



PHOENIX RISING

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An Interview with Samuel

channeled by Lea Schultz

At the spring equinox in 2020 you spoke about a massive shift that was taking place—I think you said it was like “installing a new program.” What is hap-pening regarding that shift?

It’s not all that unusual to have energetic shifts. What *is* unusual is to have them at the magnitude of that shift, and the several before and after it. The last couple or three years have been absolutely filled with energy-creating shifts, and the results are different for each of them depending upon the nature of that energy, what’s going on with the planet, how the Ascension process is working—everything involved.

That particular shift opened a doorway, which started a *massive* change in social awareness. I’ve talked about the evolution of the soul, that all of the first layers have to do with service to self, but it finally reaches a point where mass consciousness is looking at service to others, and that is a very big leap.

But that change is nowhere near being completed. The door opened just a little over a year and a half ago. The door that opened in mid-November 2021 is going to continue gaining energy through December and into the first month or two of the year of 2022 in all likelihood, and looks like it will have the kind of strength to open yet another door.

So there are a lot of different types of shifts. And just as a reminder, social consciousness doors are doors for mass consciousness to see themselves as a part of a whole.

In 2020 the equinoxes and the solstices were major power points, and the energy was having an effect on form itself.

So those are the two *major* results that these energy shifts have brought: an activation/awareness of service to others, and the massive social change and release of old constructs that are a part of that. But any time you release the old, you’re going to have to replace it with something else, something new, and that began the further awakening of genetic structure in humans, in animals, in plants, as the planet *itself* responded to new doorways.

So one feeds on the other, feeds on the other.

That was a long answer for a simple question.

You also spoke about there being two possible timelines that could be followed. One was the fast one and the other was much slower. What has developed with those timelines? Has one taken over?

First I want to remind you that it’s not faster and slower. That is a side effect. It’s not that time is different on one. Nay, what it is is one timeline stays in Third-Density, fear-based experiences—the world as you knew it—but the Activation and Ascension process is the Fifth-Density, love-based, experiences

...

Fifth or Fourth?

The Fourth is pretty much a transition. You can be Third *and* Fourth—your behaviors are in Third but getting better—or Fifth but sometimes retaining old habits. And that’s where Fourth is. Doing better but still living with old habits.

So the two timelines are faster or slower *because* of what they represent. And the faster and slower is toward reaching Ascension, toward the completion of this Plan. So remaining in Third Density, fear-based function is going to take a lot longer,

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whereas shifting to the Fifth Density is going to be a lot shorter.

Now what you want to ask me is whether the faster or slower is in *my* time or your time.

I was just going to say, looking at it from a human standpoint we impose time on it, but it doesn't really exist anyway.

Right.

If, as you have said, all timelines are part of the greater Plan for the planet, and the Plan concludes with Ascension, is Ascension inevitable? If so, in what way is this experience an experiment?

No, it is not inevitable, *except* yes, it is. Remember that everything is already accomplished. And you are living a dream right now. Now that's different than Living The Dream. But you are living a dream right now that feels very real. Ascension has completed, but the playing out of those dreams is quite complex. And even you—high-frequency Guardians—even you make choices that slow down your recognition that “I’m just dreaming this. It’s all okay. Just keep moving forward in Love.” And therefore that “no” means as you know it *in* this lifetime, because once you’re away from this lifetime you are in wholeness and the completion has already happened, but while you are in the lifetime you’re wearing the costume, you’re following the system. And for who *you* are, within this experiment, is Ascension going to make it? Well, for the human, I really hope so. But like I’ve said, look at the world. Do you think it’s on the verge of Ascension?

Not while we're frying the planet, no.

Technology is developing solutions for our greenhouse gas problem, even while fear, greed, and cultural conflicts are slowing down progress toward a sustainable world. You are able to see trends and patterns that are invisible to most of us. How do you see the climate and our culture changing through the rest of this century?

Oh, that is so sweet of you to say that I see trends and patterns that are invisible to most of you. Energy is what I see.

Follow the money. As long as there is greed for *power over*, the greenhouse gases, the economy, the business model, and on and on and on, are going to take baby steps, but they’re not going to make big leaps. The baby steps will help, though.

