



# PHOENIX RISING

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## An Interview with Samuel

channeled by Lea Schultz

**Besides racism, it seems that one of the other big paradigms that need to change in order to anchor this world into a Fifth-Density timeline is patriarchy. From a spiritual perspective, in what ways are the two paradigms similar and different?**

Well first let me toss out something kind of strange that may prove to be interesting. Racism is a paradigm that absolutely must change, and there are aspects of patriarchy that need to change, but patriarchy as a whole does not need to change in order for Fifth Density to function fully in the world and for the Ascension process and spiritual evolution to continue.

Patriarchy is an out-of-balance version of governmental function—and I’m not necessarily referring to political function, although that’s a part of it; by governmental I mean the governing premise. The male body has certain advantages, and the female has others; and those respective advantages alone should not figure into how the world works. But they have created a “power over” function that creates problems.

What I’m trying to say is that the idea of patriarchy is not a problem; it’s when it becomes “better than you who are not male.” That’s the problem. A matriarchy can be just as abusive as a patriarchy. Insofar as masculine and feminine energy functioning through the world goes, it’s patriarchy’s turn, if you

will, because it’s always a cycle.

So it’s racism along with a *negative* version of patriarchy. That needs to be made clear because right now in this society, when you think of patriarchy you think of the abuses of a male-dominated society, particularly, more often than not, a *white*-male led society, but I’m not talking about that when I am referring to patriarchy. Racism can most definitely be a part of patriarchy, but patriarchy as I am defining it does not automatically create racism.

Nevertheless in both cases, in fact in any case in which there is a “power-over” dynamic—be it racism, feminism, capitalism as it is worked in Western society now—no matter what it is—power over is where the problem lies. It is not innately male; it is not innately racist. It is the unequal power dynamic that is the problem.

Racism is most often a power dynamic when it is conscious. You have had news stories of a father and son getting into their pickup truck and following a jogging Black male who was just going through the neighborhood, and he ended up dead. That is overt racism. They were most definitely acting out power over. Overt racism is usually based in ignorance, and education socialization can help with that. Getting out of your own little pod helps overcome that.

At this time, patriarchy is not meant to give way to matriarchy. It is meant to equalize, to merge with matriarchy, but with racism you’re not looking for that merger. You’re looking for equality. You need to see that difference.

**How does the work of male and female Guardians differ when trying to dismantle patriarchy?**

Again, right there, you are talking about the negative function of patriarchy, which really is simply abuse of power. That’s all it is. So, how does abuse of power within

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males and females, including male and female Guardians, show up? Is that what you're asking?

**Yes. In a discussion some of us were having about patriarchy, it became obvious immediately that the men had a completely different viewpoint than the women, and we're just wondering if we should accept that we will have different viewpoints or try to change our viewpoints and make more effort to understand the other side.**

**In our discussions about racism we talked about it not being the work of melanated people to fix racism, and so the parallel notion came up in the patriarchy discussion, with the women saying, "It's not our job to fix the patriarchy. It's the men's job." But it seems like there is work for both sides, and we find balance by understanding both roles.**

So I will ask you, what is the difference in how a male and female should express love?

**There shouldn't be any difference.**

Right! And what Guardians are here to do is model Love. To be the Love that cuts through mired frequencies, to be the Love that, with its shining sword of Light, cuts through abuses of power, both male and female.

I disagree with both ideas: that racism can only be healed by white people and that patriarchy's abuse of power can only be healed by men. In fact I think that that's a really serious mistake. It has to do with coming together, and at the meeting you referenced, Paula, not all men should have been given that label of unawareness, and I make that point because there are also women who very happily submit to disempowering functions of living, and they are contributing to the problem as well.

Until you move away from two separate groups, all you're going to be doing is very slowly chipping away to get to a shift of power, and that's very slow, like chiseling on granite with a hypodermic needle. It's just not going to take you very far, because power is a commodity, and as long as it's about taking the power from one and giving it to another, that's going to be the least effective way of cancelling racism, of cancelling abuse-of-power patriarchy. I don't



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want you to be fooled into thinking that if you just switch the abuse of power, racism will be ended or patriarchy will be ended—no. In both cases it's about merging for balance, rather than balance for merging.

