



PHOENIX RISING

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Fall 2020

An Interview with Samuel

channeled by Lea Schultz

There is a rapid evolutionary process going on at this time. What responses are you seeing?

Well, it's awfully early to be seeing results. This is a slow process; it's not a microwave process. The planet—the life force on the planet—of course, is responding much more quickly now. The blueprints have been shifted to accommodate higher frequencies, and plants and animals are moving into those higher frequencies, sort of like growing into your older sibling's clothing. It's not going to happen overnight, but it is in the process of happening.

One of the things that I have immediately noticed is that the planet's shifting is not creating big problems for what's going on on top of the planet. Just to clarify that: there were plenty of options with a planetary shift that could create earthquakes and volcanic eruptions, and weather changes because of that. There *is* flooding and there have been earthquakes, but it's *nothing* like before this shift, when the planet was having to readapt and make a change. It was much more destructive then than it is now.

That tells me that the thought holding the blueprint is doing a very good job, and that's encouraging. I think that's very encouraging.

What kind of answer are you looking for here? Are you looking for "humans are going to be feeling this," or "you should be seeing that," or "Guardians are ..."?

Basically, what kind of things will humans be seeing in this process?

Well, first, humans have a very good, well-honed capacity to see what they want to see. They're going to see what fits their belief system. So I won't say "look out for this," because if I tell you what to look for, you're going to start seeing it—yellow Volkswagens. If you consider me an authority and you are anti-authoritarian, then you're going to make sure you *don't* see it even if it's right in front of your nose. I cannot win with any sort of answer.

In terms of the evolutionary process, which is the framework of the question, are you seeing, or do you expect to see, any changes?

I see a lot you don't see—it's always that way—but most of what is going on at *this* point is not visible. There is massive work going on in the invisible, but not the visible.

So if you had asked about what's going on on the levels beyond what humans might perceive, the answer is a lot. You have more help coming in—I never know exactly how to say that, because it gets questioned no matter how I say it—the invisible ones are doing more work, those that you cannot see. There is certainly a higher charge around all life force, and it's drawing to it *much* more help than in the past.

I can liken it to wearing a brace that surrounds the knee to support it. It's that supportive architecture that is so much stronger than even a few months ago, certainly than at this time last year.

What that means is that those who protect the Grid are helping to filter the energy that is coming through. That's a big part of why energy is moving through Vesta



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Helios right now; the Grid is functional, and that means that you can have full access within your own solar system. And that's a lot to access. And it's a very big change. So invisibly, so much is happening.

Visibly? I see thought patterns changing in some ways, but I would not put a judgment on that yet.

You have pointed out that racism is a world-wide, systemic issue that requires a paradigm change. How can such a long-standing issue that permeates every aspect of life in the U.S. be changed when these issues are so ingrained, and in some ways unrealized, by the white population?

I would say in *most* ways it *is* unrealized, and that's why the answer is education, education, education—anything that helps raise awareness, which is education. I'm not just talking about going to school, although having a schooling system that was set up a bit differently would help, as well. But, educating by speaking out. Somebody makes a statement that you realize has a racist origin, about a Black person attacking someone, for instance. "Why did you have to say it was a Black person?" If you start calling those things out, gently, lovingly, then that is also going to be the kind of education that helps.

People have to get out of their comfort zones. *All* people need to get out of their comfort zones to lovingly help others, just as you might say, "You use a fork for this." That same kind of "Oh, just to let you know," so that others can learn. Education in all of the ways it can happen.

The second thing is, as I have said quite a bit this year, you change things with your wallet, and in this case you change things by your allegiance, particularly your spoken allegiance. For instance, if you boycott a company, let them know why. That's going to have greater impact.

A paradigm shift can come through evolution or a massive and quick shift in thinking. In this case, both are required, because every aspect of your society is touched by racial issues. *Every* aspect.

What can Guardians do to make it come about more quickly?

Educate. Actively step forward and speak out. Don't fall back on "Well, they're old, so they're never going to change. It's not worth it." That's *your* fear, not theirs. It's also saying that you don't find the issue worthy, and you've got to find it worthy.

