



# PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Spring 2024

## An Interview with Samuel

channeled by Lea Schultz

For this interview, we asked Dr. Jim Roach, an integrative physician with a team practice in Midway, Kentucky, to participate. Though Jim is relatively new to the Phoenix community, he is not new to the spiritual path and to bringing others along with him. Besides his active practice, he has written several books, made presentations across the country, writes a monthly newsletter, and has earned enthusiastic accolades from his colleagues for the way he blends medicine and spirituality. His curiosity, as you will see, knows no bounds.

[Questions and comments are Jim's except as indicated.]

**This is a fun one to start with. I have heard two reports about Bigfoot. The most intriguing one: a nurse, when fourteen years old, was hunting in Tennessee at sunset or sunrise, when he came across a "half ape, half man" who was ten feet tall and about fifteen feet away. It seemed to communicate telepathically to him to leave and it made a loud roar. He ran away as fast as he could, and he still has PTSD symptoms at times from seeing it.**

**It seems there is a Bigfoot, which may be highly intuitive, able to communicate telepathically, and is potentially subterranean, possibly inter-dimensional. What, if any, of this is true?**

Bigfoot is also Sasquatch and that is the same as the Abominable Snowman (Yeti)? Is that right?

Yes.

I would say that it is more of a genetic outlier, because there was at one time a much greater population

of this kind of creature, and many kinds, actually, of changed species. I would not say that any of these creatures are rare, although they have had all kinds of legends built up around them because they are hardly ever seen. They just tend to be hidden. And, of course, any wild creature that gets a look at humans will set up its defenses and stay away.

I think that the West Coast has a much greater population of that particular Sasquatch, but in Tennessee, Alabama, Kentucky, and Ohio there was quite a large population at one point.

So it's not inter-dimensional, and it's not all that rare.

**What are the undiscovered, and underappreciated, benefits of uplifting music? I love to incorporate music in my morning routine and also when I'm settling down at the end of the evening. Is this something that everyone would benefit from doing?**

Music is a common bridge across the world, and you can actually use music to affect the mind and the body. Music is as old as any civilization, any tribe, on the planet, because any sounds arranged in specific patterns become music.

Sound can be used to affect healing, to move objects, to lighten a mood or to create a more somber one when that's needed. A clever speaker uses music to get the crowd revved up and then to bring them back down when they're ready to speak, exactly like the shamans did five thousand years ago.

**You mentioned moving objects. Was sound used to build the pyramids or structures in Lebanon which have huge stones? Is that what you are referring to?**

I am referring to that, but it doesn't have to be anything from that long ago. It's still being done, and you could even be levitated with sound,

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because it will do that as well.

***Paula: To clarify, are you saying sound and music, Samuel, or just sound itself?***

Well, I said a bit ago that organized sound is music, but it's all music, it's all sound. But there are particular tones—you may remember me teaching them a decade or more ago—that are very, very low and that get the atomic structure moving within any given function of form. You would not think of those very low tones as music, but they are a part of a musical ritual to do what most would call magic.

***Can you give a recent example, Samuel, of something that is going on currently or in recent history using sound for movement?***

New Agers are really partial to the work that's been done with sound and water. Put water in a pan and put sound above it and you're going to get the water to move, even without the friction of heat. In the science lab there are multiple beautiful patterns that are created with sound, and I mean a science lab at the local junior high or high school. It's pretty basic stuff.

***I recommend the botanical turmeric a lot because it has so many beneficial qualities. What familiar botanicals have great undiscovered and underappreciated qualities?***

Well, I would say probably the important thing to remember there is that every plant has a purpose. They're not all purposed for humans, though, and the fact that it works for you doesn't mean it's going to work the same for everyone.

I think that some things that work much like turmeric are cranberry, oregano, coconut. You can, if you're already in a healthy state, pretty much keep your body stable and healthy. The coconut you can put *on* your body, you can put it *in* your body. Do you know about oil pulling?

