



PHOENIX RISING

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An Interview with Samuel

channeled by Lea Schultz

You made a point recently that what appears to be a culture war going on in the world is actually a class war. In many ways it seems to be both. In some cases, the middle and poorer classes are actually voting to empower those who would take advantage of them, and not supporting those who are most motivated to uplift them. Please help us make sense of these “wars” and the forces driving them.

Well, the first thing that I’d say is, if it made sense it would not be happening, because people would catch on to it and start making changes. But people really don’t seem to be catching on.

Think about when you were a small child—and I put this into a hypothetical scenario since this isn’t accurate for every child—but a sibling or a friend comes over and you have these great toys. You love playing with your toys, and you even have toys that you’ve not played with in a long time because you have so many toys.

But the friend comes over and all of a sudden it’s “These are my toys! I don’t care if I haven’t played with it in a year. This is mine and you cannot have it.” That’s a pretty typical, human kind of thing—a scarcity mindset. “This is mine! It cannot be replaced. It’s all for me.” But whether you have a thousand dollars or a billion dollars, you’ve

got to move out of that mindset.

What the humans want to do, be it a message from the ancient evolutionary self or the current self, is say, “This is mine and you can’t have it!” And the capitalistic society, which has ruled this earth for centuries now, says if you have it, you did things right. And if you do not have it, it’s because you’re doing things wrong. So the system is very set up for those who *have* to be thought of as the “good” and those who *have not* being the “bad.”

You can imagine the whole setup, from the first tribe all the way through to today, being effectually about “I am better than you are, because what you need is what I have,” be that the ability to keep the family clothed or be it running an industry. The “I have more so I am better/smarter/wiser” is only because I can offer something you want, and in this society that is money. I need money to eat, to purchase, to have a place to live, to have a car to drive. Money is what I want, so it moves from “you’re good, I’m bad” to a new version, which is that you are good because you have more money. If it was some other means, such as you are able to tap-dance better and the whole society was based on tap-dancing, it would be the same thing. It’s who has what society needs.

Notice what happens when society no longer needs what you have to offer. For instance, I make the best horse carriages that there could possibly be. Oh no! Here comes the internal combustion engine.

Right now, you are looking at people who are saying “It is my right to be able to have a place to live, to



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raise my family, to have the food I need and the means to get it *without* having to work three jobs at a minimum wage that is so far below what I need for what prices are nowadays,” so they’re beginning to resist this idea. They are seeing things: how this kind of life—not working forty hours, but working sixty and eighty hours—is killing them. “My parents did it and they weren’t happy, and they did not even pay the kinds of prices we have now. I’m not going to keep doing this.”

So the people in charge say, “Uh-oh! They’re willing to live with less money. They don’t want to work as hard in these industries I have built. I’m not going to be able to have the nearly free labor I need so that I can have the life-style I want, so that I can pay a worker ten dollars an hour in order to get my ten million dollar bonus every year.”

The serfs are revolting, and what is likely to make the biggest difference this time around is that in the revolt they are saying, “I don’t want what you have to offer,” which has those who have been living off of the workers *really* worried.

This kind of revolution happens approximately every two hundred and fifty to five hundred years. That sounds like a big time span, but it really isn’t.

So let’s say, maybe every three or four hundred years a complete revolt happens, but that has not changed society in the past. What is really having an effect now is that those in the ruling class have several advantages, if you will, and you can hear it in the news if you listen. They have convinced the workers that they have it good compared to—and fill in the blank.

So that’s number one: you have it better than most.

The second thing that they do is say, “You are doing this for . . . ,” and they will toss in your family, the people who are relying on you, your community. And that can create the patriotic “I’ll do this for my country” or “This is the American way.”

And the third thing they do is they instigate great



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fear amongst the workers: “If you do this, you will no longer have this America, and you will no longer have health insurance. You will no longer have money to buy your groceries or pay your rent. You will be out on the streets suffering, and will have let down your community, your family, and yourself.”

That fear stops unionizing. That fear starts there, with the people who are not the one percent or the three percent; they’re not even the fifty percent. It causes them to say, “I need to do everything I can to keep things as they are. They’re not good things, but I know what they are. I know what I’m dealing with. I cannot risk the new.” So they go to the voting booth and they vote for the one who has demonized changing the system. They vote for the one who has assured them that their way of life can be saved. “My way of life might not be very good, but it’s not going to change and I know what I’m going to deal with. It’s okay.”

And the sad thing—oh, there’s a lot of sad things behind this—but the problem is that it doesn’t work. Because the politics is being run by those who are gaining off the workers’ backs. So the managers are in league and not really trying to help.

When you say “it doesn’t work,” what are you referring to?

