



PHOENIX RISING

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Summer 2020

An Interview with Samuel

channeled by Lea Schultz

In one of your Weekend Updates you said that the coronavirus has been with us for two to three years. Did you mean it has been infecting humans for that long?

There is a classification of viruses that all fit under the umbrella that this particular virus has come from. The coronavirus itself has been around for quite some time, and the one that is creating the problems in the world right now, the one that became Covid-19, has been within the warm-blooded creatures for two or three years, waiting. A bat, for instance can harbor thirty viruses, and certain areas will have colonies of coronavirus. But it isn't just bats. They just manage very well with multiple viruses, and as a result they tend to be studied quite a bit. So really all I was saying was the coronavirus that you're working with has been in your world as SARS-CoV. There's a family of SARS as well. You have to keep defining it, because a virus is a creature which evolves quickly.

So COVID-19 has been in humans for close to a year. Maybe nine months or so. It has been infecting since last fall or late summer. *[This interview took place on May 13, 2020.]*

The higher purpose of the pandemic occurring at the start of the new paradigm is interesting to speculate about. One can see it as arising out of the Greater Plan as a way of prodding humanity into making great change. Or it could be seen as a way to interrupt actions that are harmful to the planet. Does either of these apply, and are there other scenarios that

are just as important?

The things that you are talking about, the outcomes, are side-effects. The virus was not put here to change DNA, but it is being *used* to change DNA. The virus itself is a natural result of human stupidity.

You allow too many humans in the world. They encroach upon the planet. They look out for only their own needs. They eat animals and change the planet to fit their *need* for eating animals. As a result, creatures that harbor many viruses are brought far too close to a human population, so the human population is living in their manure, or in the case of bats, their guano.

But not just that. Humans share those animals' breath, their hunting grounds, they put themselves in the midst of their droppings, and then wonder why they get viruses that have learned how to leap into another host. Swine flu, and bird flu, and coronaviruses—they're all the result of human greed for taking care of their own selves instead of the creatures, instead of the planet.

While it is true that your planet is technically quite able to handle these things without creating large pandemics, there are only one or two governments on your planet that are actually able to manage this, and they are not overpopulated like China, or Russia, or the United States—the list goes on and on.

As you have seen, this pandemic has many silver linings. It is creating much introspective change, though it is yet to be seen whether that's a good thing or a bad thing.

Nonetheless, the easiest way to mutate genetic structure is by virus. So it is making a process that would be very slow—well you would consider it fast I suppose, but I'm a little more impatient—to become fairly fast. Everybody is going to get the virus. It's just that most will not ever know they have it.



If everyone is going to get it, does that mean the only real reason for precautions is to stretch out the curve so as not to overwhelm the system?

No, no, no, no, no. Reducing precautions, in fact, would be another stupid human trick. You only need to be exposed to a very small dilute version of that virus. However, you might be carrying a very strong version, and if you put yourself out there to make sure that everybody gets it, you're going to kill people. And, if they decide not to go, you're going to leave long-term damage. Don't do that.

You said that the virus is being used. Who is doing the using?

The Source Field.

I understand that the planet is making a use of it, but is there a higher user, a higher purpose?

Well, yes, but answer your own question. Who is the creator of your universe? You, *you*, are the creator of your universe. *You* have made this decision as a part of the collective One when this Plan was created.

Options are always put forth. There is never only a Plan A. Timelines and opportunities must be thought through. The better a creation, the more of that thinking has gone on. It's *your* Intent ultimately. In the meantime, it's the collective consciousness of all who are a function of the Greater Plan. And in the meantime from that, it is the direct result of the world's and life force's frequency changes that are creating timeline choices and change.

This is largely a question about clarifying terminology: We are now carbon-based life forms, but that was not always the case. What was the basis for our forms before they shifted to a mostly carbon basis?

When do you mean?

I don't know when because I don't know what you were referring to in the second Weekend Update, when you remarked that we were carbon-based but we had not always been, and now we are shifting out of it again.

