



PHOENIX RISING

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Summer 2021

An Interview with *Samuel* channeled by Lea Schultz

Samuel, in this issue, we'd like to ask some questions about manifestation and the use of power.

Everyone who regularly takes part in the Daily Focus has seen the things they've focused on manifested in the world. What makes the Daily Focus so powerful? Why is it set up as it is and how does it create manifestation?

You've got the consistency that is so necessary, even though you're not saying the same words each time. You have that general focus, for instance, on healing of the Guardianship and helping the Guardianship learn to love themselves. That general focus, happening every day at the same time, is putting out a great spotlight into the Universe that says, "Giant magnet! Manifestations come here." And then you've got the unity of the group itself, the community that has been created. So it's a very powerful time.

There has been a change in how we express what is needed, shifting from wanting it to manifest to seeing it already manifested. Why was that change made? [Because of the effects of the recent eclipse, Samuel reversed this change. We have left the interview unaltered because it provides information about the original change, even though it turned out to be temporary.—Eds]

I think that there are people in that group who do not understand why some of the same things are repeated over and over. Participants and those who are leading the Focus aren't understanding the change that I'm putting in. So I'm happy to explain that.

Any kind of meditative manifestation process now has a few components you don't want to leave out if you want the greatest, and quickest, manifestation possible. Let me give you a couple of reminders about manifestation. One of them is that if it is something that you are meant to have on your journey, you're going to get it. The thing is, there are very few things you are meant to have. Occasionally you set up before you come, "I'm going to do this and it will involve having this." But that is so rare, because there's so much free will involved. If you say, "I'm going to be the President of the United States this time," it's just not likely to happen.

I think you told me and David that we had a compact to help each other grow spiritually. Is that the kind of thing you are talking about?

That is more common. You make the compact but you do not necessarily know how it's going to play out. Long-term lovers over the centuries finding each other again is not as easy as the romance novels might make you think. What you're more likely to see is that there's somebody in your life that just irritates you like a bedbug, because it's a lot easier to make connections like that—helping out with major core issues—because like attracts like.

Paula, your core issues are mirrored in David's. You have different versions, but they're there. So like attracting like happens even in spiritual manifestation. It generally takes such a higher frequency to be able to say, "Here is who I am choosing. Here is what it's going to look like." And most of the time that's only going to be a short-term thing, because it's not how this world is set up. This is all about free will.

But nevertheless, if you set it up ahead of time, if it's in your blueprint—just as autoimmune dysfunction is in the Form's blueprint—then you can say this manifestation will come about. If you are meant to have it, you will.

The other thing about manifestation is that eve-

rything manifests eventually, but when what you're asking for is way off your path, that manifestation might come centuries after you are here and gone. It's coming to manifest, but you are repelling as much as you are attracting it. Your biggest manifestation asset is the energy of attraction. You are *very attractive!* (That's a manifestation joke.) And that ability to attract what you are intending to might be a lot slower than your plans.

So those are two things people need to remember about manifestation. If you're meant to have it, it's going to be there. If you really want to get a manifestation going, then what you need is something that is a part of the greater spiritual function, something that's a part of the Plan: "Hmm. Ascension. Let's work toward that."

You want to have a very clear focus, and the more energy you put into it, the more quickly it will come about. So you can sit in your room, with a totally pure heart, filled with love, sending out "Let's fill the world with love and eradicate racism. Yes, that's exactly what the Plan is about. Let's do that." And you'll see changes here and there. But get fifty people together to do that, or a hundred or five hundred, and it's going to be that much faster, that much clearer, that much more all-encompassing, because you have a multitude working in unity energetically, and that is very powerful.

With the energy that's coming in right now, you've been inundated on and off—but mainly on—with Creation Force energy for three years. It has been tremendous for the creative ones among you. Some of you never even knew you were creative, and yet you're coming out with some pretty amazing things. That creation energy is trying so hard to express itself. Even the planet is going through a lot of change because of that. But the energy right now is making changes not only within your blueprint, but in the world around you. It is the *most wonderful* time to be doing these kinds of daily focused meditations for manifestation because the veil-shifting through dimensions—of course I'm speaking metaphorically; it's not an actual veil—is so much easier right now. Making contact with other types of energy is very simple right now. It's so much easier to bring into manifestation something that might be otherwise just waiting for higher frequencies to come about that can be matched.

That's why I asked for the change, so that the work is expressed in the present tense. Don't be sending for this to happen eventually; see it right now, right here, as if it has *already* happened and you're at that next step, which is that you're grateful for it.

