it could become pretty scorched and unbearable for the humans, and it will all have been caused by their own hands.

Everything you do affects everything around you. *Do no harm.* And that applies to how you eat, what you say, and what you think.

What you gain from veganism is you get your soul back. What the earth gains through veganism is she gets her life in fullness back. What's to lose? That's the question. What's to lose? At the least, don't eat animals or products from animals. And if you can't stop, at least cut out a day, or the weekends. If you stop eating meat regularly, even for short periods, that will start working on you, and your consciousness will change as your soul grows back. Your attitudes, your friends, your social circle will all change. You will become happier, stronger, and you'll know what it's like to serve others rather than yourself.

***You've spoken of our Light Bodies from time to time. Every time we do a ritual, you say it's de-***

**signed to have a big effect on our Light Bodies. How would you define or characterize the Light Body?**

The Light Body is the interface of a small-e entity functioning in form.

**Does every being of Spirit in form have a Light Body?**

Yes.

**Is the mineral kingdom included in that?**

Yes. That's why you can hear your crystals, because of that interface.

**And hear what the ravens are saying.**

That's right.

**So it's like your Light Body is functioning with their Light Body and you get it?**

Your Light Body connects with the part of their Light Body that has the same frequency. So it's not a full hand-on-hand connection, but where there is a connection, the like goes through the Source Field to translate. And the like is the interface, spirit to spirit.

**What is the function of our Light Body in our work in this world?**

To take over. It is to become the means through which you function and see the world. Until that happens you're seeing it through the physical, which is the dirty window we talked about earlier.

**How does our being clear and clean in our physical form impact that function? The dirty window had to do with core issues, which was the mental-emotional.**

Not necessarily. Some core issues are very physical, but it depends on what the ultimate blueprint is. But go on.

**So when we're clean and clear in our physical form, it implies that we are eating vegan, doesn't it?**

Well, I will tell you that you can be unclear while vegan, but you cannot be clear without being vegan. You cannot eat like energy and be clear and whole. But being vegan alone isn't going to do it, because if you live on processed junk food and have a really unhealthy body that's going to affect your mind, and that's going to have an effect on the way you see the world, and *that's* going to have an effect upon what you are and not allow you to connect into your Light Body. So vegan alone isn't it, but being *consciously* vegan is.

**If you are consciously vegan you will not eat those chips.**

You will not *live* on them. You will not eat out of habit; you will eat with purpose.

I have a question for you. Are you seeing a lot of Guardians who are not functioning as vegans?

**I don't know, because where I live there are few whom I know to be Guardians. The ones I know best in your work are eating vegan. When we're on a trip some people will say "It's nice to be eating vegan again." And there are other Guardians whom I've asked, and they are not vegans.**

**At higher Densities (e.g., fifth and sixth), how does our Light Body function differently than it did previously?**

Let me remind you that sixth Density is a very, very high frequency, and it's very, very rare here. You

start having choices that don't relate to earth all that much, so I generally prefer not to add it in to our discussions. It starts people thinking "Oh, I'm sixth Density." Oh, gosh, no!

The world made a Density change from third to fourth, but the problem is that many people are holding on to their timelines that involve fear, and they're still functioning at third rather than moving into fourth.

The first thing to think about is functioning without fear, because where you're functioning with fear you are adding to energy that keeps mass consciousness at third Density, even though everything's at fourth.

As long as there is fear, the fourth Density in its fullness will not resonate. For example, let's say it's Frank's birthday—it's not really. At seven o'clock everyone's getting together to celebrate, then it will really *feel* like his birthday, but it was still his birthday all day.

Fourth Density has to do with a very large choice. At fourth Density people have begun to move out of themselves and their ego orientation into serving others. It's a major spiritual choice: "Am I going to serve myself? Am I going to serve others?"

Now, I want to clarify something about fourth Density. The difficult part of fourth Density is compassion; that doesn't sound like it should be a problem, but if you combine compassion with service to self, you're going to have bright, shining leaders who

It's a major spiritual choice:  
Am I going to serve myself?  
Am I going to serve others?

motivate others—they might run a hospital; they might be massive motivational speakers—but they're doing it for the money, for the fame, for the success in the world's eyes, whereas if they are serving others, they might also be motivating the thousands and running the hospital as a great leader, but it's not about what they're getting out of it. And that's a choice.