***Yes, I'm familiar with that.***

Where you just swish, swish and swish. Doing that with coconut oil can really help with dental caries. If you allow that coconut oil to sit with turmeric for three days, a week—it can't sit too long—you're going to find an even greater effect. Again, there's a purpose for every plant.



Phoenix Institute, Inc. was founded in 1985 to make the philosophy and teachings of Samuel available to anyone seeking guidance in the many areas those teachings embrace. It offers free monthly online meetings with Samuel and frequent opportunities for group or public discussion of his message to assist in the practical integration of these teachings into the physical, mental and spiritual lives of those who are drawn to them.

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## Phoenix Rising

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*The complete transcripts of meetings used in Classic Samuel can be purchased at [DiscoverSamuel.com](http://DiscoverSamuel.com).*

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***And it's my suspicion that plants provide everything we need. If we could do the research into all the wisdom they have, then we wouldn't need pharmaceuticals.***

I don't know. You've got some pretty amazing pharmaceuticals now. And you are born into a time when the technology is available, so rather than needing to go harvest a plant by the light of the moon and keep taking it for six weeks, you can swallow an antibiotic and be good five days later. Just be sure you're getting your probiotics to go with it.

Something that I really appreciate nowadays are the hallucinogenic plants being processed in such a way that they can be micro-dosed and help with mental illnesses. People have known that plants could be used for physical illnesses for millennia, but particularly in this day and age they can be helpful with mental illness.

***With opioid addiction, would you have a favorite psychedelic you think might be particularly useful?***

With any addiction, with any medicine at all, you must be willing to let the addiction go. The mind-body connection is far too strong otherwise. If you don't care about yourself, even the best treatment isn't going to be enough. And addiction is a very special issue because so many of those who are addicted simply don't want to actually be over it. They don't want the negative effects in their lives, but they don't want to give up what causes them. That's true for over-shopping, alcohol, opioids, or whatever.

***My sense is that setting positive intentions and pursuing those continuously may be the most important ways to treat depression. What are your thoughts about that?***

I think that that is part of a good plan, but depression is a very individualized thing, and one person's ability to function within depression is going to be different from anyone else's. The more you are able to be treated in a specific way for you, the better that will be.

Generally, positive thinking is going to ask too

way the mind works. While I recognize that it's not for everybody, I would say to get yourself on a whole-food, vegan diet for three weeks and see if you don't feel better. And movement—it doesn't have to be lifting weights, but just keeping yourself moving, working on flexibility, stretching.

There are some lymphatic drainage techniques that can make a *huge* difference. One very easy one is just to take the heel of your hand, put it right above the bridge of your nose, and push up. Do that for a couple of minutes, but don't bruise yourself.

## *Have someone in your life that shares a passion.*

much of a depressed person, because that kind of thinking is probably not possible for somebody who is experiencing the chemical dump that results from negative thinking.

However, if somebody is at a place where they are wanting to make their day-to-day better, there are multiple things that can help with a fairly mild depression and with life generally. And one of them is absolutely focusing on the positive.

More specifically, start writing down gratitudes, and the more depressed you are the more often you need to do it. Write ten gratitudes down every five hours in a day. It's going to begin changing that neural pathway that has been cut off. However, it's a slow change, so add in other things: Get yourself a more positive set of friends, a community of others who are looking to be more positive; cut out constantly surveying the news—it's brainwashing this population; cut back on foods that are processed that are known to have a dampening effect on the

You may even find that you have to cough, because that internal lymphatic drainage from right about there in your brain can be released down your throat. Lymphatic drainage is much more important in cases of light depression than is usually recognized.

What makes you laugh? What makes you excited to get up in the morning? Here are a couple of things you won't usually hear: Have someone in your life that shares a passion. That could be anything, even playing games on your computer, although that's not going to be quite as healthy as some other things. It can be food. It doesn't matter what it is, but having a person with whom you share a passion is going to give you something to look forward to that's outside of you.

