



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2025

An Interview with Samuel

channeled by Lea Schultz

The concepts of universal constructs, universes, Source Fields, Dimensions and Densities are very confusing. What are your definitions of universal constructs and universes? Are they different?

Each one of you creates your universe, and you have a compact with everybody that is in your universe that they will be in yours, you will be in theirs, and you will help each other by hook or by crook.

That is your personal universal construct. But over all of that is The Plan for this planet and all life force on it, which is the evolution of Spirit through form as it functions in the return to pure Light, pure Source, the Source Field. Or, to say it another way, the system in which creation works in this world is the laws of the (greater) Universe, and within that Universe is your universe. Within the laws of form as they work in this structure, you have your universe. Your universe interacts with other universes, but *the* Universe, the greater Universe, does not interact with other Universes. Does that make sense? Do you understand that?

Can I just clarify something? When we speak of the spiritual Universe, we capitalize it. When we speak of the physical one, we use a small u.

Sort of like Entity and entity. All right.

Your small-u universe interacts with other small-u universes, but the big-U Universe does not interact with other big-U Universes. Although there are others.

Frank has a question.

Is my universe continuously being created by me, or was it created pre-form?

Both.

All right. Onward and upward.

So does our personal universal construct have 12 universes, small u, within it?

Yes and no. Each one of your projections . . . And how many projections do you have?

Twelve.

You have 12. Well, actually you have 11, because you are number 12, but yes. Each one of your projections is a part of the time-space of your universe—all of that is small-u—which is why you can access mastery from your other projections in time-space. Here is the trick, though: If one of your projections is functioning in a separate big-U Universe, you do not have a connection with that.

Are these 12 small-u universes related to the 12 Dimensions?

They can function within the 12 Dimensions to a certain point. Not all Dimensions actually work with consciousness in the way that you would think of it. So, yes, they do, but it's not that this projection goes into the first Dimension and the second projection goes into the second. It's not like that. Remember that time and space are separate physical Dimensions, but space-time is a fully separate Dimension that is neither time nor space. It is time *and* space.

I think it might be helpful to say again, as I did at the Retreat, which is where these questions came from, that the fact that this big-U Universe runs on 12 isn't a great, meaningful thing. Geometrically speaking, for the function of the evolution of form, 8s and 12s work. But that it's 12, that's not the point. Having said that,

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the more you look, the more you're going to see 12s: 12 projections at any one time, 12 Avataric energies at—well, it used to be at any time, but that's no longer the case. 12 Densities, 12 Dimensional structures. Twelve is fundamental to this construct of reality, but it's not magical.

The Plan for this Universe (the evolution of spirit through form by way of Love as the active principle), required, obviously, the creation of form. So Source (the originator of The Plan) released Creator energy, which I commonly call All That Is. In order to create, All That Is expressed itself through four functions of Creation, most easily called Intent, Thought, Word, and Deed. These four are the original essence of form, each function working both individually and united into a whole. Each one of the functions (ITWD) released 12 (giving you a total of 48), and in each of those four groups of 12, each one of the 12 also released 12, on and on and on until there was the specialized form that is YOU. At that point, the first four sets of 12 (ITWD) combined to become a single, primary function (the originating 12 of Intent combined to become a single function that is Intent, etc.). There are four primary functions (ITWD) under the Creation forces of Intent, Thought, Word, and Deed.

When this Universe began its initial creation process, it had no Intent. It was gases and chemicals and little squirts here and there from other creation projects.

Was it a "Let's see what happens?"

Let it go, see if it grows. And when it began coming together, it was only then that the Intent to make it a Universe came about.

And what I'm trying to avoid here is sounding religious, because it's not a religious process. There is not a God here. There is not an original point of creation. There is a multiple focus that became the Intent for this Universe. But this Universe and its structure, the laws through which it works, is the only big-U Universe that your physicality understands.