Evolution is the key. Unity is the key. Merging will dismantle the system.

**But both of these paradigms are so entrenched in the current world order, is there really hope that they can be overturned?**

No, there is not. The hope is not that the paradigms themselves will change; it is that the people who abuse the paradigm will change. You're not going to get rid of pockets here and there of racism or patriarchy, even in a full-blown, Fifth-Density merged state, because you are working with humans. What you are going to do, however, is create an atmosphere much like when you walk into the grocery store and you see somebody smoking a cigarette and you think, "Wow! I haven't seen anybody make a decision like that in years! What are they doing? Nobody does that." That's a much more realistic version.

**You said the way you heal overt racism is through education.**

Education is so powerful.

**Is it because of racism that we don't educate people about systemic racism?**

It is fear. It's not Love, it's fear. The reason that books and history and recognition of the differently gendered or differently recognized groups are being

banned is fear. Those who are in power always seek to maintain that power and gain more. With racism it's just as much female as it is male, and somebody firmly ensconced in power-over patriarchy would not necessarily be racist if they were communicating with someone of equal power. It is a power issue and a fear of losing that power.

***During the Spring Retreat this year, you compared living in a Third-Density world with life in the Fifth Density. For example, you said that one can be aware of the Third and Fourth Densities while in the Fifth, but if one's timeline is the Third Density, one will not be aware of the higher ones. That sounds like the science fiction idea of creating parallel universes. Is that really what happens?***

Sort of. But you need to realize that you're already experiencing that. You already live in that world. Think for a moment—what is the difference in the way you experience the world and the way a bat does?

***Yes, I see that. Point taken.***

Aye, and it's not that you don't live with all of the flying insects the bat feeds off of; it's that they are not a part of your consciousness. You are not tuned to see them or to hear them as well as a bat can, so they're not in your world. Now there are some insects in your world that you're aware of, like the odd moth that shows up at night, but your sky is not filled with thousands upon thousands of them, as it is for the bat. It's just like that.

Now I'm going to give an example that's a little

more close to home and a lot more uncomfortable. The way most affluent people relate to the unhoused people of their city means they don't actually see them, because the way the homeless live their lives keeps them away from that segment of society that doesn't even include them in their belief system. "I don't want to think that there are people who are living in their vehicles or under the overpass, or have no food to feed their children, and I know that on this corner there will always be people who are holding up signs asking for help, so I'm going to avoid that and never see it." That's Third-Density fear—in multiple forms and ingrained in the society—encroaching on and existing with Fifth-Density change.

Until the Third-Density timeline is fully starved, there will be, there have been, there are now those functioning in Fifth Density who simply don't experience a Third-Density world. There are by far more people in Third Density who think the whole idea of Beings with a different consciousness functioning on this planet with them is absolutely impossible. [During the editing, Lea clarified this discussion in this way: He's actually saying the attitude of covering your eyes so you can't see, covering your ears so you can't hear the suffering in this world is a Third-Density response. Having said that, he's separately saying that people firmly entrenched in the 3-D world don't "see" the 5-D world, and vice-versa because it's a frequency thing, much like humans don't see the world like the dragonfly does, or smell the world like the canine does--their (dragonflies and dogs) world is different. People who regularly see the world through 5-D glasses function with the larger picture in mind which creates Divine Neutrality--you see more, but you understand the big picture more so it doesn't have the same drama. You still have compassion and empathy (maybe more), but you recognize everyone is on a unique journey and while I can only control what I learn from what I see around me, I'm not necessarily involved in it all, and not necessarily required to act on it all. Maybe in 5-D there are more choices.]

So it's already happening. People want to make it a woo-woo kind of thing, but it's not. It's the way spiritual evolution works.

## CLASSIC *Samuel*

Gems from the Library archives

From the point of your birth into this world, as you begin to learn how to function here, you begin the birth process. It's an ongoing process, and it is a process that is created—over and over and over—every time you make a conscious decision.

When you leave, however you leave, you're the one who looks at your life. But that's the you with the very capital Y. You are the one who makes the judgment, "Did I learn to live love the best I could where I was with what I had? Did I make use of the opportunities?" And if you did not, you will try again until you get it right.