What I'm hearing in some of the meditations right now is "Jump to another timeline and take from that timeline what's needed for completion on this one." And that's not it. I am sure that I am the one who got that idea going because I made the comment that in another timeline what you're seeking is already completed, but now I'm going to try to correct or clarify that to say that step has already happened. Now you see it already manifested.

Think of it as if the bank has already put the million dollars into your account, but you just got the notice about it and you are delighted: "I am so glad the bank put a million dollars in my account!" as opposed to "I see the bank putting a million dollars into my account."



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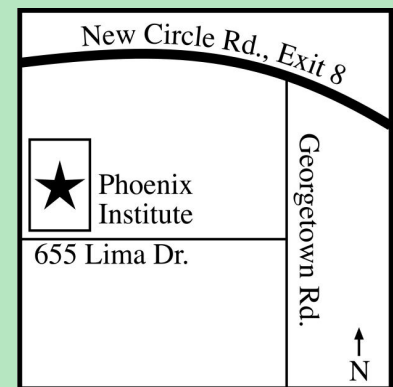
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It makes a difference energetically when you're asking the whole group to recognize that something really good has happened and you are celebrating it.

In a few months, maybe in a year, this energy is going to settle down, and perhaps it will be time to go back to "We see this. We see it happening this way." But right now it's "I am so grateful the bank did this." It's done. It's happened already. "I am so grateful that the paradigm of racism has been eradicated in this world." As opposed to "Let's see the paradigm eradicated."

It used to be "Fake it until you make it," and I don't want that "fake it" thought in your head, because you have already made it, and that's what you are seeing. You are not creating; you are celebrating what has been created already. And in your individual experience, as well as the group experience, that is going to be more effective now than it was three months ago.

Stuart: *A question came up in an antiracism discussion, and a term was used that I'd never heard before: "toxic positivity," where we minimize what someone's going through by saying, "Oh well, it's all going to work out for the highest good," or "This or something better," instead of just being a supportive listener in the conversation. Does that relate at all to toxic positivity? Is it ignoring the harm that's happening in the world right now?*

I do not see a correlation between the two at all. I would say this, and this is a generalization: many of the phrases used to describe a white person's reaction to a person of color could in many, many ways simply be rephrased as "Just be absolutely thoughtful of the other person." It's toxic positivity when anybody is being brushed off and minimized in the way that you would condescend to a two-year-old who is jabbering away in baby talk to you. And as a loving, kind adult interested in other people, you would not be toxically positive. You would not be ignoring them. With several of those kinds of labels I would say, if you are a good, kind, loving person aside from the brainwashing society gives you, you're not going to be doing some of those things. Anything you're doing unconsciously, out of habit, is going to take you out of the loving, kind, conscious

state.

Stuart: *White people sometimes say, "Why can't we all get along? We're all in this together. We're all love." It's called spiritual bypassing. Why is the new way of doing the Daily Focus, of seeing it already done, not bypassing the reality that melanated people are suffering in society today?*

What is it in the Daily Focus that you're saying is bypassing?

Stuart: *Seeing what we're focusing on as having already manifested. Saying we're grateful because there is no longer voter suppression in the United States, bypassing the fact that there is.*

David: *I would say that it's a matter of placing the emphasis on what you want to accomplish. By acknowledging what is now, you're reinforcing the status quo, and while doing that may be factual, it's not the purpose of the focus. The focus*

is on bringing something else into reality, manifesting a change in that present reality. In other words, to reinforce the negative aspects of current reality is beside the point, because the point is to create a

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different reality.

Well, I also want to throw in there that what you are talking about is perceptual, and you need to remember that choosing to see that the sun is out somewhere doesn't make it less true that it's cloudy here, because both of those are true. I could focus only on the horror of this cloudy day and let myself, hopefully inadvertently, start adding that into the manifestation, or I can come at it from another angle and see the positive that is also able to be manifested.

When we say "this or something better for the highest good of all," isn't that projecting that something hasn't happened?

That's a good expression, because it's always been the ego caveat that says you're doing your best when you put it out there. You're being as clear and specific as possible, but you recognize that, because the free will of others may interfere, you are *not* the ultimate creator, so you say, still in manifestation mode, "this or something better for the highest good of all." And that's something else that's not always getting into the Daily Focus. Sometimes it will be said, "for the highest good," but really you want to

say this or something better, and then you want to teach yourself to trust that.

As we raise our frequencies, our ability to manifest is strengthened. What's to stop a Guardian from misusing that power? And, is it a misuse of that power to focus on manifesting material objects?