When you are either functioning at higher levels of Fifth Density or working in Sixth, you realize there are other Universes out there and that there is



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.

Phoenix Institute, Inc. is a non-profit, tax-exempt 501(c)(3) charitable organization that relies on donations and volunteer assistance. Phoenix's programs are open to anyone with a desire to know more about Samuel's message.

Phoenix Rising

is a quarterly publication released on the equinoxes and solstices.

Contributions and correspondence are welcome. Email the editors at phoenixrising@phoenixinstitute.org

Thanks to our proofreaders: Eckehart Messner, Dina Shadwell, and Marion Kee, and to EarthLight for their many contributions to this newsletter.

The complete transcripts of meetings used in Classic Samuel can be purchased at DiscoverSamuel.com.

Thanks to EarthLight for making this material available.

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an initiating factor, but for this Universe, there is none.

A universal construct is your creation. Your universe is your universal construct. It is a part of the greater Universe.

There are, depending upon how you want to see it, 12 levels of Ascension, starting with form and ending with a return to the original 12, which then allows for the next creation.

If you're ready to create your own Universe, then you would shift to Intent, Thought, Word, or Deed, and you would work through that function to create out of the combined Intent that established this Universe.

It might not make a lot of sense to you, and it's mental masturbation. The only thing that really matters is what's sitting in front of you right now.

How do we consciously work on reaching out to other universes, and how can doing that be used for our purpose here?

Why? You're not reaching out to a big-U Universe. David should not want to reach into Paula's universe, because that just adds all of Paula's stuff onto him. David wants to function at his best and highest merge only with the aspects of Paula that he has compacted with for his universe. You don't want to be slipping into someone else's stuff, because you will take it on and have to be responsible for it. Not even your children's universe. There needs to be autonomy in your universe, in the construct you have come here to work through.

You mentioned that those who choose to consistently function in Third Density will be stuck there and will soon wither away. Do you mean that their entity has created a projection into this Dimension that will not advance in this lifetime? Could you clarify what being stuck means to an entity?

There is going to come a point in which you are no longer mentally, emotionally, or physically capable of retuning to a higher frequency, much like the ceiling that is put onto your energy, for instance, by eating meat, which keeps you from shifting into higher frequencies even if in all other ways you have that capability. But there will come a point at which, even without a ceiling, individuals will not be able to retune to higher frequencies because 3D energy now is not building; it is dissolving, and your will, your heart, in 3D is not growing. It is stagnating, and that stagnation becomes a life choice. Now, you've heard me say, over and over and over, if you're not learning and growing, what are you?

Dead.

Right. And that day becomes a physical reality. You're not just dead inside. You will rapidly, by whatever means, leave the planet. Now, I need to be careful with that word rapidly because you might be 103 years old and your body's worn out and your mind's worn out and you've got a great big heart and because you leave tomorrow, it does not mean that you were in Third Density. Or if you are in Third Density and you're in perfect health, it doesn't mean that tomorrow you're going to be dead. What it does mean is that you should not expect a long life, because that which is not being fed is not going to maintain, and the more Fifth Density is being fed, the less there is for Third Density.

Right now in your world, Third Density is putting up a kicking, screaming, toddler-like fight for its life, but that's really all it is. The timeline has split, and there is no going back from that. So in this transition period, if you ever had a desire to become an Ascension missionary, now is the time. Minds and hearts are rapidly changing. But if you are motivated by fear and motivating others by fear, if you are amplifying egoic-self, personality aggrandizement, you are going to slowly dissolve away. You will have no

impact, and then your physical self will dissolve away, because there's no "life" in your life.

What happens when those people are national or global leaders? It seems like a lot of the leaders are using fear to motivate people and are motivated with fear themselves.

Well, the first thing that I want to always, always, always remind you of is to be very careful about becoming the person who can tell who is functioning in Third Density and not working for the Greater Plan, and who is not loving and . . . Be careful about that. And I promise, you're going to be fairly surprised with how well this Plan is working out, even though, from the direction you're look-

ing, it's a tangled mess.

