



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2021

An Interview with *Samuel*

channeled by Lea Schultz

For this issue we asked Lexington's Leadership to question Samuel.

Recently Lexington had a Sunday-night meeting at which some people were triggered about sexual abuse so strongly it necessitated a public apology. Sadly, then the apology triggered other people in the larger group who don't like public apologies.

Please give us your perspective on these particular triggering processes and how they can be avoided in the future.

Everybody is triggered by something, period. And if you have lived long enough you have a lot of "triggers." Triggers as I see it are *only* a portal into a memory that might not be very good for you—or it might. Nobody mentions the love-filled and joyous triggers. Every day at the Daily Focus you are asked to trigger your most loving experience.

Triggers are as varied as one's memory is, so the first thing that you need to think about is where your memories are focused, because you're going to be sensitive according to that focus. Suppose, for instance, you were in a car wreck a couple of months ago in which you were hit by a drunk driver and somebody you really loved was greatly injured or killed. Probably any time you read about a drunk driver hitting somebody, you're going to remember that experience, and it's going to bring up the feelings you had at that time. As

you adapt to that first layer of memories, you're going to remember more about that experience, and it's going to give you more triggers. So, besides just drunk driving, you might add to it car accidents, teenage drivers, or even any drinking at all, or anything that you associate with this person you love. The more you have worked through that initial experience—however it is you worked through it, be it with a therapist or just sweeping it under the rug—however you have dealt with it, it's going to open your memory to more of it. Your reaction to the more subtle triggers that come up depends upon how you have resolved the *initial* memory.

So it's not really possible to guarantee a triggerless group meeting. Even if you're really being careful because you know that this person was just in a terrible car accident with a drunk driver, and you're really making a point not to talk about car accidents or drunk driving, you don't have any way of knowing where they might be with regard to them. It might be that they are triggered instead because you mentioned the make of the car they were driving at that time. I mean, it could be anything, big or small, that does it.

So the first thing is you just cannot really cater to your audience's triggers *except* for the most common ones. When you know that Cindy and Susan and the Form are in the audience, you wouldn't crack jokes about a blind person walking into a bar, would you? And why is that? Well, first, you don't because you don't make jokes like that—and I'm very glad of that—but it's also because you know they're in the audience and you don't want to

Inside	
Classic Samuel	5
Samuel Responds	6
Weapons	10
Vegan Kitchen	11

say something that could possibly affect somebody you love in a negative way.

And that's where Phoenix comes into this. You don't want to say things that are going to trigger people in your audience with things that you know better about. So stop for a moment: disability aside, what are some things that you can kind of assume may be triggering for a typical Phoenix audience? And let me just say that you cannot possibly know them all and that this is a gross generalization.

There's a high percentage of women in the Phoenix group, so sexual abuse will be a trigger.

Excellent.

And I think that we as an organization are trying to be more aware of racial issues so there's probably shame, racial injustice, and things like that. And even though we don't have many people of color in our group right now, I think white people are becoming much more educated on some of the implications of racially-charged language.

And that's why you're the Director. Two great big ones right there.

We have some gay people, so probably that would be a topic to stay away from.

And remember that you're dealing with Guardians, and Guardians rarely had good childhoods. That's not saying that their parents were bad, although they may have been, but Guardians have a natural tendency to feel different because they *are* different, and that is going to create a certain amount of separation from society's expectations. So even as a child you know you're different, and you're not really sure where you're going to fit in.

So you want to remember who is in your audience, and things that you know are going on with some of them, and things that, because you're human and you know the statistics, probably have happened with people in your audience.

I consider that to be just living love. You do those things because you're living love, not because you're trying to check off all of the "woke" boxes. You are doing it because you are compassionate and loving, and you don't want to throw a bucket of ice water on your audience and shock them and create a negative feeling about what's going on. That's just smart, and that's smart in any situation or group, be it family, a large group of coworkers, or part of this tribe.

Having said all of that, it's also very important to remember that you're not going to catch it all. And if what you are talking about is going to be a subject that could trigger and there's no way you can get around it, all you need to do is to put out the warning: "Part of this teaching may be triggering to some." What I say is, "Do what you need to do to be able to hear this, to function as the observer. Do not put yourself in that timeline, in that time and space. Otherwise you won't get the teachings that come with it."