Guardians need to remember that what they do opens doors. What they *think* opens doors. It will happen first through them. I think it's clear that amongst Guardians there are all kinds of backgrounds and all kinds of denial mechanisms, so they need to take a fearless look at themselves. And everything that they want to see in the world, they need to do first. They must be open to hear what they don't want to hear, to change, to *get* it, and be that example.

Any of the paradigms that need to change ultimately end up relating to this one, in one way or another. Racism has touched all of the major areas of change this year, maybe even caused them, maybe directed them, but at least it's in there somewhere. Higher education, the



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Phoenix Rising

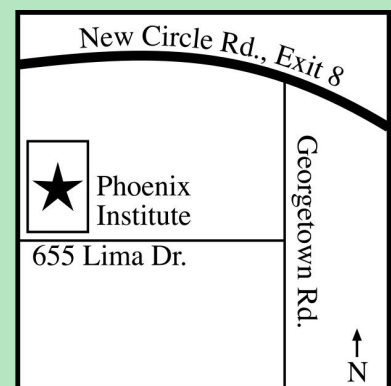
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corporate culture, government, real estate, banking, economy, all of these areas are in change, and *all* of them, and more, have racism as a part of the system.

So if this paradigm could be changed, many other changes, like dominoes, will fall. That means that continuing the work of group Intent is *very* important. But even more than that, taking that fearless, humble look at oneself and making those changes, that's what Guardians need to do.

What concerns me is the racism that lies in the subconscious, which you've hit so heavily on recently. I did the Harvard Bias Test, which looks at subconscious racism, and it showed that I moderately liked white children better than Black children. Consciously I'm not racist, but in my unconscious somewhere I have adopted that misalignment about humanity. I think that's the hard part to tackle, because we let attitudes become a part of us and are not even aware of it.

However, now you are. So what has that done to you?

It has made me a lot more careful about my thought processes.

Good. Good! That's pretty much a massive leap, wouldn't you say?

Yes, that's true.

So maybe everybody needs to take the Bias Test. ***I have encouraged people to do it.***

What did you find out, David?

I don't remember specifics, but children were not singled out. It showed some degree of racism there. I can't say I was unaware of it, but that test was really good in bringing it out.

I'm aware that I do things exactly as you describe: "It was a Black man," not just "It was a man." I make that distinction in my mind about many things, and many situations, even though I don't say it. I'm ashamed of it, but I'm not sure what to do with it, or how to correct it. I think what would have helped me as I was growing up was education, but I never had either the overt education or the personal experience that would

educate, even in later life. I have never moved in circles in which there were more than a very few Black people, nor ever had a good Black friend.

All changeable things.

Yes. But I hate to put a Black person in the role of being my friend just so I can have a Black friend. That's racist, too. So I'm not sure how to approach that one.

Perhaps something a little simpler would be to start taking part in African-American festivals or going to gatherings that tend to be made up more of the minorities, particularly the Black minorities, because at this point you don't even have a sense of the energy. You need to be able to explore that energy somewhere that doesn't make you feel like you're just being a real fake. Of course, right now [because of the pandemic], it's kind of hard, but you can try to get to know some of that culture by seeing

what is available to watch, to listen to, to immerse yourself in.

There's a progressive Black candidate in Kentucky who didn't win in the primary, but has started a process called "From the Hood to the Holler," where he's trying to pull together the community for interracial discussion.

I like that.

I could get in touch with that community. Donate some money or ask for their newsletter.

There are many such communities, and you'll find it's not difficult to find them. It's just that right now you cannot physically make contact so perhaps online you might be able to make more personal contact. But I recommend that, until then, you read what you can, watch what you can, listen to what you can. Immerse yourself in the culture. It's a very rich and very varied culture.

It's helpful to have people of color to discuss these things with, people who are dealing with these issues on a daily basis. But is it ultimately a white problem? If the paradigm is going to be changed, will it be the white culture that changes it?

I fully understand that people of color might be thinking, “I’m so tired of making white people comfortable.”

That is how some minority people feel.

But this is not going to be changed if only one side is reaching out. It’s really going to take an effort of unity on all parts. But the biggest movement, it’s absolutely true, needs to be in the awareness of the Caucasian people, the white people. That’s absolutely accurate. But I really hope that no Guardian would say, “You’re on your own. I cannot help you,” for any reason. I wouldn’t want to give permission for that idea. I don’t think it’s good in the long run for anybody.