It doesn’t work to vote for your safety. In America it’s Democrats versus Republicans. I’d rather not break it down like that, but I think the question was

basically why do people keep voting Republican when the Republicans are doing so much damage to the people who are voting for them? The reason is because they're hoping they're not going to get hurt. They still get hurt, but they do just what a parent with a recalcitrant child does; they give them another chance because *this* time they will do better.

And what those in power do is keep demonizing anything to do with the other side. It's a cycle of psychological abuse, as well as physical and financial abuse. It's being recognized by some, and the more who see it the more change will come. And the good thing is, with the energy as it is now, it's going to be hard not to see it.

So is the use of cultural biases—for example immigration—a conscious ploy on the part of those who have to deflect attention away from the real issue?

It *is* conscious, and it is handy because there could just as well be other places to focus on, but yes, it is conscious. I think in the American media right now tremendous amounts of information are coming out from former President Trump's cabinet about the kind of psychological warfare they were

employing, or deploying as the case may be. If you look for the information and you insist on good sources of that information, you will find it. It's out there.

In a recent Daily Focus there was a point about people doing the research on what they were going to vote for. Some people don't even know what an amendment means. You really have to do your research before you vote.

And realize that these kinds of things are very carefully *worded* with the desire to throw people off. "Right to Life" sounds good doesn't it? It's *carefully* engineered. So wake up and see it, and then do something about it.

You have said that humanity has an unwillingness to hold different perspectives at the same time, and that Guardians must cultivate the ability to do that. There are three parts to this. Why is this important now? In what scenarios do you see that having the most impact? (For example in war zones? Racial issues?) And what is the best way for Guardians to cultivate that state of mind?

Why now? It's not more or less important to

CLASSIC *Samuel*

Gems from the Library archives

"What is the responsibility of an Ascended being?"

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.

1/5/1992

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 to 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

hold different perspectives than it has been. It just happens that I hit on a few words that perked up a couple of ears, but that has always been a requirement.

Humans don't multitask, but you can multi-think. What I mean by that is you can hold the observer mindset. And the observer is your Spirit, the entity you are. It's the Spirit that's functioning through you, at whatever level it is able to. If you can keep that part of you active, then every other thing you look at and think about is going to go through the filter of that Spirit being who you are. That's going to allow the spiritual perspective to every "ism" you come across in your life: to your home and your family and your dogs and your cats and your horses and your rats, whatever. Now, that sounds like a Dr. Seuss book, but that's how it should be.

What happens though is that people pay attention to what they see and hear and smell and taste and touch. This cup of tea in my hand is real, so I'm going to think about it, and that tiny part of me that says it's not like that, there's more to it than that, gets squashed out by the sensory function of this reality. It's not helpful.

And the more immersed you become into this reality, the more programs you have running at once. One of them is working to dismantle racism, and so you filter everything through "Was that a racist statement or not?" The second one is "I'm working to sell this house," and so everything gets filtered through "here are the five things I need to be doing all the time to get this house ready." And the third thing is "I have responsibilities to my relationship." So the observer function moves away and the survival function takes over. That's not helpful. Guardians need to be able to function equally in a spiritual observer role *and* as form functioning in the world. That's hard because unfortunately the spiritual function is so unreal to so many that they cannot do it.

Is the fact that this planet is based in

dichotomy making it more difficult?

Good thinking. Yes, because form versus Spirit is the ultimate dichotomy. It should be form *and* Spirit, but the automatic nature of humanity is this *or* that, and if I have this then it's better than that. Humanity is very competitive by nature. And a lot of people much prefer to have their mental and emotional sensory functions satiated and be the ruling force in their world. And thus it becomes human *versus* Spirit.

Right. I was thinking when you were talking about tea, the human in me would say I love this and I cannot live without it, but I wouldn't think it through to the point of asking is this fair trade? Is someone suffering to produce this tea? Because the human is satisfied.

Excellent example. *Excellent* example

So the best way for Guardians to cultivate that state of mind is to let Spirit rule more and more.

Right. To *consciously* remind yourself to do those things that keep you in higher frequencies, to make as many of your automatic reflexes as you can be Spirit functions rather than human functions. To surround yourself with people who do that naturally because they want to and have trained themselves to so that you're not surrounding yourself with people who only value the world.

At the recent Retreat you described trauma, past and present, as a resistance to re-creation. How does trauma affect us individually and collectively within the Ascension process? Are there certain types of trauma—or resistance—that are particularly important to address?

Those are two very different questions.