Here is the thing: humans don’t want to be uncomfortable. Capitalism, the consumer-based society, says that you are *less than* if you are not wealthy, so to most people wealth means consumer goods. “I’ve got to buy things! I’ve got to stay on my hamster wheel.” Mind you that is changing a tiny bit, but as long as an individual’s intent is to have a lot of money—and money is their operating factor, be they billionaires taking people into the higher atmosphere, or be they others just scraping by—they’re going to allow themselves to be uncomfortable enough to make that money until they feel they have enough to feel comfortable.

And it’s a vicious, vicious cycle. Until the masses say “That’s not what I want to be. That’s not the prison I choose. That’s not what I need to be happy; my personal happiness counts more than how many bedrooms are in my house,” until people across the world choose that, it’s not going to change significantly, and that’s the hard



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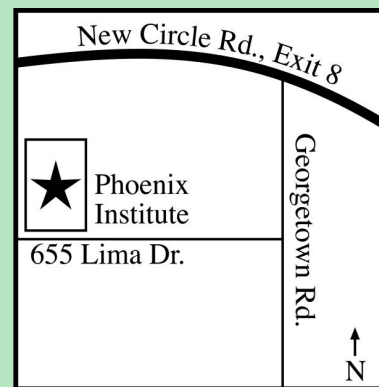
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part.

While it is true that very often the United States leads and even many developing nations want to emulate their version of the United States, the fact of it is they're always going to be a little behind in what they think they are seeking.

So even if the whole consciousness within the United States changed tomorrow, there's still this country that has to catch up to you, and that country that needs to catch up to *that* one, that catches up to this one. That's what is creating such havoc in the greenhouse gases, the methane and the carbon, because the developed world says, "You need to stop burning coal," and the developing world says, "You've already burned it and are ready to move on, but that is the technology we have now. We are *you* a hundred years ago. It's our turn to be you." It's not a good argument, but the guilt that the developed nations feel makes it an effective one, and it's slowing things down. The only things you are going to see are baby steps basically designed to make you feel comfortable with how things are. As long as you're not threatened, as long as your island is not getting drowned, you think you're okay.

Greta Thunberg said about the COP26 conference, don't believe these leaders. They're going to be mouthing it up, but they're not going to do it in the end because it will take all of the people standing up and saying "This has got to stop!"

That's exactly right. But the good news is that this energy, November, December, January, is going to be really awakening, startling, pushing that exact kind of awareness. If you're willing to stand up and put out your sign to protect the planet, then you're also going to feel all right about doing that about low wages or racism. So I'm happy with any standing up people are doing, because it's a part of the greater process of finding personal power, and that's what is needed.

For several years, you've spoken about the world's financial systems being very unstable, to the point that there would be collapse in some. How would you describe the situation now, and with the system so extremely entrenched and regulated, how might it be altered to better serve

society?

Everybody judges the world based on their personal experience. What that means is somebody in Argentina would say the economy is horrible, and even some people in the U.S. would say this is worse than any depression we've ever had. But they might be right next door to somebody who says "It's not so bad. My house is worth more than it ever was, and I have what I need. I have all the toilet paper that I can use. I'm safe and good."

And that is the good news and the bad news about the economy. Look at it on a global scale, which is always what I'm looking at, instead of looking at what's going on locally, in your own experience. Some people say, "Well, I'm not seeing these massive economic shifts." But look at your world. The economic shifts are huge, devastating, and absolutely global. If, living in the U.S., you can allow yourself to look beyond your own situation, whatever it happens to be, you're going to see that it is very definitely the case.

Now, I'm going to throw in one more reminder before I go a little more in depth there. You not only see at the limits of your personal situation, which is to say you don't see the forest for the trees, but you're also limited in what you see by the media that you look at. So if your media are propping up the old system, you're only going to hear that everything's

all right, there are a few people in trouble but we've got this handled. If your media do not want to prop up the old system, you're going to be hearing "Oh, this political group is behind all of these problems. You'd better take all of your money out of banks and . . .," so there is a distortion in what you're being told either way.

Now, what do I see going on? Well, that leads exactly into the second part of the question about the regulations and the creating the appearance of stability. The system is broken but it remains functional because—oh, this is going to sound so much like a conspiracy theory I kind of hate to say it—but the system is run by about a hundred people from six different major countries. And they're not looking out for *you*. They're looking out for the continuation of their own lifestyle, their own way of being.