But those who indeed are amplifying Third-Density energy, they're just going to run out of line. Nothing. How long can you scream into the void before you finally say, "Oh, people aren't listening to me like they used to."

The president of the United States is an example of that. You can see him losing power, because people are losing trust and faith in him. He's ramping up all of his tricks and it's not creating what he wants, and you can see the dissolving process. So keep an eye out for that. You'll start noticing that the worship isn't happening as it had been.

These traits you're talking about, do they extend to the entity, or is this all just personality stuff that passes with the individual's life on Earth?

In this case, the shift to Fifth Density is a whole planetary shift, meaning that the entity is involved, because Fifth Density provides that access. But in any other lifetime? No. Only this one. You can access parts of the construct through your mastery, but you haven't affected the entity. But in Fifth Density, you are affecting the entity, and that's why, when you are functioning at that level, it is such a giant leap in energy. It's not just going up a couple of steps. It's a leap, because your Higher Self in other Density structures—Third and Fourth—was basically the mastery culminating in bits and pieces implanted into your genetics. However, now you actually have the ability to step out of your physicality altogether to the intention that your small-e entity used for

Third Density is putting up a kicking, screaming, toddler-like fight for its life.

coming here. It's a huge leap. In 3D and 4D, you only access your other personalities through your mastery of a like frequency level. But in 5D you access everything anytime.

Talking about dissolution of 3D, what is the purpose of mass extinction in relation to the anchoring of the 5D reality?

It's related to the evolutionary leap being made in form itself, and those forms of life that are not contributing to the process of change, but are more or less evolutionary fillers, are shifting out. That is the mass extinction of the old that I was speaking of, but along with it you also have mass extinction of many, many forms of life due to human intrusion and earth changes, which are also pretty much due to human intrusion.

So, along with the dissolution of the old, you do have a worldwide extinction going on, including some forms of life that you really don't want to be getting rid of, but that are not going to be around much longer because the climate, the water, the landscape have changed too much to keep their lives going.

A lot of the problems on Earth are due to overpopulation. Would this withering away reduce the population? And are people who are working in 5D going to be more effective at managing Earth's resources?

Well, that is a wonderful question. And in all these years, it's going to be one of the few times that I have to say I don't know. I really hope so, but I don't know. I don't know if the extinction of Fourth Density and the withering of Third is going to cause a population decrease, because at the very same time, countries that were overpopulated are now

begging for babies, and as long as you are run by a corporatocracy, workers are going to be needed. Thus, if you're getting rid of the educated class and focusing on the physical working class, you need more people, so have those babies.

But in 5D, does that mean that, no matter how many people are on the planet, the earth will be cared for? There are levels of 5D, just as there are in every Density. At the beginning levels of 5D, when it's not a consistent function and a whole lot of justification is still going on, it's probably not going to make a lot of difference. But at the higher levels, absolutely, because the planet and all life force on it is you—in a good way, not the destructive way I've spoken of as angry, rabid sports fans. In a good way. So short of the damage that was already done, and which cannot be healed at this point, there absolutely is a possibility that the higher functions of 5D can bring healing unexpectedly and can bring the right use of housing and food to be able to feed even more people.

So that's a "both" answer.

S

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

CLASSIC *Samuel*

Gems from the Library archives

Anytime you are having difficulty with anybody, you can absolutely change that relationship altogether by this interesting manipulation: every day, consciously and purposefully, put aside thirty seconds and send loving energy—prayers, if you wish to call it prayer—to that person for their happiness, for their wellbeing, for their best positive life. You cannot continue building walls against somebody you are sending love to. You cannot continue holding off or having friction with somebody you are wishing the best for. And when there is one refusing to conflict, pretty soon there is no more conflict.

1/21/96

What's the Difference Between EarthLight and Phoenix?