And the second thing is to immerse yourself—oh, this is going to sound strange, and I'm so sorry—immerse yourself in holy water two or three times a week if you can. When I say holy water, I mean water you have blessed, and you bless water simply by recognizing it: "You are a function of Source and I'm grateful for your healing properties. I am coming into you with love and I am receiving the love you have to give." Now, that's so simple. Get your whole head under that water. You are allowing the water to stimulate your atomic structure, literally stimulate it.

***There is research supporting that. Masaru Emoto in Japan showed that if you send love to a container of water, you get beautiful crystals when you slice it after converting it to ice, and chaotic ones when you send negative thoughts. So I understand fully what you are saying.***

### CLASSIC *Samuel*

Gems from the Library archives

All of your philosophies speak of a time in which great teachers came and seeded the planet. I'm not talking UFO's here, but I am talking extraterrestrials. Not aliens, as it's thought of today, please, not.

2/5/95

As I've said many times, I have no issue at all with the medicinal use—I'm not saying recreational use—the medicinal use of psilocybin, which I think works with depression incredibly well, and would help your friend who saw Sasquatch. Even micro-dose levels of LSD can be very, very helpful, and again I'm talking microscopic doses taken over a long time.

Psilocybin specifically works with your spiritual connection, especially for people who are beginning to reach higher frequencies on their spiritual journey. I actually highly recommend ketamine, which is very useful for helping the brain rewire.

With all of them, you must go in with a very clear intent, but with ketamine, because it's very fast-acting, you go in with the intent to bring healing and light into your mind and into your brain—two different things in my book—and know what it is you want to replace the heaviness with. "I want to replace the feeling of being heavy with the sense of being lighter." "I want to stop feeling like I'm covered by shadows. I want to experience more of the Light." Your dreams will start skyrocketing, because that's what it's meant to do for you.

So these are *all* options, but I don't recommend that people just start willy-nilly experimenting. Get somebody to mentor you. Talk to a doctor who is able to help redirect you. And remember that the very first thing is to change your diet and your exercise programs, change to a positive focus within and without. Those three things alone *will* have a profound effect.

***Ayahuasca has been used a lot. It's a little bit riskier than psilocybin in terms of negative experiences and the type of individuals who are in charge of them.***

I absolutely agree with that.

Psilocybin is for the spirit; ayahuasca is for the physical. With ayahuasca you throw up from both ends, and it's part of the experience. You become very, very focused on your physical self. Psilocybin is designed to shift you out of your body while you're aware of it. Both of them require intent, and I would say a sacred ritual.

Here is the thing: Guardians just don't have many Earth experiences, and it is not at all surprising that the spiritual work they do would tend to be whatever that time and space allow for it, be it a shaman, a healer, a minister, a sacrifice. And you are a Guardian, which means your lives are chosen, they don't just happen.

***You've brought up micro-dosing for mental issues like mild depression. Is micro-dosing a consideration for those who are really looking to expand their spiritual understanding and creativity?***

With psilocybin, absolutely. Some of the others have different properties, but insofar as the most introspective and probably the gentlest, I would thank the mushrooms.

***Is the large majority of the universe friendly and looking out for humankind and Earth? Is it accurate to say we are be-***

***ing observed by billions of ETs who cheer us on when we do good things?***

[Laughing] There is a game that Americans like a whole lot—football—where there are cheerleaders who jump up and down. I am thinking of them, and it's a pretty funny picture.

Yes, Earth is watched. Yes, Earth until recently has been fairly curated and limited insofar as what could come and go. It's still limited as to what can go from here, because as you may have heard me say before, humanity is too dangerous to allow out there, and it's not yet at the point where that Grid is going to be opened enough to let mass consciousness out anyway.

Cheering—not so much like cheerleaders, but it is absolutely fulfilling to see humanity advancing. And there might possibly be a little bit of "I told you so" happening, too.

***Is most of our DNA compatible with most DNA of the highly intelligent life in the Universe?***

Yes and no. First thing: your DNA is not as solid, not as stable as you might think. It's more malleable. And there really are parts of your genetic structure that have been folded and twisted for so long that as you move further into Fifth Density and they open up, you will be far more able to—mentally, certainly, but spiritually too—shift those genetics to be more compatible outside of Earth.