I don't like to get political, but I'm going to use your president as an example. He is a leader serving self. And it's a very definite choice; he has said he is doing that because that is what good business does. That is what happens in politics—serving oneself. It's a very specific choice: "I'll show I have the compassion to lead that hospital, to help the homeless, because maybe I'll get more likes on social media," or "I will get paid more for making this happen," whatever. It's still compassion, but it's the compassion that serves *oneself*.

So you have the good people who go out and determine what this homeless population needs, when realistically it is not what the homeless people themselves would say they want. It's still compassion, but it's compassion gone wrong. It's compassion that serves oneself, and that holds most people in fourth Density.

Fifth Density will still have at its lowest point some of the highest overflow of fourth Density because that's how the Densities work. Fifth Density is where I want Guardians to be able to function. And some are; I'm sitting with some who are. Fifth Density isn't about chaos out in the world being tamed; it's about chaos inside the self being tamed. It's not about the world at fifth Density; it's about the

choices you are making moment by moment. Fifth Density gives you choices about functioning at the higher levels of your human self, functioning with multiple timelines in your human self. It's being able to function in several dimensions—well at least more than this dimension—while still in your human self. It's massive; it's very big change. It is so scary because it is so different, and it's accessible only by changing states of consciousness, which is not a natural thing for the human self to do. It can cause a greater sense of separation and loneliness and all of those things that we talked about to begin with when somebody is in the very beginning stages of it.

Nevertheless as your energy functions more steadily and consistently in the fifth-Density frequencies, your ability to create makes massive changes. You become by far more adept in a world that adapts to *you* rather than you to it.

In sixth Density you choose if you are form or not. You are functioning with elevated consciousness outside of world service. You are holding the Solar Guardian consciousness within you. The world functions through you. It does not get stuck inside of you.



*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*

### *Dear Phoenix Family,*

*We miss you! After many rich events over the last few months—Festival of Light and New Year's Eve rituals, first-Sundays with Samuel, We Are Stronger Together program, Imbolc ritual, and yoga classes—our person-to-person interactions have suddenly come to a screeching halt.*

*Sometimes it takes a major challenge to remind us of how important our connections to one another are. This is one of those times, and we want you to know that the Lexington Leadership is experimenting with various platforms that can reconnect us through online meetings so that we can continue to discuss Samuel's teach-*

*ings. When so many in mass consciousness are functioning in fear and feeling out of control, we know how important it is that we Guardians stay connected with each other and continue raising our spiritual frequencies by staying tuned to Samuel's teachings and using the many tools he has given us. We'll keep you updated on Lexington's progress in finding a workable online program.*

*This is a time when we all need to be flexible and adaptable, as we also work to maintain a positive attitude. We are grateful for your patience and your willingness to join together in unity as One.*

*With love,*

*Paula Thomson and Steven Smith, Directors*

# Samuel

r e s p o n d s . . .

***In the fourth-Density world, is it still necessary to leave the physical body alone for three days after a person dies? It think of it as the decommissioning of the Light Body.***

I agree. While there are those who do not need that because they are leaving consciously and have been anointed—they are taking part in the process—that doesn't happen all that often, so the three days is most helpful, Guardian or not.

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***How can Guardians, public health departments, communities, and individuals bring healing and wholeness to the drug epidemic that has devastated so many lives and communities? What are the potential gifts and lessons for all who are involved?***

The first thing that you want to think about is addiction itself. Let's use coffee as an example. It's a substance that is unnatural to the body. It creates altered states. It's *very* acceptable in this society, and it is highly addictive. All of you have used coffee at one time or another in your life, so you can relate to it being an addictive substance, but no one really thinks of it as that. When people think of addiction, they think of opioids and bums on Skid Row who have stolen from everybody they know and are terrible people.

You are *all* addicted to something, at one level or another, so you can relate to the desire to alter the state you are in, because that desire is what triggers addictive behavior: you want to shift out of where you are. And just as a quick aside, Guardians are always wanting to do that. So the very first thing is to remember that you can relate, that it's not only "they" who have made that choice.

The nature of humanity is that you make awful choices until you learn from them and stop. Addiction is a lot harder for some to release than others, regardless of what it's giving to you. Opioids quit giving you a high *long* before they release you from the addiction. In fact, probably most who are addicted to opioids aren't getting a lot out of them. The effect is tiny compared to what it was when they began using. So their world will not change, because their

state isn't being altered all that much anymore. But they are stuck, and society says "bad," "shame," "no help for you," and that doesn't solve anything.

What can you as a Guardian do to change that? Little or nothing unless you're making laws, enforcing laws, or choosing your life's work to be amongst those who have addictions. But remember that what *you* do moves into mass consciousness—provides a doorway. So get rid of your addictions, consciously, and let that door be open. Take care of yourself and your health, and let *that* door be open. And always, always, where you know there is a challenge that you *can* do something about, do it.