I'm happy with any standing up people are doing, because it's a part of the greater process of finding personal power, and that's what is needed.

The problem with that is that the old must give way for the new to come in, and the old is crumbling. But—and here we go back to power to the people—until individuals are willing to stand up and object—and usually that only happens when they become uncomfortable—until they're willing to stand up and say, "Wells Fargo Bank just did what? Wall Street just did what? We're not going to put up with that. That's wrong."—until there are forced consequences to people abusing power, then the power will reign. So the economy will be propped up for all of those who are above a certain income level, and what trickles down to lower income levels is lost because of the inability to get a good mortgage, the lack of investment opportunities that fit with the belief system of the individual. It is a system based on illusion, but as long as the populace needs to believe the illusion—which is that this piece of paper is worth one dollar, or five, or five thousand—as long as the economy forces people to work *so* hard that they do not have the time or the energy to think about finding a different type of lifestyle, they are going to be chained into the system as it is.

This economy is a different version of bondage.

And that includes the credit card system.

That too. Have *you* ever been desperate enough to feed your children that you would pay thirty percent interest on a short-term loan?

It's interesting that the supply line problems are showing up more and more. When my son bought a new car to replace one my grandson totaled, because of the computer chip crisis he paid \$8,000 more than when he bought the same car two years ago. I've been wondering if the supply lines breaking will bring a push for people to say "Wait, this system doesn't work," or if it will just be blamed on Covid.

I've wondered the same thing. The supply chain is a part of the corporate rulership, and it's crumbling, and you're seeing it crumble. But you're also seeing—and you just came out of a presidency that did this the whole time—a lot of those highly invested-in-the-old leaders saying things like "Oh, the system isn't bad. This is only because of Covid." *No.*

Coming into what a lot of people think of as one of the worst perversions of capitalism, which is Christmas, and with the supply chain tightening up, might we see some elevated awareness of

where happiness can come from?

Yes, you will see that in the same way that when the pandemic began people were really caring of their neighbors, cheering on the first responders, as long as they're comfortable.

You've encouraged Guardians to release the old, simplify, and remake as much as possible to be new. Yet it seems that around the world the "old" is going to hang on to the bitter end. What does the future hold for those who refuse to change or let go?

What's going to happen to those who remain in a Third-Density, fear-based timeline by choice? The first thing I want you to remember is that it *is* by choice. And although there are times in your life when you think "Well, I don't have a choice, because if I don't work eighty or ninety hours a week I'll get fired," if you follow that

chain down, it's going to come to "Because I don't believe in myself enough to be able to manage without all of this stuff." "I'm afraid of the bears in the woods, and I'm not going to go in by myself. I've got to be like everyone else." And for a period of time, while more people are moving to Fifth Density function, that Third Density function will continue, and it will be just as real to them as anything else in the world.

A quick example: there really are a lot of people in your country who honestly, to their very core, live in a reality in which the presidential election was stolen. That's not *your* reality, but it absolutely is theirs, side by side—not comfortably—but side by side with your reality. Think of it like that. Ultimately as more move to Fifth Density and there is less energy going to Third, they will cease existing in one way or another. Do I see that happening right now? Somewhat. Do I see that as a leap completing into Fifth Density any time soon? No.

The idea of reality is very interesting, because I personally tend to say, "Well, people believe this because they're looking at Fox News or the right-wing press and they're not being exposed to the other side of the story." How do we create our personal reality? Is it pressure from others or do we accept according to our prior beliefs?

Usually you believe what your parents believed, because even though you have rebellious years, you tend to come back to what's comfortable. So most of the time it's not a thought-through process; it's

just “This is where my comfort zone is.”

People believe what it serves them to believe. And as I have said before, the key is, is it serving who you *were* or who you want *to become*? Is it serving your spirit or your human? Do you *want* to enlarge and accelerate your belief system, or is the status quo just satisfying you because you don’t have to think about it, because you don’t have to do anything about it, because you have the group of friends you want to have so you can do the things you want to do?

I want to throw this in as well. The illusion I talk about is illusion to the *spirit* you are, but an absolute reality to the human you are. So the key to breaking out of the illusion has to do with releasing as much of the human as you can and amplifying the spirit you are. But as long as you are here, the human lives in the illusion, and you can’t be fully free of it.

