



# PHOENIX RISING

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## An Interview with *Samuel* channeled by Lea Schultz

*I have some questions about the brain and mind, the nature of the awareness we experience on this side of the veil versus the awareness our entities have, and the degree to which our memories contribute to who and what we are as individual beings. I'm particularly curious about the continuity of awareness at the time we move back to our entity at death.*

*Experiences, whether they are remembered, forgotten, or even repressed, seem to leave their marks on us; memories are tied to changes in our brain. So how does the non-material entity—without a brain—perceive them? Where do they go when they go to the entity?*

The mind forgets; the body remembers. You are more like an octopus than you might think. You remember that not too long ago we spoke about how an octopus can have specific brain functions within its tentacles rather than just in its head. Humans are much the same.

I've spoken to you about your having three brains, because brains really are just a bunch of nerve endings that have been specifically grouped for particular behaviors within the body. So you've got a heart brain, you've got a gut brain, you've got a head brain.

Your head brain registers your pictures, but it's not the only way you register your memories. Do you understand the difference there? Your *picture* of a memory is different than the memory itself, which holds

so much more than the limited perspective from which you look back and recall a still picture that, as you think about it further, opens itself up more. That's because when you're thinking about it harder, what you're doing is accessing more of the physical memory of it, because your body holds the stories.

So how does that work with an entity, with the Spirit you are? It can access without all of the "human" processing you put around it, and it accesses it simply because it's energetic frequency.

You attach a lot to your memory, but the fact of it is, a memory is simply a set of frequencies: one piece is stored in one area, there's another area for another piece, and another area for the next piece, and you then pull them all together. The entity has access to all of that. It's not limited by it. However, what the entity does not have, which I would tell you is a great advantage, is the human emotional relationship to it. The entity looks at the computer program; the physical body runs the whole process, the program itself.

***The entity, I assume, retains an awareness of information that it accumulates. It's more than just a machine that reacts in the moment. It must retain some sort of information too.***

The entity does not retain anything. It doesn't need to. It can access everything, but it does not retain it. It just accesses what it needs.

Remember that your human experience is simply a projection of your personality. The personality molds the energetic frequencies into a specific shape, and that shape is determined by the experiences of that human, of that chosen vessel. There is so much that goes on that is vital to the human and not at all vital to the spiritual

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progression of the entity.

When you die, after a certain amount of rest—it usually takes three days, more or less, for you to fully leave the body—your personality re-integrates into the entity. This personality reintegration usually is complete after three or four months, depending upon what's gone on with the individual and how hard it is to release that personality. Until then, the personality is sort of like a computer filled with programs that it's incessantly running as it is working to hold on to what it thinks of as life. At that point of reintegration the personality becomes like a book in a vast library, the book of David Thomson, and any time the entity wishes, it can go to the book of David Thomson and access whatever information it needs.

Your memories are how you hold on to your *humanity*. Your entity doesn't need that.

***It's very hard to conceive of awareness as progressing through time without involving some kind of memory of what happened in the previous instant.***

***What would the entity want to get from that volume called David Thomson?***

Well, for instance, David has mastered many things in his life, and it might be that there is another projection going on that could make use of that mastery. And that projection has reached a point in its own awareness and perspective that it would be able to access that. So, through the entity, it goes through that library and finds the David Thomson book and flips it open to where David has mastered whatever that personality needs.

***What about when human experience is distorted or made unnatural by mental illness, when a person cannot even perceive the reality around them accurately? How does that affect the entity?***

All right, first, what you are saying is fraught with problems. Can you come up with what they might be?

***Who can say what reality is?***

Who can say what reality is? You started out assuming that mental illness means they are not "normal." You are suggesting that their reality is not useful, and I disagree with that. What I would rather you ask is, "What about people who experience the world radically differently, people who medical science today would say are, for instance, experiencing psychoses and are broken from reality? What does that mean with regard to the way the human processes energy and when the entity makes use of it?" Does that still honor the question you are asking?