But again, realistically, most of you do not live lives that put you in the path of those who are dealing with such issues. You might have a family member who does, and in that case don't cut them out. Be compassionate, but don't be stupid either. Don't rescue unless you want to take that karma on for yourself.

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***I think of death almost all the time, not in a morbid way, but so as to consider almost all that I do in the perspective of the totality (and finality) of my life. This involves a lot of self-judgment for not having accomplished more, personally and spiritually. I don't know if this is a normal preoccupation for someone my age or a sidetrack that I need to deal with in some way. How should we deal with this aspect of this stage of life?***

Realizing that this lifetime is not going to go on forever is a *great* thing. Judging yourself for not doing enough is just a way to take up time so that you don't start doing enough. So I would say, stop thinking and start doing, whatever that means to you. For some it is fulfilling their bucket list. I would suggest that it means putting love out in the world, becoming an example of living love and wholeness and oneness and how to work within the Source Field to change for the better and become your best and your highest.

But just playing around in your head all that you missed out on is just a way to keep missing out.

***In humans, attachments to people, experiences, objects, and procedures can come about through habituation and routines. How is the ego involved in that process?***

Whatever keeps you attached is the ego being fed.

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***In the Star Weaving, we have gone from comparatively simple statements to more complex ones. Please explain why the statements were changed and whether reading them rather than memorizing them changes the power of them.***

As the group frequency has been changing, so has what you are capable of, and as a result of that my teachings, my rituals, go in directions they have not gone before Star Weaving began, very simply because at first it was about getting a foot in the door. But if you think about what the current Star Weaving says, you'll see that you have moved from self-affirmation to world service. There has actually been another change: you began moving through Vesta Helios as group consciousness began working as Vesta Helios—individually no, but as a group energy yes. So that created a second change.

***Does it make a difference to memorize it or read it?***

Yes and no. Reading it while really focused and being a part of it—not just reading words—does involve the power of three. But you are a quantum mind—I keep saying that and nobody ever knows what I'm talking about. When you have something memorized ... let's see, what is something the Form has memorized? "I never saw a purple cow. I hope to never see one. But I can tell you anyhow, I'd rather see than be one." When you know that, you're able to consciously put force into the place where you would otherwise be reading. You still get the three—reading it, hearing it, knowing it—but you are consciously putting Spirit into it while you are hearing it.

The problem with memorization is, if you're unsure about it, you're going to stumble more than if you were just reading it. So until you're really confident, keep it in front of you as a cheat sheet, but be working on learning it, because it was really written well, and it's very full of meaning.

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***Please explain all the different ways and gateways through which energy can come to this planet.***

On the planet itself, there are two Crown Portals, twelve primary Stargates and all of their minor at-

tached gates. There is birth into form, or hatching into form, or whatever other options there might be—germinating, maybe.

But spirit energy is going to go through Alcyone or Sirius, or two other star systems that you don't have sweet little names for. So energy is not going to come to the planet except through one of those options.

The first filter is going to be one of the four star systems. Second is going to be portals, Stargates. And, lastly, the various kinds of birth. All of that is just filtering the energy down, down, down into form.

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***Please explain the difference between sacred sex and sexual morality.***

What is sexual morality?

***Rules saying you can do this but you cannot do that because it offends a religious belief, or a societal or cultural more.***

And somehow sacred sex cancels out sexual morality—is that the implication there?

***I don't know. I didn't write the question.***

Well, the first thing that I would say is that sacred sex certainly does not need to conflict with any kind of morality, but I will remind you that morality is a very human device used to manipulate others to stay in the herd mentality, to maintain this illusion of what is right and wrong.

Go back to something I said earlier in the interview, I believe, which is do no harm. Sexually speaking, that is the only morality.

CLASSIC *Samuel*

Gems from the Library archives

*"Samuel, what is your message to us? State it, please, as simply and clearly as possible."*

There is no greater power than love, and using it will change the very nature of your being and existence. I am here to, where possible, show you that love—so simple it is misunderstood, so simple it is neglected. So complex it is rarely attained without work. Let us work together in love, my dears.

That, and many other things!

1/25/87



Insofar as sacred sex is concerned, it's about the Intent, not who you are doing it with, *if* you're doing it with anybody. It's what you want that energy to be used for. It is bringing out your Divine Feminine and Masculine to unite and create change in the world. And you can be an absolute Puritan and still manage sacred sex.

