



PHOENIX RISING

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Spring 2022

An Interview with *Samuel* channeled by Lea Schultz

All right, darling, this should be fun.

We've had responses to the information in the last newsletter about the nature of reality.

Why do you think?

I think people would like to know whether they have the power to change reality. And whether it can make them better Guardians. One person asked, "What is reality? I see it as a construct that is superimposed on a neutral background provided by the five elements and perceived through our limitations of understanding brought about by our beliefs, patterns and retained memories. Please comment."

Well, that's pretty good. Reality, like plant medicine, is two things. And it depends upon the conversation that I am having with you as to what I'm talking about, so it's very contextual in that sense.

Reality is what you see when you look around you. It's the objects you can put labels on. It's the world as you know it. And the problem is that it is *not* reality. It's fully perceptual, so there is that perceptual reality that I don't really call reality, and then there is the reality of the Spirit self. Spirit is at the top of the mountain, looking down at the physical self, but from a much broader viewpoint. But even that is limited.

For a human, reality is very misunderstood, and there is no "reality." However, out of the energetic presence of the creator of this universe, the Source Field, there is what your science is beginning to recognize as a consciousness of energetic fields

on the quantum level. *That* is what I would call reality, and its power is the energy between quark and quark, the energy between revolution, movement and stillness. It is presence rather than perception.

You mentioned in the last newsletter that reality is malleable. Does the malleability work beyond our personal perceptions? For example, why does mass consciousness color so much of what our perceptions are about?

In the human experience of reality you are limited by what your brain can interpret, and your brain is limited by your experience and your knowledge, or the knowledge that comes from your experience. It is *very* plastic, malleable.

You have seen perhaps at Avebury the great Guardian stones with faces all over them. And somebody will say, "I don't see it." And another person will point out, "That could be an eye and that could be the other eye," and then you can do nothing *but* see it. What do you call the little brain teasers where it's a picture of this but if you look at it a particular way you realize it's also a picture of something else?

An optical illusion?

An optical illusion perhaps, where at first you did not see the couple facing each other, but now you can't un-see it. And that's because you have changed your reality. Is that right?

Is that a trick question?

As you learn, as you grow, as you change, you are constantly changing your reality. You believe that you are limited. For instance, you don't see the infrared end of the light spectrum, but there are plenty of creatures on the planet that do, so is it possible you could? Actually, to an extent you can train *any* of your senses to have a wider range: your touch can become

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more sensitive, your sense of smell—although I don't recommend it—can become more sensitive, and on and on. When you know something is possible, you can work toward it. And for the most part, if there is a creature on the planet that is doing this—a bat functioning by sonar—you can, within your ability, have a version of that.

Now, having said that, let me fill that out just a little more. It's very much a placebo effect. You know that it's possible, you work toward it, and you really pay attention to your successes, and you don't look at the failures. That's going to amplify over time until, while you don't have sonar like a bat, your brain is able to help you see in the dark so well that, like a bat, you don't run into things. You are expanding what you think is available to you, because previously it has been so limited. And in that sense, again you are changing your reality.

When you interact with someone you know, two realities are being changed. When you interact with a group, the whole group's having their reality changed.

Spiritually speaking, this Universe is designed as a function of energy that is expressed as Love. That frequency initiates growth to a higher frequency. Higher frequency enables a lot of brain function that has been turned off—all three brains, actually—and your reality changes with that. I am looking for a metaphor here: Love is perhaps not the flour, not the sugar, not the flavoring for a cake, but the bowl it all sits in to be mixed. Or maybe it's the spoon that mixes it. You're not going to change spiritual reality except through your experience of Love. But physical reality you can change in all kinds of ways, as I've discussed.

Is the reality of mass consciousness a matter of frequency? It takes a mass of people working at a certain frequency to bring about change.