First, trauma is resistance to re-creation in this sense: Your natural system is in a constant state of re-creation. Your cells turn over; in fact aging is when that process slows down. It's always re-creation. It's re-creation within the mind. When you are young you are constantly learning and adding to and shuffling thoughts about and letting go of what's not

Guardians need to be able to function equally in a spiritual observer role and as form functioning in the world.

working and taking on something new. You reinvent yourself constantly. The older you get, well, it just starts slowing down. Unfortunately, a lot of times that's just because it's too much bother. But it is re-creation.

Now, on a planetary level and on high-functioning Spiritual levels within the Greater Plan, Ascension is a re-creation process. Ascension is re-creation because you are *creating* a new world. You are creating a new spiritual awareness to function within that world. Trauma stops the process because it has a tendency to lock the person in to that age/experience.

Most roads lead to Rome. In the same kind of way, nearly all the roads point to places where you stopped trusting yourself, where you stopped believing in change and re-creation as a true possibility, because something profound—certainly it seemed profound to you—touched your life that caused you to quit seeing yourself as unlimited, amazing, capable. It caused you to stop seeing your world as safe and good. Something happened to replace wonder with fear. And that would be trauma.

Most everyone experiences trauma. For example, you, Paula, are a very strong person. You experience a lot of pain, pain that a whole lot of people would not be functioning through, but you do. You have learned that “All right. That’s how it is right now. I can curl up in a ball and do nothing, or I can keep going.” And you *choose* to keep going. It isn’t because you’re not experiencing the trauma. It’s because you’re not letting the trauma win. You are *re-creating* your version of yourself so that you are not limited by your pain. Instead, you work *with* it so you can go beyond it. Does that make sense?

Yes, except I don’t see it as trauma, which is interesting. I don’t label it as trauma.

But your body does. Your body definitely does. But my point with that is there are people who would say, “Paula doesn’t have anything going on in her life. No big deal.” Other people who say, “How

can she stand living through this?” And you say, “It is what it is. I keep going.” Those are pretty much the three responses that people have to trauma in their lives. The best road is the one that involves re-creation.

Trauma can be physical trauma—you were in a horrible car accident or you were beaten by parents as a child. Mental-emotional trauma—you are worthless—which might not be in words, but it comes out in a thousand actions that convince you that you are worthless. And the third one is the sexual trauma. Those are the three big traumas.

Physical trauma is a lot more common than people might think. I’ve got to be really careful here because there are going to be people reading this who have had horrendously awful physical traumas, and I’m not talking to them. There are physical traumas that also create massive mental-emotional traumas. And sometimes it involves sexual trauma, so you’ve got all three in one. I’m not talking about that.

I’m talking about things like your parents spanking you. You were bad, you got smacked, and the alcoholic parent would smack a lot harder and sometimes for seemingly no reason. But you can adjust to that kind of physical trauma. It’s one of the reasons torture isn’t considered very effective: the person adjusts so much that it has to go absolutely to the point of death before they start babbling out anything. Physical trauma isn’t good, but it’s fairly common.

Mental-emotional trauma is where Guardians really receive most of their trauma, because they start out in this world with “I don’t see things the same way everyone else does. I don’t really understand things the same way. I think about things other people don’t think about. I want things other people don’t.” Guardians start out *different*, and if you grow up thinking different is bad, it’s going to really eat on you, and you’re going to gravitate toward believing that *you’re* not good because that then allows you to fit in better. “I’m not good be-

However your fear shows itself to you,
remember that the way to expel it is with love.

— Samuel, 2/2/92

cause of these things. I can drop these things and fit in and be popular and follow what my family wants of me." Or whatever.

Eventually you have no sense of self. You're just whatever makes other people happy. You become a people-pleasing sycophant because that's all you know. And Guardians—often in the middle of their lives—come to a place where they say "I don't want that. That's not who I am. That's not what I want. I'm going to step off the cliff and see what happens," and they begin recreating themselves to who they truly are instead of whom trauma was trying to make them.

You said that energy coming from the Source Field is coming through in ways it never has before and that it is influencing dimensions beyond this planet. Why are these energy changes from the Source Field so far-reaching?

It's like throwing a rock into a pond and the ripples move out in concentric rings, out, out, out. This Greater Plan is in motion, and it has had a very large rock dropped onto it, so it is energetically sending out ripples across the universe as you know it. It's good.

How does it actually affect other dimensions?

Re-creation establishes re-creation. The changes that are happening here are the changes that have already gone on elsewhere. As I said, it's like a rock with ripples going out everywhere; up until now you have been receiving those waves from other arenas, be they Densities, be they dimensional structure, be they even time-lines. You have been *receiving* change, but you've not been the specific object of change.