Well, first, as I said earlier, you certainly can manifest a new car, but it's going to take a lot longer to bring that manifestation into your life, and for some people it will be so long they don't even want that car any more. Secondly, people tend to think they need things that they really don't. A higher priority for the Universe might be your good health. You are within walking distance of a grocery store and you work at home, so maybe you don't need a new car for your greater good. Maybe what you really need is a bicycle to exercise more, or just to walk more. And the willingness to accept the manifestation process as *is* is where the right use of power comes in. "I am using that power rightly when I say this or something better for the highest good, but nothing is happening." So put it out there again, "this or something better—just in case you did not hear me Universe—for the highest good." But you realize that you actually have been making do. A friend takes you somewhere whenever you have a need. Or there's a bus a block away from you. You've actually been doing pretty well, so maybe you don't need that car. If you are thinking, "I'm going to put all of my focus into getting this car," so that it doesn't matter what drops by the wayside—this car that you do not need and isn't for your greatest good becomes the only thing you're looking at—then that's a misuse of creation power.

Now, amplify that up to the corporate level and you see massive misuse of power. Perhaps I use this as an example way too often for some, but here it comes. Think of a religion which can threaten you and frighten you: "Give me money; build me a place to live; take care of me, and in return I will give you promises about what you are ultimately the most afraid of, which is what's going to happen after you die." When my manifestation is me working on

me, the manifestation might be slow, but nobody is going to be hurt. If anybody's hurt it might be me because I'm not getting my way. But when you have to manifest this stuff for *me* so that you will feel safe and loved and special by god, that's abuse.

Some of the worst abuses of power have been taking the needs of everyday people and making promises that cannot be kept, and taking advantage of their good faith because of it. That's politics, that's a lot of religion, that's most of consumerism; it's even a version of racism.

"Power over" does not happen when high-frequency consciousness is doing the manifesting.

As Guardians are regularly focusing on changing the paradigm of racism, there seems to be an increasing acceptance globally of the reality of racial injustice and the effects of systemic racism. How and to what extent is our current energetic work affecting the racial paradigm?

Let's say there is a river and you have built a dam across it and you open it a little. What happens? Water starts rushing through. You can take advantage of that water and bring out your surfboard and maybe surf down the river on that gigantic gush of water. Or you can complain because things are getting wetter, and the banks of the river are getting mud-

dier.

Right now, and for horrible reasons, the energy is such that the collective consciousness has become aware of injustices they have not looked at until now. There are several reasons for that. One of them is that about fifteen years ago those individuals being born were coming in at higher energies, able to change their own little worlds for the better. Thirty years ago, or fifty, there were some—even fifty years before that. But right now there are many more people willing to peel off the blinders than there have been in many, many years.

In addition, the energy that has been coming through has been about clearing core issues. As you clear core issues you understand and forgive, and then—poof—love yourself more. When you reach that place that you love yourself more, you find the world a much more lovable place. You tend to see

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things from a much more loving direction. And you're taking advantage of that great flow of water in ways that you never would have conceived of before. So that's helping in a very big way.

So, during 2020 and 2021, with the Creation energy coming to the planet, plus higher frequencies and adaptation of the blueprints, the ability to affect what is around you in the physical world is greater and faster than it has ever been. In a world that is ready for a change, with a high-frequency group of individuals focusing daily on racism for months—every day a different facet: state level, international level, city level, education, consumerism—well, you're going to see something happen.

Now, an important bit here: never, never, never forget that Guardians start the ball rolling. The hardest thing there is to do is to get an object that is stationary moving. It takes so much more Intent, Thought, Word, and Deed to do that, but Guardians have come here to do that. They have come equipped, whether they are fully aware of it or not. And ideally, consciously working at higher frequencies together with others doing the same thing, they have looked at and healed many of their core issues, and so have learned to love themselves, if not fully, at least enough to get the ball rolling. You have seen for thirty years that what Guardians start thinking about and doing, putting into their routines, suddenly starts showing up all around them. It's not the yellow VW that was always there but you never noticed. It's actually coming into the world now.

The old story of the hundredth monkey? With Guardians, you don't need a hundred. Depending on what you are working to manifest, maybe you just need one. Maybe you need three. Maybe you need fifty or sixty every day for months, but as Guardians you're doing the work of a hundred others, so it's going to show up a lot faster.

You have said that the right use of power, which is power with, not power over, depends on the balance of the Divine Masculine and Divine Feminine. What changes have you seen in that balance?

I've seen a lot of Divine Feminine beginning to show itself, and Divine Masculine in the desire to do something good. A few months ago, people were nice to each other but mostly staying in their own little quarantine world. Now people are taking to the streets and protesting for something that went on not in just another state, but even in another country, because that Divine Feminine desire to support

and the Divine Masculine desire to act it come together perfectly that way.