That's a different kind of thing. If you're talking about how to effect change—spiritually speaking—through Love, it absolutely is the more the merrier, the larger the change. If you're talking about extending your *own* reality, your high frequency makes the difference, but gathering ten or a hundred people to focus on raising *your* energy isn't really going to do anything. It will for a moment at a high ritual, but it won't continue. So spiritually speaking, reality is only frequency, but gathering people together becomes the human aspect of it.

How much do those out of form affect the malleability of our reality in form? Can those out of form who are working with humanity, help it make changes?

What do you mean by that? What kinds of changes are you thinking of?

Well, I'm thinking of the perception that an Entity has on the mountain looking down. How influential is that in changing a projection's reality?

It depends, because for the most part that which is not in form isn't going to interfere with that which is in form. I do a lot of things, but I do not interfere. You make the decisions that you need to. You follow the road that you're going to. So first, non-physical beings generally aren't going to pop in and change things. Note, I said generally. *Occasionally*, that is necessary, but it's very rare.



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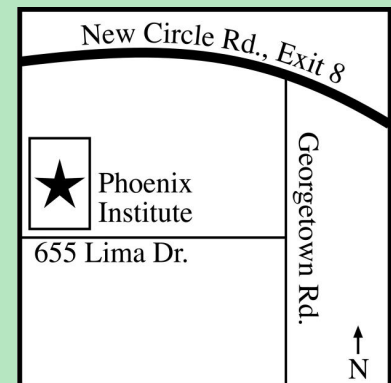
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E-mail the editors at phoenixrising@phoenixinstitute.org



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Let's say you're about to get mugged and your compact doesn't have that in it; it's a wild, unnecessary free-will issue. It is possible that Source will cause the mugger to trip up and let you escape. But it is Guardians who are the angels of the world. They are the supernatural beings who pop in and make things happen. It's not so much that which is out of form, because they would not intervene, and I'll even go so far as to say they should not.

Some years ago, at a retreat, you gave us an exercise that involved entering another reality through a portal created by a ring of fire.

Oh, wasn't *that* a mistake!

[Laughing] And now it comes back to haunt you.

It was a different reality that we expressly intended to create. For example, you said that if our intent was to turn the dog, Quinn, blue, not only would Quinn be blue, but everyone would have accepted the reality that Quinn had always been blue. What prompted you to give that exercise at the time?

Well, as with any exercise that I give, I'm prompted by the energy at the moment, and when I'm talking about your ability to change *your* reality, sometimes it's helpful to give an example. When I'm talking about densities and dimensional structure, sometimes it's helpful to sort of show the way. And most of the time, if I'm talking to a hundred people, there might be four of them who truly succeed in the exercise, and another ten who will think they did, and that's about it. *But* I'm all right with that, because the four will increase the confidence of the ten, who will increase the confidence of the other eighty-six. So it's worth it to me to try. And I experiment with tools that way all the time.

Should people continue to use them? If I've not continued them, no, because I want more of you being able to do it on your own. So if you hear me giving an exercise again, or offhandedly recommending it again, yes, but if it's "You said this once and I haven't heard anything about it again," there's a reason for that. Can a person try it on their own? Sure. Will it produce the same kind of result—absolutely not, but it will produce some result, and one success can lead to more.

At the last retreat, I think it was, I expanded on

the Crystal Palace, and I had you go to a balcony and look out to a new experience, a change. Do that instead, because it was far simpler. I was working with you with the ring of fire in a far more magical system, and by magical I mean human magic like Wiccan, not like Harry Potter magic.

You will only go as far as your energy allows, but humans will always assume their energy is allowing a lot more than it actually is, which is a good thing because it allows them to experience a success they can reproduce, and those successes will actually lead to another step, and eventually another step. Big picture: you're making it all up anyway—but I'm perfectly happy when somebody says, "Well I've been doing it on

my own and I visited Neptune and came back." Great. I think if I were to peek in, I would say they really didn't visit Neptune, but they have made a leap forward from believing they couldn't. So I'm always going for that higher frequency.