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***How will the world's sacred sites that have been a part of the Third-Density timeline be affected as we move into Fifth Density? What's going to happen to those sacred places?***

What is happening now is some of those places that were sacred are no longer venerated, recognized as sacred. Energetically speaking, their footprint, if you will, becomes more of an echo than an actual primary resonant focus of energy, or locus might be a better word for that kind of energy.

I'm going to put it very simply: The planet's "chakra system" is changing. So there are some sites that you will redo. There are sites you'll probably forget about, which is its own interesting thing that happens when you're functioning at a higher Density. They won't be an important part of your memories.

***When you say redo, do you mean Guardians will redo?***

That's what I mean. And new places will open up, some pretty close to other places, some quite shifted. It's actually an on-going process, and you can almost know what's going to be opening up next based on the electromagnetic densities on the planet. I'm sure you have technology that records the planet's electromagnetic force that shows that it's changing. Generally that force has been most dense around the equator, and now it's shifting into the hemispheres. It's pretty interesting, and you can keep an eye on that. You might be able to say "Well, it looks like Pakistan is getting a lot of strong electromagnetic charge right now," and that might be because the earth is reawakening and putting energy into that spot.

***I've been thinking a lot about Jerusalem, which is such a sacred site to different religions—three major ones—and wondering what is going to happen to a site like that where there has been so much human energy focused for so long. Are things going to change in a place like that?***

Why did Tinkerbell disappear?

***People stopped believing in her.***

Right. So she lost her power, and it took children's beliefs to make Tinkerbell come back to life. That's really pretty profound for a so-called children's book. Jerusalem might go the way of the fairy mounds. Or not. And I say "or not" because the old has a very frustrating way of holding on with all of its

might and becoming the squeaky wheel that gets all the attention. And religion in your world right now is doing just that. It's feeling the lack of belief and doing everything it can to pump itself up into the minds of believers.

***Have we yet reached the point where the Fifth-Density timeline is firmly in place?***

Firmly? Nay.

***At the same retreat, you said that this year our understanding of how time and our world works will change. In what ways will our understanding of time be different? And a second question, which you brought up at the Retreat: What does the term "time jumping" mean? You thought we forgot you said that, didn't you?***

[Laughing] One can always hope.

Remember that, though I have spoken to you about the real nature of time quite a bit over the last few years, most of humanity thinks time is what is registered on a clock on your wrist. But time is a point of consciousness. It is a marker. Time does not flow in a horizontal line. It flows without state, without a dimension of its own. Wad up a ball of aluminum foil, pull it back out, that is how time flows. That's not time, but it is how it flows. Everything everywhere, all at once, right?

With that as the foundation, in the sense of wristwatch time, March went really fast and April is going really fast, and this year is going to go really fast. Right? But all of that's very relative. The parent thinks the school year went quickly; the child thinks school will never end. It's just all perception.

Think of time as a swimming pool, and you are able to jump in wherever you want. You're going to get wet and you're going to have an experience—sinking to the bottom and pushing yourself back up. And you get out of the water and jump back in at what you think is the very same place, but it won't be because no matter how close you come to it it's never exactly the same. Your brain is set up to remember that, to know that. It is inherent within your blueprint, because it's your memory that marks time. You recognize that "I'm jumping right where I was before," but time is ever-shifting, so you never really are. But you can tell yourself that you are.

Right now, time is matching frequency, that's why it seems as though it's moving very fast. And the

**What you think of as the past  
is actually a tag, a memory.**

higher the frequency you are working at, the less you are going by clock time and the more aware you are of the larger swimming pool rather than that small area you jumped into. The more you're aware of the larger swimming pool, the more choices you have available as to where you go in time.

So if you choose to think about what happened yesterday, the higher frequency you work at—subject to your brain's health—the more you are able to bring it up in Sensurround, and the more likely you are to actually be re-experiencing a portion of yesterday. Did that make sense? Should I try to say that in a different way?

**Yes. I'm not quite grasping it.**

Working at higher frequency represents functioning at higher Densities. The more tied in you are at lower Densities, the more you are tied in to clock time. At higher Densities you are less tied in to clock time. That's one.