While EarthLight and Phoenix Institute are separate legal entities with distinct missions and structures, they collaborate closely to make Samuel's teachings available to the public.

EarthLight, the triunity of Lea and Frank Schultz and Stuart Waldner, holds the copyright to all Samuel's channeled material, and oversees its publication and distributions. EarthLight offers online retreats, major trips with Samuel, and recorded materials which are offered for sale on its website. While EarthLight doesn't manage Phoenix's quarterly newsletter, *Phoenix Rising*, it does oversee Samuel's content in it.

Phoenix Institute focuses on community engagement and educational programs based on Samuel's teachings by sponsoring Samuel's First-Sunday messages and discussions of those teachings, socials and The Guardianship Programs.

	<i>EARTHLIGHT</i>	<i>PHOENIX INSTITUTE</i>
<i>Legal Status</i>	<i>For-profit corporation</i>	<i>Nonprofit 501(c)(3) charitable organization</i>
<i>Founded</i>	1987 in Lexington, KY	1984 in Lexington, KY
<i>Mission</i>	To present Samuel and contract with Phoenix Institute to provide opportunities for people to experience Samuel and his teachings.	To create a community, based on Samuel's teachings, that provides opportunities for spiritual growth and personal empowerment.
<i>Primary Role</i>	EarthLight is the <i>publisher and intellectual property holder</i> of Samuel's teachings.	Phoenix Institute functions as a <i>community-building educational and spiritual organization</i> supporting a deeper engagement with Samuel's teachings. Because of its non-profit status, donations to Phoenix are tax-exempt. Phoenix contracts with EarthLight to pay for some of the events with Samuel.
<i>Activities</i>	<p>Publishes audio recordings, transcripts, and other materials.</p> <p>Hosts public events, workshops, and retreats, as well as occasional events with Samuel, as he sees they would be useful.</p> <p>Manages digital outreach, including the DiscoverSamuel.com website.</p>	<p>Presents monthly meetings with Samuel (open and free to the public) and occasional other events with Samuel such as the December Events Celebrations.</p> <p>Organizes group discussions, workshops, seminars based on Samuel's teachings as well as socials.</p> <p>Publishes a quarterly newsletter, <i>Phoenix Rising</i>, featuring interviews with Samuel, community updates, and spiritual insights.</p> <p>Manages digital outreach, including the Phoenix-Institute.org website.</p>
<i>Access</i>	Open to the general public; materials and events are available for purchase or are free.	The organization is supported by donations and volunteer efforts. Most programs are free and open to anyone interested in participating.

Samuel

r e s p o n d s . . .

Please explain the impact of sacred sex and orgasm at this time of 5D. Will it raise our frequencies and help to accelerate the anchoring of 5D?

The biggest reason I didn't want to take time for that during the meeting when that question was asked is that I really felt that I would have needed to explain how sacred sex was useful in 3D and 4D. The newsletter has a very capable community of readers, and if they want to get those earlier teachings on sacred sex they can research them pretty easily.

Something that I said in those teachings, and which is probably even more true now than it was then, is that the higher the frequency you work at, the less urgent are your physical needs. Those physical needs matter less, to the point that most high-frequency individuals just don't have the same drive for sexual experiences as they did in 3D and 4D.

But does that mean that sacred sex and orgasm are no longer an effective means of using Creation Force energy? Well, actually it does. In 5D it's no longer a very effective force for Creation energy. That has been happening over the last three or four years, and is certainly a part of the move to 5D, simply because your higher energetic selves are not fed by your physical experience anymore. And, whereas feelings of the physical and ways of working magic in the world could have been very powerful activities then, they really do not have that power now.

And if you think about it, why would 5D use sexual magic to create what 5D is already about?

When you were talking about sacred sex, you said that it's the closest to Oneness that the physical person could get at that time. So I guess our frequencies are high enough now that we don't need that push to Oneness.