Here's another question: "It seems that we have two kinds of reality, what we see now and an intended reality as seen in the Daily Focus. Do both of them exist at the same time?"

I don't understand that question.

There's the reality we perceive, and there's the reality we want to see out in the world. In other words we send energy that the problems in Ukraine, for instance, can be resolved with the help of our energy. Does that desired reality actually exist as well?

Could it be that they are different points on a timeline?

Or is it asking if it's another branch of the timeline? I'm not sure. But one of the things that I want everybody to be very careful about during the Daily Focus is, when you are gathered together and focused on a common Intent, you do not, you do not, you do *not*, want to focus on the outcome. You must focus on the *process*. Why is that?

Well, for one thing, when you focus on the outcome you are limiting what it can be.

Right. And you're also saying that you know what the outcome *should* be, and that is so wrong. So it's not only a massive limitation, but it's an abuse of power. So if you are leading a group with the Intent that Russia pull all its troops back today and

**You do not,
you do not,
want to focus
on the outcome.**

Ukraine remain a free and independent nation, if you've got enough people, you can put that Intent out there and influence what happens. You're not going to change it, but you're going to influence the minds and hearts of those who have the focus put upon them.

But what if Ascension means Ukraine needs to be reabsorbed back into Russia? Now, I'm not saying it does, but I'm asking what if. "We see them using Right Wisdom and Right Action. We see Love covering the countries that are involved," but you don't want to say, "We want the Russians to leave, and make this happen instead," because you're abusing power if you do that. And the more people you have in that common focus, the more dangerous it is, because the more influence you have.

The second thing that I want to remind you of is that everything in this reality, everything from the quantum level to what you think is solid, everything is related to one purpose: the Ascension through Love out of form. *That* is the reality. But every individual has, within that, their own perceptual reality, as I mentioned earlier.

Within your own perceptual reality, you are the ruler of your universe, and everybody in your universe is there for a particular reason. However, when you are a Guardian—a part of a group compact—and you come together to do workings of power, you're still working in your individual universe, on your specific timeline, to fulfill your particular compact, because working with these others, whoever they happen to be, is part of your compact.

So David, working in his own universe that is joined up with yours, Paula, sees you quite often in his universe, so much that to him it's the same universe. But for him as an individual, it's actually a fully different one. Some of the things he wants are not the same as what you want, don't you know. Some of the things he is here to do are not the same things that you are here to do. Some of the amazing spiritual leaps that he takes are not at all like the amazing spiritual leaps you take. But you both think you're in the same universe, so whose reality is it? Well, you've got to go back to the bowl that holds it all, and remember that it's about love, it's about the frequency match to higher and higher experiences of Love, but within that, your individual presence has its own journey of love.

Reality as you know it isn't the illusion. The illusion is that there is a reality you can know. Do you understand that?

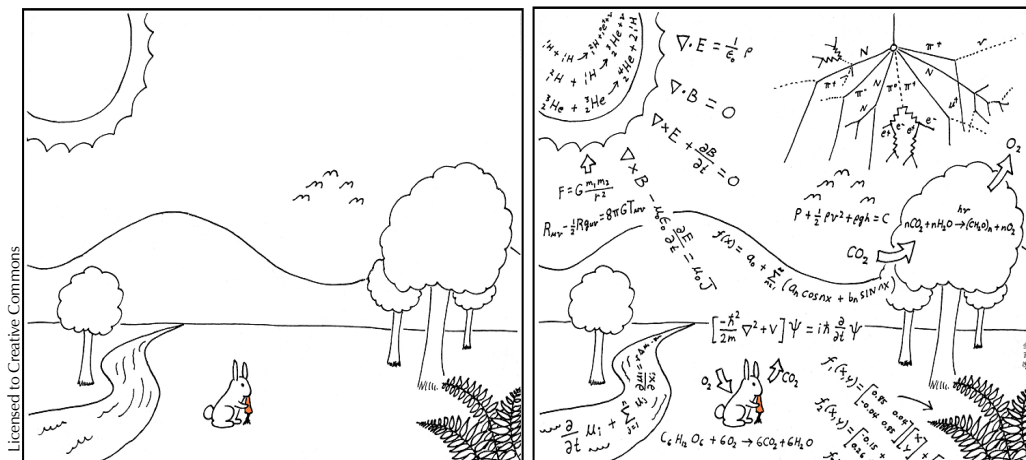
Because there is an underlying structure of spirit underneath everything we see physically.