At a Saturday with Samuel, you said that the Guardianship is balancing the energy coming in with the downloads through Vesta-Helios. Why do Guardians have to “balance” the energy of the downloads?

Not all Guardians will be able to do that, because some have created a life that is just barely awake. There are even Guardians who aren’t awake. But if you’re functioning at very high frequencies, then you’re not going to burn out bringing the energy through you. So not all Guardians are going to be able to function as a balance point, *but* I’m very pleased to say that most of those within this work are functioning at a high enough rate to do that.

Why are Guardians balancing the energy? There have always been filters, usually multiple filters, to step the energy down.

Transformers?

Oh, that sounds like cars that shoot things.

It’s like going from 220 volts to 110 volts. There have to be filters because if Source frequency does more than just glance off of form, it will damage it or shift it too much. So those filters are needed to step down the energy.

With the really good changes that have come about over the last few years, there have been very big changes going on beyond the earth system into the nature of the Entity as it evolves back into

Source. One of those effects is that Vesta-Helios and Helios-Vesta merged and shifted out of planetary oversight. That is such a terrible way to describe it, but it’s the best I can do for something that is so non-human. So that mantle, that honorific of Helios-Vesta, Vesta-Helios became a multiple function, *like* a group soul but not a group soul. Your Solar Lord has effectually become the composite of all of that higher frequency passing through. I’m just getting myself in trouble here. Explaining things badly.

Is it something like the Solar Lord becoming a council?

Yes, it’s very much like that. The point is that it makes it a much more powerful filter so that when energy from the Source Field comes into this space it is filtered through the sun and doesn’t have to go through two or three star systems to get here. It’s a very big and very important change, but it’s clearly not something I can describe very well.

That means that the nature of the energy coming to earth is going to be too strong for earth without another step

down. So Guardians, who typically function at frequencies high enough to stick their finger in that socket and not die, can become that transformer of that energy. It comes under the heading of “I will do whatever is needed,” which is the compact.

Was this function part of our original purpose in coming here?

Was it specifically planned? Not as far as the human is concerned, but yes, planned and completed as far as the spirit is concerned.

It’s been amazing to see across the planet that people are standing up and demanding change, sometimes with violent backlashes from those in power. change is inevitable, what will happen to totalitarian governments—for example China and Russia—where the population is tightly controlled?

There will always be rebellion against any totalitarian government. And a government that is totalitarian will always seek to squash that rebellion. Ultimately, a balance point is found in which the conditions are not so bad that the people rebel. They’re given enough treats to think they have what they want, and the government or the corporate interests or the people in power or the military, whatever it happens to be, are still getting what they want out of

The illusion I talk about is illusion to the spirit you are, but an absolute reality to the human you are.

it. That balance is ideal for mass consciousness and the people in power.

But because the people who have been getting the treats thrown their way are saying, "This isn't enough," what you're going to see is a lot of squashing, and that concerns me. But if you'll look through your history, that's what it takes—enough squashing until there's no one to squash, or it incites more people to say, "There are a lot more of us than there are of you."

The tough thing to remember with that is that the squashing can be so disheartening that it makes you unwilling to risk rebellion, and that is a problem.

It's making me think of the French Revolution.

Very much. I keep waiting for it to happen. I do.

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



Lea Schultz

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CLASSIC *Samuel*

Gems from the Library archives

You have been working under a very masculine system for a very long time; that has been very necessary for the particular stages of mind development that humanity has been working on. It has been working on the logical mind. It has been working on action. It has been working on learning to put what is in the mind out into the world, and that has required a strongly masculine system. Unfortunately, a patriarchal system, in order to do its work—just as with a matriarchal system—is still working in division and separation.... Ideally, there is not a need for the individuals who work very strongly and very well in the masculine system to need to reject the feminine, nor for those desiring to work in the feminine system to reject the masculine, as often is the case.

Right now, you are in a stage of balance. What happens at a time of balance? You have very bold swings as you are learning to establish your norm, which means that—and I'm going to move this away from masculine/feminine; I'm going to move it instead into something a bit more neutral; let us speak of the Piscean Age moving into the Aquarian Age—which means that you're going to have a very strong swing, as you are right now, as the Aquarian Age is begin-

ning to move up. You're going to have a very strong swing from the Piscean contingent, a very strong swing toward staying with what already is established, not changing things—don't rock the boat. A very strong swing toward some of the strongest aspects of the Piscean Age, which tend to be, as with other Sixth Ray devotional qualities, fanaticism. Fanaticism translates itself into a very powerful need to express its dying energy....