***Yes, I think it does. My concern was primarily with things like paranoia and dementia, and I get your point about those realities being different but not wrong.***

Any of them are different, not wrong, except when judged by certain social standards. Someone who is considered nowadays to be out of touch with reality and needing to be shut away was at one point considered the oracle for miles around, and well worth listening to. A lot of what is considered neural divergence has to do with society's misunderstanding and being ill-equipped, particularly in the West, to deal with such things.

Every living human is experiencing a reality that works for the jour-



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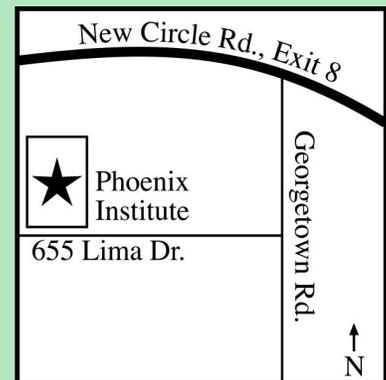
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### Phoenix Rising

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ney they have taken, but it's not based on what the world wants to see. It's based on the blueprint. It's based on what that soul, what that Spirit, needs for its next step. I have said over and over that you are the center of your universe and all those around you are characters within your production. Some of them have an important role and some of them do not.

Many, many times somebody's dementia or head injury or strongly neuro-divergent processing system is not nearly as much about that soul as it is about agreements with the people around it—those areas in which one universe overlaps someone else's universe. So a compact is made. David to Paula: "We are going to make this connection. There's going to be a point in which this happens. Will that work?" "Yes, because I can use it for this purpose."

***So what you're saying is that when we try to fix whatever it is by medication or whatever, we are actually interfering in a process that has been chosen.***

No. It's very, very different to choose being psychologically unbalanced or psychotic in the fourteenth century than in the twenty-first. When you take the dive into *when* you are going to be, you are also choosing all that is available then. If all you wanted to do was experience the plague, then you would pop into what, the fifteenth century? On the other hand, plague is in this world right now, and there are a few countries that regularly have a bit of bubonic floating around. But why is it you don't hear about it? Because your science is one-hundred percent different now, and when somebody comes up with those symptoms, the medical people say "Oh, here is what we need to do. Clean up, clear out, medicate and bring about health," something that could not be done centuries ago. So if it's available to you in your time and place and you're *not* making use of it, you'd better have a pretty good reason, because you *chose* this time and this place.

Now, having said that, the bad end of your current medical revolution, like anything you're at the very start of, is that there are a lot of times you really should just let things go. Your ninety-one-year-old mother really doesn't need to go through eight rounds of chemo, *really!* But it is possible, and it is

available in this time. So don't misunderstand what I'm saying here. But the basic answer to your question is, it doesn't mean you should do nothing and let it take its course, because you're in a time in which there are options.

***This interview was based on a perception I had of the projection being sort of an information gatherer or reporter for the entity: "Go experience this, send back your experiences and the entity will benefit from that."***

Which is true.

***And that's what led to my curiosity about distorted perceptions of reality here. Is that bad information going back to the entity?***

It's just information. It's not bad information; it's just information. The human is having a full experience; it's not simply a vehicle. It's having its own experience. You make decisions on what to do with the successes you've had in the past or the disasters you've had in the past. You learn from those. You grow, you change, you extrapolate and leap forward, or extrapolate badly and leap backwards. You are you, having a full, powerful amazing experience, and the higher the frequency you work at, the more the entity is able to work through the human, which is what you're after. It's always good, but sometimes you don't realize it's good until you get away from it. It's not human

versus entity, and it's not that life is ever wasted, because the human isn't the entity.

***So the entity's focus is to expand spiritually by putting down these projections and then pulling back these multiple experiences.***

Correct.