***While you are carbon-based, you are also crystalline born.***

However, as a whole you are carbon-based, and your universe is *your* universe, so you are going to be able to have a connection—not necessarily a hybrid type of connection—but you are going to be able to have a connection with almost anything in your known universe. But as your energy changes, while the carbon base remains, your crystalline stimulation starts opening up. And so, while you are carbon-based you are also crystalline born, you are born to your crystalline self, your crystalline core. I am referring to the crystalline structures within the brain and across the cell face. The cell face is used more and the ones in the brain less. We can talk for a long time about pineal-pituitary connections to stimulate that, but it's not the point right now.

As you become more able to process atomic energy, you are going to be able to communicate and better relate to and probably recognize non-earth energy in ways that right now most cannot.

***It is my understanding that anger and the need to forgive are the biggest psychological root causes of cancer. Can you comment on this?***

Well, I would be very, very hesitant to say this thing always causes that thing, because your world might work like that a whole lot of times, but not all the time. Anger and lack of forgiveness are how humans hate themselves. Somebody who expresses anger, somebody who cannot forgive, they hate themselves and that throws off the body's functions. And I'm not saying just that they don't love themselves. It goes far deeper than that.

Anger issues are because of past trauma, and ninety-nine percent of the time it's violent trauma. The inability to forgive? It's also about trauma, but not necessarily violent. It's very likely due to abandonment and betrayal. And obviously those work a lot together.

So you have somebody who feels unlovable, who has had experiences that they cannot reconcile. Their world does not work the same as how they perceive everyone else's does, and they never deal with it. The brain's natural reward systems start cutting off, and the body's physiological, even the autonomic system, starts cutting off. And then poor choices get made. So poor choices are made *based* on that anger and based on that isolation, which is what lack of forgiveness is, and that is going to show up in a physical issue. If you add Kentucky's lovely pollution and chemical issues, and on and on and on, it very well may become cancer.

***My sense is that animal experimentation with***

***pharmaceutical drugs or medical devices should be banned except in the most altruistic circumstances such as addressing pandemics. Are the animals being of legitimate service when experimented on in less altruistic ways? What are your thoughts?***

What are your thoughts about it?

***Well, I love animals. I majored in zoology. My sense is that their use is justified only in the most altruistic of scenarios. I also think that maybe we ought to be experimenting only on humans. If it's not low-risk enough to be trying on humans maybe we shouldn't be trying it on animals.***

I absolutely agree with you. And the idea that they're in service to humanity is human hubris.

***David: In the past you've said that food animals accept that role at the group-soul level. How does that differ from accepting the role of an experimental subject?***

The first thing that you want to remember is that accepting is not agreement, and accepting does not necessarily mean "this is my service to the world." So knowing that you're going to be working as a kind of animal that most humans eat doesn't mean that you are going to be the Jesus of all the cows and you are

## CLASSIC *Samuel*

Gems from the Library archives

One of the greatest healings you can offer yourself and your planet today is the healing of the dis-ease of the rigid heart. Dis-ease from a rigid heart. This week look for ways to be flexible. The palm tree will bend so it does not lose its roots. I'm not saying move away from what you know to be right or your true, moral sense of what love should be. Keep those roots, but be willing to bend and see if it helps. Do it in your dealings with others. Be the example, be the conscious example of what the new mind is.

2/5/1995

going to be sacrificed and rise up from the dead as the bull that everybody wants to follow. So it's not the same.

Secondly, as absolutely horrendous as the life of a factory-farmed animal is, not to mention Daisy the Cow out on the best farm ever, there are more points of good in those awful lives than a lab animal has. They are bred *en masse* for the lab. They live and die in just-enough-room-to-move-around cages. I think, in the group soul, it is what teaches sorrow.

***Stuart: Last year the FDA passed a ruling that said that the testing on animals is no longer needed for the approval of medications, and that's because now we have synthetic organs and other ways of testing. I think that is a step in the right direction and very positive.***

That is very, very positive.