Creation is a function of Source/Creator energy, pulling together—without pulling anything together really, but just for the sake of explaining something that is not explainable—taking a great inbreath, and gathering a hodge-podge of multiple ideas and then, with the Intent of life experience, returning to Self. So Source releases, brings it back in, releases it again, providing ingredients for the experiment. Now, speed up this very long cycle of life. Carbon is prolific in the worlds of the Plan, because carbon is a *fantastic* building block. Silicon is ... you mix silicon with the gaseous form of carbon—carbon dioxide—and you get something like a shell which can be used by little ocean creatures, and on through the development of higher life. But the other thing that makes this planet so special and so unique is that it also evolved with huge amounts of water. The cycle takes place in this very *special* place in your solar system, located at a vital distance from your sun that allows the water not just to dry up and become desert immediately, but instead to actually create a living cycle of water being absorbed and evaporated, returning with other chemicals, releasing them, over and over and over, until you have a cycle of life that is a carbon and silicon combination.



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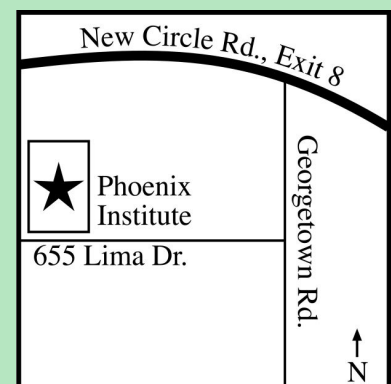
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Now, there is going to come a point at which a decision is going to have to be made, because neither of those things on its own can continue. But you're made up of a whole vat of chemicals, so as you became more and more dense, a separation between the carbon-life tree feeding on earth and the silicate-life tree feeding on Light and atmospheric regeneration came about.

But silicate is still an excellent conduit. Every cell in your body contains a small amount of one version of silica or another because it is a perfect means for communicating, electrically and electromagnetically, through the body. But even better, it is perfect for your Light Body to interface with the mind and the energetic body.

So you were once a combination of the two, but it was so far before you took the form you have now that it hardly counts. So life moved away from that choice point and moved with the carbon-based route, which was the easiest and most sensible thing for this planet, since survival is important and carbon is stronger. It did not change the necessity of the silicate interface with the Spirit self and its function of Light; that interface is still a very necessary activation quality for the carbon-based body. So, as a result, as the evolving human is more willing to spiritually connect, the physical body becomes much more secure in the interface of silica connecting through the Spirit—through the Light body and those frequencies of change.

As the human became more willing to connect to Spirit, that silicate-carbon connection returned and, through that Light Body—through higher-frequency changes—can function at a higher frequency.

You are shifting to a crystalline function. Realize, however, that crystal is a side product of the silicate process. Silicate-carbon makes up most of your planet. It is the white quartz (calcite) that you picked up so much of in Arkansas.

The point I'm making is, the more you function with your Light Body, the more quickly information readapts those crystalline points within the body for

permanent rather than temporary use. And ultimately that's where you're going, the permanent function of the Spirit Body working as an overlay to the physical body.

So the bottom line is, you were that combination, and now you currently are that combination. In order to interface as a function of greater Light, you need to be evolving, as your planet is, in the silicate part of this carbon-silica cycle.

The most important thing is that you are Light, you are information, you are a function of Source. And your surroundings—this illusion— isn't the point.

So that's why you said consciousness is so important.

Absolutely. It's everything.

You're saying that silica holds Light in the higher frequencies better than carbon does.

Yes. That's why you have so much of it in your body. Every cell can be interfaced with Light—to a certain degree—because of the receiving and transmitting qualities that come with the silica base.

What exactly do you mean by crystal? I've had trouble understanding our bodies having crystals in them, such as those in the pineal gland. I think of a crystal as having its atoms pretty much fixed in place,

which doesn't jibe with the idea of life being a flowing chemical sort of process. I know there are liquid crystals, but I don't know if that's what you are referring to or not.

As far as I am concerned, crystalline is crystalline, be it hard and brittle or be it liquid and flowing. I would go so far as to say there is by far more liquid crystal in your world than there is the hardened kind. But the hardened kind is what humans hold in their hand and say, "Oh, I've got a crystal." But "crystalline" is meant to cover all of that.