***I'm not sure I understand how these multiple experiences are going to help the entity grow.***

When you were a toddler, life was very, very different than when you were a teenager, which was radically different from the first time you got married. Which was a whole other life from the period before you met David. All of this happened within one lifetime. Use *that* as your illustration. A personality in a toddler stage, a personality in a teenage stage, and yet another stage after that, and it's all going to bring information to the entity to make use of, just as the adult you are right now looks at all of

*The higher the frequency you work at, the more the entity is able to work through the human.*

your different lifetimes within this one life and pulls together what you need in order to move forward. It's pretty much the same.

***On a human level we would call that wisdom.***

I agree with that. For the entity it's just wisdom at a much higher level, because it has an even greater perspective.

***Is that because the entity is outside of time and it has access to everything all the time.***

Yes. It doesn't need time and space to put a mark on the experience. Therefore it's a memory.

***I was running into difficulties while putting these questions together with the idea of time and space, and how experience that happens here doesn't transfer well to the other side of the veil.***

That you are *assuming* does not transfer well.

***One question that came up for me regarding time is about the value of our time and what effect it has on us, at the level of the entity or even at the level of the personality, when it is "wasted." You know, the idle things that we do that we don't even remember doing, particularly when we're eighty years old, things that don't affect our lives, that don't affect our thinking. Like playing a computer game: it's basically an hour of my life gone and I haven't benefited from it. So what about wasted time? Is it wasted?***

There is no such thing as wasted time.

***Then what is its value?***

What is the value of time when it has not been spent productively? That's a very privileged statement. Your judgment of what you do, how you spend your time, what its value is, is unique to *you* and comes out of the community or the society you're a part of. So if you are a part of a society that says that when you are not making money twenty-four hours a day, or you are not cleaning your house or completing this project, you are not making wise use—even good use—of your time, then you learn that you're wasting it.

And so the first thing that you want to look at is, why are you considering it possible to waste time? How are you judging it as wasted?

I said earlier that the mind might not remember, but the body does. The mind forgets, the body remembers. Everything that you do, that you think, every bit of the input you are receiving, even that which is beyond what your current abilities allow you to recognize or measure, it's all there.

Now, there is only so much space in the Lake of

the Known, so you are constantly filtering based on your belief system, filtering out those things that don't look like they're going to be in the Lake of the Known because it's crowded. That does not mean they are never accessible. It does not mean that they're not a part of the processing you have gone through to get to a very important decision, let's say, based on what you *think* is only about these memories and qualities that you can consciously pull up. You're actually basing it on much, much more. Nothing is wasted. Nothing.

Having said that, suppose you know that you must journey from Lexington to Louisville in two days because you have some very specific things you need to do there, but instead you find a thousand and one reasons not to go there yet; you find a thousand and one reasons to hold off, to wait. You might even convince yourself not to go at all! In that case everything keeping you from the journey is "wasted time."

Until you go to Louisville and do what it is you're trying to do there and get yourself back, everything in your life is focused on that journey, and you have the choice to ignore it, which I would call a spiritual waste, or follow through with it and get yourself to Louisville, do what it is you're there to do and get back.

So spiritually speaking, people do waste their lives. Your life is made up of a quantum of time, which is the only way you register it. But you're not wasting it physically. You're here, and that's never a waste. Do not misunderstand; do not think that being quiet and not doing work cannot be useful. When you start thinking that you can waste your time, put it on a spiritual state, not a societal one—How is what I am doing working toward my ultimate purpose?—and judge it by that.

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*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 . . .

***At the first-Sunday meeting in June, you said that Guardians have been losing momentum on projects and ideas they have started. Is there a particular reason for this that should alert us when dealing with the upcoming energy changes?***

You have been going through a lot of change in how you see yourself as a part of this world. In fact, you have been recreating yourself and your world. The beginning of March and the month of May had massive energy inflows. June was a break from that, but it was waking you up to a mid-July energy change. That tends to make a very chaotic, switch-gears-and-keep-moving energy, not only for collective consciousness as a whole, but particularly for Guardians who are so conscious—or *work* to be so conscious—of what they're thinking, what they're doing with the energy and where they're going. Ideally, what they're doing at the time has to do with what they want in their lives.