Yes, absolutely yes.

You think you know the boundaries of your universe. You think "This is how it works." You think this is where you are in the process of it all. Within *your* universe, you have a reality, but that reality is so much more and less than what you think, yet thinking is all you can do to try to grasp it. So the limitations create the boundaries, and the hubris says "I am boundless," while the Spirit says, "You really don't even have the picture. It's what it seems to you."

[David, laughing] I wanted to ask you whatever made you think that I think Paula and I live in the same universe?

DIFFERENT REALITIES



How the hiker sees the world

How the scientist sees the world

It's very true, though, and people would get along better if they realized that—instead of wanting everyone to be a little clone of themselves, to feel the same way and think the same way, and not respect that they are on a fully different journey with fully different perceptions of that journey.

Which leads to many of the problems we're

having all over the world.

Yes.

So, what's the bottom line?

I cannot say this in a way that doesn't sound bad and I'm sorry for that, but here it comes. The whole idea of the human thing is to *be* limited, to *not* know all you are. And to think you do know just confirms that you don't.

Reality isn't something you understand outside of your own perception because when you go into a building, you want to be sure that the toilets flush and the water runs and that it's painted the way you like and that it suits your needs. You don't go in there thinking "Oh, the blueprint is really different from this." The blueprint is actually the underpinning, but you're living in the finished product, so all you see is the finished product.

So it's the wisdom that's gained in a limited form by expanding beyond those limitations that is the key.

The only expansion comes through Love, and it's correct to realize that you'll never be it all until you're out of here. Focusing on timelines and what makes up reality is just a brain game, and it's not likely to be correct.

What you *can* do in your own universe is pretty amazing. So that's how I would say it: the universe you are in—its reality and all the ways it affects you—is quite different from the unknowable, or it wouldn't be unknowable. So focus on your universe and all you can do in it.

You said our Entity has a non-interference compact. How does that affect you and your work with us?

Well, I don't interfere. I watch. I guide. I push.

[Laughing] Even though to us humans it feels like interference sometimes.

Of course it does, and that's all right. Anytime somebody says "Samuel told me to do this," I promise you I left a caveat in there. It's not my nature to disrupt the creation. Why would I do that? It doesn't even make sense to me. I'm pushy but not controlling. I want *you* to ask the questions about Love.

Here's a question from a reader about Love: "Please explain how loving ourselves completely makes a difference in dismantling the racism paradigm. When we love ourselves completely, will we stop judging ourselves and others?"

All of your behaviors are psychological responses to memories you have. Some of those memories are happy, carefree, joyous, and filled with love which

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

lightens you up. The ones that are painful or filled with fear pull you down. Love is healing. Love is *now*.

It's important to stress "present" along with "healing" because you cannot heal the pain, the suffering, the fear by going back to it. You can only heal an experience of the past *now*, in the present, with who you are and how you understand it now. But who you are and what you understand now is limited by your understanding of love.

If you only see Love as sex—and there are those who do—or if you see Love as a romantic, frilly, the-birds-are-tweeting thing, then you're only going to love the sexual parts and the frilly, tweety parts of you. The rest of it will remain unpleasant memories. But when you understand love as healing force, when you are able to allow yourself to claim—note I did not say feel—to claim Love the same way you claim Light in every cell of your being, that is a function of this moment, and that in this moment there is no pain, suffering, or fear, you are recognizing the power of Love.