***Is it your sense that the current decline in cognition in America and around the world is associated with toxins, medications, processed or genetically modified food, and social media screen time? Is our IQ dropping worldwide?***

[Laughing] Yes to all of those. Absolutely.

***And it seems that the powers that be may be manipulating that to their own advantage.***

You have very good eyesight, my friend, good vision. It's absolutely right. You probably don't want to get me started on what's been happening over the last twenty-five years, creating workers' slave states across the world to keep people occupied and satisfied on less and less and less, and giving up their power in order to feed a few. It's horrifying. And the easiest way to create those wage slaves and a depressed, unintelligent society—well, it's not that they are unintelligent, it's that they are no longer taught how to think—the easiest way to create that society is to do exactly what you are saying: get people addicted to a screen, addicted to foods that will break their bodies down, teach them that it's perfectly fine to have children they cannot afford and create cycles of stress that keep the population very, very down. It's pretty sad. You've got a lot of

work out in front of you if you are seeing the need to tackle that.

***I grew up in the fifties and sixties, and there was a big middle-income class at that point, and now everything is separated, with the rich getting richer and poor getting poorer. And I miss those old days—Woodstock-type days—where people could communicate together on the same level.***

Well, that time is coming back, so that's a help. The love-based function and the recognition of communal living are very Fifth-Density understandings. Leading by fear—fear of want—that's very Third-Density. Fortunately, the anchoring of Fifth is almost fully complete.

***Our climbing to higher and higher Densities may be one way to get fifty-one percent on Earth to think in positive terms, and then get multiple planets like Earth thinking on the same plane, and then multiple solar systems, then galaxies. And then, as we get everyone on the same plane that's hopefully what leads to reemergence with Source. Is that roughly accurate?***

Well, I think so. If you're seeing that as a larger picture of how the spirit evolves back to oneness, then yes, I would agree with that. Everything that you need to do can be done in your lifetime, because this is your universe, this is your journey. It's all about you. And so it's how it shows up in the microcosm that means you don't have to strive for it to happen in the macrocosm, because it's happening there in *your* life.

***A friend was researching Paul's use of the word joy in the New Testament. The Jewish individuals that Paul interacted with defined it, number one, as living in the moment—not living in the future or the past—and number two, counting a hundred blessings in a day. I thought that's a lot of blessings, but then they count not only the good things, the joyful things, but everything that challenges them during the day as a blessing.***

So a good definition of joy is one that counts every experience, every interaction, as a blessing

CLASSIC *Samuel*  
Gems from the Library archives

You're here because this world is waking up  
and you're ready to cook breakfast.

2/5/1995

and joy. And when you reach that point in your life where you can do that, it is a joy-filled life. It's springing out of the head of Zeus. It is what comes. That's nice. That's good.

***Is there a designated time when we pass through the portal? Are there multiple exit points? If so, how flexible are these designated points?***

In any life there are multiple portals. You have an option anytime one of those portals comes up. But when you reach the final portal, you don't have an option any more.

So there really is a use-by date that is stamped invisibly on the shoulder of every baby, but a whole lot of people, particularly Guardians, go when their primary purpose is complete, even if the physical life could go on. They just take one of the earlier portals. So there's a lot of choice in there.

***Paula: Who makes that choice? Can we as humans make a choice about when we leave?***

It would be the entity, because the human will base it on "Oh, I'm in so much pain because my dog died, and I just want to go, too," when they really should not. Or the human will do something stupid—overdose, drive drunk, whatever—when it's not their time yet, and they've not yet done anything toward their purpose. So the human cannot do that.

But there actually is a broken-heart kind of syndrome that can happen. Let's say Paula died. David might just pine away, since it could have a literal effect on his physical heart because of the rush of chemicals, the constant heartache. I hate to use such a word that is confusing when I'm talking about the physical heart, but it does happen that a mate will go within a year. You see it in nature all the time. And that's the kind of situation where the human has a little more choice than it would otherwise.