Picture an automobile speeding down the road, and suddenly it has to slow down, swing around, and go in another direction. That's what a lot of people are having to do now, and many of them are going to just say, "It's not worth it. I can't do this. I don't *want* to do this." And some will say, "Well, I started this to see if it was a direction I wanted to go, and I just dropped it." Or, "I started this project and just left it." But it was a time in which you needed to take a look and say, "What am I really wanting? What am I needing at this moment? Where am I going?"

I'm referring to an illustration that I used in the interview: "What do I need to do to get to Louisville?" Those decisions—I can do it, I can't do it—are going to have a profound effect on your future, and if you are a person who tends to be out of balance, then you're going to be seeing a lot of those questions.

A lot of that is because Guardians tend to show up as either Creators or Patterners. Creators are wonderful idea people but they're not great about finishing something up. Patterners are a lot better about finishing something, but they're not great about getting started in the first place. Ideally the

two should work together.

Back in July there was a *massive* inflow of feminine energy, and Creators began functioning as Patterners, while Patterners began functioning as Creators. They had new functions, new purposes. Basically—and I might regret saying it like this—it was like setting up a new timeline in July.

Now, August, right around the time this interview is being done, there is another big hit of energy, amplifying and accelerating what showed up in July, and it's going to stay through October and into March of 2023. So, for many of you, you're in an extended period of your human self functioning totally opposite from how it has in the past, and your Spirit self also functioning totally opposite from before.

So imagine, if you can, the resulting chaos showing up as resistance and revolution because there is no recognition of the new energy. The fact is, you are always both Patterner and Creator, but you're a lot better at one than the other. Now you are in a period in which what had been going on with you is changing, so you're looking for new ways to express and examine that energy. And remember that you're dealing with them in your own self. You're relearning something.

When people are in *massive* change, they tend to rely on what they know, and if they reach a place that's not familiar, they often just quit. But what is really needed right now is to push it a little further and see if the changes aren't helpful. They probably are, because it's going to help you shift, whereas if you give up before the shift, you'll never know. As a Patterner you'll never know what it is to initiate. As an initiator, you'll never know what it is to see something through.

***Since it's going on through October and people will read this in September, it will still be relevant.***

Oh, what's going on in this summer and to the end of this year is literally earth-shaking, and I mean literally. Everything right now is about the recalibration of the planet, and its effect on the life force of the planet.

***In July you said that we will see energy coming to the world that has not been seen since the time-line shift. In mid-August, as we do this interview, do you have anything to add about the nature of this energy and how it differs from what has come before?***

As a whole, this is the result of the Ascension process moving along as quickly as it is now. I realize it does not necessarily seem very quick to you, but indeed it really is moving forward in leaps right now. And that Ascension process is constantly requiring catching up in the world of form, because there is a spiritual leap and form has to catch up, and just as it starts to catch up, there is another leap, and so on.

If you allow yourself to be “caught up” in the world’s catching up, if your sense of self is based on what’s happening in the world, you will suffer. If your sense of self is based on the power of the Spirit you are and your focus is on that spiritual leap, then you are ahead, you are leaping forward instead of catching up. And that’s going to make all the difference.

What you put your mind to, what you allow to activate you emotionally, your view of the world—the moment those things start having an effect on how you use and see your power in the world, then you have fallen prey. You are no longer the apex; you have become the victim. And that message is going to be *vital* at the time this interview comes out. You will have moved through the second half of August and the first half of September, and those are going to be powerful readjustments on a world scale.

You *must*, from the point you are reading this until the first quarter of 2023, you *must* keep your focus on the loving thing, the unity, the spirit of it. This is what Ascension looks like. Live in the new world, not the old one.

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***At a recent meeting you warned about sitting smugly eating our harvest without saving seeds***

## CLASSIC *Samuel*

Gems from the Library archives

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.

1/5/1992

***for the spring. In August you stressed that we have everything that we need. How do you see our readiness in terms of our finances or other resources for the uncertain times ahead of us? It sounds to me like a bit of a warning.***

That’s not an unusual question, and I probably answer it in one version or another in every Responds.