Now, having said that, you have, at a very, very microscopic level, crystalline particles, but a cell matrix is not going to have a particle like that in it and be functional. It's actually a part of the gaseous flow through the body.

Dimensional
shifting is being
able to release
enough of the
illusion to not be
stuck in this reality.

Maybe this is an error on my part, but when you use the word “crystalline,” my mind jumps to the word Spirit. Is that an error?

It's not an error, but it is incomplete. Instead of crystalline-spirit, think crystalline interface, crystalline communication. It is an information vehicle for the interface with Light. But it's also what it takes for your brain to move a finger, the thing that movement relies on, amongst many other things in the chain, that reception, that electrical movement, that magnetic attraction, that whole process of thoughts both conscious and subconscious. So think communication or interface. But it's certainly Spirit, too, because the quartz crystal that you hold amplifies everything. *Everything*. So it's very easy to see Spirit as the purpose of a physical rock crystal. It's not, but for the human it certainly is.

In one of the Weekend Updates, you said activating genetic codes has to do with elevating consciousness and makes shifting through time and space easier. Don't we already do that in our dreams? It's actually our physical that makes those shifts.

Yes.

At what point will we be able to be aware of that consciously, as opposed to in our dream states? Or will we at any point?

Well, for some of you it's already happening.

How?

Through meditative states. Through states brought about by plants to help push that process along. Out-of-body experience is not hard. You experience them sometimes without realizing you are. For example, you think that you are focused on petting the dog, and your mind sort of wanders off. Dimensional shifting is not leaping from one level to another—poof, there you are! It is merging into what is all around you. It is being able to release enough of the illusion to not be stuck in this reality. When you fully realize that what you're seeing around you is just a very tiny piece of the whole, you begin seeing little shifts that catch your attention. It can be synchronicities or something just slightly out of place.

Time warps?

Yes, that sort of thing. It's just different. You might ignore it for a while, but pretty soon you start thinking, In this place or when I'm doing this thing, my mind starts thinking about the 1890s. *Then* you realize it's awareness, not a trick.

Your physical body resists when you think about having no limitations, because its job is to keep you

alive and well, and this society has firmly taught you that you must stay safe. It has convinced most people that safe means happy—which is really, really sad. Early on, you are taught, “That's not real. That's pretend. That's make-believe,” and slowly your world narrows to what is acceptable. You grow out of allowing the dimensional shift to happen, but spiritual growth brings it back. And the Ascension process, initiated as it is right now, makes it a necessity, and for some a function of survival. So now more people are acknowledging, more people are experiencing that, and it's filling up the Lake of the Known. The more you practice being the observer, the more you will realize you are observing much more than you think you are.

Please elaborate on your remark in a Weekend Update that this was a time that had been foretold by the ancients. What cultures in particular made these prophecies, and were the prophecies so warped by the culture that they didn't come through as a true prophecy?

You will find it in various native American cultures, as well as the Mayan, the Olmec. I'm not talking the kind of predictions Nostradamus made: “There is going to be a great cloud over the European nations, and ...” The ancients made pretty clear statements that when such-and-such happens, *this* will follow and then *this* will happen.

I wouldn't want this topic to become a sidetrack, but sometimes it's comforting to know that you're part of the greater process. And remember, the process is all woven at the moment, and then it is given a patina so it looks ancient.

Because there's no time.

So the bottom line is that they saw that the Ascension process was going to take place.

Yes, they saw that the Ascension Process was going to take place at a very specific time in the human cycle. It's just a matter of being in touch with The Plan.

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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

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* "Light"—pron. saulish

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Samuel

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Some of my dreams seem very real, and I have been experiencing clumsiness, forgetfulness, and the feeling that I'm running a fever when I'm not. Is any of this due to the shift into newer frequencies and fourth Density while also functioning in the third?

What it is is a measure of resistance to the process. There is a reason that I say, over and over and over, I hope you don't notice this energy download. I hope you do not notice this energy shift, because you're already in sync with it.

The human self, which is very sensually organized, wants the "feel" of it. And, of course, you can give that to yourself, but energy is neutral. Frequency change within an individual is neutral, but the physical body and the physical experience can, and will, set up roadblocks, brain blocks, processing blocks, and any resistance is going to have a physical expression.