Secondly, what you think of as the past is actually a tag, a memory, or maybe a different word for time, but it's marked. It's a point. Your ability, in this now, to go back to that marked memory is dependent upon two things: one of them is the frequency at which you work and the Density in which you live. That's one. And the second is, because of that frequency and Density, how you are able to use your sensory function to renew that memory.

The higher the frequency you work at, the more access you have to greater hearing, greater seeing, greater sensory experience, greater emotional recognition, greater perception of what makes up any given moment. So ideally you could, by functioning at higher frequencies, go back to a tagged memory and consciously bring it up in such color and detail that you can actually put yourself into that moment in time for a short period. You probably cannot change anything because the forces holding that memory in place are greater than just you. But that's a different discussion for a different time.

So your having conscious ability to re-create a past moment—or create a future one—your having the ability to do that allows you to time jump. And there is going to be more of that showing up in your life. And it may show up as dream states or daydreams, or even a conscious choice to review and renew and re-create. And that's always interesting.

***You have said there will be a big shift coming with the energy download in July. Would you explain what that shift will be and its impact?***

I really cannot answer that at this point, as much

as I would like to. Here in April, all I can tell you is that it's another level of energy unlike what you've been receiving. Over the last few years, energy shifts have been creating security issues and anger, and a real need to hold on to the old. Through 2024, the energy has much to do with social change. So I can only give you what is truly a best guess because right now, at this point, all roads do not lead to a common point.

Look at your world right now. You have women's rights, rebellion against dictatorial authoritarian governments. You have a very strong movement across the world to learn more about what's happening with the earth's climate and trying to make changes to prevent excesses from doing too much damage—a little late, nonetheless—and you have financial systems in flux. I would suggest that capitalism and corporatocracy will be headlined simply because it's safer to focus on those than it is the rights of a harmed minority. To bring rights to the minorities—and it doesn't matter if that minority is a tribal society in China or a gender across the planet, either way it's easier to distract you from the very large, overwhelming issues. Because of that I believe that you

## CLASSIC *Samuel*

*Gems from the Library archives*

Each person has a whole system of beliefs that allows him or her to function in the world safely. It's called "how to be average." How to sit in and not stir up trouble; how not to be weird. And everything that the form is oriented toward doing is toward allowing you to fit in so that you can function and stay alive and keep going.

Spirit's work is to learn, "All right, if the only thing this person can feel is through this odd thing here, then let me enhance the handicap as much as possible. Let me make it work to its very highest ability." When there is integration, there is understanding, and the understanding is the symbol of the integration.

When you're no longer fighting, when the spirit knows what the form can do and the form is no longer hiding behind what it doesn't want to do—you know, you always deny your power when you don't want the responsibility for it—when you quit fighting, you get to be powerful.

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will find corporations, financial systems, systems of authoritarian government all being pushed in front of your eyes so that you will think things are changing.

***You already have an event set up with a high ritual for the complete solar eclipse that will be seen in the U.S. in April 2024. It's unusual for you to set up an event this far ahead as you usually say you want to see what the energy is doing. Why do you see the need for a high ritual at that time?***

This is a twin eclipse, and it's very important for the United States. Eclipses are always a strong release of unfiltered energy. You would probably register it as solar energy, deep-space gamma radiation—I am sure there are a lot of theories put out into the world—but really it's unfiltered Source-Field creation energy.

The United States, as I've often said, is a very important country within the civilizations of the planet, within the countries of this world. Since its fairly recent inception, it has been a very dynamic power in the world, and people look to the United States, though not as much as they used to, as "here is possibility, here is leadership, here is direction."

So when the U.S. stock market falls it has by far a more profound effect than when the European stock market falls—sorry, Europe. When anything big happens in the United States, it's going to have an effect on the world. This is a spiritual happening in the United States, and the twin eclipses of April 2023 and April 2024, even though there are both lunar and solar eclipses between the two, have ushered in—I like this word but most people don't—chaos. I bet you have had a mass shooting every day since this last eclipse [in April].