***Is it fear-based?***

Yes. To take what I was saying about your spiritual self and turn it into financial concerns and all of those other issues is very fear-based.

No experienced farmer neglects their next garden, their next crop. They are always preparing. “I have harvested. The land is resting. I am going to be doing *this* with it next.” The novice says, “Oh, I harvested. Wasn’t that great! Hopefully they were magic beans and they will just grow again, because the Universe takes care of me, and all of my needs will be met whether I do the groundwork or not.” Right? And, oh my goodness, how many today want to go there? It’s a recipe for failure. “Well, God willed it.” Well, no. It’s just inexperience, lack of foresight, and being unwilling to do the work involved. And I see so much of that.

Now, am I saying you had better prepare for the worst? No, I’m not. Ideally, *ideally*, you’ll never be in a place where you will need to worry about your next meal, or where you’re going to sleep, or whether the world is ending tomorrow, because those are not the choices that Guardians have made. Guardians are experienced farmers. They’re not novices. Farmers know it’s wise to keep thinking

ahead. If you don't feel like dusting today, maybe you need to make time to do it tomorrow, because it's going to be a lot more work if you put it off until next week. So you're just helping yourself by dusting today.

But people don't want to do that. They want to not look and not think about it, and that's what mass consciousness is doing right now. The shape of things has drastically changed, and most of humanity is doing this [covers his eyes with his hands]. "I cannot see it. I don't know what is happening."

This is a spiritual revolution and the physical world, humanity, is fighting it.

Don't define yourself by the world, but recognize when the world is blocking your path and know how to go around it. Know what the news is, but don't live it. Know what's happening in the areas that are dear to you, be it people or money or creatures or whatever, but don't let it define you. Know what's going on. Do what you know to do to make things as love-filled in your daily life as you can. It's only your fear, and the resistance that comes out of that fear, that keeps you fretting about tomorrow instead of being ready for it. You've got to know what's important to you and flow with that, and not let the world define you. And the world is all those little subsets—finances, jobs, on and on.

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***How will developing our superpowers affect our relationship with the Elementals?***

Very likely in many ways, all having to do with understanding and appreciating them more and more. The more you are able to expand your sensory abilities, the more you will see those subtle energies. It's not that the Elementals are not always out there or their work is not being done, because it is. But it functions at a different frequency, so as far as

you're concerned it's not noticeable. But when you're able to adjust your frequency to, say, that of the great trees around you, you begin to see things differently, because you're in the energy focus of the tree. And that puts you into an elemental function.

You are out in the rain and you take a moment to recognize the Undines at work, and the rain shifts a bit. I always enjoy that in group situations: the wind is blowing, and I have everybody focus on it for a moment, and always the wind backs off suddenly and then it starts getting playful. Or the rain lets up a bit and it's like with one of your dogs: you can see what they are thinking. When the Elementals realize you are trying to adjust yourself to include them, it might suddenly start pouring down, as it did during the Dragon work in Britain—or it does one of those cute things where it rains in one very tiny area, just to show you. Or it could be that what was dancing light on the water a moment ago suddenly starts becoming shapes as well.

The Elementals *love* it when you start recognizing them, because it's a natural part of your Spirit's experience, of what you truly are, a part of that whole. It's a family reunion of sorts. It feeds you. You feed them. They feed you. You receive. It's wonderful.

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***I have a couple of questions about developing superpowers.***

***I often visit the Crystal Palace, and to develop my superpowers I created rooms that were furnished all in one color. In the "yellow" room the walls, furniture, curtains were all yellow.***

I'm proud of you! That is massive. Your Spirit is patting you on the back, because for you to be visualizing color and turning it into a place that is pure Spirit is really big. And it's a really good exercise for the people who can do it.