Phoenix Institute, Inc. was founded in 1984 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly meetings with Samuel and frequent opportunities for group or public discussion of his message, as well as workshops, seminars and similar educational events for deeper study and to assist in the practical integration of these teachings into the physical, mental and spiritual lives of all who are drawn to them.

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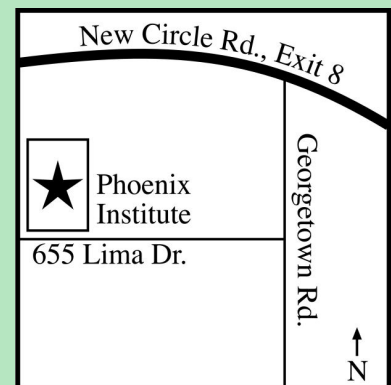
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The complete transcripts of meetings used in *Classic Samuel* can be purchased at DiscoverSamuel.com or borrowed from the library at Phoenix Institute.

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Now, I can work with the energy within the group, and while I'm provoking eighty triggers in a thirty-minute conversation, I am also stimulating different levels of the individual and putting out a very healing energy. So what I can get away with is not what you can get away with, and that's important to remember.

Do your best to be sensitive, to be compassionate, to be love-filled. And let it be known, if you think you might be approaching triggering territory, because those three triggers—abuse, sexual issues, and racial issues—are going to be present in any large audience. So you say, "You might not want to read this part; you might not want to listen to this part." Or, if you think you can manage the energy well enough, then say "Try to step back from it, but I'm here for you afterwards if something I have said has created a triggering situation." Make sure there is a helpful presence just in case.

Do you think you need to have somebody there who can deal with it? Someone who is doing a facilitation might not be the person who will be able to help someone who has been triggered.

It depends on who the facilitator is, but certainly in the situation in which this came up that could have been possible.

What is the responsibility of the one who is triggered? The first thing I want to say is I think an apology is one of the most wonderful communication bridges that there is. Apologies are very uncomfortable. I have talked a little about this in past interviews so I'm not going to spend a lot of time on it here. Just let me say that if you hear somebody practicing apologies—because it is as much a spiritual work as practicing meditation—recognize that they are working to release their own ego. They are working to be of service to others. They are working to be more vulnerable.

Your being reactive to the apology makes *you* part of a whole different problem, because an apology is a gift of loving service, and your resistance to it is saying "I cannot be vulnerable as well." I see this as a power issue rather than a personal issue. It says your ego is doing a right-wrong polar-truth thing, and you cannot be doing that.

There are different kinds of apologies, for sure. There are apologies that are pretty insincere and performative, but a case can be made that even they can be helpful. But generally speaking, if you are hearing an apology from someone in this work, it is a spiritual practice they are using to help slay the ego. And the appropriate response to it is "Thank you."

When a Guardian is called in or out regarding either race- or gender-related comments or actions but denies it, how much responsibility does another Guardian have to keep trying to help them see the harm that is done, for example by continuing to call them in or out for their behavior?

[Laughing] That's pretty funny.

[Plucking at Lea's yellow shirt] This shirt is blue. It is such a beautiful color of blue. I really like it. I think that it's a color that looks great on the Form. This kind of blue is *so good* on her. That's my truth. You're not going to change my mind. Everything that I see will be seen in the light of this blue shirt.

So you say to me, "But Samuel, I see it differently. It doesn't look blue to me at all. It actually looks kind of golden yellow." Or you can say, "You're wrong! That's not blue. That's yellow, and you're just wrong!" and I will have to defend my position that it is a lovely blue.

Becoming defensive at some point doesn't even mean that I still believe it's blue; it just means that you spoke so offensively to me that I just had to defend myself to the death. Whereas if you say, "It doesn't look that way to me. What I see is ...," it gives me the opportunity to say, "Well maybe there is a kind of blue cast to it," or even, "Oh, did I say blue? I did not mean to say blue. My brain and my mouth are not coming together well these days. It just popped out. I meant to say yellow." It's all about the way you communicate.