Negative judgment of others is based on your past—the Lake of the Known. If it is portions of your past that have not been recognized, received, and transformed—recognized: "This was a very unhappy time;" received: "But that was what was going on then;" transformed: "It's not what's going on now, so I can let go"—then you're unable to love anyone else. When you have restored your Love, your truest condition, then you're not going to see others through the lens of your own hurt and pain and the psychological behaviors that come with them.

S

Samuel

r e s p o n d s . . .

MDMA, 5-MEO DMT?

My question to you is, Why? Why is it I would answer that? Because ultimately what I would tell you is that most people should *not* be using them. Most people use them recreationally, so they are abusing what the plants are

about.

Well, if we're wanting to expand ourselves spiritually, then which plant medicine would be the most helpful in that regard?

There are very few people within the Phoenix tribe who would find them anything other than a crutch, and I'm not a fan of crutches. I do recognize, however, that many people fairly recently, as well as even more people in the past, have been making use of hallucinogenic plants for different purposes. As is the case with many things, if you are going to do it, what good is it for me to say don't? So what I have tried to do is say, "But you need to remember that plant medicine is a very spiritual thing." In fact, with the growing awareness of cultural appropriation, I'm surprised that anyone who has not grown up with it as a part of their tribal work—for instance, those who live along the Orinoco River—would choose to do that anyway.

But assuming that you're going to use them, there are essentially two purposes. Both of them are spiritual, and both are about healing. There are the plants that work very much in your physical experience, and don't throw off your sense of time quite so much. And then there are those that are more about your higher mental and spiritual experience; they *do* throw off your sense of time very much. You can travel the universe and be back in fifteen minutes, and literally that's because the plants have helped you move out of your body.

Now, basically ayahuasca, DMT and its derivatives, all the substances that you've mentioned except psilocybin, tend to work out your current and past karmic experiences. There are so many plants that have those particular alkaloids that it's hard to say they are *all* going to do this, but some variations within the DMT line will.

Some tree barks, woodrose, mimosa, variations of these—I'm trying to think of North America here—they have more of a psilocybin-like effect, but generally you're going to have DMT versions *and* psilocybin versions.

Psilocybin is here for your future. It's here for your ability to get out of this experience and shift

With the growing acceptance across the country of plants and chemicals as legitimate aids to self-awareness and spiritual growth, Kathy Adams asked if she could get Samuel's perspective about their effects and their proper use.

When we have worked with the various kingdoms in the past, we have sent energy to the mineral, plant, animal and human kingdoms, but fungi and mushrooms were not included. Was this an accidental omission, or does this kingdom not need our energy?

Actually, it wasn't an oversight at all. I refer to them as a part of the plant kingdom just because it's simpler, in the same way I call humans part of the animal kingdom because it's simpler. What is it about them that you're interested in?

Basically, what their role is in helping humanity?

Of course, like many other things, it depends upon what version of them you're referring to. Some of them have different uses than others, but for the most part they are the vehicles for communication within the plant kingdom. They stabilize the spiritual aspect, the soul, of the plant kingdom as a whole.

Fungi are kind of like the vultures in that they help create new life and destroy old life. Again, this is very, very generalized because different ones have different purposes. I know that you're going to be asking about psilocybin mushrooms, but that's not the only type of mushroom that is hallucinogenic. There are mushrooms that will eat your brain, and there are some that will improve your life. So it all depends on what you're looking at.

You have mentioned that you have no problem with people wisely and safely using plants and mushrooms in the way they were intended—to spiritually help push our evolutionary process. Knowing that, what are the spiritual functions among the more commonly known entheogens, which are ayahuasca, psilocybin, peyote, LSD,

dimensionally. It's to show you what is possible, what you are. It does not mean that you won't be able to find that same thing for yourself. That's how it becomes a crutch. Ideally everything a plant can give you, *you* as a high-frequency Guardian can give yourself.

Stuart often says that he has to use a plant to do what the Form does every day. And that's an Ascension process that's moving out of form, out of Fifth and into Sixth Density. *You* have that access. So if there's anything that I would say to use it for, it's to see what you can access, but it comes with a lot of caveats about how you should do it.