What most people will do is glance into a room and see no color, or go into a room and maybe see color, but it doesn't last. It doesn't become "the Yellow Room"; it's just a room in which they get a little sense of yellow. So to purposefully determine before you go in that "This is the yellow room," and you see it as the yellow room, and you stay with it as the yellow

You can make yourself the brightest possible light you can be, thereby becoming an example that shining lights are more than just targets for rocks. Because your ability to shine in the world shows that it's safe to shine. Turn it up. Turn it up. Blind them with your light. Glow, sweet souls. Glare, glare, even glare. Be a headlight, and be a footlight. Be fog lights. I think that's needed a lot in this world—don't you?—to get through the haze. Be a light of love, a light of example. Recognize the light. Help somebody shine.

CLASSIC *Samuel*

Gems from the Library archives

low room is *huge*.

***As I went into the different rooms, I got a different impression. In the yellow room I got an impression of happiness. Obviously that could just be what the world has said about yellow, but it's interesting that every room had a different feeling to it.***

Yes, that feeling is where you want to go, because when you are able to recognize the color with more of a sense of connection, that leads right into using the color for healing.

For instance, what you would do when you know that the person next to you is not really happy at that moment, you might see them just emanating that bright, happy yellow, because that sends out the frequency of happy, and you'll see that as yellow.

Eventually, you will see the color and you'll know what's going on. I look at you and I know exactly where the pain is, and the depth of that pain, and what it's doing to you because of that full associative connection.

***I've also wondered how the surface under a color affects one's perception.***

That you're seeing a difference based on that speaks of your sensitivity. That's a big deal. Most people would never get that. But it's really good if you are sensitive enough there to play with that. All right, this is yellow on a piece of wood table; this is yellow on the grass; this is yellow on a piece of red cotton. It's far more advanced, but it's a really good practical thing much like "What am I hearing?" Hear more. "What am I feeling?" and to be able to differentiate the frequency of the color from the frequency of what it's sitting on. Very advanced but very useful.

***David was trying to sense colors, and with seven different colors, he got two of the first three right, so he stopped in case he got the next one wrong.***

[To David] And when you were getting them right, were you also writing it off and coming up with reasons why it was just coincidence?

It's really lovely because there is so much more color than you actually see. But insofar as opening a door, it's a big one because depending upon how

you're setting up the experiment for yourself—you clearly know the difference between blue and yellow, so you're not going to mix them up. And when you forecast, "This feels like what the yellow feels like," and it is yellow, you have to really work hard to come up with a reason why that wasn't it. It's just opening-the-door work.

[A dog crowds in front of David] David, is this Annabelle?

***No, this is Jethro.***

Jethro, let's look at you.

David, what color does he feel like? Scratch behind his ear or on his neck. Don't think about it. Your body knows. It listened.

***I don't know.***

All right, is Annabelle there? Hello, dear. Let David feel right up along that edge. And do you want to change up your energy just a bit, just to make that fun? Or relax it down a bit?

David, what color are you thinking about right now?

***Well, looking at Annabelle I'm thinking black.***

So close your eyes and stop thinking about what color she really is.

***Okay. [Long pause] It's still black!***

She moved into a very nice blue, a very rich blue. At the beginning she was switching colors, and then settled

into a very gentle blue, sort of blue-sky blue.

Now, that's just playing, and sensing a creature's colors is *very* hard to do. But play with the color and remember what it feels like to you. And remember what you think while you're sensing the energy. And then pat them and see if it changes. Or stand next to a tree or, if she'll let you, feel along Paula's body and feel if there is anywhere that duplicates that sensation. All you're wanting to do is to try to duplicate it.

But you know, darling, you may be better at practicing off the top of your head. Sort of like what is two times two? You don't think about it; you just know; it's four. You might do better if you just look at Annabelle and ask yourself very quickly, "What am I seeing?" and just let it pop out rather than trying, because I think you're going to talk yourself out of it by trying.



Annabelle

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# Writers' Gallery

*A group of interested Guardians recently volunteered to be part of a writer's group to carry on the work of the Atlantans (Pat O'Malley, Brandi Parker, and Dina Shadwell) who have for years contributed an article to each issue of Phoenix Rising. As a way of introducing themselves, they have all written answers to the following questions, which are based on a statement by Samuel during the June first-Sunday meeting.*

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Samuel said that there are two kinds of energy currently coming to us. One is the energy of resistance and the other is energy to celebrate ourselves.