And to add to that, Guardians have a lot more choice because they're not here to live out their lives. They're here to live out their service.

***Is it true that whales and dolphins were transplanted here by extraterrestrials?***

There is a most definite extraterrestrial component to the evolutionary process of life on this planet, and there are by all means, just like within the human species, those who have chosen to come here to help bring about revolutionary change. And

by some definitions, those whom I call Guardians and Watchers are extraterrestrials, not because they are from the Pleiades but because they're simply not human. Well, the costume is, but the spirit is not.

So it is with certain beings within the oceans as well. Whales and octopuses are very good examples of that. There are very intelligent dolphins, but they act more like three-year-olds, so they're not quite the same.

***Are humans a hybrid of extraterrestrials with primates?***

Well, I would most definitely say no. The genome, the genetic structure, was activated. There are still people in your world who have gene signatures that speak of some kind of off-world connection, but it's rare. Certainly humans have mated with apes and dogs—human nature is pretty awful that way—but it would not create a hybrid species, whereas there are, off planet, very compatible species, and to stimulate the evolutionary process a hybridization can be created that twelve thousand years later still shows up.

***It was suggested to me that I have DNA primarily from Pleiadeans and source DNA from Sirians. So I don't know if that's off the wall or is accurate, and, if accurate, what the meaning is or how I could utilize that.***

The Pleiadeans and the Sirians are so much younger than the nature of your soul. I might suggest that you were a bit insulted with that. No kidding!

***Thank you. I think that's all the questions I can ask. This has been so wonderful.***

Thank you so much for this. It's been a delight, an absolute delight, and I think that the readers will enjoy the curiosity in these questions.



*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 . . .

***I believe that we come to this world with specific gifts and talents that are meant to be used in this lifetime to contribute lovingly to the overall Plan. Sometimes I can't differentiate between what I am meant to contribute to the world or the Plan compared to what is just my ego's ambition. Currently I am at a point where I don't have much ambition to do either—my calling or my ambition. How can I reset my desires to be in alignment with the overall Plan and function from love and feel its motivation?***

Very nice question. Right now that's actually a very normal place to be in because so much is changing. For the last two years, you've been working on core issues and figuring out what you really believe, what works for you, what doesn't work for you, and where the roadblocks have been showing up. Now you're seeing the world starting the very same process. It's almost like, "Oh, I know what's happening in this next scene. I don't want to watch!" isn't it?

But for all life on this planet—and that is a huge statement there—right now and until the eclipse, everything is quicksand, or walking through Jello, or something like that. While you were beginning to get a sense of, at the very least, what you don't want any more, there isn't yet that sense of what you do want, and that's because, when the timelines began to shift, you weren't in a place to make specific choices. Now, in the first half of 2024, you're going to begin to have those choices.

With those choices come, first, the need for you to be able to see the choices—I'll get to that in a moment—and second, *making* the choices. Seeing the choices is only going to happen if you're in your now. If you let yourself get lost in the past or the future, you're going to miss the doors that are opening right now, and it's *vital* that you be in your moment now—and now, and now—so that you don't miss the train altogether.

Second, it is just as vital that you start regularly practicing "Does this make me happy? Does *this* make me happy?" with all the things that somewhat draw you. Now, I'm not saying dump a million dollars into it. I'm not saying go at it whole-heartedly.

No. But go down the path a bit, see how you feel—what does it do?—with all kinds of things. Start with the things that you used to love when you were a child. Do you still? You're either going to have the "Oh, that was great!" or you will follow the "That was great" a little bit farther to see if it holds your interest. What I'm asking you to do is to figure out what works for you *now*, to have a series of things you can go to that, honestly, occupy and satisfy, but in a happy sort of place, because it's only then you will find what is your passion now. You know that my teaching about passion generally is don't follow your passion for the rest of your life because that comes and goes. But right now, finding what your passion is is going to help you know what direction you want to go in. So, right off, the first thing you want to do is look to see what makes your heart happy and follow it a little way to see if things open up there.

