



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2023

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

*No matter how much Samuel tries to answer the audience's questions during meetings, there are always more questions than there is time for them. Luckily, we get a second chance to ask during these quarterly interviews. So here, and in Samuel Responds, are questions that were sent in for one of the Saturday sessions in February.*

***You've talked about the solstices and equinoxes being major points of change in 2023. What are the major effects of the incoming energy associated with them, as far as you can see right now?***

Good. Throwing in "as far as you can see right now" was necessary.

Revolution, revolution, revolution. By the time this comes out you're going to be poised at one of the greatest social-oriented changes your world has seen in a very long time. And how that's going to play out, I could not tell you.

But what I can tell you is that human nature right now is taking every change point and turning it into a revolution. And by revolution I mean people standing up and protesting despite personal danger. People refusing to accept the status quo, and looking for ways to turn things around. It's happening across your world now, and with every massive event—and just as a for-instance, the earthquake on the Syria-Turkey border—it's going to create more protests against what has been.

Governments have done so little for the people, for so long, that

when a massive emergency comes about they cannot help their people. As a result, the people have the blinders taken off, and they are saying, "Where has all of this money been going?" (Probably into someone's pocket.) So they rebel.

That's what I'm seeing right now. Look for more of it.

***Do you see anything later in the summer and the fall? Or is that too far ahead for you to make any judgments?***

While I hesitate to say what energy is going to do, I can say this: As a Guardian, work *very* hard not to be reactive this year. There are a lot of things you are going to see—for example, truths coming out—that may or may not affect you personally. As I said at the January and February first-Sundays, you've gone through so much of what the world is about to go through that it might not be a frightening time, a difficult time, a challenging time—any of the above—for you.

Nevertheless, the people around you are going to be experiencing those things. *Do not be reactive.* Do not be reactive to other people. Do not be reactive to the news. Do not be reactive to Third Density functions. Mindfully, *consciously*, choose to recognize what's going on and determine your response. Otherwise you will fritter this year away and it will be gone without your conscious input guiding it.

***At the January first-Sunday meeting, you spoke about thought and the need for us to repeatedly look into the small voices in our heads. You also said that we would need to take a serious look at our worlds, both "personal and collective." Is there a connection between these two things—the personal and the collective world?"***

Absolutely.

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***So what's the best way to fine-tune those voices?***

Which wolf are you feeding? Because some of you agree with those voices. It's not just that they torment you; it's that you agree with them and they start really wreaking havoc. So pay attention to what the little voices in your head are saying and try to regularly ask yourself, "Where am I now with that?" and "Where did that come from? Do I still believe that?" Just the act of interrupting is going to help.

But something that people do not necessarily realize is how much the frequency of other people's internal voices, of their thoughts, and your reading of their micro-movements affects you. And you've got to turn off those voices as well. Of course that's really not going to happen, but what you can do is change them. Instead of just being a constant yammering of old stories, give your mind some new ones. When you think "Oh, I've made a mistake." Change it to "Mistakes are a good thing sometimes. While this didn't work out, it's drawing me ever closer to the right idea. It's helping me know what not to do. That's a great thing." Turn it into a *positive* when you're aware of it, and work to be aware of it.

***I usually associate the small voices with Spirit, but I guess you're talking about a different kind of inner voice.***

I wasn't referring to your Higher Self working with you, the entity you are. I was really talking about the little demons you carry in your brain: old beliefs, old patterns, people that have had a major effect on the security parts of your life—usually parents or grandparents—and how they told you how to live as opposed to you deciding for yourself, and how they punished you as opposed to what you would do to yourself. I was referring to those nasty little voices.

But there is absolutely the voice of your greater awareness. Here is the thing about that voice when it speaks to you in a way that you understand it: it's not that voice any longer, because it's moved through your brain and through your filter system to work in language that you can understand. So it's very, very easy to misinterpret the information that



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can be so deeply colored by those nasty little voices that you're not getting the full picture.

What you want to learn to do is to accept the intuitive magnitude of the information rather than the specific language of it—"Is this where I need to be going? Is this what I should be doing now?"—with regard to the journey you're on. And rather than taking two steps forward and one to the side, you get a real sense of "Do this." Or maybe you recognize it as some sort of relief or happiness or some sort of non-verbal response, like when you're typing really fast and you realize that you're not thinking about the individual letters—a, b, c, d. You are just typing them, and occasionally looking at them and trusting that the communication between your brain and your hands is working. It's that kind of intuitive connection.