Right, but let me clarify that a little. For one thing, the energies coming through in 5D right now don't support that way of experiencing Oneness. But not everybody is working in 5D energy, and even those who are consciously working in 5D are not

doing it all the time. The more you are seeking physical-world satisfaction, the less you are living your 5D function.

What were the main points of consideration in the decision to seed competitive violence into humanity?

I knew that it would be causing a few raised eyebrows when I called it competitive violence in the last interview.

Evolution is about competition, right? And so within your ancient brain there is a constant drive to survive—at any cost.

How many of you readers have ever thought, "I'm not a violent person at all. I abhor TV or movie violence. Come the Zombie Apocalypse, just kill me first. I would not make it." And then someone does something to someone you love, and you start thinking, "Oh, I'm going to make them pay." That's part of your ancestral requirements, the "save yourself, protect your own." And it's the step right below—there's barely space between them—it's the step right below service to others, as opposed to service to self. But once that step from preserving self to preserving others comes into play—I probably shouldn't have said "preserve" in there—but once it comes into play, it stops being competitive violence to others because you have enlarged your sense of self outside of your simple personality experience into including those you love.

Competitive violence gone awry is not only war, but it's also such things as basketball fans taunting each other into a fight after a game. It is a protective mechanism, and what they've done is they have made sport a reflection of themselves. And you can fill in any kind of . . . golf fans will do that. I think, in fact, that ice hockey fans are known for it. It's because they have merged their own identity with that of the team, so if you don't like that team, you don't like them. And if you don't like them, they're not safe. So they become violent to convince themselves that they are safe.

What should be happening is that their passion, combined with a focus on growth, brings an expansion of the heart, making it central to their vision of themselves, so that they move out of service to self and into service to others as a very natural result of that expansion of the heart. But if the heart does not expand, if the spirit cannot function through it, then it becomes a point of violent reaction of defending themselves, as they define that self in the world.

There is a second part to the question. How did competitive violence come into play with the Atlantean abuse of power?

All abuse of power is using competitive violence as a weapon rather than a function of growth.

You said that although we came into the world as Love, the ability to express it is not innate. It would seem that coming into the world able to express love from the beginning would help spirit function in form more easily. Why would we hamper an incarnation in that way?

You are Love. And you do come in expressing love, but it's exceptionally limited. You learn how to expand and express through your experience

here. However, you are Love. But when you are three weeks old, your only love is to be fed, to survive. That's all there is. Everything is about you. And it is only through growth that you even understand the word love and begin to learn how to act on it. So it's not quite correct to say that you come in without love—because you are love—but you come in without any skills to recognize it, and that creates, for a whole lot of people on this planet, a very tough journey.

As you can imagine, some children do not know what love is until they are adults, and I'm sorry to say that there are some adults in this world who still don't know what love is. I would count even loving oneself in a horribly narcissistic kind of way as still love. But there are some in this world who don't even have that.

You have said that timeline splits are always disruptive. How can we best deal with the current timeline split in the most effective way possible?

Feed the wolf of 5D. Feed it, feed it, feed it, feed it all you can, doing everything you can all the time. Eat, sleep, love. Eat, sleep, love. That's not live comma pray comma laugh, whatever. I mean, eat and sleep love. Lovingly, love.

There are still genetic remnants of otherworldly helpers in some places that were once part of flourishing civilizations. Is this DNA still functional, perhaps able to be reactivated for some future purpose? Or is it just a lingering trace that will eventually fade?

If you're functioning in 5D, it will reactivate. Until then, the answer is yes, it's still there. Will it reactivate? Depends. Or will it just fade? It might, if you're not functioning in 5D.

What potentials are related to that DNA? What might it confer when it's activated?

A greater ability to function on your own, to think in constructive fashion, and to be far less limited by the very small sensory system you use in this world. It activates your superpowers.