On the other hand, you're having quite an awakening on the Aquarian side, but that awakening is showing itself up first in the area where the most power is gathered. Feminine energy in a feminine form on a feminine earth is where the power is coming. That's where it is now. That's what it has been working up to for the last approximately 175 years. And during that time what you've seen is strong women's movements. You've also seen strong movements of men learning to express their feminine energy. You're seeing women taking that same sort of overbalance and saying, "I need to totally separate from this, much as an alcoholic totally separates from the alcohol, in order to establish my own identity, my own self, my own power here." And it is a necessary part of the re-establishment.

But I want to remind you, it is yet separation, and that is not what this time is about. The cosmic age is about unity. It is about learning to let go of differences which include such things as what color you happen to be; where you came from; if you call God the Source, Goddess, Vishnu.

And you begin to recognize "The spirit within me greets the spirit within you. Let us grow in love together."

6-2-91

Samuel

r e s p o n d s . . .

You've stressed how loving ourselves is the starting point for doing effective work as Guardians, yet after years of training ourselves to put others first, some of us have difficulty with that concept of self-love. Is love of oneself fundamentally different from the love we have for others? What are the steps to developing a healthy attitude of self-love?

There are many types of flowers. Right?

Right.

And you like some more than others. Right?

Right.

But they're all flowers. Love is like that. There are many ways that love is expressed, but ultimately it's love. The more that fear and self-created—and by self-created, I don't necessarily mean you created it for yourself; I mean, it's a human construct—guilt and shame are involved, the less you love yourself.

That does not mean you cannot love others, but in your relationships with others, if you have fear and therefore you have created guilt or shame, that takes away the heart of what love is.

Loving yourself means accepting the good, the bad, and the ugly. That doesn't mean you don't try to improve it—you do something bad, you learn from it, you pick up and you keep going. It means you recognize that "I make mistakes, I say things wrong. I make choices that I wish I had not made." You love yourself when the next sentence is "I choose to do better." You don't love yourself when your next sentence is "And that's how it is with everybody, and I'm no different. So what? I can't do more." You love yourself when you're worth it. You love others *because* they're worth it.

So what are the steps to loving oneself? Truly, I *mean* this: step one is to visit your doctor and make sure you don't have any physical issues that are causing you to see things in ways that are inaccurate. I mean making sure you're not depressed, or your chemicals aren't working right, or you have a thyroid problem that throws your hormones off. Your world could be bleaker because of any of

those things. I really do mean, get a checkup and make sure that this isn't about something as simple as changing your diet and exercising more so that your body is healthier and you function better.

So that's step one for any big change you're working to make in your life. Whether it's mental, emotional, or physical doesn't matter.

Step two is to seek your truth about you. Separate out what you know from what you've been told or assume or expect, and find your own truth in it. Who taught you this? Is it a reflection of you? Is it a reflection of who you want to be? So find your truth.

And then one of my favorite exercises is every day to do *one* good thing for yourself without justifying it, without having to make excuses or explain it or making yourself feel badly about it. One good thing for you. Go out and greet the sun. It doesn't matter what it is, but one good thing every day. It would be nice if it was for three weeks.

While you're doing that, keep a gratitude journal, and arrange it in two sections. One section is "Self" and the other is "The world around me."

And for everything you write in "The world around me" go to the Self section, and be grateful; pat yourself on the back for seeing that out in the world. "Oh, the sky is blue. The leaves are beautiful! Oh, I'm seeing beauty in the world!" And you write that down as well. It's very simple to be

grateful for the things around you but never make the connection that it's because of what is *in* you that you see it out there at all.

So that's going to help you start getting a better picture of yourself. You're looking at your truth. You're seeing the things that are good about you and your life.

The next thing I would say is, give a gift of love to somebody else. Serve others in some small but meaningful way every day.

I'm not saying do all of these at the same time. You need to determine for yourself: "I'm going to do this for a week and see how it works." Generally speaking, twenty-one days of doing something ingrains it into you, helps make a shift, so I would say three weeks would be ideal. But if you cannot love yourself enough to give yourself three weeks, give what you can, because that will start the process.