A couple of years ago you started becoming the object of change. Picture it like a child throwing in a pebble and for the first time understanding "I threw in a pebble and those ripples happened." And then the child says, "What if I throw in this boulder?" That's what's happening with Earth. The Source Field has said "These ripples are working. Let's throw in something bigger."

At the Retreat you talked about Divine Neutrality. According to my notes, you said "It's not a human condition. It doesn't mean you have no thoughts or feelings. . . . It's a chance not to interfere with Right Action and Right Use of Power." Would you expound on that, because I

think people strive for it but don't necessarily know what it means.

I think that a lot of people misunderstand Divine Neutrality to be "I am Switzerland. I do not have an army." Although Switzerland does actually have one, quite a large one.

The idea that it means "I turn my back to all that is going on around me" is not Divine Neutrality. Divine Neutrality is, as I said earlier in this interview, the observer functioning through you. It is *choosing* to see from a higher, more complete perspective. It is choosing *not* to allow your emotions to trigger you into actions you or your journey is not ready for. Divine Neutrality is the result of your Spirit functioning through your form instead of your form trying to become a function of your Spirit.

When your form is trying to become a function of your Spirit, all of the emotional touchstones—and remember that memories, including trauma, are emotional touchstones—say, "I want to be this powerful, spiritual, amazing person who still gets really angry and throws the money-changers out of the temple," and that becomes a justification for the spiritual to be small and fearful, because negative emotions are related to fear.

Do you mean "small" in the sense of petty?

I mean small like ants or gnats. I mean so tiny that it's not worth you bothering to understand what's going on—you just act and react. You just live, breed and die. Small.

Divine Neutrality is not human, but it's also not functioning without passion. You're not an automaton. You recognize that there is a lot more out there than you know and that you cannot judge any one journey, any one experience. Divine Neutrality involves not allowing society to define how you feel

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



Lea Schultz

December Events with Samuel

Festival of Light with Samuel

December 21, 2022

8:00 p.m. ET

Ritual led by Samuel

At this special time of winter solstice, we'll join together to amplify Love in our world with a new, powerful ritual with Samuel following his special Yuletide message.

With the added power of major energy shifts this year, and with the recent opening of the Pacific Fire Gate, this is sure to be an unforgettable gathering!

New Year's Eve with Samuel

December 31, 2022

8:00 p.m. ET

Ritual led by Samuel

Start your New Year's Eve celebrations with a ritual led by Samuel!

There is no better way to refresh and renew for the year to come than by uniting in One Love with Samuel and your Tribe for this transformative event!

Zoom link will be provided on the OneHeart for each event.

Sign up for the OneHeart email list here:

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Both events are FREE, yet donations are welcome:

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Questions? Contact Angela Henson at:

dec-events@phoenixinstitute.org

Samuel

r e s p o n d s . . .

In the last issue of Phoenix Rising, you said, "Everything right now is about the recalibration of the planet and its effect on the life force of the planet." And at the October first-Sunday meeting, I heard you say, "Many of you have experienced two massive changes of Source function across your world."

The Recalibration in October 1996 moved this world from a Third Density to a Fourth Density planet. What is the nature of this latest "recalibration" shift?

I think your timing is off there, because the Recalibration did not move the Densities. It changed the nature of the energy that could come through. And back in the '90s it was all about healing the Grid, and so that energetic change was not a Density thing.

Of course the Density change and the Recalibration are two different things. Recalibrating energy had to do with the frequencies that came to the planet; the Density change—it was outrageous that that would even happen—was a change not only of the foundational frequency of the planet and all life force on it within the Plan, but also a change in the *information* you had access to. The genetic, physical and mental access and the spiritual access through form. The Density change basically prepared the ground for seeding, something that could not be done before. And of course that's going to affect all life force, seen and unseen working on the planet. *All*. So no matter what category you put those in, it all has shifted to be able to receive what it could not before.

The first time you dug your garden, you could pour water on the earth and it would hardly absorb it. Then you broke up that ground and made it soft. Now you can pour water on it and it sucks it up. It's food rather than an irritation. That's the difference.

Queen Elizabeth II was a 96-year old woman at the natural end of her life. Why was there such an outpouring of grief at her passing?

Well, first I think that Walt Disney had a lot to do with that because of that whole idea of the fairytale princess, Cinderella, getting her prince, the whole story line that generations have grown up with. Not everybody, of course, but generations of people in western society grew up with that story of the good king, the bad king, the princess finding her prince. I think so much of it had to do with people realizing that a whole new era was going to come about and that the old was gone, that the princess coming into the world and being the good queen and not the evil stepmother would end with her. And indeed it has. I think that people were mourning an archetype built into themselves through generations.