What are the karmic consequences for the recreational use of psychedelics?

The first thing is that it becomes a crutch. You do not feel like yourself without it. You begin setting up your time with the thought of "When can I do this again?" It destroys your focus, spiritually speaking, because you have this drug that will give you a shortcut. And, of course, the problem with that for people who are not on a spiritual journey is that they end up seeing the worst of themselves. They end up being haunted by themselves. They end up having a very skewed version of what Spirit is about, and I find that horrifying and dangerous.

And needless to say, there are a thousand different ways a trip can go wrong. You can have allergic reactions; if you are allergic to mold, don't take mushrooms! Yet people do.

There are all kinds of things that can go wrong depending on the drugs you take. For instance the kinds of mixtures that come with ayahuasca that cause you to purge can be dangerous because of that purging. There are just so *many* reasons not to use drugs recreationally.

Now, I would say the very same thing with re-

CLASSIC *Samuel*

Gems from the Library archives

"What is the responsibility of an Ascended being?"

The responsibility is to do the best you can where you are with what you have. You are responsible for doing the best you can, wherever you are, with what you have. Oh! Sounds hard. Sounds familiar. Because it sounds familiar, and you know how you've done with it so far, you know it's hard. It means letting go of the rope, letting go of the string. It means consciously choosing behavior that honors what you know you really are, not the costume for survival that you're putting out there. It means making your life the sacred space not only for yourself, but, out of that flow, for others.

...

An Ascended being is one whose spiritual self has synthesized with its physical self. Physical expression is the mastery of will. Let me change those words so as not to frighten you. Physical mastery is the ability consciously, or with intent, to choose. That's will: "I choose; I'm in charge here. I'm in charge of smiling, of how I respond or how I react. I choose." It is the intent to love—and the experiences—that make you what they call a wise one. "I choose to act to the best of my ability. I choose to make harmony where there is conflict. I choose to learn all that I can about where I am and who I am and how I am and how it affects those about me, to work with that knowledge until it becomes innate within me, and I have moved from an instinctual being, working out of fear and survival, to instinct on a higher level. I choose to learn about the power I am, until my innate response is, I instinctively know I am not alone, I instinctively know that it is a part of the flow and it's going to work."

1/5/1992

gard to alcohol or tobacco, both of which have been used ceremonially and spiritually but, when abused, create all kinds of problems. Any addictive substance can become a crutch when not used properly; any substance that moves you more deeply into yourself can become a problem.

Every person is different. Every response is different. And it really takes having somebody who knows what they're doing, and knows *you* through and through, to ensure that you are not going to land in trouble physically, mentally, emotionally, or spiritually by that use.

Psilocybin is being researched as therapy for many ailments, including addiction, depression, anxiety, and post traumatic stress disorder. Many are considering it to be the next major breakthrough in the area of mental health. How, if at all, could this psilocybin impact the mental health and/or the spiritual consciousness of our current society?

Hypothetically, in a very safe situation with a very careful dosing and a good amount of psycho-

logical help to go with it, this absolutely would be a major breakthrough. MDMA and ketamine, these are breakthrough drugs. And when I say breakthrough I mean not only as a technology to help bring about healing—particularly for mental illnesses—but they are a breakthrough for a person making use of them wisely. I think one of the big things that those drugs do is help reinstall the original programming, the original . . . what do you call that with a computer?

Operating system.

To reinstall the original operating system, which is marvelous for many people who have been hurt in life and had poor responses to it. If they have been in war, assaulted sexually, or any number of things, to be able to rebuild is incredible, particularly with psilocybin, because it restores the spirit. Psilocybin trips, as you know, are about connecting with—and I am using air quotes here—“God.” They’re about dimensional shifting. They’re about moving into observer mode. And that is *very* powerful, and it’s consistent, and that’s a real gift.