Giving love to others feeds you, but you're not

Serve others in some small but meaningful way every day.

able to give love to others *until* you know your truth, and until you're able to see good in you. All you're doing otherwise is rewarding them. But the love, the service to them, feeds you, and that starts cycling up out of the human and into the Spirit. That's where you begin truly recognizing "I do love me."

It's not simple, because of what you're having to work through. Think of your age at this moment, then take one year off of it. That's how many years of societal brainwashing you have been subjected to. And remember, society does not want to lift you up and make you whole and healthy. Society wants you to be a herd animal that keeps the system going. It's not to society's advantage to have you loving yourself, loving others, loving fully. So you've got all those years of brainwashing, of justification, of excuses, of learning how to fake it, of being fully entrenched in a punishment-reward system that's all fear and no love.

That sounds like it is directed squarely at me. I hope others get as much out of that as I did.

I hope that everything I say always seems directed just to you, and that everybody feels that way.

How does the helpful energy coming to the planet, for instance through Stargates, appear in the world? Is it primarily manifested within us as changes in awareness and intuition, and in the choices we make? Or does it have more to do with our outer reality? And can you give some examples to help us see how that energy actually helps?

Well, it's both, because it depends upon what the energy focus is about, where on the frequency spectrum it is, what filters it has or has not come through, and where *you* are in all of that.

On one hand, energy is absolutely neutral, and everything that you see around you is created because of what you have learned to see, what you have learned to expect. On one hand, there is that airy-fairy quality, but when you get into the human, anything that affects you affects your world, but all that affects your world does not necessarily affect you.

So, while occasionally these big bursts of energy have been, as an example, stimulating your genetic coding, it's also happening to animals and plants.

For some people the changes are very obvious, and for others they aren't. If the only information you get about the world comes from a single outlet

(the downloads), you may never find out about changes going on in the world. You just know that you're more stressed than usual, you feel a bit burdened, a bit agitated, or you forget to play with your puppy dog, because you have so much going on. (All right, that part was just because Finn says, "I'm here. Talk to me.")

Stargate work, specific spiritual work, has an effect like a candle in a dark room. The light is very bright when you're right next to the candle, but the

It's not to society's advantage to have you loving yourself, loving others, loving fully.

farther away that you get, the harder it is to see it. That's why there are so many places on the world where you have done work that don't have to be in the dark very long.

Of course, you can never visually see it through the limited spectrum of your eyes and the translation ability of your brain. It's like looking at quarks. You can't do it. You can only see the resonant energy left by its passing.

I think the thrust of the question is how to make it less abstract and more real to us.

I don't think I want to try to smash it down into something like that. The limitations of your current understanding of energy make it seem like a cause-effect kind of thing, but energy doesn't work that way. If you take part in opening a Stargate it adds a piece into the jigsaw puzzle of *your* journey, and it also helps develop the bigger picture.

For example, I've had you radically focused on anti-racism, and mass consciousness is changing its awareness about not only peoples of color but also the economic situations that they've been forced into. For five hundred years those constructs have not changed, and now they *are* beginning to change. Some people are seeing that and celebrating it. Some people will never see because the timeline that they are choosing to remain on doesn't allow anything outside of what you are "allowed" to know, what you are "allowed" to understand.

That energy is making a *massive* difference. David, you're not dead. Frank's not dead. Both of you could be. But your higher frequency energies are sealing leaks, because you are *active* on this journey. Your Spirit is being your guardian angel,

keeping you going, but that's not something you *see*. It's something you realize later, and only because you're at a place of peace and you can see it.

Since the beginning of the pandemic, you've had the tribe working constantly on issues related to race and racism, almost to the exclusion of climate-related problems. How do you see the relationship between these areas and their solutions? Since both are existential problems to many millions of people, why prioritize racism over climate issues?


I'm going to say something that's going to sound outrageous, but hear me out. It's because, to most humans, climate issues are not real. But to every person of color in this world—and there are billions—racism issues are. Racism reaches into every major societal construct, and those societal constructs *must* come down.

Anti-racism requires an individual to love themselves fully in order to love others. One of the things that comes of that is that, as you begin to love yourself fully, you begin to appreciate not only other people but also the planet you're living on. Raising up your consciousness in the area of anti-racism is going to have more far-reaching effects than limiting your consciousness to the climate issues.