Like many things on our planet, the social media are having both positive and negative effects. Do social media have a place in the new world paradigm?

I don’t think competition should be encouraged as it is in your culture. I think you can compete against yourself, but you should not compete against others. Competition is really hierarchical: If I’m competing against you, there’s a winner and a loser. With social media, it is about the more followers you have, the more likes you have, the more effect you can have on others, then the “better” you are. It’s not all social media, but the first thing that I see that goes against the new paradigm is that a lot of it works in a way that encourages an us-versus-them attitude, and I just find that ridiculous now. You don’t need that.

The second big difficulty that I see with social media is that for a lot of it, you’re totally anonymous. Now I know that there are social media arenas that are not designed that way, but I’m thinking of the big ones. You can be sitting behind your computer and pretending you’re a thirteen-year-old girl when you’re really an adult. Or you can pretend you’re an adult and you’re actually a thirteen-year-old girl. It leads to a lot to behaviors you would never express in public.

And even in segments of social media in which you are with a small family group, there is still that effect of feeling anonymous, so you will say things you would not say if you were getting more information from the energy and the look of the person.

Guardians are not taking advantage of this time, each other, or your collective power enough. Ego is a big problem across the planet, but with Guardians as well. It’s the biggest fight in your life, and it’s where the biggest changes need to be. And specific ego work is needed.

Samuel — August 11, 2020

So it separates you from your loving self pretty much instantly. It aids ego addictions because you get to give your highly valued opinion over and over and over and over.

Having said that, I also see a lot of good can be done with it. It can be used as a platform for good news and positive reinforcement and loving expressions into the world to help bring in more laughter, more Light. All of that is possible, but you have to use it consciously. Used *consciously*, it can help change paradigms, but when used unconsciously, even if you have a hundred followers, you can spend six hours perusing Facebook or Twitter or whatever, and not make a difference.

If you really see it as a service and you are figuring out what is going to be the best way to get something out there beyond your hundred followers, that’s different. But most people don’t do that. Most people are just spending their time like they spend their money.

There has been a lot of discussion recently about Facebook not policing their messages. For example, the Grand Wizard of the Ku Klux Klan had a Facebook page for seven years, until they took it down. A lot of civil rights groups say it is being used to spread lies and division.

So is the White House. Should you take that down too?

Well, the other side says that is censorship and taking people’s free speech away.

I’m not a huge believer in free speech. I am a huge believer in doing everything from a place of Love. But you cannot institute that. Believe me I’ve tried. I can’t even get Guardians to do that on a regular basis—no kidding. There will *always* be shad-

ows when you shine the Light, so just make better choices. You don't have to tear down the structure; just don't feed the beast within that structure.

What can you do about the people who ignorantly fall prey to these messages? Be really careful about judging other people's paths, because conflict is usually what makes people think. There may be somebody out there wearing their white hood and gown, totally immersed in this lifetime, who chose it knowing that it was going to help turn some people to higher levels of awareness. You've got to be careful with that.

But there's a lot of judgment that goes on about this kind of life is better than that kind of life when you need both for growth. So if it's affecting you, do something about it. If it's not affecting you, there are other things you can give your time and energy to rather than fighting Facebook trolls.

Since the pandemic, Guardians have been coming together through technology to do rituals and daily focuses. From your perspective how successful is this form of group work compared to being together physically?

Well, it's not like getting together physically, but when you have a firm base of high-frequency individuals doing energy work, it is not going to require time and space. I think that more has been done for the Guardianship than any program Phoenix has ever put on by allowing an opportunity for world service in ten or fifteen minutes every day. It helps the community and absolutely is having an effect on energy as a whole.

Is it *the* thing that's going to change a paradigm? No. But it's going to continue helping to create a solid group who can. I have resisted technology more than you, more than most, because I really like what happens when your energy connects with my energy, which then connects back with your energy. But people in general—not just Guardians—are in the perfect mix right now of internal and external change. That is allowing the awakening of many more people and activating otherwise un-activated Guardians. More opportunity to connect *at all* is good. To connect as a group is better. To connect as a group working together with common Intent for a spiritual purpose, wonderful! And only good can

come of that. *Only*. So the more the better, I say.