I am seeing more Divine Force showing up in the world. I will also say that there is a lot of not-so-divine conflict also showing up, where the wounded is pushing its agenda for the sake of survival. And that is to say there needs to be much more conscious opening up to that Divine Feminine and Divine Masculine energy. I'm seeing more things in balance than there have been, in ways they have not been previously, but there needs to be even more, because the death throes of the old order are very strong.

At the 2020 autumn Retreat, when we were discussing trauma, you spoke about the Atlantean connection. How does Atlantean misuse of power translate today? Would that be the Wounded Masculine?

For sure it is, but I would say that one of the greatest and most obvious demonstrations of the Atlantean misuse of power showing up as the Wounded Masculine is that the male societal expectations are far harsher than they have ever been.

The Wounded Masculine tends to relate more to the physical presence in the world, and the Divine has more to do with the spiritual presence in the world. Neither has anything to do with physical gender, but in this society the male gender has specific stereotypical roles put onto it by society. It's very hard for men right now because the generations that are coming up are less likely to want to portray that gender-specific, societal expectation, and the result is a lot of conflict about the personal self. "Am I all

CLASSIC *Samuel*

Gems from the Library archives

You're not here to follow the old and familiar, and you know it. You're not here—you're not here—to follow the new. You're here to make it, to create it—to take what has been and make it new. Your destiny, your thorn, your burden, as you know, is that you're here to pioneer in everything that you do, because your unique perspective allows you to connect with a different way.

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right? Is something wrong with me? Why do I not want to go out and mow the lawn? Why do I not feel like I have to follow these traditional roles? I want to create my own way." And societal expectations do not allow for that. That conflict brings up the Wounded rather than the Divine most of the time, so you end up with a whole lot of masculine gender—and masculine gender identity—who have very poor self-esteem and absolutely no training on how to change that or if it's okay or not okay. It's so Atlantean: create chaos and then take over. Take advantage of it while a person is vulnerable, then swoop in and direct them to what you want.

So is that conflict also intergenerational, because you've got younger people coming in at a higher frequency who are at loggerheads with parents who don't have the same values?

Absolutely. There are parents who are at higher frequencies, but for the masses, generally not. It's just a foreign language. When is the last time, David, you passed a man who said to you, "Wow, David, that jacket makes your eyes look so great!"?

Maybe never.

Because men are not trained to be loving and compassionate to other men. They're barely trained to be loving and compassionate to women. And yet it makes you feel just as good as it does Paula when she's told, "You're looking great!" The society's gender expectations are a doorway into manipulation, and that is abuse of power in the physical. Atlanteans had tremendous amounts of abuse of power in the physical that was sexually oriented. So it's very much the same.

What part do the current DNA changes play in our power to manifest, and how do they work towards the completion of the Plan?

The genetic changes that are going on with you allow you to function at high frequencies, and of course the higher a frequency you function at, the more quickly your manifestations will come about. Quick hint to the reader: if you are noticing that what you are working so hard to manifest has not been coming about, maybe start focusing instead on consistently living up to your highest frequencies.

At the last Retreat, you mentioned that both fear and love can be used for manifestation. How can two extremes lead to the same result?

The short answer is, both of them are all-encompassing jolts to the three brains of the body. Fear activates the head, the heart, the gut. An experience of Ascended enlightened Love, activates

the head, the heart and the gut, so that your physical essence is in alignment with that manifestation process. Fear is a wonderful manifester. You pretty much always manifest your fears when you are really engaged in it.

What you resist shall persist.

Aye. Because you're giving it so much attention. And while everybody can recollect that all-encompassing experience of love, not everybody recognizes it. And so they think they don't have it, which is kind of sad. Fear is much more familiar in all of its faces to most humans than love is.

Why would you not recognize it? Surely it's part of you.

Some people turned off their spiritual connections very early. And those transcendent experiences are forgotten because they've turned off that connection. Now if your connection is alive and active, you will be able to better remember. Perhaps. You imagine you're with a friend or a pet, but that's not it. It's more like you're in the middle of a high ritual and you actually become Light. For an instant you are totally *there*. Bring back that instant. And certainly if you have been with me very long, you have had a multitude of those instances. Paula's loving experience is looking into the face of that adorable puppy, and that might be the only kind of connection somebody feels they can make, but they can make a higher one, and then an even higher one.

I can see the difference. I had an experience in Chartres Cathedral. I was looking at the rose window and meditating, and Christ came to me and forgave me, and I started crying. I haven't thought about that for years, but that was a very transcendent experience.

Yes, it was. It's also important for you to remember that you did that. You forgave yourself, so you don't need to keep on forgiving yourself. It's done.

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 . . .