That does not mean that climate issues are not absolutely important, because they are, but you

know you could turn your climate around if the world would stop eating meat and doing all that is involved in producing it. That one step alone—not even talking about technology to clean up the messes that have been made—that one step would ease the pressure enough, because you would not be ripping forests out, you would not be polluting water, you would not be killing the cycles of life. But giving up meat? There are a lot of people invested in your not doing that.

“Well, what about if we cut back on fossil fuels and have more electric vehicles?” You're not going to cut back on fossil fuels. Right now, you do not have the technology to do it. It's just a Band-Aid. But let's say you were willing to cut *way* back on those fossil fuel uses, that your home did not have two cars, that you made do with one and that you walked wherever it was you could walk. Add to that you stopped eating meat, you would have an even greater effect.

When you love yourself and you love others, the changes that you make end up reaching into far more areas than the climate. You love yourself, you love others, including animals, so you don't *want* to kill them and eat them. You don't want to pollute the planet. You want to make a difference. You're not being told *you must*. This experiment is about love, and it really is the answer. 

CLASSIC *Samuel*

Gems from the Library archives

live in a democratic society, and joy doesn't speak of being happy. These are the final elements of mastery—not ascendancy, but mastery. And essentially those are the characteristics.

Beauty is the ability, essentially, to see the Source in all things. It's what makes you pull over as the sun is going down over the ocean, which you have seen a hundred times, and all of a sudden this one brings tears to your eyes with the beauty of it.

Righteousness is the result of right thinking, right observation, right meditation, and right contemplation—meaning raising the levels of the mind to the highest possible use and consciously acting in a sacred fashion based on what you receive from doing that. Then you become a righteous individual.

Goodness is the putting of that into the world in action. It's not mimicking Mother Theresa, it's being Mother Theresa.

Freedom doesn't mean you don't have anybody nagging you, or you finally got that divorce. It speaks of having released yourself from the bondage of three things which hold back you from doing that which you're here to do: fear, ego, and beliefs.

And joy is the result of inner peace by choice, which has created success.

3-3-91

Once upon a time, a bunch of Light Beings called Guardians were presented with free tickets to a dazzling new theater experience on a cute little planet called Earth. Getting to Earth involved something called “birth.” It was an alarming experience, especially because the indescribable Light these Guardians were ended up being jammed into a very small thing called a “body.” Ugh. (And let’s not even talk about those things called “diapers.”) In addition, these Guardians quickly lost their memories about who they were, why they were on Earth, and what was going on. All they knew after birth and into young adulthood was that they lived with “families” where they received food and shelter and, hopefully, love. They had to go to “school” and wear “clothes” over their already tight-fitting body things. Some Guardians were introduced to “religion,” and a few were not.

Years went by, lessons were learned, graduations and marriages happened, and babies were born. Still, something seemed off for many of them. Many Guardians had the same nagging recollection that something was supposed to happen, and they had a role to play. What, though?

Time went by and the feeling became stronger. It caused some angst among many of them because it felt like an unattained goal. It sent many of them on a search to find answers. Their big question became: what was with the theater ticket they all had? There was no actual time, date, or location stamped on the thing. A few tossed their ticket away because it made no sense to them. They couldn’t recall its purpose, and besides they were busy and had other things to do.

After a while, some Guardians began to remember. Slowly but surely they began to wake up spiritually. And eventually they met Samuel.

Everyone had a different story about how they got there, but the good news was, they got there. They began to recognize each other as well, and joy filled their hearts as they realized they were not alone. They held up their theater tickets and asked Samuel when the show was supposed to start. They had been dragging those tickets around forever.

Samuel smiled and told them they had been inside the theater since birth. Those tickets were the compacts they had made with him before coming to Earth to help with the Plan. Oh, and by the way, they were all Guardians of the Plan.

That led to a ton of questions. What plan? What is a Guardian? What is a timeline? Why shouldn’t we eat cheese?

These questions led to Samuel giving them

years of training: encouraging them to heal themselves by looking within, to deal with core issues, accepting and loving themselves, shedding old beliefs. Samuel seemed to have an endless array of tools, and with his help and a lot of hard work, the Guardianship made steady progress. There were trips around the world, Heart Portals to open, Dragons to awaken, Stargates to open. This was more fun than going to the theater!