Once you have made your statement, stop! It's not going to be very effective to keep making your point. At *that* point, you are arguing just so that *they* will understand *your* point, and your point is

An apology is a gift of loving service.

that they are wrong, and you keep going because you're hoping that they're going to see it your way. You are wanting to be understood more than you're wanting to create a healing in the communication or the understanding of a situation. And that's not good.

If I continue going around insisting that I am wearing a bright blue shirt, and someone has very kindly pointed out to me that they don't see it that way, as a Guardian they've done their bit insofar as messing with somebody else's life.

Now, it needs to be clear—not just some side-ways kind of “Oh well, not everyone will see it that way. By the way, did you see the new film?” That's not a communication. But if you're honest—“I didn't see it that way; for me, it's like this,”—then they'll hear it, and maybe next time they put that shirt on they'll think twice about it. But from there, it's not up to you. It's up to everyone else in that person's life, or nobody else. You did what you needed to do. If you keep at it, it's not to *mend*. If you keep at it it's for *you*, and that's important to realize.

Is it the same thing if you're a Guardian approaching a non-Guardian?

Being a Guardian does not make any difference. Karma is going to have an effect either way. Perhaps I could go so far as to say if you have an expectation that a Guardian should be handling something differently, remember that is a mirror of something you're not handling efficiently, because who but you cares that I think this is blue? And why do you care so much? And eliminate the first three reasons that come to mind, because that surface stuff is all going to be about defending your position and it won't be about why you care.

I went to a restaurant with my family for a meal, but we were left unattended by the servers for half an hour even though others were given attention. At that point, we decided to leave, feeling that it was a racially-charged experience. As a person of color, I felt ashamed that my family was treated this way.

There are so many different reasons for

shame—shame that we feel when we have not acted at our highest and best; shame that a person of color feels after a racially charged incident; and even shame some white people feel about the way people of color have been mistreated. Please discuss these different kinds of shame and how best to overcome them.

I think shame is given way too much credit. It is an indulgent emotional expression. Shame is something that will carve up your life, but it is just a societal construct.

What are you ashamed of? A child is not ashamed naturally; it must be *taught* to be ashamed. And there are much better ways to teach “this is the right

thing to do in this situation, and this is not going to serve you in this situation,” rather than shaming. There are people within this group whose whole business is built on shame. So sort of like—what is the expression, to a hammer everything is a nail, or something like that? You can “market” shame so that everything is going to be about shame, and you're told that there are all kinds of different levels and different types, just as an indigenous American living in Alaska has twenty-three kinds of snow. I'm just not going there.

You may feel guilt, and you may use shame as a motivating factor, but that is *not* healthy. Shame is not the vehicle to ride through your journey.

Can you explain a little bit further about shame being used as a motivator?

If I say, “Shame on you for doing this! You did this, shame on you!” I am hoping this will motivate you *not* to do this. It's motivation not to act. On the other hand, if you do not behave a certain way, if you do not do certain things, you might be shamed by society as a motivation to do them.

Shame is really fear, so call it fear. Shame is society's manipulation. The more experience you have in the world, the less shame you're likely to carry with you because you're higher on the mountain, you have a wider view, and you realize that “That was just my parent's belief system,” or “That was just the church I grew up with,” or “That was just that person's way of thinking, not mine.”

There is nothing that has happened to you in your life that should bring you shame. It might bring you guilt for doing it, but if you let it bring you shame, then you have bought into the system that's going to eat you up and spit you out for the rest of your life. *Don't go there.*

I may have thoughts or activities that are frowned upon by my church. I am not ashamed of them, but I won't make them public knowledge at my church because of the reactions I might get.

That sounds smart. It doesn't have anything to do with shame. You're just saying that you're not ashamed of it.

But some people say that if you're not ashamed of something you should let it be known.

Some of that goes back to paying attention to your audience. Pay attention to where you are as well. You know, I could get on a real soapbox about religious PTSD. I think a lot of people have religious PTSD because of the whole shame thing, their whole community shaming them for not having conformed. Some religions shun you so you're kicked out of the family. It's very unhealthy. But that's a soapbox for a different time.