I get concerned with questions like this because I know it really made sense to the one who asked it, but I'm not a real good one for morality of any kind. I'm pretty amoral.

***You've talked about abuse of sex in terms of abuse of power. That comes up in spiritual work. If I get someone who worships me and I say "Let's have sacred sex," and take advantage of my role, I would think that would be abuse, even though the Intent, the actions, and the behaviors all look like sacred sex.***

And there is consensus and no one was harmed.

All right I see where you're going with that, but I would disagree that no one was harmed.

The spiritual teacher, the political leader, the school teacher—the person in authority—has to be the one to resist the sexual relationship with anybody who is not in that kind of authority, lest they be bringing harm to them.

A student is used to obeying a teacher, and if their hormones have kicked in and the teacher is not saying, "No, this isn't a good idea," that all gets put together and thought of as consent, but it creates harm. It creates a lack of trust. Very often people who have a lot of difficulty trusting in the world have been abused by a parent, "abuse" as in "You've lied to me. The world isn't like you led me to believe." But I'll go back to "do no harm."

As a leader, think these things through. Always be aware of the whole picture, not the aroused moment.

## CLASSIC *Samuel*

Gems from the Library archives

Once I suggested to you that you pretend that you are a dog watching you. Be in that dog's head and watch you. A dog notices everything. A dog watches your body language and keeps an eye on what you are doing, and it responds to it at the moment.

Moving outside of yourself to watch helps. Observe yourself, and when change comes up do not see it from the inside as that person who is experiencing a raw and painful loss of what was or who was. See it instead as if you are set aside, watching it happen. And as that observer you can then direct how you want to be, how you want to show, how you want to do.

This time of individuals and pets and plants leaving is going to continue. It's very important that you remember—well, other than the basics of death itself—it's only the end of this personality experience, and it opens the door to a much larger experience, one which you can connect to with them as you engage and broaden your own perspective of life. But death is simply a move, and it's a power move. So aside from that, pay attention to the multitude of death, of change, that you are working with

these days. It's not just your mother; it's not just your friend; it's not just your aunt, or grandmother. It's your beloved pet companion. It's the tree that you had for so many years. Energy continues. How are you dealing with the energy of change?

Humans need two things in their lives, Guardians need three. Humans need respect and recognition, and when that respect is given out of love and when that recognition is given out of love, it enhances and brings growth in a very positive way. Guardians? Yes, respect and recognition are nice, but, more than that, Guardians need to give and receive love, and Guardians need purpose. Purpose can be found in your gratitudes. When you look at the things you're grateful for, you're going to find what feeds you. You're going to find what gives your life meaning. The things that you're grateful for show you your purpose here.

11/6/16

The complete transcript of this and other meetings can be purchased at [DiscoverSamuel.com](http://DiscoverSamuel.com) or borrowed from the library at Phoenix Institute.

Thanks to EarthLight for making this material available.

# PHOENIX INSTITUTE ❖ ATLANTA

**Stories** are rarely written about the day nothing happens. Most stories feature a protagonist who has to face an obstacle (or twelve) along his or her journey towards getting whatever it is he or she is looking for. By the end of the story, our hero either gets what she wants, or she doesn't. Maybe she gets something even better than she ever dreamed of. Regardless, it's the obstacles that fill out the plotline. Without them there's not much of a story.

Often those obstacles come in the form of a human—the antagonist. Some antagonists are more obvious than others. Take, for instance, the mustache-twirling, shifty-eyed landlord—“You **MUST** pay the rent!” Or the green-skinned, long-nosed wicked witch—“I'll get you, my pretty!” These are classic “bad guys,” villains through and through. They make for a fun story and give us more reasons to root for our hero.

Samuel tells us we are each dreaming our own life story here in form. I am the star of my own dream, but you are playing a role in it, just as I am playing a role in yours. I might be only a bit player in your dream, or maybe we compacted to have a deeper relationship so we could help each other grow spiritually as quickly as possible.

It's easy to imagine ourselves in compacts with those we are closest to, like a spouse or dear friend. But Samuel also reminds us that sometimes a compact might show up in the guise of a difficult relationship. Here in form, it's hard to imagine why our higher selves would choose to experience difficult people and situations. Drama is entertaining in stories, but aren't we trying to minimize it in our lives? Why would we cast a villain in our own life story?

But as Sir Anthony Hopkins said when he was asked about playing Hannibal the Cannibal, “Inside every villain is a wounded child.” Villains don't necessarily set out to be villainous. Well, the two-dimensional mustachioed landlord might, but most antagonists are just doing what they need to do to get what they think they need. Just like any hero.