***In the early stages of the pandemic, you talked about a virus being the perfect way to institute genetic changes. Does the prolonging of the pandemic have anything to do with continuing the genetic changes?***

Explaining that viruses are the perfect way to mutate your genes does not mean that Covid was set up to do that. And it is way too early to assess any changes.

***There are studies indicating that one's propensity for happiness is established while the fetus is still in the womb. This seems to contradict your teaching that happiness is a choice. Please comment.***

Then my teaching rules! [Laughing]

**Yes, we all know that.**

Your propensity toward everything in your life has a genetic component. Unhappiness, anxiety, loving kindness, generosity—all of these have a certain genetic component. And if you have very clear and good serotonin pathways, you are definitely going to feel as though you are a lot happier than somebody who does not have them. So there is definitely a genetic component. It's vital to remember everything has an effect on your genetics. You are reliant on your genetics for the basic shell and how that shell works, but the operating manual for that shell is not genetic. It is mental, emotional, and spiritual.

Happiness really is something you can learn and is very much a choice. And being happy is *not* the same as not being unhappy, because not being unhappy is a reaction: "I'm not in this state. I'm judging who I am based on what I don't have." It's the same process that a reaction comes out of. Being happy is more of "Despite what's going on around me, I feel safe."

Remember that human nature is all about per-

sonal security. And what that security is for *you*, who are so far, far away from hunting and gathering societies, is very different from what it might have been for your ancient ancestors, who were happy whenever they could find food and not be eaten by tigers.

Your happiness is a little more complex than that, but there's still a survival mechanism at the base of it. So if you are looking at "What do I need to do to be happy?" you might look instead at what you need to be safe in the situation you're looking at.

And I'm going to pass along a kind of odd experiment for all the readers to try. When you find yourself listening to those nasty little voices too much, when you find yourself anxious about "Is my spear sharp enough to feed my family this week?"—whatever it happens to be—push it to the worst possible scenario. And I mean *worst*. Make it big. "If my spear is not sharp enough, I won't be able to feed my family, and when the tiger comes out of the bush we will be too weak from hunger to fight it off. I will have massive, bloody claw marks, or my head will be chewed off, and I will . . ." Just make it as

bad as you can; make it the worst that can happen. But next—and it needs to be next—move to what is the best possible scenario and do the same thing. Go into as much detail as you can. Be lauded through the streets. Have confetti parades. "This will be such a massive, wonderful change. All spears in the future will be of my design." Whatever.

Right there you have affected your mental state. You've given it the two extremes and it's going to look for the middle ground. That's the nature of the way your brain works. Middle ground is going to take you off of your fear. So experiment with that. I think that you will find it's a helpful way to shift, allowing you to make some good decisions.

***Is anxiety a part of depression, or are they two separate entities as far as the mind is concerned?***

If you have anxiety it doesn't mean you are depressed, but if you are depressed you most likely have anxiety. Do you understand why that would be?

***Well, I think depression robs you of so much psychic energy that it***

## CLASSIC *Samuel*

Gems from the Library archives

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: "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

***makes you less able to cope with the things in your life that produce anxiety.***

Very nice. Good. Very true. Anxiety is more in the moment. Depression covers a much greater spectrum of physical, mental, and emotional dampening. Some people who have depression choose to express anxiety because it feels like the closest thing they have to feeling involved in life. Working on depression will help clear the anxiety, but working on the way you think and the way you live is going to help with the anxiety when it is a separate thing from depression—occasional anxiety.

***I recently stumbled on information about how cobalt is mined by modern-day enslaved labor, including children. It's a resource that is used in many products, including computers, iPhones, and electric vehicles. What does this thread of connectivity—a child mining cobalt so that I can have an iPhone—teach us, and to what extent does my use of everyday technology enslave a whole society?***

Well, I think the second question is by far more interesting than the first, because the answer to the first one is that for the last fifty years you've had far more connection into the world so as to know what is going on in various places than you ever have. And while I am by no means saying it's a good thing, I will say that child labor has been going on since the beginning of ...

***Children.***

Pretty much. Ditto slave labor.

It's very, very unlikely there will be a time in your world in which children are not put to work. So what you want to look at is not that they are used for a certain kind of job because their hands are smaller, therefore it's "child labor." What you want to look at is how the child feels about it. An American or European may say child labor is bad, but there are cultures across the world in which it's just what is done. You start working in the family restaurant when you are old enough to take a glass over to that table. When you are nine years old you take part in the mining operation that your Welsh father, and his father and *his* father, took part in. Gold mining, same thing.