It is becoming more legal in your world, and so of course that means the pharmaceutical companies are manufacturing what they believe is the same thing, and it’s not. As a vegan you know why you want to eat the whole fruit, instead of taking vitamin B3 out of it. It’s the same thing. There’s so much more that you’re going to get out of the whole fruit that helps to balance it all. Same thing. And again, it takes a lot of preparation, a lot of care, a lot of knowledge and a lot of set-up. You’re working in

magical realms.

How can Guardians positively influence the re-emergence of psilocybin in this society?

Do not culturally appropriate. Be honest. Be seeking. Be at your highest and best for your experience, which will change you, as you know. And in this world, change comes one by one by one.

Now, I’m going to add something to that—network it. Because one by one by one means you are consciously connecting with others, and over the years I’ve noticed that a lot of people think it’s just sort of magical: When *you* are changed, you change your friends, and one of those friends may happen to know lawmakers, whom they then change. Of course, you can also put the information together about the use and get that to the lawmakers, but Kentucky hasn’t even legalized cannabis so . . .

Now I don’t want this to end without my talking to you about what I believe makes for a good experience.

The use of plants is as old as humans are. It’s as old as pre-*Homo sapiens sapiens*. Even animals use plants to hallucinate. It is a very ancient practice. And while I am not big on religious practices—because I consider most of them as a step back and a giving away of your power—I’m also a big believer in reminding you that you are right here in this time and space with technology where it is right now. For instance, if you find yourself with a disease, you go to the doctor and you make use of the technology.

So this is how I would say to make use of the technology: Before you even look for somebody to

help you with this, do your homework. And that first bit of homework is a fearless look at yourself. Know what your purpose is with this, and do everything you can without using plants to be as healed and whole as you possibly can be. Don’t let old scare tactics get in your way, but be certain that you don’t have conditions or medications that will cross

You are healers. Maybe not with your hands through your body, maybe not through your words and your lovely communication and your well-trained mind. You are healers because the energy that you are has an effect where you are. Sometimes that effect is extremely disruptive in the lives of those that have learned to settle for second best; sometimes it’s very gentle for those who have wearied and worried. Maybe it’s challenging. But because you are a clear expression of pure Source Light, it is always effective. A proper definition of healing is “working toward wholeness,” and, because you are always consciously working toward your unique wholeness, that healing energy spills over and affects others, and it does it whether you have visualized it or not. It’s simply that it’s much more effective when you are consciously using it.

CLASSIC *Samuel*

Gems from the Library archives

1/5/1992

-wire things. I believe that this information is pretty available, so do your homework. Know what it is you want, and why you want it. Become an expert on whichever substance you decide to use. This is *not* about, "Oh I'm going to try this. I'm going to check it out. I've got a friend who really enjoyed this." *No*.

Second thing: you *must* have a guide. Even when the tribal shaman didn't have a religious connection, but worked specifically for healing purposes, you don't gain that title when you're twelve. You gain that when you're fifty. You need a guide who knows *you* and whom you trust. And a guide is *not* a babysitter. It's a guide who's able to help you have the best possible experience. Right there is where most people fail.

Next thing: you want to create your spiritual manifesto for that trip or journey. You want a spiritual manifesto, and I don't mean a paragraph about what you're wanting and why. I mean pages in which you are opening your heart, essentially speaking to o

the Universe. It's your prayer, if you will. You want to be sure that your vision in this vision quest is about your highest good spiritually. If you focus on your physical—even if you're taking physically oriented plants—instead of your spiritual, I guarantee you will see all of your shadows come up. You want to remember that every journey is about death and rebirth. Death and rebirth in the spiritual sense is a much more powerful experience than in the physical sense.

So, again, go with the spiritual. Think through what you want to rebirth into. Think through what you want to experience. When you take the plant, be filled already with white Light in every cell of your

being. Absolutely connect into the highest and best and brightest Love that you are.