You gave a new Crystal Palace meditation at the spring Retreat. What will happen if we still use the older version of the meditation? Also, what are the effects of visiting the Crystal Palace often? Can you go there too often?

What was new about this one, except that I haven't given it in a while? There was nothing new about it.

We hadn't explored some of the corridors before.

Well, there will always be that. One time I took you down to the kitchens. I haven't done that regularly either. I want *you* to explore it, and getting there is the same, old recording or new. And the second part of that—can you go there too often?

We can't, because you want us to explore it.

Right. You cannot.

Last summer you made the comment that we should not look to the stock market for profit from investments. Since then the DOW has risen about 25%, and other indices have done similarly. What did you see that led you to make that statement?

First, I've always said that the stock market is gambling. And secondly, it's like gambling in Las Vegas—ultimately the house will always win.

The stock market has gone horribly, horribly, *horribly* down and massively, massively, *massively* up, but it's because the house—in this case your government and your banks—is keeping it stabilized. I think that your stock market is one of the most dangerous investments that a person working to function consciously can make. Yes, there are some stocks of conscientious companies, or bonds and such that are related to municipal projects, and pretty good investments. But to play the stocks with money you cannot afford to lose? Not smart.

If you have money you can lose, play with it, see what you can do. Learn the system. Talk to Dan Ascani—he will tell you that it *is* a system. Learn that

system and you can probably do all right, but do not gamble what you will not be okay losing.

The stock market plus human greed and hoarding addictions are a very bad combination.

It goes without saying that good sleep, hygiene, exercise, and a healthy diet are extremely important for physical healing and emotional/mental balance. Assuming that those supportive behaviors are in place, (this is where you roll your eyes), how large a part does our claiming that we are Source in form, and truly knowing that, influence our ability to heal?

If you truly knew that one hundred percent of the time, those other things would not even matter, assuming that it's not something in your blueprint that you will have and keep.

[To Stuart] Now that might be where your [earlier] positivity question would fit, because a lot of New Age people might say, "Hmm, you have a cold. That means you have been thinking about the wrong things." Or the opposite, "Oh, you have a cold. You need to start seeing everything as Love and Light so that you will not get sick anymore." While having a positive perspective of things is going to give you a more firm ground to work from, it's not going to change that you have a cold and that maybe there is some technology out there that might help you, be it a sinus rinse, or zinc and vitamin C, or whatever.

Is it possible for us to know one hundred percent that we are Source while we are in form?

The key word there is "in form." Absolutely, one hundred percent, know that you are Source, both in form and out of form, but out of form your understanding of it is going to be very different than the one you have in form. But if you know it and that is your living truth, you've got it.

I will tell you, 99.99% of the people on your planet do *not* one hundred percent of the time get

that. How many people *think* they do? A lot more than really do.

I've been seeing computer pop-ups that recommend eating three things to improve memory as we age. They are avocados, eggs and one other item that I think I have to buy the book to know. What is your "take" on this suggestion?

[Laughing] It would have been funnier if she'd said "avocados, eggs, and I cannot remember the third one."

What do I think of suggestions like that? Remember that diet can have a *massive* effect on you. Diet and regular exercise, to the best of your ability at the time, can truly turn around multiple physical issues, including the clarity of the way you think and communicate. There are many foods that can help with specific issues, but generally you do best when you have a varied, healthy diet. For most people, just cutting out sugar would make such a great difference they would think they were a new person after three weeks or a month.

If you want details about the things you can do with your diet to help with your day-to-day existence, talk to either Deborah Barr or Bruce Gary. They are both very good with diet as medicine.

But as for the recommendation about eggs. When you eat something that was alive you take on the energy of that death. The life of a plant has a very different effect from the life of a creature. So don't eat the eggs; don't eat the fish. I would rather you use artificial fish oil for your omegas than real fish oil—it's better for the climate, for the planet, for the creatures, and also for your health. Eat as close to the original as you can: eat a whole carrot, don't eat a carrot burger. But I'd rather you'd eat a carrot burger than a hamburger.

I can get very involved talking to you about diet, but I don't think that is where this question is going, so I'm just going to stop here.

There are documents from the 1950s, during President Eisenhower's administration, that have been released that describe alien and Department of Defense joint ventures. Other countries also have such documents. Is the evidence of alien interactions with humans accurately documented? Are these aliens the same or different from the energies you say are helping us?

No, and somewhat. You really can find anything on the internet now, can't you? It is accurate that

many world leaders have had one version or another of what you would call an alien interaction, but I can pretty much promise you that they were not fully aware of it at the time.

Why? Why do you need to take on a body when you can use a mind? The idea that aliens would have to come in little space ships is such backwards thinking.