***Tobacco farming.***

Tobacco farming in Kentucky *now*. Same thing. And other places as well. Anyone who grew up on a farm will tell you that child labor runs the farm, so be careful with the automatic assumption that other cultures are doing something terrible because somebody walked in, looked at what was going on, interviewed a couple of people, and now is bashing the whole society. And again that doesn't mean that there aren't a lot of things within that society that need to be bashed, but be wise in your wokeness.

With regard to knowing that the technology that you rely so much on is built around systems that exploit people, and the earth, what should you do? I will turn that right back to you. What *should* you do? Because that is an individual answer. What you should do, Paula, may be very different from what you should do, David.

However, what you need to look at is whether your values and morals work for you. Do they work in this situation to make a difference, or is it just performance? And think about the fact that you have come into this world, at this time of great industry and technology, and it's all built on the backs of laborers. And exactly how differ-

ent is it to wear a great bargain of a shirt, or a designer shirt—a vastly expensive shirt—that's made by sweatshop labor than it is to go to a restaurant in America that pays its serving people two dollars an hour so that they must rely on tips to survive.

You've got to make your own personal decisions and learn not to judge someone else's.

***Please talk about the difference between being kind and nice and being a loving Guardian. Sometimes I default into being a nice human, but that's not the same as being a Guardian who leads with love. I also know that doing the loving thing isn't always the same as being nice.***

Please go into why that question is being asked, because the answer seems very obvious to me. You can always be kind, although even when you are following your highest function of loving kindness at the time, your highest function of loving kindness might mean saying something the other person doesn't want to hear.

David, I'm totally making this up, all right? Your shirt is totally fine, but I'm going to do this. "I love

**Love is not necessarily kindness,  
but kindness always  
has a place in love.**



you. I want you to always look your best and feel good because it helps you feel good. So I'm going to just tell you that shirt—you should not wear it out in public. It just is no good."

**David: [Laughing] Are you channeling Paula?**

Or you can say, "You just dress like a slob. I'm so tired of it. I'm saying this for your own good because I love you, but you just can't do that."

**David: You're definitely channeling Paula.**

**Paula: [Laughing] Oh, thanks.**

The difference is where you are coming from. Coming from a place of love is going to show you the kindness options. Coming from a place of irritation is just going to show you more ways you are irritated. So remember that when somebody starts listing the other ways that your shirt and your pants and your shoes and your socks are no good, it's because that's coming from a place of irritation. Coming from a place of love, even if the words aren't what you want to hear, they're going to be coming more gently than from that place of frustration.

Love is not necessarily kindness, but kindness always has a place in love. Do not mistake kindness for either people-pleasing or avoiding the issue. They are the road to anger. Kindness is not either one of those. Love is not either one of those.

***Recently you observed that we Guardians working in human form have changed in unprecedented ways. It sounds as if unforeseen doorways are opening and we can function in form in ways we never have before. How do our new capabilities and enhanced potential within the Source Field help the Ascension process?***

Well, like so many people who have a lot of thoughts, at the very bottom is a question, and the rest of it can be put aside. Really the question is how do our new capabilities enhance the potential openings for superpowers? How are they useful?

In a time of great change, every possible helpful option is worth checking out so that every possible benefit can be brought about. Most people are, unfortunately, too lazy—especially in this six-second-attention-span society; thank you TikTok—to practice using any new function, mentally or physically.

How many adults do you know who take up an instrument? Most people who play an instrument learned it when they were children with parents who said "You *will* practice with that piano today whether you want to or not." And some were fortunate enough to find that they were pretty good at it.

You grew up limiting yourself for multiple reasons. Now you are at a time where those previous limitations are changing. You are learning to—going back to the beginning of this interview—you are learning how to listen to your voices differently. You are learning how to make changes in your life. But none of it makes any difference if you do not practice it and then keep trying—and keep trying and keep trying. The only reason people stop using or seeking the enhancement of their physical, mental, emotional, and spiritual gifts is that they are afraid of failure or afraid of success, and the responsibility of either one is too much.