At a meeting recently, you mentioned that not only were changes going on with our planet and the life force on it, but also throughout the galaxy. Please explain further what those changes are and why they are affecting more than just the earth.

There is a lot of nuance in that question. It could be the foundation of a retreat. But this is going to be really basic, all right? What I'm going to say covers none of that nuance.

Essentially, there has been a shift in the Source Field. This occasionally happens as a natural process because everything evolves, even the Source Field, but like when a pebble is thrown into a pool, it makes ripples across the water. The frequency has shifted, and that has created a wave affecting all hierarchies, all councils, all evolutionary processes, of form. This universe is the experiment of form, more or less, so everything is affected.

Now, the way everything is affected is unique, and has a lot to do with the filter that's being used for that energy within each functional body of life force. So how earth is experiencing it is different from how multiple galaxies over space might, because perhaps they're not love-based experiments of form. You see?

In terms of the antiracism work we Guardians are doing, individually and as a group, what does the paradigm of racism look like at this time, and what more can Guardians do to make this effort effective?

Would it make sense if I said that you "yellow-Volkswagened" it? That's the illustration that I often use in which, once you are familiar with something you begin to see it everywhere. You buy a yellow VW because nobody else has one, and then suddenly you realize that actually a whole lot of people have them.

If I tell you not to think about a pink ele-

CLASSIC *Samuel*

Gems from the Library archives

"How do we know what our lesson is in a relationship?"

Where's the most resistance? There are two things that you can do on a regular basis to give yourself a checkup as to what your lessons are about. The easiest one is to ask, What makes me happy here? What am I really enjoying? What's fun? What's really working? And that's going to show you the mode, the actions, that are allowing you to stay on course.

To find out what that course is, however, one of the things you might ask yourself is, What am I having trouble with here? Where are the challenges? Because that's what growth is about. It is challenges that allow you to stretch, to move beyond your boundaries, to see that you're more than you thought.

So, in a relationship, ask yourself, what am I doing that's a lot of fun? What's working here, what's really good, and what does that say? And then, where is the resistance; what's difficult right now? And what does that say?

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phant—No, stop it! No thinking about a pink elephant!— all you can do is try to shove that image out of your mind, because there's a pink elephant and it's *right there*. I'm sure that your science has a word for that. It's the way your brain works, but it works that way because you are tuned to recognize patterns. So if you look around yourself you will realize you are hearing more about racial equity, seeing more racial awareness in the news, because the paradigm is now like a yellow VW within society's consciousness. If you look around, you will realize that you are seeing more racial awareness in the news and in other people. You are hearing more about racial equity being planned into a system, or the lack of it being recognized and changes brought about. Everywhere that you have been sending energy with regard to the racism paradigm has developed cracks in the stone, massive fault lines.

Remember that what you as a high-frequency Guardian are thinking about and acting on is opening the doors. Ultimately Guardians are the filter from Vesta-Helios to mass consciousness in the same way that Vesta-Helios is the filter within this galaxy for high-frequency energies from the Source Field.

Guardians open the doors; they make it possible. So what you are doing to break the paradigm, first within your own self and then within the circle of your world, is going to open up more and more and more. Should racism be the only thing you're working on? No. But should it be one of the things? I hope so. It plays a very big part in the lack of unity that shows up in multiple other areas of your world.

Several years ago, you asked the Lexington Leadership not to discuss Phoenix business outside of its meetings unless it's a project or event that has been approved and finalized. This seeming secrecy has led some in the larger group to feel that those in leadership positions are some kind of "elite" with special access to you. Please give your perspective.

[Laughing] I'm sure it has. I'm absolutely positive that it has. People who want to complain are always going to find a reason to do so, so no matter

what Phoenix does there will *always* be squeaky wheels who say it's not enough or it's too much, or it should have been done this way and not that way. That is particularly true if they were formerly a part of the Leadership, because they know that while it is a tremendous amount of work—and it is—and they're no longer part of it because they did not want to do that tremendous amount of work, they still want the rewards of steering the organization without having to be a part of steering the organization. That has been the case for thirty years and it will continue to be the case.