The plant is giving you a portal, and you are grateful to it. You recognize its sacrifice. You merge with it, and then you swallow, or inhale, or breathe, whatever it is you are doing. Your guide stays with you, and they know how to call a doctor if it's necessary. Don't do this out in the jungle because you can have fifty good journeys, and then the fifty-first can go wrong. Space your journeys out so that you have time to process them. People run into trouble when they ingest plants three or four days in a row. You need to process and that's a physical, a mental and spiritual process.

You've also told us to stay within the laws of the particular place we live in. It's the impeccability of a good Guardian.

While I absolutely promise you that impeccability is my thing, a Guardian who wants to weasel around that absolutely will. So while I would say remember

It's not a recreational activity.

you are responsible for any consequences and therefore it's better to follow the law, I would also say that the U.S. has some laws that are pretty unacceptable and not impeccable. Generally, I think the biggest thing in there is that it's not a recreational activity. And if you're using it that way, you're not being impeccable.

This is very helpful.

Why?

Well, I couldn't find this kind of information out there, so I'm really glad that you're providing it and making it available to everyone.

I encourage Guardians to be careful, to be smart, and to realize that this is stepping off a cliff. You will not be the same, and if you are you didn't prepare properly. So you need to be ready for that.

To those who volunteer their time to making this publication something we can be proud of—the proofreaders:

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Warming the Heart and Soul

by Bonnie Bayly

While sitting beside a crackling fire one very cold night in Florida, I thought about Samuel's message at the February first-Sunday meeting. He explained that the Divine Feminine is a healing force while the Divine Masculine is the energy of manifestation. He told us that this is a time to give ourselves a break, to rest and renew, so that we can better deal with the things we are seeing out in the world. By using both the Divine Feminine through Intent and Thought, and the Divine Masculine with Word and Deed, we can bring balance into our lives. He called it a time to hibernate and go within and let ideas form.

Since I graduated as a chef from the Natural Gourmet Institute some years ago, I have tried to pay attention to what my intuition says my body needs, and create food that fulfills those needs. As I let the Divine Feminine guide me, I realized that I needed a warm bowl of nourishing soup, and that the Divine Masculine was there to help me create it.

In culinary school I learned to start the process with things that take the longest to cook, which allows time to prepare the rest of the ingredients. I like the vegetables to be soft but still retain their flavor, so I do not cook soup for too long. Making soup is all

about balance and proportion. If I want a creamier soup, I blend the beans and half the water before putting it in the pot.

I add herbs or spices to complement the ingredients and I love using fresh herbs. I used to have a thyme plant outside my kitchen door, but one of the hurricanes ended that luxury, so now I have to rely on my local co-op for organic herbs. I also like to have something crunchy with soup, so I usually have some crackers or a piece of toasted millet and flax lavash—a traditional Armenian flatbread.

You can be as creative as you want by substituting other ingredients. Cumin and lemon juice go well with red lentils, which make a creamy soup because they break down easily. Try using a different white bean such as Great Northern or cannellini instead of chickpeas. Or be daring and try some black chickpeas and go a little heavier on the spices.

When I make my own food, I am satisfied in body, mind, and soul, savoring the balance of Divine Feminine and Divine Masculine at play in my kitchen. I hope you are inspired to be creative in your own kitchen. Start with this recipe and see where your inner guidance takes you!

Brothy Chickpea and Mushroom Soup

To 4–6 cups of boiling water, add 1–2 cups of cooked chickpeas. When water is boiling again, turn down to simmer and add the rest of the ingredients:

- 2–3 medium carrots, peeled and sliced
- ¼ – ½ cup finely chopped fennel
- 2 stalks of celery cut in half and chopped
- ½ cup shiitake mushrooms chopped in small pieces
- ½ cup Portobello mushrooms chopped in small pieces
- ¼ cup chopped fresh parsley (or 1 Tbsp dried if you do not have fresh)
- 1 Tbsp fresh sage
- 1 Tbsp fresh thyme
- 1 tsp salt (optional)

Simmer for 20–40 minutes, depending on how soft you like your vegetables.