Remember this statement: Doing the same thing over and over and over but expecting a different outcome is the definition of madness. And that's what humans want to do, because at least it's comfortable. "I don't enjoy this, but I know what's going on, so I'll just stick with it." Risk a little, gain a lot. Or don't gain at all, and still have learned a lot. Motivation has

## CLASSIC Samuel

Gems from the Library archives

Listening. That's a gift that you offer the grocery clerk whom nobody ever really listens to, or your children, who get so little respect out in the world. Do you remember when you were just a wee bairn, a small child? Nobody ever listened. Kids today are crazy for that. . . . Start listening again. Listen, for it's a sign of love.

6/6/93



everything to do with the nature of your service. You are motivated by fulfillment. And for a Guardian, the only fulfillment there is is to give, receive, live Love. So, that's service.

Every reader will probably find that the things that do make them happy are the things that raise their frequency on a consistent basis. That's what you want to look for.

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***You said at the last ritual that we opened the Phoenix Gate. What is the Phoenix Gate and what is the significance of it?***

[Long pause] I'm trying to decide if I want to answer that.

You know, don't you, that when I use this body, I'm not using every piece of it, because bodies really don't handle that well. Occasionally I will press a little more than usual, and something will pop out that I would rather not have let get through, and this is one of them.

The Phoenix Gate is an Ascension marker, like a mile marker. It has a lot to do with mass death, but it's not death like the end of life. It definitely involves the end of lives, but that's not its point. It's a part of the anchoring.

Mass death will also mean mass regeneration, rebirth, and depending upon where your frequency tends to see such things, you're either going to focus on the death or the renewal.

I'll just go that far.

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***You have said that the rituals we have done have changed the energy of the Source Field. Please say more about what that means. If the Source Field is all possibility, what within that has changed? Is it that new possibilities have been created?***

Yes, but that's not really what I was referring to. This outrageous advancement out of Third Density to Fifth within the Ascension process has taken place within a blink, a blink! And you know I tend to talk of geologic time, so a whole lifetime is a blink, but this is, even by human standards, unprecedented.

Think of a solar-powered generator. You've got the generator converting solar energy into a usable form of electricity. The sun keeps sending out rays and they're being caught and converted, when suddenly the sun releases a mighty photogasmic burst—full halo, both the magnetic and the plasmic shot—and absolutely overwhelms the collector that has been doing so well for all these years. *That* is what

has happened.

And it happened because—and now I'm going to use yet another kind of metaphor—it's like sleeping in a dark room and waking up and opening the blinds and seeing that the sun is focused right into your window, and it is as bright as anything you could ever imagine. But *you* did it, because you are the one that opened the blinds. And maybe if you had known what would happen you might have done it a little more gradually, but you just ripped those suckers open and there it all is and all hell breaks loose. The solar converters have to be re-worked to handle the massive amounts of light coming in now.

That is what is happening. The Source Field has readjusted to fit this rather unexpected Light event that happened because Guardians opened the blinds.

*If you have a question for Samuel, please e-mail it to: phoenixrising@phoenixinstitute.org*

## CLASSIC *Samuel*

*Gems from the Library archives*

You are moving into the season of the spring plantings, a time in which the seed learns to adapt to whatever ground it's given. You know, the glory of the story of the seeds sown on rocky ground and the seeds sown on good ground is not that if you have all the right elements and you're really paying good attention and you're surrounding yourself with good people and you're getting good teachings and you're in the perfect ground for the seed that you are, you're going to grow up to be a beautiful plant. Darling, that's not the glory of that parable. The glory, I believe, is that there are seeds that will sprout in rocky soil. And this world, my friend, tends to be pretty rocky, and you are a seed of new light and new love and a new way of thinking, unlike anything this planet has ever had. Your attitude is different. Make it a healing one. Be flexible in your love. Be willing to sprout wherever you are planted.

2/5/1995

# Writers' Gallery

Samuel has spoken about miracles—seeking them and seeing them—for many years, but I have heard him referencing them more and more over the past couple of years. I'm sure there are many reasons for this.