It's very hard to self-motivate learning a new skill as an adult. It takes community, and planning, to be most effective, and the planning needs to include "Why does this matter to me? What do I hope to get out of it?" You've got to know the value in order to give it the time. Most people don't value much of anything in their lives. Life is just routine, and they've lost the skill to think through "How might this benefit me? Why is this worth my time? Do I believe I'm capable of the self-evaluation, and then the persistence?" Practice, practice, practice. And that is where community is helpful. You can go online and you can learn a new language, but you're going to learn it faster and be more adept at it if you're doing it with a few other people so you can converse and challenge each other without comparative judgment.

Having a community of friends who support each other in this practice will make a huge difference. Working together is always going to win.

Last thing: I did the Superpowers teachings because I found out that many Guardians in the work didn't visualize, couldn't quiet their minds, were unable to follow through, and I said all right, we need to do some basics. These are just that, basics.

*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 . . .

***With a global decrease in men's sperm count there is fear in some countries that there will be too few young people to support the aging population. Yet overpopulation drives many of our current crises—climate change, resource depletion, and social problems. Is the planet correcting an imbalance between resources and consumption? Please comment on this trend, its causes and effects.***

It's a planetary correction, and the problem that you mentioned—there won't be enough people to keep the current system going—is right.

Farmers complained about the wolves coming out of Yellowstone and eating their cows—not accurate, but all right—so the state gave free permits to kill off the wolves. And what happened?

***Biodiversity loss, environmental degradation. There was a lack of predators, and species that no longer were being preyed upon overpopulated the area.***

The rabbits and the rats will live forever. It was pretty much an ecological collapse from the mycelium up to the large mammals. It was a horrible thing to do. So the wolves were brought back and things have gone back into balance.

The planet corrects until, of course, she cannot, but one of the ways to do it is cut back on the earth's major predator for a while.

But what I think is a more interesting part of this question is, if you do not have the work force to maintain the supply-demand, capitalistic underpinnings of this world, then things are going to need to change.

But in what way can they change if you simply don't have those numbers? Well, McDonald's is experimenting with mechanized restaurants so that robots are doing the work. People are needed to maintain the robots, but they don't take over what the robots do. That's actually a very nice way to balance the two—thinking of the future. This year is going to see the start of recognizing that the AI needs to have boundaries, as does the internet.

So, robots, their programming, and what they can and cannot do—I'm not going there. But while the planet is saying "You've got to cut back on this reproduction thing, people. This is too many, too much," you're also creating technology that will help bring balance to that. And that's a good thing.

What I see as the best thing, though, is that it is creating a whole new way of looking at the underpinnings of society, because a lot of those who are growing up now are saying, "That is not the kind of life we want to have." And they are going to have a voice that humans haven't had since the start of the industrial revolution. So I see it as a very good thing.

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***What is the next Elemental Gate you would like to see open and why? (Note, I am not asking where the next group trip is going to be, but if you would like to tell us, I would be okay with that.)***

The Gates have a specific order and it really doesn't have a lot to do with where you go because Elemental Gates, unlike Star Gates, can be opened by going through secondary or tertiary Gates if you cover enough of them, so you don't have to necessarily open a primary Gate.

There is a children's game I think—rock, paper, scissors—where rock smashes scissors, paper smothers rock, scissors cut paper. The Gates work like that, but instead of rock, paper, scissors, it's fire, water, air, and spirit/plasma.

So I'm going to leave that for you to think about now. In that rock-paper-scissors analogy, you've got fire open now—what should come next? Have fun with that.

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***Was Ascension a part of the Greater Plan from the very beginning of this experiment? If so, why did you talk about Sacred Status for so long? And what will be the next step in the Ascension process?***

Sacred Status is the result of Ascension. Ascension is what the humans do. Sacred Status is what

the planet does. Same thing.

**And can you tell us what the next step is in the Ascension process?**

Ascension is a spectrum that constantly moves to that point that you are no longer bound by the human experiment. Think of the Densities. The first thing that you do is shift out of one Density and begin taking on the qualities of the next one, and that works as a spectrum. Same thing.

**I think I just understood you to say that Sacred Status was a result of Ascension. But I thought Sacred Status was a step when the world reached the point where more than half of the population was aware of its spirit, and that it was a step toward Ascension, which is the opposite.**

The planet reaches Sacred Status as it reaches higher and higher frequency and functions, which helps boost the evolution of that life force in every way, physically as well as spiritually. As physical-spiritual evolution creates higher and higher frequencies, there comes a point in which the Ascension process begins for that life force.

Sacred Status is a big step, and by itself could have forced a type of mass ascension, something along the lines of religious Christian rapture, something like that.