***Yes. Big ones.***

I bet you have had more suicides, more job losses, and I'm just talking about the negatives. But every one of these has a positive side. For one reason or another, there has been more distrust in the government since the eclipse that was, what, a week ago; on your birthday?

***Four days ago.***

And that effect will probably continue for about three weeks. If the start of a thing disrupts in a strong negative way then the end of it will be at the other end of the spectrum with a very positive effect.

With most eclipses, whatever kind of energy flows, you see the effects in the three-week period following the eclipse. But in this case, look at what has been going on within the United States within these last few days, then look for what will show up

on the opposite end of the spectrum at the twin on April 8, 2024.

It is going to be powerful spiritual energy to use for the planet, for the peoples upon it, for the Plan, for the Ascension process, so why not use it?

***And coming just months before the 2024 elections.***

Ah, there are elections in 2024?

***Yes, big ones.***

***You said eclipses are large releases of unfiltered Source-Field creation energy. What's the mechanism by which that happens?***

Eclipses are a small doorway.

***I guess it's the unfiltered part that I don't understand. The moon is passing between the sun and the earth, so it is blocking rays of the sun. So how is the moon not filtering the Source Field energy?***

Well, it's not just the moon that usually filters everything. Remember that energy comes through particular points before it is finally sent through your sun, Vesta Helios, itself (well, I cannot say Vesta Helios much anymore, but the Solar Lord) before it reaches earth. But the sun is momentarily obscured, as you would recognize it visually, and honest to goodness that really has nothing to do with it, because it's all a frequency thing. But nonetheless, back to what it looks like to you: it looks like the sun is obscured. Really what has happened is that the sun has shifted. Everything has shifted; your galaxy relative to others has shifted so that the placement of Sirius, which is an energetic filter has shifted, and so on. The moon blocking the sun is only a visual. What I see and make use of in an eclipse is not the moon blocking light from the sun; it's because the shift that has allowed that within galaxies has opened a door that was not open before.

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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 . . .

***A Harvard scientist and a Pentagon official have written a paper saying that it is feasible that an extraterrestrial spaceship could be exploring our galaxy using small spacecraft that gather and send back information, similar to the way we send out spacecraft to explore other planets. This question came up at a Retreat, and you said, "I'm not going to answer it, but keep an eye on it." Do you have any other comments?***

If you're asking whether there are remote crafts coming into your world, the answer is yes, of course, and they have been for eons beyond this earth.

If the question is whether that gigantic rock that is moving through space is actually a great mother ship sending out smaller craft, the answer is yes and no. Don't get caught up in that.

It's not going to make sense if I answer that question. The rock is a rock, but there are a certain number of pan-galactic craft that come in and out, more now than ever before. Don't get caught up in that.

***You have said that we are being watched because of what is going on right now with the Ascension process.***

That's right.

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***The fact that people, even children, are freer now than ever to explore their gender identity or even to change it seems clearly a good thing. Is increased visibility of this exploration simply the result of greater awareness and acceptance of a situation that has been suppressed in the past? Or are more souls entering the dimension to work through issues of gender and sexuality? Or both?***

Very nice question. And I would say the answer is both.

***Why is it being fought so hard?***

I think that's a good thing. It's being fought by the losers, by the fearful.

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***I understand you like us all to physically be together to do high ritual work to open Star Gates or Fire Gates. What would be needed, within us***

***and within the energy framework that is available now, for us to be able to come together in Berea for five days, merge, and open the Gates from Kentucky or another appropriate location in the U.S.?***

And I'm guessing that the questioner means Gates that are not in Kentucky.

***I presume so.***

To open them from Kentucky, what would it take to make that happen?

In a fear-based function you cannot spread your energy very far. So there is a greater benefit to doing energy work where you are physically present. Unfortunately, that also means there is not a whole lot of energy work you can accomplish remotely as long as Third Density exists.

In a lot of ways you're dealing with an earth that's very new, energetically speaking, and you want to be there to actually merge into that energy, not just for your benefit but also as a balance point for the planet at that particular place.

There are places in Third-Density earth—Nevis is one of them, for instance—that were very strong amplifiers of energy. You could do work there and cover a very massive amount of the world.