**How do you experience or express resistance in your life?**

**And how do you experience or express celebrating you?**

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The way I show resistance in my life has changed over the years. In my youth, I used to get very angry and fight back against whoever or whatever was causing me grief. When I met Samuel I learned that my resistance was usually based on fear. He taught me how to go within and deal with my fear. It's been very freeing, and I have very little resistance in my life these days. Chaos is happening all over the world and my lack of fear about it has almost eliminated my resistance and opened the door into divine neutrality. There is always a higher perspective, I just have to reach for it.

How do I celebrate me? That's been more of a challenge since I rarely think about that aspect unless I've driven myself into the ground with too much work and am forced to take a break. Life should be lived as an exclamation of who I am, not just what I need to do each day. Living should include my creative side expressing music, art and delight in things that feed me. So, celebrating me happens when I stop doing and start being.

**Pat O'Malley**

My worst resistance manifests in not setting boundaries between me and me. I have unreasonable expectations of myself and allow deadlines to be set based on them. Then I don't say no to things that will make it even more difficult to meet those deadlines, which creates unnecessary stress. As illogical as that sounds, it isn't easy to stop. I'm looking into what the need to do that is about, and although I'm

not clear on all of it yet, I believe the root cause of it is "not-enoughness." No surprise.

Celebrating myself is easy. I'm creative—writing, drawing, designing anything at all, bring me the same thrill and happiness they did when I was a 10-year-old making paper doll clothes for Betsy McCall. (Women of a certain age may remember her.)

**Dale Mendoza**

When I am celebrating myself, I am trusting in the Universe, flowing and adapting. Celebrating me means that I am divinely neutral with events and people. I am taking care of me, emotionally, physically, mentally, and spiritually. I am living consciously with kindness and love.

Well, then there's that other 80% of the time . . . OK, maybe not 80%, but more than I'd like it to be.

I am cranky, I snap back, I use the 48-hour rule that I have to extend to 72 hours, I have angry conversations internally (or externally), I bitch, moan and complain, I am controlling: I AM resisting.

I do know how to turn this around: breathe, be centered and balanced, give up my need to be right and in control, or whatever the issue is. Or I can choose to continue wallowing in my resistance and putting my ego first.

Being a part of Phoenix Institute and being with Samuel have helped me be on to me, try to live a less resistive life, and spend time celebrating me.

**Mary Brainard**

At this stage of my life, resistance regularly manifests in the form of grief—resisting the transformation in my husband: from the guy with the Paul Newman eyes that I married, to his current, diminished presentation. It's hard. But as strange as it might seem, just repeating the words, "I am a function of Source" sets me to rights every time.

**Catherine Tuggle**

What do gravel and rip currents have to do with the question at hand? Throughout the days of wrestling with the questions that were asked for this article my mind kept going back to rip currents. A rip current is a powerful ocean current that can drag a swimmer out and under to a watery grave. Many a swimmer will enter the ocean at what looks like a calm path in a bank of waves. That path is actually the rip current, and off you go, carried out to sea. The recommendation is to not fight the current. Swim parallel to the shore, call for help if you can, and remain calm enough to swim or body surf back to the beach. My first experience with this happened when I was eleven years old. Fortunately I was plucked out of the current by Billy Boleck, who saw me struggling and pulled me to safety just as I had surrendered to what seemed inevitable. I've experienced the parallel swim to safety once or twice since then, and now I avoid the situation altogether. I love the ocean and the beach, but I do not go in the water on rip current days. Chaos and gravel still find me and I find parallel floating often helps until the right moment comes along.

What lifts me up is my work with Samuel. I met Samuel in this life in the late 80s and have learned that there's so much more to this human experience.

I am still learning. I am so grateful to Samuel's teachings and his tribe for the reminders that I am not alone and there is power of love energy that helps keep my head above water until I find my footing. Thanks be to all of you, seen and unseen, who are on this journey with me. I love you beyond the realms.