You have said that spirit can wait up to six months before entering a baby. Please explain the physical process of how spiritual energy from an entity enters a newborn baby.

The Spirit comes through the soul. Remember that the soul is very much like a physical doorway within the body. The Spirit comes in through that soul because it is a connection that is both physical and spiritual. So Spirit stimulates through the soul.

But to go back to the question itself: yes, it can be as much as six months, but that is so rare. Most of the time the first oxygenated breath shocks the Spirit/soul connection into life. That's what it takes. I mean there can be reflexive movement—like a chicken with its head cut off—but it becomes itself usually at birth. It can come earlier; it can come later. It doesn't always happen that way.

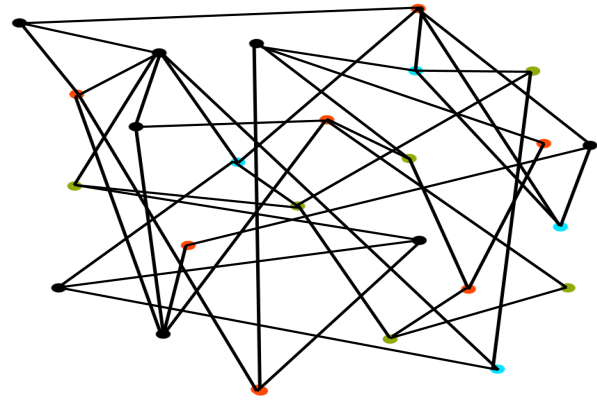
Is there a specific physical point at which spirit enters, such as crown or the pineal?

It activates through the crystalline structure and, yes, through the crown. If you could see it, you would see it probably about here [6 inches above the head], and then it just comes through and it just soaks in. But Spirit cannot live inside your body for long, particularly when you first come here. So it's in and out, and that's where the soul is activated. Many think the soul *is* the Spirit, because the activation of the soul opens the doorways into Spirit. But it's not.

Spirit is high frequency that can rattle the body if it's there too long. But as you process and anchor into this world—and that's what a child is doing in its first year; it is grounding into the world and finding its frequency balance—then the Spirit starts spending more and more time connecting, until you become a high-frequency being and you can handle that, theoretically, 24/7.

Six Degrees of Separation

By Pat O'Malley



There I was, wasting time surfing the internet when I ran across Kevin Bacon's take on the Six Degrees of Separation theory—that any inhabitant of the Earth could be linked to anyone else by six or fewer connections, be it through acquaintances, friends, members of their family, and now, social media.

The Kevin Bacon version of this theory caught my eye because he was in one of my favorite movies, "My Dog Skip." (Guess which actor in the Phoenix family was also in this movie!)

The article got me thinking about how I met Samuel back in 1993. I blame it all on Terry. Kathryn and I attended Terry's hypnotherapy class, where Eileen was guest speaker, teaching about Life Lessons in Form. After being pelted with many questions, they looked at each other then asked if we wanted to see someone channel.

The article also got me wondering how others met Samuel and what connections occurred to make that happen. Phoenix Institute Atlanta was happy to help my research.

Retta:

I had read all the books by Jane Roberts starting with Seth Speaks. Jane died before I could get to New York and see what a trance channeler looked like as they channeled. A good friend let me know that a trance channeler named Lea Schultz was coming to town, and I was quite excited.

As I sat in the group and waited for Samuel to come through, it felt like I was waiting for a long-lost friend. He had me before he even said hello.

(Jane Roberts and Seth seem to have been the warm-up band for several of us before finding Samuel. I have also read many of the books Seth channeled through Jane.)

Marion:

Tamar told me how to find Phoenix North (now PIFI), early in 1996 while I was living in Pittsburgh. I met her when she agreed to lead a Spring Equinox ritual for a group I co-chaired. I recognized the energy that showed up in the ritual and asked her what she was into. The following week I attended my first Phoenix North meeting, and when Samuel next came to Pittsburgh I attended "The Body of Magic" workshop. I was impressed by Lea's manner and the way that none of it was about her, despite the obvious respect held by everyone in the group. About twenty minutes into the workshop, I found myself saying something to Samuel, and when he turned Lea's head and looked at me, well, I knew this was the work and this was the group.

Catherine:

It was spring 1987 when several of my friends started urging me to go to Lexington to hear this woman, Lea Schultz, channel someone called Samuel. From their reports I had to see Samuel because his messages were so amazing. They insisted I had to go. I refused—several times; after all, I was a life-time member of the Episcopal church (see me as the image of a righteous, know-it-all Christian). Finally, my friend Libby asked if I would come to her house to see Samuel if she could get Lea to come channel Samuel there. Frank, Lea's husband, had parents living in Libby's neighborhood. The hope was Lea

might consider stopping and channeling Samuel for our group at Libby's house after visiting her in-laws. I finally relented and that was that. The first time I drove to Lexington to see Samuel, a double rainbow led the way.