Theaters are comprised of different sections: the stage for the actors, seats for the audience, a pit for the orchestra, dressing rooms for actors, a place for the audience to hang out and drink during intermission, etc. While the main purpose of a theater is to watch a story play out, in this theater there is also a section in the wings for Guardians to sit comfortably and observe the stage.

Divine Neutrality is practiced here.

Sometimes Divine Neutrality is a difficult thing to navigate. Samuel has taught us that if we still have unresolved core issues, we may find ourselves in

All the World’s a Stage

by Pat O’Malley

fear about what is going on around us. When I begin to react to what is happening on the world stage, it is a message to me that I need to use one of Samuel's many techniques to figure out why I am being triggered. Is it an unresolved issue from my childhood or another period of my life?

When I feel distressed about something happening in the world, I remember I can always exit the drama playing out onstage and return to my safe, neutral space in the theater. That means taking a seat, calming myself by remembering I am safe no matter what is happening onstage, then allowing myself to observe the show without getting off track emotionally. Stepping away adds perspective and helps me to consider the bigger picture. Samuel has told us there is a plan and it is working itself out for the highest good of the planet and all life force upon it. Knowing this has helped me with my lack-of-big-picture issues.

Paradigms are crumbling and things are getting messy. But rebuilding cannot happen unless the old paradigms fall away first. Rebuilding based on love will happen, with our help. Observing, sending energy where needed, participating in the Daily Focus if possible, trusting Samuel and our Guardian selves will be far more effective than letting ourselves be hypnotized by the mayhem caused by change.

Rather than being overcome by stage fright, Guardians are meant to be the spotlight, shining Love all over our precious theater.

Places, everyone!

PR

All the world's a stage, And all the men and women merely players;

They have their exits and their entrances, And one man in his time plays many parts . . .



*London's modern Globe Theater, where you might see
Shakespeare's As You Like It.*

In the Vegan Kitchen

by Marion Kee



Vegan Black Bean Chili

This hearty winter dish is replete with warming spices and will keep well in the refrigerator. Makes 6 to 8 servings.

Ingredients

Approximately 28 ounces (2 regular cans or one large can) petite diced tomatoes
2 cans (28-30 ounces) black beans, drained and rinsed
1 package (8 ounces) Beyond Beef faux ground round, cooked and crumbled (optional)
1 tablespoon chili powder (more to taste)
¼ tsp ground cinnamon
½ tsp whole cumin seeds (if no whole cumin available, double the ground cumin to 1 tsp)
½ tsp ground cumin
rounded ½ tsp smoked paprika (more to taste)
½ tsp ground savory (may substitute regular dried savory)
¼ tsp thyme (ground or dried)
1 tsp za'atar seasoning
¼ tsp ground cayenne pepper (optional; more to taste)
Ground black pepper to taste
⅛ tsp plus a generous pinch baking soda (to cut the acidity of the tomatoes)
Coconut aminos (optional)

زَعْتَر What is Za'atar?

The word za'atar is Arabic, and refers to a Middle Eastern culinary herb, as well as to a spice mixture which includes it along with other flavors from the area, such as sesame, thyme, oregano, marjoram, and, notably, sumac.

There are many regional variations of this mixture in the cuisines that come from northern Africa all the way around to Turkey.

Many recipes for making za'atar, as well as places where it can be purchased, are available online.

If using Beyond Beef or similar product, cook and crumble it; set aside.

Drain and rinse the black beans.

In a large saucepan, combine the diced tomatoes and black beans over medium heat, stirring gently a few times. When hot through, add the spices, stirring well to distribute them.

Add baking soda, adjusting acidity to taste; adjust spice levels as desired.

Cover, reduce heat to low and simmer for 10 to 15 minutes, stirring occasionally. If using faux ground beef, add it here and stir gently to mix completely; bring back to simmer. Remove from heat, set aside for 10 minutes to let flavors marry, and serve.

This recipe will likely not require salt unless you use unsalted tomatoes. If salt is called for, mixing in 1 tsp coconut aminos per serving will provide saltiness and bring out additional flavors, or you can add sea salt to taste. You can accompany this chili with rice, quinoa, crackers etc. if desired.

This dish goes very well with zucchini--either cubed and sautéed in olive oil and added to the mix, as zoodles, or sliced and sautéed.

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