**Terrie Deerfield**

Resistance? What resistance?! I don't have any stinkin' resistance! Oh wait, unless you mean how I immediately correct or contradict someone when we're in conversation. I assume that everyone wants to be corrected, right? Or how I usually bristle at au-

thority. Or when I deem a situation is unjust, especially if I think that someone is being bullied. Hmm, I guess I am onto myself about these resistant behaviors, but that doesn't mean that I'm always able to stop them.

I've decided that my behaviors and how I resist are a habit. And habits can be changed or released, so that's what I am working on especially this month.

And along with that, to encourage myself in changing my habits, I am doing things that make me feel good about myself. I celebrate myself. I go for walks and runs in the arboretum, I work out, I receive massages and chiropractic adjustments, I read books, and I enjoy our sweet cats. I find that when I am good to me, I am strong and clear, and am more loving and feel more connected to the wonderful, magnificent All That Is.

So resistance? Who needs to resist? It's a beautiful, chaotic, world out there and I'm going to go with the flow.

**Suzie Stammer**

My biggest challenge as far as resistance goes is resisting my need to control, be it outcomes, people, situations, or other things that crop up in my life. One thing I have discovered is how much fear has played in my need to control. The greater the underlying fear, the more urgent my need to get my own way.

Control is a tricky thing to, well, control, because so often I see things that bring an emotional reaction and that can set off my need to control. One thing that has helped is finding out what my triggers are. For example, seeing injustice is a big one, but I have to continually remind myself that labeling something as an injustice involves a judgment on my part. Samuel has been a big help with that by reminding us that there is never one "truth."

Although this may sound paradoxical, one of the main ways that I celebrate myself is by helping others. I know that I came here to make a difference, and serving others is my way of celebrating and acknowledging the love that I am.

Serving is an interesting interface with my need to control, because the act of service can initiate an attachment to the outcome, or an expectation of gratitude. I have to often remind myself to give freely and with no expectation of reward.

**Paula Thomson**

# In the Vegan Kitchen

## Fall refreshers



by Paula Thomson



### Cucumber Mojito

Make this just before serving to keep the flavors fresh.

1/2 of a large cucumber, peeled, de-seeded and diced

Juice of 4 limes

1–1.5 cups natural organic sugar

16.9 oz. (500 ml) plain coconut water

Place the cucumber, lime juice, sugar and coconut juice in a blender and blend until well combined. Strain the mix through a fine sieve. Serve over crushed ice and garnish with a slice of lime and a sprig of mint. You can adjust the sweetness by adding or subtracting sugar to your taste.

*(Makes about 30 fluid ounces)*

*As the heat of summer dissipates, fall is a lovely time to sit on your deck or porch and enjoy the cooler weather. Here are two non-alcoholic drinks that are both refreshing and unusual.*



### Watermelon Crush

Drinking this through the spicy sugar mixture makes this beverage taste very exotic! Adjust the amount of sugar to your taste.

1–2 tsp cardamom seeds to taste

A pinch of nutmeg

5 Sichuan peppercorns

1/2 tsp sea salt

4 TBSP of natural, organic sugar

1/2 pink or yellow watermelon, chilled

Juice from one grapefruit

4 TBSP fresh lime juice

Tonic water (optional)

Place the spices, salt and sugar in a coffee grinder and reduce to a fine powder. Scatter on a saucer.

Scoop the watermelon flesh into a blender and blitz until smooth. Sieve into a jug, using a spoon to help get the juice through the sieve, then stir the grapefruit and lime juice into the mixture.

Run a piece of lime around the edge of each glass, and dip the rims in the spicy sugar and fill the glasses. If you would like to add some fizz to the drink, you can top it up with tonic water.

*(Makes approximately 32 fluid ounces)*

*Share your favorite vegan recipe with other readers.  
Send it to [phoenixrising@phoenixinstitute.org](mailto:phoenixrising@phoenixinstitute.org).*