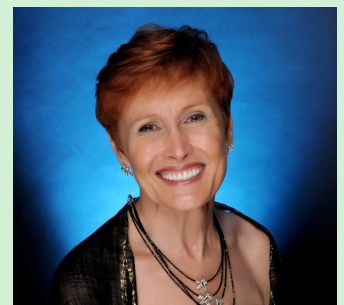
People want to say to me "Everybody is saying...", or "There is a good-sized group of us...", and who they really mean are those people they are personally recruiting with their negative spiel about things that nobody else would have thought to talk about ninety-nine percent of the time. That's why I do not listen to squeaky wheels. In fact what I ask every time is, "Who is saying this, and exactly what is that about?"

So I think it's a pretty hilarious question, but there is a really good reply to it: get involved. Take part in the committees and task forces and work up to a leadership position. If you are the head of a committee or a task force, you are a part of Leadership.

Now, there is a lot of work involved, but you may consider this a bonus: once a quarter there is a Leadership Meeting in Lexington where I yell at the group for about two hours. [Everyone laughing]. And if that's your thing, maybe you want to work up to leading a committee or task force, and then you too can be a part of the overworked, yelled-at group.



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 . . .

What is the status of and need for Stargate work at this point? After working together as a group on Zoom for over a year, what is the outlook for doing that work remotely?

I have answered versions of this in the past, and I'm sort of repeating myself.

We could still be doing Portal work. We could still be doing Dragon work. We could still be doing Stargate work. We could still be doing Kingdom work. I bring the work to a tipping point, and then I back Guardians out of it to see what mass consciousness does with it. But it never hurts to do a bit of Dragon work at the river you happen to be at when you are doing Stargate work in Scotland, or something like that. And you did in fact do that in Scotland when you called in the Dragons for those two rituals.

Here is the thing: What you can do when you are together is totally different than what even a larger group on Zoom can do. At this point, for really important work, I would rather go there with you. Unfortunately, this world-wide pandemic has made travel and group work very difficult. So what do you do when the pandemic gives you lemons?

You make lemonade.

You make Zoomade. And you do the best you can, where you are, with what you have. But is it as effective? No. Can it be done? Up to a point, yes.

You said at the August Sunday-night meeting that humanity is starting to experience the second wave of the COVID-19 virus. What do you see as the future trajectory of this virus on the planet?

America leads the world in Covid rebellion, in Covid "heads in the sand." I think there are other countries that are by far more willing to give up some personal rights for the sake of the greater good. And while Americans have always liked to believe that describes them, the fact is that half of your country is not vaccinated [in late August], not because they are too ill to be vaccinated but because they do not trust the vaccine, and fill in your conspiracy theory here. There are governors refusing to mandate mask wearing, even in places where this Covid variant is so prevalent that the hospitals are

overrun and people are dying, I think that America, the United States, has really let themselves down in a very big way with this.

Covid will be with you forever because of the countries—including the United States—which have been too lax. And the countries that have been very, very careful are going to pay the price despite that care. It's a real shame and it says way too much about current human nature—survival of the loudest. I find it disappointing.

All right, Covid is a virus. Viruses mutate. Viruses do what's best for the host so it can live. So the virus isn't trying to kill you off. The virus is trying to continue and spread without killing you off, so it is going to mutate into something that you can get vaccines for eventually. When? I cannot tell you. There are too many future timelines that clash. It's unforeseeable at this point. But eventually Covid will diversify into three or four versions that seem like they're going to be the ones for a particular year, and you're going to get inoculated for it the same way you do for the flu, yellow fever, or measles.

It's not a perfect solution. It's not even what had to be. It is what is.

How can a whole-food, plant-based diet protect against contracting and surviving the virus?

Now, if you have a healthy body, you're going to be better able to fight off whichever variant you're exposed to. If you eat a healthy diet of whole foods, you're going to have a body that's healthier for fighting it off.

But if you make out in the back of the car with David who is running a 103-degree temperature, and every part of his body is filled with bacteria and virus, you'll get sick no matter how healthily you are eating, how much exercise you are getting. No matter what you're doing, it's going to happen.