So is there a place for a British monarchy in this rapidly changing world?

British monarchy. If you allow it to be what it is instead of convincing yourself that it's something it isn't. The monarchy doesn't rule Britain anymore. You must recognize that monarchies—though the concept is written into the genetics of generations in Britain, Spain, Belgium, or the Republic of the Congo—all of these monarchies represent a time that has been highly romanticized but is essentially impractical today. How long has Britain worked on the parliamentary system rather than the absolute authority of the monarch? Well, it was *way* before Elizabeth, I will tell you that.

It started in the thirteenth century with the Magna Carta.

I was going to say hundreds and hundreds of years, so put on your Divine Neutrality panties and pull them up and realize nowadays there is no harm. Greater harm is what the Parliament is coming out with, what the Congress is coming out with, because the presidency is the equivalent of the monarchy in this country. And don't be fooled by thinking it's not. It is. It's a ceremonial office with ceremonial duties.

Is it accurate that the monarchy could have spoken about some things? It depends. If they recog-

nized that their job was to help their peasants stay happy, to keep the mythology, then no, they could not. If they actually were a legal law-making group, like Parliament, like Congress, then they could have. But don't mistake one for the other. And if you put the two together, you still don't have it right. If the monarchy had any real say, that's when one could blame. Until then you're just being picky. You're going to find wrong in every life. Look at what they were here to do, and what was done.

It's interesting if you look at the history of colonialism. It was all at the push of the ruling class, of the government of the time. The monarchy might have gone along with it, but the ruling class were the instigators of it. Greed was, usually, as well.

Right.

And King Charles can now say nothing about what is his great love—the environment and sustainable agriculture—because now he's got to be absolutely neutral.

And his children are, as they can, speaking out where they can but the higher they get, the closer they get, to the upper levels of the monarchy, they cannot do that anymore, because that's not their job.

People don't have better things to do than argue about celebrity. And I find that sad.

I really love my life and myself. Do I really have to work on recreating myself?

Yes, you do, or you will be re-created anyway, without the control that you would prefer to have, because re-creation is happening, and it is better for you to have a part in it, better to take control than be controlled.

What is the relationship of the six Earth Gates with the Star Gates? And how are they related to the Plan of Ascension?

Six Earth Gates? That should be five, not six, because there are five elements and not six, and the fifth element, the mineral element—the metal, chemical aspects of Earth—their gate is already functioning. The crystals aren't ascending because

CLASSIC *Samuel*

Gems from the Library archives

Is it easy for you to think about those things you consider your failures and hard to think about those things you consider successes? Consistent success builds trust. And the reason that you do not fully experience the glories of an ascended self is because you don't trust—here it comes, sweet souls, dear sweet spiritual souls, who are consciously working to elevate their awareness, here it comes—because you don't really trust your connection with the Source. Because you're not even real sure that you've got one. Darlings, it's built—it's built—on consistent successes.

3/1/1992

they've already ascended. For the purposes of the work that's to be done, there are four.

What's the question about working with those four?

What is the relationship with the Star Gates?

Star Gates create transportation to and, to a smaller extent, from the planet. Earth Gates are all about the planet. Star Gates are related to specific and highly energetic filters within the cosmos as you know it. Earth Gates have to do with planetary Ascension. Star Gates have much less to do with Ascension, more to do with the Plan as a whole. Star Gates are ... let me know if this is too vague an example. Star Gates are the car. The engine. The body. The wheels. They are the basic mechanics. Earth Gates are the gasoline that makes it run. If you have an electric car, then they are kind of the electricity that makes it move.

Until a certain number of Star Gates are open, which basically means until certain frequencies are met, the Earth Gates do not activate. Star Gates have primary and secondary gates, and so do Earth Gates. There are primary Earth Gates and secondary Earth Gates.

The war in the Ukraine seems like a clear battle between "power over" and self-determination, but you've cautioned against sending energy for any specific outcome, even while so many people are dying. What are the higher issues playing out in this war and what are some of the various positive outcomes that our energy might interfere with?

Something that happens with questions and makes them be difficult to answer is they come from

an already answered perspective. Do you know what I mean by that? The person already has their thoughts about it, and thus they say things like “despite all the people who have died.” There are more people who are not in the war who are dying every day than there are who are in the war. So why was it important to stick that in there?

So the first thing that I want to say is try very hard *not* to bring your world down into good or evil. Pretty much in any conflict, including this one, both sides have a fairly good case, and in today’s political arena there are plenty who would say they both have a very good case.

A larger view is that right now the energy has very much to do with freedom, personally and collectively, and the need to self-actuate—the need to be an individual while still a part of a collective—as opposed to being just a part of a collective, which is the former definition of unity. Now the energy is about being an individual while you are accessing and being a part of the collective. So, there is that energy like a fog moving through everything.