So I know that there are many, many teachers and students wanting to experience signs as proof of the Ascension process. I would say, in that list of symptoms, your dreams are the only one to pay attention to. So *always* pay attention to your dreams.

Ascension is a way of living. It's like learning to cook without using onions and garlic. It's different than what you knew, but very workable. There is resistance to having to learn something new, to adapt. Get over it.

You have said that we take laughter and love with us when we transition. Music also evokes such strong emotions. I wonder if it is remembered and goes along with us too.

Music imprints the personality, and whenever there is a touching into that personality music can be a means of stimulating mind and memory. But music is organized sound, which is organized Light, so you don't need it as music. You *are* it, essentially.

Can Light come from Sound? I'm thinking that the Giganta temple on Gozo is an example of the interchangeability of the two, but when we are doing our Stargate rituals and using sound to amplify

frequencies, are we actually creating light too?

Yes. You have examples of that in your world. Strike two quartz crystals together and what do you get? A spark of light. A massive sound wave can create a spark of light. You have creatures in your oceans, pistol shrimp, that have little claws—now these are very small creatures—little claws that create a sound wave return that in that moment creates a spark of light.

Now, that's not light like the ones you turn off and on, but it *is* sound waves creating the perfect Petri-dish situation for light waves to become visible. Light always carries sound. Sound always can develop into light. And absolutely, yes, light as a carrier of information, as opposed to what's coming out of a light fixture in the ceiling here, is exactly what your rituals do. That's what a Heart Tone does. It creates a space for light to function freely.

So in your world *and* spiritually speaking, yes to both.

You have mentioned that our joy will come from sharing our message and our best selves with others. Is it also possible that feeling a sense of joy can also feel boring?

Boredom is an emotion. Joy is a state of being. You *are* joy, but there are things you do that amplify it enough to bring it into your awareness. Serving others does that.

You see joy as the feeling of being happy, and feeling good. Those feelings are not real. They're cues for your brain. Joy is a state of being that is the result of functioning with Love because it's your pathway, and any time you are functioning on your pathway, you feel that joy. It's your heart.

Can it be boring? Well, that's all a matter of expectation, isn't it?

Is the stage you recently compared to moving from a caterpillar to a butterfly also a joyous experience?

It depends upon your perspective, now, doesn't it? For instance, from my perspective, yes, it is a very joyful, wonderful thing, but the caterpillar might see that as losing its life, and it might be frightened and

afraid. The butterfly might be impatient, and frustrated. It's perspective.

In your third Weekend Update you said, and I'm paraphrasing, "Expectations are the true root of disempowerment." Please explain what you mean by that.

It's not self-explanatory?

I guess if you have expectations, then you are going to be disempowered because you're going to be preoccupied with "Are my expectations being met here?"

Right. Expectations move you out of your now. It's kind of like how these video chats work. What I'm saying and when you get it is not quite in sync. An expectation puts you just out of sync with the only moment you actually have *now*. Expectations are the enemy.

They put you into a state of making comparative judgments, asking, How does my now compare with what I expect or hoped for, instead of experiencing it?

Right. And that helps no one.

We now know, through quantum physics, that we influence particles and matter. How can we best help our bodies to restore their original cellular structure that we were born with rather than allowing the cells to degrade over time?

First, you are *designed* to degrade. Everything in form is designed to degrade. You *must* degrade because it's the Zombie Apocalypse otherwise—bodies that have no more Spirit. It would be terrible. A cycle of life has a beginning and a middle and an end.

There are things you can do to make the process from the beginning to the end have more life. And in that sense I'm all for life extension. But functioning at the highest and best of your blueprint has a lot to do with when you started doing that, where you live, who and what you surround yourself with, what you eat, and how you take care of the body.

Many who are reading this would say that they are feeling so much better now that they are eating better and taking better care of themselves since they

have become conscious of this. But you were put on the road to destruction the moment you got here, and you wanted that, so I think the thing to note is that you are going to degrade, you need to degrade. I think what you really want to be looking at is how not to have unnecessary breakdowns in the body.