The problem, though, is that while you would probably stay away from David if he has a 103 fever, if it's Covid he might not have the fever, but could still be shedding massive amounts of the virus.

People are catching this because they aren't protecting themselves, washing their hands and wearing a mask in public, and are having a conversation with the neighbor who has children in school who are not mask-mandated and are little virus incubators, and there you go. You see, this is all about community and unity and caring—and flunking or not. And right now I would say "does not pass."

How does the pandemic fit into the greater Plan for the planet and life force?

Everything is woven into the greater Plan. You cannot say this isn't a part of the Plan, but a question like that only comes because you do not understand the Plan.

Last year, you spoke briefly about possible power outages on our planet, perhaps due to solar flares or coronal mass ejections. What is the outlook for this now? If they are likely, what actions would you suggest we take individually?

You understand about solar cycles, that about every dozen years your sun gets more active, and then it starts down into a trough where it's less active. Now you're moving out of the phase of quiet solar action, and your sun is waking up. If you think of it as a machine, it's starting to rev up again, power up. And when it powers up it creates and ejects plasma that has an effect on magnetic fields. And the magnetic fields have an effect on your electrical grids.

So a solar flare is going to have an effect upon the magnetic aspect of the electrical grid and cause it to burn out. You are going to see more and more of this, while at the same time you are having more and more of a strain on your current electrical infrastructure. It's not keeping up with the use and the needs of the growing population, and the solar surges, that are not that unusual, are going to cause infrastructure damage that wouldn't have happened ten years ago—or even five years ago.

The flares will become stronger and stronger. It's the way the cycle works. Meanwhile, society has been building technology without strengthening the fabric of what is already there. They are building wonderful new roads, but people are still using the old roads that are full of potholes and coming apart. So the new roads are great, but you need to be taking care of the old roads at the same time.

What can you do? Well you can take a really good look at your dependence on electricity. You can really encourage development of different forms of electrical power. You can be prepared for a week without electricity—it could happen—and if you are very rural it might be a lot longer than that. You can encourage your government to consider the protection of the electrical grid as essential.

And you can inform yourself. Iceland went dark

because of a mass electrical outage not all that long ago—at least as I count time—and New York has a couple of times. What's needed in your area? Should you stock up on food and have your to-go bag and learn how to shoot because of all of the survivalists that are ... you know what I'm saying. No, but you do need to have your eyes wide open and be able to take care of yourself for a week or so. And hope to all of the gods that it's not in the winter, unless you live in South Carolina or Florida.

At the August first-Sunday meeting you said that Vesta-Helios is also in a process of evolution and encouraged us to communicate with it because we would find a deeper connection. You said that Vesta-Helios is making another shift. Please explain what that shift will be. Why do some Guardians feel a deeper connection to Vesta-Helios than others?

From the earliest times of humanity, there have been those who recognized that the earth is a living being, and have worshipped her as such. And amongst those—because recognition opens up awareness—there have been those who were more sensitive to her rhythms and her life cycles, and could speak in many ways for the planet and for the life force upon it, recognizing the living aspect of all things, actually. But recognizing it opens you to a deeper connection with them, to greater sensitivity, to a greater awareness. Again, it goes back to how you are tuned to see patterns, the fact that you are tuned to higher levels of awareness, to those things that you allow into your knowing.

Recognizing the life of all things includes recognizing the life of your star. You have a planetary being. You have a solar being. And the ancients have recognized that as well. Some of the very earliest objects of worship in your world were solar deities.

So, recognizing that the sun was a representative mass of a living being has allowed people to connect with it.

Now, that's a long story leading up to this: In the greater function of the Plan, energy is constantly evolving and devolving—constantly. Higher frequencies are becoming slower and more dense, into form, and that form is taking that energy and evolving back to higher frequencies. It's a constant cycle,

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one that is represented as a function of the Source Field, the source of creation energy in this dimensional structure.

The Source Field puts out high-frequency energy that would fry everything in its path if it was not filtered, so there are multiple filters for every pocket of life force within the Plan. Capella was at one time a filter (not a fine filter), Alcyone was a filter, but now your filter is Vesta-Helios. Vesta-Helios as a living being is also a part of that constant evolution back to the Source Field. It's at a level that I call a Solar Lord.