One reason might be that the world is in such a state of chaos and flux that most humans are narrowly focused on Third-Density, fear-based observations. Who looks for miracles when there are wars going on in so many places and food at the grocery store keeps getting more expensive?

But this is exactly the right time to seek miracles,

## *Are You an SOM?*

by Suzie Stammer

to look for them everywhere, every day. Samuel has said that it's our *choice* to look for miracles, and when we see them it's because we were seeking them.

And how do we do this? How do we become "Seekers of the Miraculous" (SOMs)? We can do it by restructuring our view of the Universe. He has said that even though this is a year that represents Unity, it will also be a year where there is tremendous division. We know that what we focus on is what becomes our reality. So let's be the unifiers and bring balance to some of the divisive chaos out there. We can be the observers and be the new team of SOMs. We can be magnets for miracles, and this is a great year for it.

So what's our plan of action?

I bet you have ways that work for you, but I can also share what has worked for me. First I take a step back and look at the "big picture" of my life. If I'm looking for a time when I've experienced miracles in my life, this should immediately produce a smile. I take a look at both the little things and the big things, everything from, "Wow I got all green lights on the busiest road in town today," to "Wow, I have been appointed to be a field hockey judge at the Olympics!"

When I try to expand on the little things, it's like keeping a success journal for daily miracles: I am running late for a meeting and yet somehow I still arrive on time! I hear a song on the radio that reminds me to call a friend I haven't spoken to in a while and when they pick up the phone they say to me, "I was just thinking about you!" I see a great blue heron—my spirit animal—every day of the eight days I spend rafting on the Colorado River. That same trip brings me a dozen new friends.

I count the miracles that have come to me by my choice of family, whether that brings challenges or added bonuses of love. I have looked at the successes in my career, the many friends I have attracted, and the big miracle of finding my way to Phoenix Institute and Samuel's teachings. Were those experiences only coincidences? Hah! They were *all* miracles—miracles that came from seeking and seeing.

I have a challenge for you: consciously look for miracles, at least one every day for the next week. I guarantee that you'll find them, see them, hear them, be them, and *that* will guarantee you a smile and a lighter heart. And isn't that what living love out in the world is all about?

PR

CLASSIC *Samuel*  
Gems from the Library archives

The difference between the master and the student is the student has coincidences, and the master sees those as miracles.

1/1/1995

# In the Vegan Kitchen

by Paula Thomson



## Spring Greens



One of the joys of spring is the availability of fresh local greens like collards, spinach and kale, which are valuable parts of a healthy diet. Whether you grow your own or find them at your local farmers' market, here are two very simple recipes that will add zest to your cooked greens.

### ***Kale with Peanut Dressing***

- 1 large bunch of kale
- ½ cup smooth peanut butter
- ¼ cup water
- 2 TBSP tamari
- 2 TBSP rice vinegar
- 1 TBSP agave nectar

Wash the kale well. Remove the spines and chop up the leaves into similar-sized pieces. Steam the kale for about 5–10 minutes until tender. While the kale is cooking, whisk together the other ingredients until well combined. Place the cooked kale into a warmed bowl, and toss the kale with the dressing. You can also garnish the dish by sprinkling on some sesame seeds. Serves 4.

### ***Spinach with Raisins and Pine Nuts***

- 2 bunches of spinach (1½ to 2 lbs.)
- ½ cup golden raisins
- 1 TBSP virgin olive oil
- ¼ cup pine nuts

Place the raisins in a small bowl, cover with ¾ cup warm water and set aside. Remove any tough stems from the spinach and wash thoroughly.

Place a large saucepan over medium heat, add the olive oil, and sauté the pine nuts for about a minute, stirring constantly until they are golden brown. (Watch closely as they will burn rapidly.) Drain the raisins and add to the pan along with the spinach. Season with salt and pepper to taste. Cook, stirring constantly, until the spinach has wilted—about 3–4 minutes. Serve in a warmed dish immediately. Serves 4.