So a country doing its thing that it has done for a very long time, which is “You look like you need help. We’re just going to make you a part of us and help out.” “You are like us. You speak our language. You eat our food. You have generations of us, so let’s just make it official.” That sounds nice doesn’t it? But that’s also “We’re going to cut off a slice of your country and make it ours,” and all of those who get what they need from the country as it is are going to resist. And although that has been going on for thousands of years, that’s kind of what people do.

I would say looking at it as good guys versus bad guys, like your society has trained you to do, feeds the war machine, because as long as there are bad guys we can be the good guys. And the good guys need bases, and ammunition and rockets, and. . . . If you’re going to break it down into good guys versus bad guys, then you are buying the brain-washing your media are giving you. You are following the human rather

than the observer, and you’re being an ant at the base of the mountain instead of seeing it from the top of the mountain. Your world needs to have people who are not caught up in human separation but are willing to seek a society that works at the higher-frequency kind of unity there is now. Freedom from old labels, old thinking, old societal functions is what is needed, not Ukraine versus Russia. And with regard to Ukraine versus Russia, the first thing you want to think about is why you aren’t giving the same kind of attention to Pakistan, Ethiopia, and other warring places on the planet.

And the second thing I would say is, this war is really helping people recognize the importance of what an individual-collective, which is the new kind of unity, can do, because Ukraine is seriously threatening a world superpower. That could not have happened ten years ago.



CLASSIC *Samuel*

Gems from the Library archives

[On feeling unhappy]

I would recommend that you get something that needs you—a fish, a puppy, a cat. Not if you’re an irresponsible sort, all right; in that case, get a houseplant. Perhaps make somebody a secret project of yours. When you’re feeling lost, what is feeling lost, sweet soul, is your giving gears. You are feeling lost because you are out of synch with the love you have in you and the love that’s being received by others from you. Essentially, it’s because the spirit isn’t as strong as the world is. So consciously give love. Have an object of love. Consciously give it; consistently give it, and you will begin to find purpose returning, because you are feeding the only thing that gives you purpose: to love, to be loving, to receive love.

6/7/92

Practice everyday ecstasy. Ecstasy is the result of conscious spiritual activity, because spiritual activity is simply that which is the physical and the mental raised to the highest level.

11/3/91

Writers' Gallery

Welcome to the Writers' Gallery.

We are a group of fellow Guardians who are contributing our experiences in putting Samuel's teachings into our lives. Samuel says that by learning from others' experiences, we can sometimes avoid experiencing the same thing ourselves. So sit back and enjoy reading about how some of your fellow Guardians are working with Samuel's teachings on superpowers.

Catherine T.

Raised in the Episcopal church, "we" didn't embrace such radical ideas as seeing auras, of all things. It's a miracle my belief system had a crack in it large enough then to accept Samuel! But to my amazement, (and probably to the horror of my church had it come out then) all along I have sensed many of my superpowers. I just lacked a name for what I was/am experiencing.

Years ago Samuel told me I paint the energy of what I see. Even though I lacked awareness of what I had been doing, I had to agree. Despite my latent awareness, a whole new world lies in wait for me. I just have to peel away all the blinders that old beliefs have imposed on me and that are still standing in my way.

Terrie

As I think back on superpowers I recall the one I used to call my inner knower. My inner knower would send information as a feeling of "better take a different route today," or "better call mom." If, for whatever reason, I overruled the feeling I'd often end up wishing I had paid attention. Through my work with Samuel I have gained a better understanding and control of some of my superpowers.

Last month I decided I'd try the plant experiment. We have three plants in our breakfast nook window. They are spaced about two feet apart and get the same light and water. Every night at dinner I would send the money plant a little mental push of love, careful to focus only on that one. She started

getting a little greener and taller. The other two stayed as they had been. But, oops, Mark began changing as well! (He sits between me and the plant.) No, he hasn't become greener nor taller, but he has become more conversational. Our typical dinner chats were either about his sports teams or daydreams about traveling. Now he's asking me things about my childhood and personal things. We are sharing ourselves at a deeper level and I think he is feeling more loved. Coincidence?

Mary

When reflecting on the four sessions Samuel led on superpowers and the practicing I was (and am) supposed to be doing, I realized that I was not doing the work to learn about my own powers. I am not sure if this was a resistance, or that I did not believe that I had them, or that I did not see the usefulness of devoting time to learning about them. Or, that it was a combination of all of these.