You have described three types of timeline: a cosmic one, a collective timeline created by mass consciousness, and our personal timelines. How is the collective timeline affected when mass consciousness is in fear and grief?

There's not as much fear and grief as there is frustration and anger right now. Nevertheless, when fear and grief move into frustration and anger, that also leads to change.

I don't love that humans learn through suffering, but they do. And the fear, grief, frustration, anger are going to turn into either "What can I do to change these feelings because I'm not comfortable?" or "I don't like feeling that way," or in some cases create a spiral into "It would be good to get some medical help," and become a way to get out of depression. But most importantly, it's going to cause people to look within.

Right now the energy of fear is very strong still. It is being manufactured, and a lot of that is because of where you are and it being a political year. It's happening in Britain as well, for the same reasons.

The strength of the energy of Love outweighs, overwrites, overcomes the energy of fear. Right now it's all about consciously, purposefully putting out Love to affect the great weight of fear.

Is the cosmic timeline the same as the Greater Plan? Are the two things synonymous?

In the big picture, yes.

How are our personal timelines affected by the reality that mass consciousness creates?

Well, very much, because the collective holds everything you are looking at in place. The more you buy into the illusion, the less freedom you have in your own timeline.

S

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



Lea Schultz

Samuel

r e s p o n d s . . .

During the high ritual on July 5 you had us take on the work of the Shining Ones, saying, "We recognize and affirm the return of the Shining Ones' work and claim it as our own. As we are theirs, they are ours." That suggested several questions. First, exactly what is their work in this world at this time?

To help bring about the completion of the Plan, always.

How is this work an extension of their earlier work on this planet when they took part in the seeding?

It is not different. It is simply an extension of the same.

What distinction is there between the job of the Shining Ones and our job as the Guardians of the Plan?

There is no difference. You are. They are.

Why are we taking on their work now?

What I have you do in high ritual is only for that period of time. In that high ritual, you were channeling Shining Energy, and channeling requires a very strong merger. You could not have done it if you did not have that like frequency. That's why I say to you "You are theirs, they are yours," because you have that energetic function—not your human, but your human self in high ritual—not just any ritual: high ritual is a very different thing capable of extending you into your Entity.

So saying "As we are theirs, they are ours" during the ritual was not a general statement, but a description of the participants at that moment.

Yes. And that is the reason why I don't usually give out rituals. It's been years since I've handed out a whole ritual, because of this. Rituals are not a teaching for your current experience.

You have spoken about Black people, particularly here in America, choosing to come here at this

specific time as being a great sacrifice. Please share more about why we, Black people, have made that choice and what it will do for this planet.

Well, one of the best things that I think that you could do to get a complete answer to this question is to contact those who were in that Retreat [2016] and get a consensus of exactly what it was I said, because I was on quite a lengthy soap box at that time. I also encourage you to speak with our African American friends who were there to get their take. That's probably going to be even more helpful.

The short version of that answer is that only a highly advanced soul chooses to come in knowing that they're going to be in a minority situation, and only a *very* high-frequency being would come in as a minority in a society that is built against that minority.

Coming in at a time of transition as a high-frequency being is a lovely description of Guardian. And a Guardian's work is to guide and guard life force. So I would ask you to think for a moment about a high-frequency energy *choosing* a time and place that would put them in a challenging place—and calling it challenging is a big understatement. I see it as one of the very best, most powerful opportunities for helping to bring about the completion of the Plan, because it's about seeing through the eyes of unity and not separation, and bringing about change there. Even silver-spoon-from-birth Black people have less opportunity than whites. The person who asked this question has made a powerful fire. Everyone reading the newsletter, no matter their color, status, whatever, knows that challenges either make you stronger or they knock you way down. And as a Guardian you *choose* it to make you better because you are surrounded by mass consciousness that does not. Entering a big race with one foot and with your hands tied behind your back seems kind of crazy, but ultimately the reach is further, the

touch is deeper. And most of you have done it. Although this time not so many, and that makes it all the more precious.

Since the Retreat, we are now anchoring into Vesta Helios instead of Sirius. Please explain the significance of this. Also, when doing the exercise to activate the pineal gland using a tuning fork, should we change seeing the Light coming from Sirius to coming from Vesta Helios?