Technically speaking, cell death, which is what brings about your aging process, happens by a cell becoming toxic, wearing out. Your cells constantly turn over, but they replicate themselves and keep going. And they respond to vibrational energy. That can also cause cell death.

How do you keep your cells healthy? You cannot do a lot about a cell that is unable to function because of disease, or forty years of living in Kentucky's good old bad diet. That's there too.

Toxins? There is a lot you can do about toxins. Eat the very best you can: organic, home-grown, and on and on. Every time I put out a list of things like this, there are people who believe that what I said was "You have to do this," and it leads to making judgments, and that's really not where I want to go.

Where I really want to go is to say that insofar as frequency, every cell has its own resonant quality and it works in clusters of other cells to make up its own—for want of a better word—symphony. As you learn to know you, you learn to put your mind to work. Your mind is the rock in the pond that creates the ripples of frequency change. What you can do with your mind is far more than most humans are willing to give the time to. If you want to learn more about not aging, find out how to speak to your mind and work on the vibrational output of living cells.

CLASSIC *Samuel*

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When you recognize that everybody in your life is there for a reason, to teach you how to better love, to teach you how to grow, then that puts everybody in a bit of a different light. There is no one that is not good for you, and there is no one who is too good for you. You are drawn to those whom you have made compacts with for greater learning, and you cannot get away from them until you are on the road to that learning. Do not resist, my dears, do not resist. In all things that you do, do not resist, but allow yourself to flow, and thereby grow.

1/25/87

Your subconscious self, which keeps you going, is *filled* to the brim with beliefs and society and matrix and illusion and commercials for toys and dog products and ... it's *filled*. And it makes up more than 95% of your functioning self. People do not use that five percent of conscious mind to do much more than learn how to turn on a computer and ... but certainly not to really make changes in things. But you can. That's what we do in ritual. We use the power of all of those minds putting out a particular frequency pattern. Most of the time you feel so good afterward because every cell in your body has been radiated by Light and Love and connected thought. And that kind of thing makes you younger. But remember that's younger in how you *feel*. The years are still marching by, thank goodness.

So that's using group consciousness. But does

an individual have enough power to clear some of those subconscious messages?

You do, and you are developing more all the time. The better you function through the Light Body, the more you will have control, but the big part of it is that this is the microwave society, and people have the attention span of a three-year-old. The payoff isn't quick enough, isn't stunning enough, so people don't really apply themselves to it. There is a reason that the Dalai Lama does not look his age. He spends a lot of time out of this world.

Yes. In meditation.

Right.

That is an amazing answer. Thank you.

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 gritudes. 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 or borrowed from the library at Phoenix Institute.

Thanks to EarthLight for making this material available.

One of the first things I learned after I met Samuel was what a Ray was. Up to that point I thought *The Seven Rays* was a metaphysical bookstore in Syracuse, New York; and it was. As it turns out, there was more to it than that. My first lesson about the Rays was given by Eileen Arey at a hypnotherapy class taught by Terry Bienkowski. My friend Kathryn had signed up for the class and I was an invited guest. It was very interesting information and I began pummeling Eileen with questions. At one point, Eileen shot a look at Terry, who shot one back. Terry asked me, do you want to see someone channel? The answer was yes.

Back to the seven Rays. They are energy—aspects of Source in the world. There are more than seven, but apparently in order to be in form, we have all already mastered Rays 12–8. It's nice to know I've mastered something in my existence. I'm not going to do a teaching about the Rays here since recordings are available of Samuel's teachings, and a search on the Discover-Samuel.com site brings up a lot of interview transcripts discussing the Rays.

I mention them now because the aspects of Source that the Rays represent don't lose their importance just because Samuel taught about them years ago. Also, we've just experienced a Wesak full moon in April, with the affiliated first-Ray energy, Will to Be: think spring energy willing itself upon the world. The May full moon brought the second Wesak with its affiliated second-Ray energy of Love/Wisdom. June is marching steadily toward us with the third Wesak full moon on June 5. The third Ray goes with this Wesak—Active Intelligence/Intelligent Activity. It may not be obvious what this Ray is all about, since the name is not as simple as the first two Rays.