So, last weekend, my sister invited me to attend a Catholic mass with her. I sometimes go with her as her Catholicism is very important to her and I like to support her in her spiritual development. The bishop for the area was going to be leading the mass. As sometimes happens during the event, I was not connecting with the teachings. I was thinking about how I could make this a good experience for me, so I decided to drop a couple of crystal balls over my head and started studying the bishop and multiple priests and helpers (not really sure who all the extras were).

And to my surprise I started to see some energy around these individuals. The bishop had the largest energy "circle." It was a pinkish tint and was just filled with love. The others had different energy fields around them, and around one of them I could not see anything, almost getting a warning-type energy. It felt a little weird to be seeing all this energy and having these feelings in the midst of all the standing up and sitting down and the bishop taking on and off his "hat" but keeping his cap on.

Also, I started looking around at the beautiful

church. It had stained-glass windows, ornate woodwork and some pictures. I was able to see some energy in these objects also, but the people held more energy for me that I could see.

As we exited, the bishop was greeting people. I shook his hand and thanked him. He smiled and the energy around him increased. Again, an interesting experience for me. It has encouraged me to consider working harder to develop my superpowers. May you also have interesting experiences as you work with your own.

Pat O'Malley

My experience with developing superpowers as Samuel has been teaching us started way before I ever met him. One summer when I was still in college, I decided to go to mass one Sunday morning. At that point I considered myself to be a recovered Catholic, but something pushed me to go and so I did. I sat up front near the pulpit. As mass progressed, I began feeling a heaviness all around me. As the heaviness grew, I thought I was becoming ill and was going to pass out. In the middle of the priest's homily, right as I was about to get up to leave, a woman jumped up behind me and began screaming at the priest, ranting about his lies. She then ran out of the church. The heavy energy lifted immediately. People were stunned by her outburst. I was stunned that I could feel it coming way before it happened and feel the energy dissipate when she left. Eye-opening.

I began paying attention to my energetic surroundings after that. Bad and good vibes became my new awareness. It came in handy when living in New York City. I signed up for classes at the Berkeley Psychic Institute when I moved to California and learned how to run earth and cosmic energy through my body. Working with energy made me more open and aware. I became more psychic.

Then I met Samuel who taught me how to use these tools to heal myself and, as a Guardian, how to guide and guard life force on earth. It's been an amazing ride.

Dale

What a month September is for expanding sensory boundaries! The vivid blue sky and billowy white

clouds, rustling leaves and twitter of bluebirds flitting through the trees. The breeze is the temperature of my skin and there's a sweet smell of something I can't name. I'm remembering a life when I could enter the body of a hawk fully, circling overhead, catching currents of air. Every part of me is alive, alert, connected. In this moment doubt, anxiety, and not-enoughness are vanquished and I am one with All That Is. I can create; I can heal. I have superpowers.

I think about the legendary tracking ability attributed to the indigenous people of this country. One with the land he or she walked, of course a tracker could recognize every tiny shift in it. Once Samuel told us (I only heard it, so it won't be exact) that at one time a mother could leave her baby under a tree and didn't need to watch her—the tree stayed in communication, sending information back.

I want to spend the rest of my time on Earth increasing my superpowers. What that means for me right now is paying better and better attention.

Suzie

I'll bet many of us involved in Samuel's work had experiences as children that exposed our superpowers. I'd even call them magic powers because that's what children think. It was 1955 and I was

a seven-year-old obsessed with all things Disney, especially the newly opened Disneyland in California. So, using my "magic powers," I went to my favorite rock, took Jiminy Cricket's words to heart and wished upon the first star I saw that evening. You know the song, the one that goes, "When you wish upon a star, makes no difference who you are, anything your heart desires will come to you." So, I made a wish: I asked to go to Disneyland, and I repeated that wish many times.

Five years later, when my dad had to go to Los Angeles to check on his Studebaker advertising account's TV show, "Mr. Ed," my delighted twelve-year-old self was indeed at Disneyland with not only my own ticket book for rides, but also those of my parents, whom I had worn out quickly as I ran from ride to ride. I still consider that to be quite an accomplishment for a kid who had no money to fly nor really any means to get there. Other than of course that wish, that I would now call a strong intent, and which I always resurrect when I am working now



with developing my superpowers.

Go ahead and wish upon those stars!

Paula

I think one of the hardest things about developing one's superpowers is being in doubt about what you are sensing, despite Samuel's warnings not to do that. After the initial excitement over creating the "color" rooms at the Crystal Palace, I found myself getting quite discouraged because I couldn't see that I was making any progress. Despite Samuel's admonition to keep practicing, I wanted instant feedback that I was doing the "right" thing and progressing. As Samuel points out in this issue's interview, the nature of being human is to be competitive, because of the energy of dichotomy, on which this planet is founded. So I was competing with myself!