Anything that you do to raise your frequency is good. So continuing with that exercise is not going to hurt a thing. But I do not *ask* you to do that anymore, because your frequency has moved beyond where it would bring you to. So if you are continuing that exercise, it doesn't matter what you link into—just doing it is a good thing—but there are other things you could do that are more valuable now.

It's a very big and beautiful statement that Vesta Helios is now the filter. The filter is now in your solar system, more or less. That's like next door. That's really big! It means that Ascendancy has claimed the Earth. Its Sacred Status is guaranteed.

There is an evolutionary process of Spirit that allows for higher and higher and higher frequencies in form, and I call that the Densities. Vesta Helios works with the Twelve Densities within the earth planes, so it's like you have the best teacher in school right there for you. Your spirit doesn't have to work so hard.

Please explain the difference between bay'unz and core issues.

Core issues are related to life experience. They're going to show up over and over and over. Core issues are ways that you enlarge your perceptions of your reality. They have a long reach, but they're not hard to change.

Bay'unz are blueprint issues. They are things that you have come here with. They have very likely affected and colored your whole world. Bay'unz are deeply

entwined and hard to change. They are so much a part of you that you do not realize they are there.

I have done only two visualizations ever that had you working with bay'unz.

I think a Sunday night years ago we did a visualization cutting the cords surrounding us. [See Feb. 4, 1990.]

It helps a lot if you can release things you did not realize were weighing on you, but bay'unz are not something that you're going to get over just by saying, "Hmm, all right, done!" But if you visualize that you are cutting those cords—you are released, you are open, you are free, you are ready to work on the new blueprint—it is going to be a very helpful way that your brain can recognize, accept, and therefore allow. But to release a bay'unz usually requires your death.

Can you give an example of a bay'unz?

Actually racism is a pretty good example. Racism touches a lot of core issues, but the bay'unz would be if you chose to be Black, and, instead of it being an opportunity to guide, it becomes a strangling spiral downward. That's the risk, and it's only through lifetimes of accumulated wisdom that you would come and it would not strangle you. You would move out of it.

Your parental issues, those are bay'unz. Your core issues are how you act them out.

S

CLASSIC *Samuel*

Gems from the Library archives

You bring your true love home to meet your parents, and when your true love is gone, your mother says, "You're not serious, are you?"

And you say, "Yes, of course I am."

"How could you ever love somebody who eats like that? How could you ever bring somebody home who sits that way, or walks that way?" And yet, you do not see it. Or, seeing it, you think of it as a cute little quirk. Aah, there's danger when you lose the cute little quirks, isn't there, and you begin seeing things the way the world does, because there's a true advantage to the gentle kind of blindness that romantic love gives.

Dear ones, what might this world be like if people were just a bit more blind to what they see as the faults in others?

2/7/88

I was a 19-year-old living in New York City on a warm summer's evening and was exploring some favorite places with my current best friend from college. She happened to be Catholic and loved her faith, so we decided to go to Saint Patrick's Cathedral to say a prayer or two.

My mother had died a couple of weeks after my high school graduation and my dad moved to New York to take a position at the advertising company for which he worked. It was pretty sweet having a New York City apartment as my home for the first couple of years of college.

We arrived at St. Patrick's around 9:00 p.m. to find that it was closed for repairs that evening. We were mightily disappointed and wandered down one of the side streets on our way back to my father's apartment.

On the side street we noticed that the door to the cathedral was open and there was only some yellow construction tape across it. While we stood there outside, almost level with the high altar, we could hear the constant cacophony of the city passing on 5th Avenue, but on our side street it was relatively quiet, so we were startled when all of a sudden a man appeared behind us without our hearing his approach. We were even more surprised when he asked us if we'd like to go in and spend some time inside. He said he was one of the carpenters working on the restoration of parts of the sanctuary. And of course he was young and handsome, with a beard and longish hair.

Can you imagine what it felt like for two 19-year-olds to be the only people in that vast cathedral?! The only ones! At that point our carpenter friend simply disappeared for a time and we wandered all around stopping at the altars of several of my friend's favorite saints to offer prayers.