I can easily imagine that up to 60% of humanity has some of this DNA, although I would not guarantee that number. I'm basing that on the spiritual work, the energetic Gateway work, that has been done, and where it has been done, which are, for the most part, near very large population areas. For instance, all the Dragon Energy that was activated

CLASSIC *Samuel*

Gems from the Library archives

One quick warning:

Being a bringer of joy
is addictive.

Being the cause of smiles
is addictive.

Giving of love
is addictive.

So if your preference is to stay
depressed, to stay out of sync,
to stay in a funk, to stay
unable to work in the world,
don't do these things.

stimulated the seeding of the civilization in that area, and that would reawaken some of the genetic structure. Every portal that was based in an area outside of Earth that was opened would also stimulate that latent genetic structure on a world-wide level.

But your beautiful, blue eyes are just a dominant part of what's happened in your genetics. It's not saying that you don't also have genes for hazel or brown or green eyes that are not dominant. So having a possibility is not the same as having dominant or awakened genes.

So while I would agree that probably more than half of the world's population has, within their genetics, otherworldly connections, I would not say it's ever going to do anything, and it's not something you want to seek. It will just start working, and you'll notice it afterward.

Remember that your genetics goes a whole lot further than your personal DNA/RNA system. So yes, it's a part of your unused, or probably unactivated, DNA, but it doesn't matter because, until it's okay to believe it, it's not going to get out there in the world. The human ability to deny what is right in front of them is astonishing. And you will be hung from a tree or nailed to a cross, or some other way assassinated if you push that point beyond what mass consciousness can manage at the time. I've seen it over and over, and with some of you.

You've talked about paradigms needing to crumble, and that we don't want to build on top of the foundations of old ones. The paradigm of capitalism seems to inherently create a system of haves and have-nots. Is there a way to make capitalism equitable and therefore something that is preserved under 5D, or is capitalism one of the paradigms that needs to crumble? And if so, what do we replace capitalism with that would be 5D and equitable? Attempts to do that have seemed to always fail miserably.

No philosophical system is in itself wrong. It is possible for capitalism, communism, or socialism to work in very good ways. Do they? No country does any of them really well, except maybe Finland. They're best at everything. But what's the common denominator that throws all those systems off? The people that run it and the greed that they have, because power has a tendency to shift away from checks and balances, and move into a desire for more and more power.

If your system did not use money, the dollar, as a function of power, but instead, as capitalism originally intended, as a means of exchange, that would be different. But whether it is diamonds or gold or dollar bills or poodles, no matter what, if you can hoard it and be over someone else because of it, then ultimately the system is going to break out of a social system and into a class system. And throughout the history of humanity, the class divisions have been the marker of power in a society.

I've said it before: This current environment is not about social injustice. The social injustice is the distraction, the smoke and mirrors. It distracts you from you realizing how *desperately* far apart the working class is from the ruling class.

And just to throw this out there: Europe spent 500 years being a perfect example of how the feudal system is problematic. America has spent 250 years trying to prove several thousand years of history is wrong. And they're doing the best they can to have a ruling class and a serf class. And I don't mean the big waves of Hawaii. I mean the desperately poor.

CLASSIC *Samuel*

Gems from the Library archives

Choosing to be a bit blind is a great act of kindness. How many times have you wished you had a bit more of that kindness coming your way? Very often a great act of love is to ignore the slight. It is to presume that other people have at their heart a desire to be cared for and to be loved, and to love. The ability to turn your head away from inappropriate behaviors, instead of taking them personally or reacting in anger, is a master's ability. The child cannot do it. The student cannot do it. It is the master's ability. Choosing to not see can be just as great a kindness as choosing to recognize and see.

1/21/96

Writers' Gallery

Sports are a ubiquitous facet of every culture and tribe on the planet. Sports involve competition, which can lead to violence. Samuel explains that the urge to help or preserve others and those we love is just a step below service to others. And service to others is what he has asked us to do in order to bring the planet and every piece of life force upon it to a 5D, love-based world.