Right now Fifth-Density force is pretty pristine, whereas Avebury had a very strong energy that many could connect into. You could very easily go to a place such as Nevis and recreate that energy.

But let's say there's a very large energetic site in Dumfries—I just made that up. Who has been there? Well, the people who live in the area maybe, but short of Neolithic humanity, very few Guardians, and it takes Guardians to make something happen.

Convenience is really nice, and believe me, as this group of Guardians gets older and things in the world change as they do, it's much harder for them to travel. I get that, but I don't know what to do about it. I am focusing on some Guardians that are not quite at this group's age level to see if that helps.

***A different group of Guardians?***

Right.

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***Suicide is now the second-leading cause of death among people age 15 to 24 in the U.S. Nearly 20% of high school students report serious thoughts of suicide and 9% have made an attempt at it. You said several years ago that children being born are coming in more aware of their spirituality, so why is this happening?***

Remember that suicide is just as much an option as any way of dying. If you have a portal, you go. If you do not, you stay. But it can be a rough way to stay if you do not have a portal.

At any rate, several things figure into the answer to the question. One of them simply is that your record-keeping and the ability to get the information from those records out into the world has increased dramatically. So a small part of this massive increase—and it is a massive increase—is simply that you hear about it more than you used to.

But as for the increase itself: not everybody who comes in intends to die when they are eighty or ninety years old. Some of them *really* set up for a short lifetime.

But putting those two things aside—the set-up for a short lifetime and hearing about it more because of better records and communication—you are living in a time of great change. You may live on property where occasionally there is a tree that is just rotted through, right? I want you to imagine that that rotted tree looks fine on the outside, but if you look inside it's rotten, so your perspective shifts. Now imagine that it is lying across a stream and is used as a bridge. That's what these times are like right now. With every step they take, many people in this world wonder if the foundation that has been laid down is going to hold them or not. As they walk, they feel the cracks, they feel the shifts that are happening because of the weight they have put on to that foundation. It's an incredibly hard time in the world for many, many, people, because there is so much change happening.

Your experience growing up, Paula, was a whole different world than what your grandchildren are experiencing. Not good, bad, stable or unstable, it's just that the world itself is radically different, while all of the rules are still based on the old system. So those who are walking across the bridge now are saying "This is rotten! There's no way I can win. I'm going to fall and drown! I'd rather be in charge of the way I go than be prey to the system as it is right

## CLASSIC *Samuel*

Gems from the Library archives

Create a garden filled with the colors of your love. Plant the seeds of "why not," water them, fertilize them. Don't expect them to be absolutely in bloom tomorrow. Allow them to grow themselves up and then bloom. Allow yourself to get used to the new you. Become a gardener.

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now."

They see a world of extremes. They look to those arenas, to people who should be helping them grow stronger and more assured, who should be stable examples of love, but instead they see them struggling, reacting, fighting. They see ridiculous governmental decisions, they see ridiculous work reactions, they see the struggles *you* are having making sense of the world, and they can't see themselves doing it better.

Now add into that the very natural learning cycles of young humans. That fourteen to twenty-one threshold—even seven to twenty one—is all about figuring themselves out, but how do you figure yourself out if no one around you has? How worth it is it? Well, for people who have no good role models, and even some people who *have* good role models, they just may not feel up to the challenge. It's a lot to ask. Sometimes it's too much.

A twelve-year-old today is probably the equivalent of a twenty-year-old forty or fifty years ago, but even so, at twelve years old their bodies are changing, their emotions aren't figured out, and they are personally in so much flux. So the weight of the world is as if they are twenty, but the weight of their knowledge systems are still on twelve.

It's a lot to ask, and those who have come in awakened or very close to it can be far more disturbed about the big picture because they don't have a steady rock, a steady foundation. Their parents aren't an example of the best way to live life right now. It's a very different world.

But again, nobody is going unless they have pre-planned it. And by pre-planned I mean before they were born, when they put that portal into their blueprint.