A handy example Samuel has given involves our ability to watch someone else perform a "stupid human trick," with all the residual consequences that follow, and say, "I have learned from watching this experience and do not need to experience it myself in order to learn the lesson." In other words, it often involves the ability to make a leap of understanding without necessarily going through the experience personally. It doesn't take much of a leap to realize there are better ways of getting money than robbing a bank. Some realizations take more effort. Being in the present helps, since we are more likely to notice potential lessons instead of missing them altogether.

Third-Ray energy comes in handy when I need to

pause and look at what is going on in my life or the world in general. Lately there has been a lot going on in our world. Have you noticed?

Samuel has been telling us for eons that the financial structures around the world were in trouble. That led me to meet with my retirement fund officer last fall to move everything into the safest place possible. I wasn't driven by fear, only by the knowledge that Samuel does not mention things repeatedly to hear himself talk. He tells us things so we can act. Tillie from Phoenix Institute Pittsburgh would say: Trust in God but tie up your camels. Third-Ray energy says to me: Trust in Source and take care of business. Intelligent Activity implies taking action where needed, whether I am dealing with core issues or an approaching pandemic. Acting with love as my base is key.

Last January I began to see articles in the media about a new virus erupting in China. I followed this for a short time and watched the virus balloon out across that country and into other countries via world transportation systems. It occurred to me that the spread rate and China's shut-down response could happen here. It made me think about what I would need to do to prepare in the event it spread to the United States. I wasn't afraid, nor reactive. I became active. Feeling like a big change was coming my way, I went out and got supplies. No hoarding was involved. It was more like gathering things that might run in short supply over the next few months. Unfortunately, toilet paper was not on my list. Who knew?

My mantra for the past couple of years has been "I have everything I need." Now it's morphed into "I AM everything I need." Maybe that sounds egotistical, but it doesn't feel that way. It feels empowering, like I am plugged into my Source self.

I sat back and watched February lead into March, then April, and you know the rest. It's been a very interesting experience, sort of like sitting in a theater watching a play from a neutral place. Not being in fear has been liberating. Meeting with Samuel on Saturdays has been a wonderful support.

Samuel has told us from the beginning that we have a compact to be here at this time of greatest transition, and here we are. We have work to do. I find it helpful to be aware of my connection to Source in all its aspects, including third-Ray energy, Active Intelligence/Intelligent Activity. We can do this. We have all the help we need. May all our actions be based in love.

PR

Third Ray Thoughts In the Time of COVID-19

by Pat O'Malley

In the Vegan Kitchen

by Paula Thomson



Here we are in the lazy, hazy days of summer, and there's nothing like a chilled salad to cool things down. This is a recipe I've adapted to make it onion- and garlic-free as well as gluten-free. It's a simple dish that has some complex flavors, and is the kind of recipe that you can play with.



Peanut Noodle Salad

4–6 oz vermicelli rice noodles
Assorted organic vegetables: snow peas, broccoli, carrots, green beans, cucumber, etc.
Roasted peanuts or cashews (optional)
Fresh cilantro for garnish

Prepare noodles according to the package directions until al dente. Drain and rinse under cold water until chilled. Transfer to a bowl and toss with the dressing.

You can add all sorts of vegetables: fresh organic broccoli, carrots, green beans and snow peas. Slice these thinly and blanch them, or just peel, seed and slice an organic cucumber. If you use blanched veggies, chill them before adding to the salad. You can also add roasted peanuts or cashews.

Dressing

$\frac{1}{3}$ cup gluten-free tamari
 $\frac{1}{4}$ cup salted, creamy peanut butter
3 TBSP toasted sesame oil
3 TBSP unseasoned rice vinegar
2 TBSP mirin
2 TBSP fresh lime juice
1 TBSP minced, fresh ginger
 $\frac{1}{2}$ tsp ground Szechuan peppercorns
3 TBSP grapeseed oil

Process all the ingredients in a blender for several minutes, then chill for 15-45 minutes.

*Share your favorite vegan recipe with other readers.
Send it to phoenixrising@phoenixinstitute.org.*