We then went to one of the pews in the middle of this beautiful homage to art and faith and sat there, marveling at our astounding good fortune to be allowed in at all. And all by ourselves.

At some point, probably about thirty minutes into our reverential visit, a priest came out from under the high altar to prepare for the next mass. They say mass several times a day, apparently, whether there are people present or not. At that point our carpenter appeared once again, and again it was without a sound of approach, to say it was time for us to leave. We thanked him profusely for allowing us to have a miraculous time in this high holy church and departed the way we had come. And of course when we turned around to say thank you again, our friend had disappeared.

What to make of this experience? We were two giddy teenagers with huge smiles walking on air as

we walked away. We knew without a doubt that a being of love and light had appeared to allow us to have this miraculous experience. And we were convinced that indeed he was a "carpenter" who had

become embodied to demonstrate a great truth to us: that having faith and trusting that some higher power might grant the fervent wish of two teenage believers in order to demonstrate that, indeed, there is something greater than ourselves operating in this universe. And it was also a gift of power to us, the knowledge that we could manifest something from a desire in our hearts.

If you had asked either of us, we would have said that "something greater" was Love. Love manifested here on Earth. An unconditional love that permanently cemented my belief in Something More and set me on the path to find it.

Twenty years later, I finally found it when I walked in to my first meeting with Samuel in February of 1987. I once again felt that unconditional Love and that profound belief that Love is indeed manifested in each one of us, and each one of us is here to share and pass along that truth.

A miracle on 5th Avenue it was indeed!

Miracle on 5th Avenue

or How I Found Samuel

By Suzie Stammer

CLASSIC *Samuel*

Gems from the Library archives

“Life’s tough, and Samuel says it’s supposed to be fun and happy and good, and life isn’t. It’s not easy. Things are very hard for me.”

All right. So what? Get used to it. Stop resisting it, and perhaps it will change. Allow yourself to accept that you are in connection with the Universe. You’ve felt it. You know what it can be like. That you are a part of that Source, and that everything that happens to you—*everything*; not everything but . . . “Those difficulties, and when they don’t like me,” and when it’s hard, and when you don’t have the money, and . . . not everything but that. *Everything*. Everything you experience, even the rotten stuff. Everything you experience can be used for the best, is a part of what works. Know that; trust that; come to understand that, and stop resisting.

“But, Samuel, I know that it’s not supposed to be hard.” Except for you, right now, that’s true. Except for you, for whom it is hard right now, that would be true. But, clearly, for you it’s not true right now, and so for you it must be hard. Don’t complain to the Universe. Complain to your belief system, and make changes there.

2/4/90

Magic is wisdom’s work.

12/2/90

Think of one thing you can do that expresses love, which you can do tonight, and one thing which you will commit to do this week.

12/2/90

You are the light in the midst of the kitty litter of the world.

12/2/90

Your work is to perfect your moments. Your work is to have perfect moments, and more and more and more of them. Stop this stuff: “I’ve got to have a perfect day. I’ve got to do it perfectly. I’ve got to have a perfect week, a perfect month, a perfect life.” Have a perfect moment. Have just one. Remember what that was like, and duplicate it. Once you’ve done that successfully, try it again. See if it happens. Become aware of your moments of perfection. Be here now. Live with love, without resistance.

2/4/90

Unity means things are going to get done. The only way that you see things happen is when you unite to make them happen.

12/2/90

The complete transcripts of these 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.

SAMUEL and EarthLight have given us such a gift during these “interesting” times. It’s been wonderful to gather with the tribe to see Samuel so frequently via Zoom. We’re here to touch lives, and that’s a challenge when we have to stay at a distance. But we’re each having to adapt and find our way through, and that’s really no different than our pre-pandemic ways.

Guardians are here to guide and guard life force during times of transition—and we are very much in the throes of transition. Changing paradigms is no quick and easy task, but with Samuel guiding and cheering us along, anything seems possible.

He’s given us so much to think about lately, so much to focus on and send energy towards for positive change. “Sustainability” is on that list. What does sustainability look like? What does it mean to us as individuals? How can we make our world more sustainable?

The three of us had a conversation about it:

Sustainability Chat

PAT O’MALLEY: The big-ticket items around sustainability are right in our face: climate change, overpopulation, pollution, the economy, the environment, etc.