But a surprising thing happened. The collective picked up, allowing a much higher frequency to come to the planet. That higher frequency revved things up even further and initiated the Ascension process—the *individual* Ascension process. And that individual Ascension process is actually a massively more surprising thing. Sorry, humans; I know that's kind of insulting.

**It's okay. We're used to it.**

And that is returning to the whole while remaining individuated, whereas Sacred Status is returning to the whole without individuation, which is more typical. That's why Ascension is such a surprise.

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**In many of my dreams, I am either interacting with other Guardians in our group, or the group as a whole. Since we access other dimensions in our sleep, are we acting as a group in those dimensions, or is it my brain doing its best to translate those out-of-body experiences for me?**

## CLASSIC *Samuel*

Gems from the Library archives

Unity in an Ascended experience becomes not only the choice of loving action, but it's the work of a loving mind. Unity in that point becomes "my energy focuses in and meets with your energy"—and that's why I teach you to learn how to move yourself into the basic essence of your energy and allow that to mingle with another. When you then find out what is needed for them, because you asked what you yourself need, then you're in that state of union.

4/5/1992

I was looking forward to answering this question, because I'm sure that many more Guardians are having the same kind of experience, particularly since the last solstice. Was it Michelangelo who said that David was always in that block of marble, and his job was to carve out the pieces to bring him out? That's very much what I see happening because of the energy changes that started at the end of last year and are continuing over the next few months and few years. They are carving out your blocks to your ancient selves, to your master selves. They are carving out what has been keeping hidden the Shining Ones that you are.

This energy is like lasers cutting through what isn't needed. As the old is falling away, you are connecting into your compacts with other Guardians who are here now. You are connecting into your gifts and higher awareness. It's going to show up first in your dream states because, when you are out of body, you are living these connections.

Those with whom you have compacted for this journey are finding each other to work together more efficiently. So pay attention to those dreams in which you have the same group of people in the same kind of place all the time, and realize "these are my people." They are *you* expressed differently.

**So they are not necessarily Guardians who are incarnating with me now?**

Most of them are.

**But some of them won't be.**

Right. And remember that you have other compacts besides those with Guardians. You could not have been born here if you did not, because most Guardians are the only one in their family.

***In my spiritual tradition, Intention is Karma, even if no action is carried out directly. After coming back from the trip to Hawai'i, I've learned about four or five earthquakes in the Pacific Rim. If such events lead to death and destruction, are we somehow responsible?***

The first thing that you want to remember is that the Ring of Fire is all about volcanoes around the whole Pacific, so of course there are going to be earthquakes and volcanoes pretty much at any given time. Exactly opposite Hawai'i you'll also find earthquakes and volcanoes showing up, because earth energy works that way. So of course there's going to be that.

You are about as responsible for it as for . . .

***The sun coming up in the morning?***

Yes. Even working as a group to open a massive Elemental Gate of Fire, you still don't trump the earth, as it shifts and moves and stretches, nor the solar activity that affects the earth. You're just not able to do that.

Yes, intent is karmic, but stop associating karma

with punishment. Karma is the law of cause and effect. You did something *incredible* for this world, and the world is shifting and stretching to accommodate it. Why don't you think of it that way?

People just died in a horrible earthquake. [The major quake in Syria and Turkey occurred two days before the interview.] And people die in floods and famines. It's a part of the cycle. If you don't die, you're stuck here. Death isn't a bad thing, and there is suffering or not, based on one's perspective.

This question was biased toward a smaller perceptual reality, and I could get on a soapbox and talk about the damage religious thinking does by trying to create a world that works with somebody else's rule book; in today's construct it just isn't workable. But you're going to be seeing that happen too.



## CLASSIC *Samuel*

Gems from the Library archives

*“What is the responsibility of an Ascended being?”*

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

1/5/1992

Greater is that which is within you than that which is within the world. Never forget that. You are absolutely protected; there is nothing out there that can hurt you. Don't forget that. The only thing that can possibly hurt you are the constructs of your own mind, usually a part of your belief system from your young age that says, “Be careful. Something out there is going to get you. It's under the bed. It's going to grab your toes when you put your feet on the floor.” Or whatever your personal bogey-person is.

2/2/1992



# Writers' Gallery

*Guardians sharing their experiences of living Samuel's teachings*

## Looking at Trauma

*Reading about trauma can be triggering for some. While this article doesn't go into specific traumas, be aware of the subject and take care of yourself.*

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When Samuel began speaking about trauma at the Fall Retreat last year, I must have looked like a deer in the headlights. Why in the world would I want to resurrect all of those uncomfortable memories? Willingly digging up all of the pain again seemed to me as pleasant as voluntarily sticking a sharp fork in the back of my hand.