In a discussion at a recent Sunday-night Salon, the subject of the harm and violence that sports can lead to was brought up. Yes, sports can bring out the worst in people with the fervent fans cheering on their team to the point of name-calling and epithets or, worst of all, physical violence. But it can also bring out the very best, such as when a person about to cross the finish line in a marathon stops to help a fellow runner who needs help to get across. Or when, after a hard-fought game, both teams get in line to shake their opponents' hands, win or lose. This show of

respect often permeates the after-game emotions as well.

Samuel explains the tribalism aspect in this newsletter. "It's because they [sports fans] have merged their own identity with that of the team, so if you don't like that team, you don't like them. And if you don't like them, they're not safe. So they become violent to convince themselves that they are safe."

So what might be the fastest way to help humanity evolve from this reaction to a love-based 5D world? Sports. Sports have probably been around since the very beginning, and Mary made me laugh when she posited that even cavemen probably

had a competition to see who could throw a rock the farthest.

And because sports are a huge common denominator in the world, as they and the people who either play or cheer them on are guided and guarded by 5D Guardians, those involved can be brought to a greater awareness of the value and preciousness of others. Hopefully, as Samuel also noted in his interview, "What should be happening is that their passion combined with a focus on growth brings an expansion of the heart, making it central to their vision of themselves, so that they move out of service to self and into service to others as a very natural result of that expansion of the heart."

So let's raise a collective cheer to celebrate all of the many sports there are in this world. Yea, sports! You rock!

HURRAY for Sports

by Suzie Stammer



In the Vegan Kitchen

by Paula Thomson



Lentil Stuffed Summer Squash

4 zucchini or summer squash
½ cup lentils
1½ cups vegetable stock
3 TBSP vegan butter
½ cup yellow onion, finely diced*
2 cloves garlic finely minced*
½ cup red bell pepper, finely diced
1 tsp sriracha (optional)
¼ tsp ground cumin
¼ tsp ground coriander
½ tsp white balsamic vinegar
¼ cup nutritional yeast
½ cup breadcrumbs
Sea salt to taste
Freshly ground black pepper to taste
Cilantro for garnish

Preheat oven to 350 degrees.

Place lentils and stock in a small saucepan, bring to a boil and simmer for about 5 minutes until tender. (Don't overcook or they will be mushy.) Drain any remaining liquid, and set lentils aside.

Slice each squash lengthwise and scoop out the flesh for use in the filling. Rub about ¼ TBSP vegan butter into each squash and place them cut side down on a cookie sheet. Bake about 10 minutes until just fork tender.

Chop the squash flesh finely. Melt 2 TBSP vegan butter over medium-low heat in a deep-sided sauté pan, then add onion, garlic and chopped squash. Cook until the onions are translucent, about 4 minutes. Add the bell pepper, lentils, yeast, bread crumbs, cumin, coriander, vinegar and sriracha (if using). Sauté ingredients, stirring occasionally, for about 5 minutes, then season with salt and pepper. Turn the squash over and stuff with the filling, then bake for about 10 minutes. Place in warm serving dish, garnish with fresh cilantro and serve with Avocado Cilantro Sauce.



Image by Brian3 on Wallpaper.com

Avocado Cilantro Sauce

2 cloves of garlic, peeled
1 tsp salt
1 ripe avocado, pitted and peeled
½ cup almond milk
½ cup fresh cilantro
Juice of ½ lime
Salt and pepper to taste

In a food processor, blend the garlic and salt until finely chopped. Add the avocado, milk, cilantro, lime juice and pepper, and blend until smooth. If the sauce is too thick, add a little more almond milk.

*Samuel has revised his cautions about garlic and onions, which he previously said worked against keeping the pineal gland clear. Since the advent of 5D onions and garlic do not interfere with the pineal gland.