BRANDI PARKER: I’ve been prompted to reexamine my day-to-day carbon footprint, but more in depth. Earth has the ability to support all life force as long as humans don’t take more resources than necessary and replenish what is used at a sustainable rate. So I’m asking myself if I’m being the best earth citizen possible. What does that even mean, exactly?

PAT: I’ve been choosing to shop differently, eliminating plastic in my life. I can’t believe how many things I use come packaged in plastic.

BRANDI: Packaging! It’s definitely too much. And what about the sourcing of contents and ingredients of what I buy? I’ve been researching manufacturers and their suppliers to find out if they’re using sustainable practices to preserve, replenish, care for, and protect the planet and kingdoms. Do they recycle, do they avoid pollution, and are they good stewards in their industries?

DINA SHADWELL: Yes! I’m definitely more conscious of where I’m spending my money.

PAT: My own personal economic state has gone under the microscope. Credit card debt has kept me stuck in a job that’s sucking the life out of me. The job pays

well, but the stress isn’t sustainable. The debt has been my ball and chain. Samuel has been telling us forever to get out of debt, so I finally did!

BRANDI & DINA: YAY!!!

PAT: And now that I’m out of debt, I don’t need to stay in that job, so I’ve announced my early retirement at the end of this year. Yay!

BRANDI & DINA: YAAAYYYY!!!

DINA: You said your stress wasn’t sustainable. What about that? What about our own personal energy? Living through a pandemic while changing paradigms is hard, y’all!

BRANDI: Samuel has always said change begins with us first.

DINA: I’ve been focused on keeping creative energy flowing with a regular art practice. This is new for me. I’ve dabbled, but I’ve never sustained a practice. Making art helps me turn my focus away from the news and do a little sympathetic magic as I imagine creating a new world based in love.

PAT: Love is also a sustainability issue. It’s what feeds us and feeds the world. It means being present, being open and vulnerable, being a good steward to ourselves and others.

DINA: That’s what I hope I am doing with my new weekly art project and blog. I chose collage because I love it, but one thing I love about it is that I can take materials that are already out there—magazines and other found objects—and repurpose them into a piece of art. It seems like a small act, but I hope it’s creating ripple effects.

BRANDI: I think we’re all making lots of sustainable ripples together. I like to think of every day as Earth Day. When I leave every place better than I found it, I make another ripple.

DINA: It’s hard to know how our actions are impacting the world. I used to feel like I needed Samuel to give me confirmation. Now I’m trying to just trust in my own power and look for the positive changes in the world.

BRANDI: Remember when Samuel had Guardians shift our diet to veganism, and then we started to see veganism really take off in the world? The attitudes we’re shifting and the actions we’re taking around sustaining the planet’s resources can only have a positive impact.

PAT: Every action towards sustainability is an act of love. And love is what is needed most of all. It’s definitely worth our while.

In the Vegan Kitchen

by Paula Thomson



When the days are getting shorter and there's a chill in the air in the mornings, there's no better way to enjoy the changing of the season than with a hearty soup that uses fall vegetables like acorn and butternut squash.

This is a simple soup that has a lot of flavor thanks to the fresh rosemary and cinnamon, and the tartness of the apples gives it an extra punch.

Tart Apple and Squash Soup

Ingredients

3 cups of vegetable stock without onion and garlic
One medium-sized acorn or butternut squash, peeled, seeded and cut into coarse cubes
2 tart apples (Granny Smiths work well)
1 celery stalk, chopped
1 carrot, peeled and chopped
2 TBSP minced fresh rosemary
1 cinnamon stick
Freshly ground pepper
Salt to taste



In a large saucepan placed over moderate heat, bring the stock to a boil and add the cubed squash, apples, celery, carrot, rosemary, cinnamon stick and salt. Simmer the ingredients for 20 minutes or until tender. Allow to cool.

Remove the cinnamon stick, and puree the mixture in a food processor until smooth. Taste for seasoning and add salt and pepper as needed. If the soup is too thick, add a non-dairy creamer to bring it to a consistency that you like.

To reheat the soup, warm it over moderate heat but do not allow it to boil.

Serves 6



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