# *Phoenix Enters a New Era*

In January of this year, after weeks of discussion, polling and meeting with the Phoenix community, and checking out the local commercial real estate market, the Lexington Leadership, along with Samuel, decided to sell the building which has served as Phoenix's home base for more than three decades. That was a huge decision in itself, but just the first of many more to come. In fact, that was just the first item on a long list of jobs needing to be done to get the building ready for new owners.

Thirty years is a long time in which to accumulate dishes, tools, appliances, furniture, equipment, and, maybe most of all, the holiday decorations that Samuel always enjoyed. So first on the to-do list was to take stock of this incredible assortment of stuff and decide whether each item would get returned to the lender, sold, donated, or put at the curb.

Phoenix owes many thanks to those who stepped up to help clean and clear out from the building all that had accumulated over the decades, delivering carloads (even truckloads) of items to ReStore and other local charities, and to those of you who bought parts of PI's leftover history, thus supporting PI even further! This actually took a couple of months of nearly daily work, organized and led by Paula Thomson (our beloved Director).

Along with this process went the creation of a task force to find a realtor and learn even more about the local real estate market. (Big thanks here go to Mary Brainard, Mary Claire O'Neal, and, yet again, Paula Thomson.)

After assessing the market, the group decided to ask \$450,000, but thanks to a clever realtor—with help from the Universe, no doubt—there were five offers within a few days that pushed the price up to \$480,000. Of all these offers, one stood out for the benefits it would bring to the community and the city—expanded child care—so the Leadership, backed by the Board of Directors, accepted the offer of the owner of the daycare center next door.

The sale was finalized a few days later, although the closing would not take place until April 25. This allowed a little time to complete the clean-up/clean-out and have our final walk-throughs.

The delay in closing also opened the opportunity to have a final get-together to mark the end of the era, so an email was sent out to invite the community to a farewell celebration and ritual on April 8. About forty people attended, including several from out of state, to send the building off with gratitude and Love to its new owners. Lea set the tone by talking briefly about the building's history and the part it has played in Samuel's work. Then the group joined in the ritual, written and led by the dynamic duo of Angela Henson and Paula Thomson, for gratitude and release of the building. All in all, it was a lovely ceremony, and left us grateful for the years the building served us all and for the quick and easy process that freed Phoenix to move ahead into a new era.

It's exciting to ponder all the possibilities that this change might bring! One of Phoenix's continuing goals is building a strong, love-filled community based on Samuel's teachings. Since the pandemic, Zoom has been the new platform for most of our events, and this has allowed for global participation. As a result our community has grown, and continues to grow, stronger and larger. Online meetings have been a wonderful way to broaden and strengthen our community, allowing us to meet more regularly and get to know each other better. As we have released our beloved building, we will continue with mostly virtual meetings.

While the Leadership continues to discuss Phoenix's next steps, it will look for ways to bring people together physically whenever possible, and of course Phoenix Home Base will always support Samuel's programs and events, spiritually, practically, and financially. Where might we go from here? Your suggestions might open up new directions.

# Writers' Gallery

*Guardians sharing their experiences of living Samuel's*

April's First-Sunday meeting with Samuel was quite enlightening for me. He said we are going to see a shift toward women's rights. We are made up of a merged function of masculine and feminine energy; all of us are already both. How have we been treating our own feminine qualities, he asked? Umm ... to be honest I've never really thought about it much. How do I express feminine principles at the highest level? Umm ... again I hadn't given it much thought. Am I suppressing, consciously or not, the feminine qualities of the spirit I am trying to function as within



## THE WARRIOR GODDESS · SCHOOL OF SETTING BOUNDARIES



the human I am? Probably. If I am not thinking about it, I certainly am not being a good steward of it.

Samuel told us that the female is not only the quiet, introverted, peaceful, compassionate, mothering stereotype we've been led to believe in our Western culture. He reminded us that if these qualities are the first ones to come to mind, then we have forgotten what the female Warrior Goddess is about. There is nothing about Feminine Force that is not magnificently powerful. It is so powerful that it must be consciously managed so it doesn't take over. A mother bear in a china shop could be devastating.