After months of trying to ignore that small, nagging voice in my head that said "get on with it," I finally had to give in. The question was how to get on with it? It promised to be a huge time sink.

I chose a time when I wouldn't be disturbed and, starting with my childhood, reviewed my life as if I was watching an old movie, asking the Universe to stop me when there was something I needed to look at in more depth. Yes, events did come up, but unlike the times they happened, I didn't feel the intense emotions my memory associated with them. I was surprised to find myself in the role of the observer instead of a participant.

During the initial process, I focused on forgiveness as a way of, hopefully, ending any attachments. I forgave all involved with each trauma that came up, myself most of all, and I asked my body to release any remaining attachment associated with that trauma so it could rebalance.

As I went through these steps, I realized that forgiving me was becoming the

major part of the process. I became aware of the strength and confidence I had developed from these experiences, while the part others had played in them faded into the background.

A second point that came up was how I dealt with trauma. Alcohol has always played a big part in suppressing my emotions or masking pain I'm not ready to face. And while I have known for a long time drinking is not a healthy response, it had become entangled with the idea of relaxation, reward, and social acceptance.

As often happens when the Universe senses growth, it has a way of gently putting things in your path that can help. A friend sent me an article she had written about how the years coping with Covid had brought her to the point that she was starting to drink at lunchtime instead of waiting for "happy hour." (Talk about putting a positive spin on something that is not good for you.) She recommended a couple of books that had changed her attitude about using alcohol from guilt and shame to an understanding of how she was being manipulated by social acceptance and the legality of a harmful and addictive drug.

For those readers who have never been lured in by this particular crutch to get through life—Goddess bless you! For those of us who have fought with this demon, as Samuel has said many times, life is about the choices we make, and this epiphany has made me look much more deeply at this behavior. I know that I haven't reached the bottom of this particular rabbit hole yet, but I'm determined to keep going until I do.

*by Paula Thomson*

# In the Vegan Kitchen

by Paula Thomson



## Roasted Cauliflower with Pilaf & Tahini

### Cauliflower

- 2 tsp ground cumin
- ½ tsp chili powder
- ½ tsp sea salt
- 2 TBSP virgin olive oil
- 1 large cauliflower

Heat the oven to 390°F. In a small bowl, mix the cumin, chili powder, half a teaspoon of salt and two tablespoons of oil until you have a smooth paste.

Cut the base off the cauliflower so it stands flat. Rub the whole cauliflower with the spice paste. Place it on a rimmed baking sheet and pour ½ cup warm water around it. Roast for an hour, until golden on top and tender inside.



### Pilaf

- 10 oz basmati rice
- 2 TBSP virgin olive oil
- 1 tsp each of salt, cumin, and ground coriander
- ¼ tsp ground black pepper
- ¼ cup shelled unsalted pistachios
- ¼ cup chopped almonds
- ¾ cup each of fresh cilantro and parsley, finely chopped

While the cauliflower is roasting, wash the rice and put it in a bowl with enough warm water over to cover it. Leave it to soak until needed.

Put two tablespoons of oil in a large saucepan with a tight lid. Add the cumin, coriander and salt, cook for a minute over medium heat, then add the nuts and stir to coat.

Drain the rice well and add it to the spices, stirring thoroughly. Add 2 cups of boiling water and put on the lid. Bring back to a boil for a couple of minutes, then turn down to the lowest heat and cook for 12–15 minutes. Take off the heat and leave to steam and settle for 10 minutes. Do *not* lift the lid while the rice is steaming.

### Tahini Sauce

- ⅔ cup tahini
- 6 TBSP virgin olive oil
- 4 TBSP fresh lemon juice
- ⅔ tsp fine sea salt

While the rice cooks, make the tahini sauce. Put all of the ingredients in a jar with a lid and add four tablespoons of cold water, then shake the jar vigorously until you have an emulsified sauce, thick but pourable. If it is too thick, add a little more water; if it's too thin, add more tahini paste. Check the seasoning and adjust the salt and lemon juice as necessary.

Just before serving, stir the chopped cilantro and parsley through the rice. Pour out onto a warm platter and top with the cauliflower head. Slice the cauliflower into wedges. Serve with the tahini sauce on the side.

Serves 4

Share your favorite vegan recipe with other readers.  
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