Crystal:

I had read Edgar Cayce since I was 14 and had also led a study group on *The Course in Miracles*, so I was no stranger to channeling. It took a few Pittsburgh workshops for me to really choose Samuel. I deliberately missed a workshop when EarthLight was in Pittsburgh during that time, and to my complete surprise, I grieved deeply, like I had lost my best friend. That was when I decided that even if the topic of the workshop was not necessarily relevant to me, I just needed to be there.

Philomena:

I met Samuel around 1986 after I relocated to Pittsburgh from Cincinnati. I had been lamenting the loss of Jane Roberts, a channel for the Seth Material. I had been on a path of serious inner discovery, which I did not want to stop.

Within a week of moving to Pittsburgh, Samuel's name came up in lunch conversation at my job. Someone there had attended a talk with a channel by the name of Lea Schultz who channeled "Samuel." I recognized this as a message for me. My mother was visiting at the time, and I recall telling her of my excitement. She attended the Samuel event with me. I remember feeling so much "at home" and warmed by the experience of Samuel that night.

By the conclusion of Samuel's talk, I knew Samuel was bringing a message that would alter my life, and now, over 30 years later, carrying out Samuel's work continues to stretch my capacity for love of self and others. It was certainly no coincidence that I got the knock on the head from Samuel—in the employee lunchroom no less—just when I was ready and in greatest need.

Tina:

The first time I heard Samuel was during a workshop held in Maryland in 1993 where Samuel talked about the Pillars. To be honest, between the Scottish accent and the subject matter, I didn't understand very much. Then in 2005, I finally

went to a retreat at Carter Caves. It was right at the start of the Dragon work, which I believe was the exact right time for me to become involved. Kathryn and Philomena were just wonderful and explained Samuel's terminology and what he was really saying after every session. At the start of the ritual, Samuel called Chris and me up to the front and told us our names mean "the anointed one" and we are "from Christ" (my given name is Christina), and then had us anoint everyone before the ritual.

Bonnie:

I was living in Murrysville, just east of Pittsburgh. In 1986 or '87, I took a class with Katie and Judy called Tapping Your Powers. The class was led by our friend Lois in her home. One day, Lois announced that her friend Judy, an event organizer, was bringing in a channeler from Lexington to Pittsburgh for the first time and we should all be there. I was interested, so I went. It was a cold, wintry day, and I came bringing my knitting in case I was bored. From the first moment Samuel came through, though, I never touched the knitting needles. I felt a connection immediately and have been attending Samuel events ever since that first meeting in Pittsburgh, even though I moved to Pensacola, Florida in 1988.

Sylvia:

Gail introduced me to Samuel via his cassette recordings. I would clean house on the weekends and listen to Samuel tapes. He came to NYC for a New Life Expo, Gail and I came in late, and the only places left to sit were on the floor in front of him. He sprinkled fairy dust on me, and I was his once again. I still have a bit of that glitter in my mojo bag from that era.

Eileen:

It was 1988, and I had recently moved to Gainesville, Georgia. Spiritually speaking, I was just beginning to open my eyes and look for answers to the many questions swirling in my mind. One day, an article in the local newspaper caught my eye. It was a feature story on a local woman named Terry, and it profiled the 'New Age' classes she was teaching.

I had no idea who she was, but the description of her classes spoke to something deep inside

me. It “just so happened” that she was beginning a new class the next night, entitled “Manifesting What You Want.”

I got off work with barely enough time to race to the class. I was also late, so I arrived frazzled and uncertain. Terry had already begun the class, so I just slid into a seat at the back. As she described it to me later, she looked up to see a woman in a nurse’s uniform coming into the class, and her first thought was: “What are YOU doing here?” She said I was instantly familiar to her, and that she knew our spirits were already well-acquainted. I, of course, knew none of this.

I was fascinated by what Terry taught in the class, and I could feel light bulbs beginning to go off.

After many classes and discussions with Terry, she began talking about Samuel. I was intrigued.

Eventually, Samuel came to Atlanta because of something called the “Magnificent You Expo.” Terry and I drove together. The only way I can describe what happened when I encountered Samuel for the first time is to say that I felt detached yet electrified. Part of me was in observer mode, at the same time my heart was racing, and tears were running down my face. I had no words to express the complex emotions running through me.

From that moment on, I was Home. I didn’t know that back then, I only knew that I wanted every contact with Samuel that I could sign up for. And the rest is history!