The Universe likes us to experience practical applications of lessons, and I experienced some Warrior Goddess training recently. I am the treasurer and on the board for the property owner's association where I live. The president, PG, asked me to contact our lawn service to add a strip of grass to their mowing. I made the call, and when the man from the service arrived, he asked me to come down and verify the strip that needed to be added. After we had spoken and he had hopped back onto his lawn mower, PG came zooming up on his golf cart to tell the man all about the strip to be added. The man pointed to me, so I told PG that we had already spoken.

PG went ballistic. He began yelling at me and loudly berating me. As the abuse continued, I asked what had happened to make him so angry. I was calm and neutral, but that seemed to make him angrier. PG screamed "Because you made me look like

an [naughty word that begins with A and ends with hole] in front of that man." Then he jumped on his golf cart and zoomed away. I am proud to say that I did not wince or drop my head or act scared during his tirade.

However, I was stunned. That interaction hit me like a punch to the gut. It was a violent verbal assault beyond anything I had ever experienced. I sat with it overnight and meditated on what would be an appropriate response. I recognized PG's wounded masculine behavior, and the fact that I had publicly called him out on some unethical maneuverings in the past. All that said, I knew I could not let him get away with it, so I wrote an email to him, copying the other board member and PG's significant other, since he had told me to send his emails to his partner.

I kept it simple and professional, laying out the sequence of events as they had unfolded including his verbal assault in front of witnesses. I acknowledged that he would never apologize for his behavior since he could never admit when he did anything wrong, which was my lived experience with him. We had been having board meetings at my place, but I told him we would have to change the venue since I could no longer welcome him into my home.

At our subsequent board meeting he acted like nothing had ever happened.

In the South, where I live, people react to conflict by running away from it, bringing a gun to it, going ballistic over it, or responding with a 'bless your heart,' which is a polite but passive-aggressive way of skirting the issue. Not me. I practice compassionate confrontation as Samuel has taught us.

My fear response to conflict has changed radically over the years. In my youth, I was anxious and fearful about confronting males in authority over me. That changed over the years as I grew, but the biggest leaps came after I met Samuel and learned how to heal my core issues and love myself and therefore others. This experience also helped me to embrace my inner Warrior Goddess. I've learned how to stand up for myself and to set healthy boundaries and I've learned to do that appropriately. The best part is that I am no longer fearful because I've learned to trust myself and my strength. Thank you, Samuel!

*by Pat O'Malley*

# In the Vegan Kitchen

by Paula Thomson



Three cheers for Kathy Adams, who is sharing this delicious and easy-to-make salad—a favorite at many potlucks. Thank you, Kathy! The smokiness of the roasted broccoli adds a nice contrast to the sweet and sour dressing.

## ***Roasted Broccoli Salad with Sweet Lemon Mustard***

- 1 cup uncooked quinoa
- 2 large heads of broccoli, florets removed and chopped into a small uniform size
- 2 TBSP fresh lemon juice (approximately the juice of ½ of a large lemon)
- ¼ cup + 2 TBSP virgin olive oil, divided
- 1–2 TBSP Dijon mustard
- 2–3 TBSP agave or maple syrup
- ½+ cup of walnuts, chopped into small pieces
- Salt and pepper to taste

Preheat oven to 400 degrees F.

Cook quinoa according to package directions. Or rinse one cup of quinoa in cold water and bring 2 cups of water plus 1 tsp salt to the boil, then add the rinsed quinoa. Cook for 10–12 minutes and then set aside.

Toss broccoli florets in 2 TBSP olive oil, and place on a baking sheet lined with parchment paper. Season with salt and pepper and roast for 20–30 minutes in the oven until the broccoli is tender and golden.

While the broccoli cooks, combine the Dijon mustard, agave or maple syrup, lemon juice, and the remaining ¼ cup olive oil in a small lidded jar. Shake thoroughly to combine the ingredients. Season the dressing with salt and pepper to taste. All of the ingredients can be adjusted to make the dressing sweeter or tarter according to your personal preference. Set aside the dressing.

When the broccoli is roasted, remove it from the oven and use kitchen scissors or a knife to make the pieces of broccoli smaller.

In a large bowl, combine cooked quinoa, finely chopped broccoli, walnuts and dressing and mix together well. Serve warm, at room temperature, or chilled.

(Serves 6 as a side dish.)

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