That Earth's filter is the star in its own solar system, that this high-frequency energy is being filtered not by multiple filters far away but by one right on your doorstep, says a lot about how much higher is the frequency Earth is working at right now

Why do some Guardians feel a deep connection to Vesta-Helios, and others don't? I've tried to do the sun exercises but I don't get much out of it, but I know that there are Guardians who faithfully do it every day and gain from it.

It's much more like one person is allergic to grass and another to Queen Anne's Lace; people are different and their bodies are different. They filter differently. Everybody responds to that which best enhances their own energy frequencies—unless they are just really, really self-sabotaging, in which case they just make it all up.

So, just as I feel a great kinship with the animal kingdom and the plant kingdom, some people feel very aligned with Vesta-Helios.

And if I would say, "All right, the filter now is Ursa Major," they would say "I've been getting that so strongly. I love the Great Bear! I talk to it every night, and I've been dreaming about it." And there will be those who say, "So what?"

When it comes to spiritual work, everybody's frequency possesses—and I use that word on purpose—its own journey, and that journey does not necessarily overlap the next person's journey. That's why it's so important not to judge yourself by somebody else's journey, and not to judge them by yours.

Maybe you have spent a lot of time functioning as an earth spirit, so of course you don't connect with the solar, or you're not taking into consideration that this person has had hardly any incarnations and there's nothing on earth that they are feeling or re-

sponding to, and that they're new babies here, so all they can do is put their energy off-planet and connect there. And then there are going to be those who connect with the sun and they connect with the earth and they connect with the Arcturians and they connect with the Ursa Bears. It just depends on the nature of their own journey, their own frequency.

You mentioned the possibility of cyber wars recently. How likely is it that they will happen, and is there anything that can be done to prevent them?

They are already happening. Wake up! It's even in your news. It's already happening!

What can you do to prevent it? Well, you need to ask somebody who's a lot more savvy about the way the internet works than I.

Generally speaking, there are governments in your world that have teams of cyber warriors whose job is to create chaos in big systems—financial systems, medical systems. It's already happening. That's why I've been so picky about your internet safety. Zoom is by far less safe than I want it to be, but apparently what I want isn't possible.

But you need to also be very, very aware. Now as an individual there's not a lot of likelihood that somebody is going to be really excited about hacking into David's computer. But think if you were Chase Bank, running so much of the world. Think if you were the Pentagon. That's your world right now. It's already happening.

It's so very hard to reconcile what's going on with humanity and the earth, and various countries and governments, with the fact that we are evolving spiritually. It's like trying to combine two completely different systems. How do you look at that?

Well, when you're in the trenches, you're just aware of the trenches and it's easy to blow everything out of proportion. I think that the interview related somewhat to people blowing things out of proportion. You trust that there is a greater purpose, and that it is, or will become, all a part of the weave—or you don't. And if you don't, that's a lot of weight on your shoulders. I feel bad for you having to bear it.

WEAPONS OF LOVE

By David Swift

For the last couple of years Samuel has been saying that everything is changing. At the first Sunday meeting in July, he told us that the energy of rebellion has shifted. Previously it meant bringing out your guns and hurting people, but he pointed out that non-violent rebellion—gathering large numbers of people to protest peacefully—is just as effective. He then went on to say that the type of weapons have changed as well, noting that one of the biggest weapons we have in our arsenal is our computer, and we should know how to wield it.

Because everything is changing, an important function of Guardianship is to allow our own internal peace to spread into the world and bring about positive change. Samuel wants us to be functioning Guardians in the midst of mass consciousness to bring about peaceful rebellion with peaceful weapons of change.

Weapons of love involve the use of social, non-violent means to protest against political or economic sectors by providing examples to help others to use their collective, dissatisfied voice as leverage for change in the world. For example, some countries, as well as some multinational corporations, are more concerned with economic dominance in the world market than they are with protecting the planet. The fact that a business sells organic products doesn't mean that it can't have its fingers in something destructive elsewhere. That's the nature of our business world today.