In order not to give up, I had to look at some things that I've been doing for such a long time that I've accepted them as normal. Plants are my "thing," be it through gardening or my humble indoor versions. I realized that I could "hear" my plants asking for water or nutrients, and if I ignored them they "screamed" at me to the point that I felt guilty. I had to remind myself that not everyone talks to their plants, and that many people are deaf to that form of communication. Samuel says that as our energy increases we will either watch our plants

grow or kill them. Fortunately I haven't killed any of them yet. But because I am an avid gardener, I have long had conversations with the Elementals, thanking them when I pick fruit and vegetables, and asking what I should do about their declining health. I would always get an answer. Because this didn't seem anything special to me, since it had been going on for many years, I had to remind myself that that's a special form of communication that not everyone has, which makes it a superpower.

Over thirty years ago, on a trip with Samuel to Costa Rica, I sat by the ocean listening to the beating of waves on the shore, and I became aware of little squeaks of sound behind me. At first, I thought it must be bats (trying to rationalize myself out of it), but in the middle of the day? Every time I turned around, there was nothing there, and yet at the same time I felt that I was being played with. Since then, I've kept up a constant conversation with Elementals, be it asking for rain, sun, or advice on what to do about those pesky insects.

Developing one's superpowers isn't always comfortable. While sitting on the porch this week, the Sylphs suddenly whisked some papers out of my hand and blew them across the yard so that I had to chase them. I was not amused and told them so, but I think they were laughing at me. At least that was what I was sensing. PR

CLASSIC *Samuel*

Gems from the Library archives

I have spent years saying to you, stay away from a lot of this airy-fairy stuff, and what am I giving you? Airy-fairy stuff tonight. Why?

Because, sweet souls, it is a natural ability you have. Now, just for a moment, I want you to remember what my greedy, manipulative purpose is with you. It is my desire, my purpose, to help you—however possible—remember, to help you remember the nature of your power, to help you remember your own abilities, to help you, through that remembrance, be able

to easily, happily function in this world. Why? Because, by your recognizing your natural ability and natural power, an amazing thing is going to happen: You will affect somebody next to you, who will affect, who will affect, because one by one by one this planet is changed. Because, when you recognize your innate power, you are going to be able to express love in such a way that this planet moves more quickly toward its Sacred Status.

5/7/1995

[This meeting included a lengthy introduction to seeing energy around people, along with guided exercises.]

In the Vegan Kitchen

by Paula Thomson



A pair of recipes that could become your favorite holiday indulgences

Maple Chipotle Pecan Popcorn

Here's a "pop"ular treat to take to a party, give as a gift, or just enjoy at home.

$\frac{1}{3}$ cup popcorn 1 TBSP canola oil
1 cup raw pecans 6 TBSP margarine
 $1\frac{1}{2}$ cups maple syrup $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp chipotle powder (or to taste)

While popping the corn, preheat your oven to 350° F. Line a rimmed baking sheet with foil, and lightly coat it with 1 TBSP of canola oil.

Spread the pecans in a single layer on the baking sheet and bake for 7–8 minutes until lightly toasted (watch so that they don't burn). Remove from the oven, cool and then coarsely chop.

In a heavy saucepan, melt the margarine over medium heat, and stir in the chipotle powder, maple syrup and salt. Bring the mixture to a boil without stirring and cook to 300° F on a candy thermometer (takes 15–20 minutes).

Line the baking sheet with parchment paper. Transfer the popcorn and pecans into a large bowl and mix them together. Pour the syrup over the mixture and stir quickly with an oiled spoon to coat everything evenly. Immediately, place the mixture on the baking sheet covered in parchment paper. Let the mixture cool completely and then break into small pieces.

The popcorn can be stored in an airtight container at room temperature for up to 3 days.

(Makes approximately 10 cups)

Easy Bourbon Balls

These have been a favorite at many a New Year's celebration at Phoenix. Since we won't have those get-togethers in the foreseeable future, it's time the recipe entered the "public domain."

If you're watching your alcohol intake: Each ball contains a little less than $\frac{1}{4}$ tsp (before evaporation!).

2 cups powdered sugar
2 cups crushed vanilla wafers (1 10-oz. box)
5 TBSP unsweetened cocoa
3 TBSP Karo syrup
 $\frac{1}{2}$ cup bourbon (rum works, too)
1 cup pecans or walnuts

Combine all ingredients in a large bowl, adding bourbon last.

Chill for 30 minutes.

Form into walnut-sized balls and roll in powdered sugar (or cocoa).

Store in a sealable container in the fridge.

(Makes 40)



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