Recently I had the chance to play the role of an antagonist in a stage play. You don't have to be an actor to imagine how fun it could be to play a role

like the Wicked Witch of the West. She's a villain we love to hate. But this recent role of mine turned out to be not so much fun. Audiences weren't so blatant as to boo and hiss, but neither were there waves of love and laughter rolling onto the stage for my character.

See, she wasn't a deliciously wicked villain like Dorothy's witch. My character was just standing in the way of what our hero wanted. Not out of malice or obstinance, but out of a firm belief that she was doing what was right, for her own survival and the survival of the institution that all the characters were embedded in. She might be the protagonist of

her own story, but this play was not about her. She was cast as the villain in another's story.

Samuel has described Guardians as ambassadors of Love, and I take that message to heart. I would never intentionally hurt another person. And yet, knowing that I have played countless roles in other people's lives, even bit parts, I have to wonder if I have ever been the antagonist without even realizing it. Have I ever been the difficult person that someone else had to wrestle with? Maybe that time I had to fire someone. Maybe the times I let a relationship fade away. Maybe that time I betrayed a dear friend.

Yes, I have been the antagonist. It's not an easy thought to embrace. I have never set out to be a villain. I am only ever doing the best I can, where I am, with what I have at the moment. Maybe I would make different choices today. Maybe not. One thing I know for sure from playing the antagonist, both on stage and off, is that every human is a bundle of complexities. Even the Wicked Witch had her vulnerabilities. But without her, would Dorothy have gained the courage, wisdom, and heart she found on her journey through Oz? Would she have ever found her way home?

The biggest “villain” in my own life ultimately taught me huge lessons in forgiveness, empathy, and self-empowerment. I can only hope, if I have been the obstacle in another hero's journey, that she discovers her own spiritual gifts and the power to find her way back home.

*Once upon a Time . . .*

*by Dina Shadwell*

# In the Vegan Kitchen

by Paula Thomson



It's hard to know what came first—do Phoenix folks love to eat because we have great cooks, or do we have great cooks because we love to eat? Regardless of the answer, the Social Committee in Lexington puts on great potlucks, socials and receptions, and one of the best parts is trying new dishes that our fabulous chefs bring to them. One of the favorites is **Donna Painter's** casserole, which she calls Cheezy Rice. She kindly offered to share it with our readers. Thanks, Donna!



This recipe is not only simple to make, but the flavor can easily be altered by adding, increasing or taking out ingredients. You can substitute cauliflower for the broccoli, or even leave the vegetable out altogether because the rice has a rich flavor by itself. You can also change or boost the herbs and spices to your taste. Try adding Italian seasoning, or substitute smoked paprika for regular;

sprinkle the top with chopped fresh cilantro or parsley, and use soy or oat milk instead of water. Just like Samuel asks of us, this dish is adaptable and flexible in any situation!



## Cheezy Rice and Broccoli

from Donna Painter



### Ingredients

10 oz. broccoli, lightly steamed  
2 cups white or brown rice  
½ cup vegan margarine  
½ cup unbleached all-purpose flour  
(or rice flour)  
3½ cups boiling water, stock, or plant  
milk  
2 tsp sea salt  
1 Tbsp tamari sauce  
large pinch of asafoetida  
1/8 tsp (a pinch) turmeric  
1 cup nutritional yeast  
¼ tsp paprika  
salt and pepper to taste

Preheat oven to 350 degrees. Lightly grease a 9 x 13-inch baking dish. Prepare the rice as usual and spread evenly on the bottom of the dish. Lightly steam the broccoli, but don't overcook it, as the dish will be baked later. Scatter the broccoli on top of the rice and put aside.

Melt the margarine in a medium saucepan over low-medium heat. Beat in the flour with a whisk until smooth & bubbly. Whisk in the liquid and cook until the mixture thickens. Add salt, tamari, asafoetida or other ingredients you have chosen, stirring until thoroughly mixed. Add the nutritional yeast slowly, whisking constantly to avoid lumps. Add salt and pepper to your taste.

Pour the sauce over the broccoli and rice. Bake uncovered about 15 minutes, until heated through. Remove from oven and sprinkle paprika, parsley or cilantro on top as desired.

Serves 4–6 as a side dish.

*Share your favorite vegan recipe with other readers.  
Send it to [phoenixrising@phoenixinstitute.org](mailto:phoenixrising@phoenixinstitute.org).*