My computer makes it easy to do my research. When I find something "rotten in Denmark," I let the company involved know about it, and I won't buy their products until the problem is corrected. How we spend our money is a powerful weapon that has a direct effect on the corporate world and can bring about change. Samuel has explained that simply by refusing to purchase a product, or changing where we invest our money, we can directly affect a business.

When I shop for organic foods, I try to support local businesses rather than going to Walmart. I may

have to pay a dollar or two more, but in the bigger picture it encourages the small producers where I live. When I learn about businesses with horrible working conditions for their employees, I try to avoid shopping with them.

Samuel wants Guardians to be the example for the right use of power in fields like education, finances, and technology because our relationship with those areas will open doorways for others to walk through. When Samuel asked us to think of other peaceful weapons of change, he said that the key to success is about working together and in unity.

Samuel said that changing the way we think might be uncomfortable, but that's how rebellion begins. Then we must look at the arenas that are under attack and find ways to bring peace and resolution to them.

After I recently purchased a graphics program for my computer, I discovered that the seller didn't offer technical support. When a problem arose, I was supposed to 'reach out' to the community of users to find the answers. That was unacceptable to me, so I asked them why they didn't offer tech support. "We have over ten million users," they replied. "That's just too many for us to handle." The product costs \$39.00 a year. To my mind, ten million users can generate a large enough profit to offer tech support. Their response helped me decide to never again purchase an online product that didn't offer reasonable assistance for its users.

Corporate greed has become rampant, with CEOs making millions of dollars a year but only paying their workers minimum wage with no fringe benefits. They make countless millions by allowing the Earth, and often their employees, to suffer the collateral damage. As Samuel recently said, our playpen has become way too messy.

There's a big difference between dominion and caretaking. We can use our weapons of love to help corporations and businesses focus their energy not on the goal of economic dominance, but on seeking to repair the damage that has been done to the planet.

To do this, each of us must do the best we can with what we have available to us.

Let's use our weapons of love to begin a rebellion—and create a whole new world.

In the Vegan Kitchen

by Paula Thomson



As much as I like autumn, I will miss the fragrant herbs I planted in the spring and harvested in the summer as they follow their natural cycle and die off. I love the complexity that basil and dill add to summer salads and fresh vegetables right out of the garden. For this issue, Cathy Tuggle has sent a recipe that provides a wonderful way to use up those end-of-season rich green basil leaves before the plants are gone.

Cannellini Bean Pesto over Rigatoni

Adapted from *The Vegetarian Compass*, by Karen Hubert Allison



Basil in the fall. The leaves are going, but there are plenty of seeds for next year.

- 1/2 cup white wine or white vermouth
- 1/2 cup distilled water
- 1 bay leaf
- 1/4 cup sun-dried tomatoes (not packed in oil)
- 1 1/2 cup fresh basil leaves
- 1/3 cup virgin olive oil
- 1/2 cup lightly roasted pine nuts, walnuts, or pumpkin seeds
- 1/2 to 1 cup vegetable
- 2 cans cannellini (or Great Northern or navy beans) drained and rinsed
- 1 cup steamed, squeezed dry, and finely chopped fresh kale leaves
- 8 ounces rigatoni (gluten-free if needed)

Bring 1/2 cup water and the white wine to a boil in a saucepan. Add the bay leaf and sun-dried tomatoes. Simmer slowly until the liquid is reduced to less than 1/4 cup. Let tomatoes stand, covered, to reconstitute. When they are soft remove and coarsely chop them. Save any remaining liquid.

Place the fresh basil leaves, nuts, and reconstituted tomatoes in a food processor. While processing, slowly drip the olive oil into the food processor until the pesto has a smooth consistency, scraping the container down as needed. If it seems dry, add the tomato poaching liquid and some vegetable broth to make a creamy sauce. Adjust the seasoning with salt and white pepper.

Meanwhile, cook the rigatoni according to directions on the package, then drain. Keep warm.

Warm the beans, then toss with the chopped kale leaves. Stir in the pesto. Toss everything together with the rigatoni and serve.

(Serves 6.)

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