Bob:

I came to Samuel via my spouse, Kristi. For most of my adult life I have been of service—to my country and to those in need. I also had a spiritual void in my life I was looking to fill. Kristi, the love of my life, had been involved with Samuel since the mid 1980s and invited me to participate. I must say that I had serious doubts or even fears about participating and struggled to suspend disbelief. I began some limited involvement, reservations and all. I still have questions about Samuel, but have found some spiritual ease and personal growth.

It seems that, whether we realized it or not, connections happened so we could meet Samuel. A compact is a compact after all, and to fulfill that compact, we needed to find Samuel. Those connections came in the


form of other Guardians teaching classes, lunchroom conversations, one-on-one interactions.

The pandemic has made these interpersonal interactions more challenging. Samuel has managed to keep in touch with us via Zoom. Thank you, EarthLight! And thank goodness for Zoom, which also allows all three Phoenix groups to meet every week.

One thing PIA has done is create a Meetup page to connect with people searching for their next step. It has links to the DiscoverSamuel website, First Sunday Meetings, the quarterly newsletter, and any additional Zoom meetings that occur.

There are currently over 500 members in our Meetup community, and the information is available if they are ready to click on the link:

www.meetup.com/meetup-group-MrgoKvYz/

Samuel says we are here to guide and guard the Earth and all life force upon it. COVID has provided an opportunity for us to create new ways of doing that, because in the end, there really is no separation. We Are One. 

CLASSIC *Samuel*

Gems from the Library archives

Remember that Ascension essentially—at its most basic—is a synthesis. It’s a new creation. It comes out of the spirit and the form coming together. Now, in order for the spirit to come together, it needs to have mastered the degrees, the rings, the characteristics, the Rays, of Spirit. In order for it to work firmly in form, that must be done, but remember, you have accomplished that, or you would not be in form. The trick, if you will, for you, is to master form. And the seven Rays of form are—and I’m going to do it in the story of its progression—(1) Choosing (2) Love in your (3) Actions, which creates (4) Harmony, allowing you to better (5) Learn the world that you’re in and a part of, then allowing the opportunity to (6) make your choices as to what specific direction you’re going to go to and balancing that out into the highest possible (7) Magic. That doesn’t sound so hard, does it? The Spirit self is the motivating force behind those choices. Essentially, Ascension is reached at the point that you are living consciously, choosing—here it comes—to do the best you can where you are with what you have. Not trying—but choosing to do the best you can where you are with what you have.

4/5/92

In the Vegan Kitchen

by Paula Thomson



Broiled Tofu, Carrots and Shiitake Mushrooms

Adapted from *Pure Vegan*, by Joseph Shuldiner

Although summer is the time our thoughts turn to salads, there are some light cooked meals that work well with the season. And it isn't difficult to adapt recipes by removing the onion and garlic while still having a tasty dish. Shiitake mushrooms, ginger and toasted sesame oil all add flavor to this summer entrée.

- 1½ lbs small organic mixed carrots (not snack size)
- 1¾ lbs extra-firm tofu
- 4 oz Shiitake mushrooms, stems removed
- ¼ cup peanut oil
- ¼ cup gluten-free soy sauce
- ½ tsp sea salt
- 1 TBSP peeled, grated fresh ginger
- 2 TBSP rice vinegar
- 1 TBSP toasted sesame oil
- 1 TBSP sesame seeds, toasted for garnish



Wrap the tofu in a clean kitchen towel or paper towel for at least 30 minutes to extract most of the moisture. Toast the sesame seeds by tossing in a dry, heavy skillet for approximately 2 minutes until they begin to color. Set aside to cool.

Set an oven rack 4–5 inches below broiler and preheat it.

Line a rimmed baking sheet with foil. Cut the carrots in half lengthwise. Cut the drained tofu into squares of 2 inches by ½ inch thick.

In a large bowl, combine peanut oil, soy sauce, salt and ginger and toss the mushrooms in it. Transfer them to the baking sheet, and broil for about 5–10 minutes until cooked —watch closely or they will burn. Remove and place aside in a covered bowl so they stay warm.

Put the tofu in the same marinade, making sure it is evenly coated and place the tofu on the baking sheet. Toss the carrots in the marinade and transfer to the baking sheet. (Make sure the sheet is big enough to have carrots and tofu in a single layer.) Broil the carrots and tofu for 20–30 minutes, turning a few times as needed until nicely browned on both sides.

Add the sesame oil and vinegar to the remaining marinade and toss the tofu, mushrooms and carrots in the liquid. Place all ingredients on some paper towels to soak up some of the oil, and arrange on a platter. Sprinkle with sesame seeds before serving.

[Serves 4]

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