

PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Fall 2025



We're happy to have so much interesting material from Samuel for this issue. Unfortunately, due to several factors, we were not able to include the Writers' Gallery or Vegan Kitchen. They'll be back in the next issue.

Why do you sometimes refer to us Guardians as a tribe rather than simply a collection of beings working with you in this time to guide and guard life force here towards the completion of the Plan for this planet?

Well, two reasons. One of them is that I wasn't the one who came up with that particular title, but I'm happy to go with whatever you want to call yourselves.

The second reason is, a tribe is a very rich way of recognizing that we are in this together. Families expanded and became tribes. Tribes expanded and their chiefs became, depending upon where you were, kings or chieftains over multiple tribes, and on and on until now. So I'm more of a tribal than a grouping-of-people kind of thinker, but I'm not unhappy with any phrase you want to use.

Does being a tribe relate to tribalism, as that word is used in the Daily Focus?

No.

Tribes make tribalism possible as a fear-based human characteristic in a 5D world . . .

Wait a minute. That's immediately beginning with an incorrect statement. Tribes don't make tribalism a negative construct. Tribalism is not a negative construct. In the Daily Focus, tribalism's negative construct.

tive impact is made pretty clear, and examples are given of the negative aspects of tribalism.

Tribalism is not—and I really don't like this word, but I'm going to use it—othering. Tribalism is Thanksgiving dinner with your extended family. It is a gathering of people who have a connection with you. On Thanksgiving Day, would you just walk over to your neighbor's house and knock on the door and say, "Hi, we thought we'd join you"? Of course not! Because it's *their* family time. Now, does that make them bad people? No. It just means that you are not a part of everything that goes on with everyone else. There's nothing wrong with that kind of group separation. That is the positive version of tribalism.

The negative version is sexism, racism, and the refusal to work out of your heart, because that's what is always required: working out of your heart.

In a 5D world, what would be the uses of having tribes among humanity?

You're always going to have tribes. That's just how it is. In 5D, they're working out of the heart. In 3D, they're working to stay away, stay safe, hide themselves.

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What effect will the Star Tetrahedron exercise have in 5D.

In 5D, you don't need tools. In Third Density, Fourth Density, Fifth Density, the tools are good for the brain, but in 5D it's not activating like it would be in Third or Fourth Density. In Third Density, a tool allowed things to click—"I'm doing something that will open the gateway"—whereas in 5D, the tools are to help you recognize you don't need them. They're all about recognizing your own power.

Now, the 3D double tetrahedron, insofar as its

being a means of changing frequency in order to manifest, is just a crutch now, because you are absolutely surrounded by that frequency. And if you are not manifesting what you think you need in your life at that moment, whatever it happens to be, then you need to take a look at how you think. The double tetrahedron will always be a firm function of Creation, but not at the level that it was a decade ago.

But you're not saying that using or trying to use 3D tools keeps you in 3D?

No, I am not saying that. I'm saying they tend to be useless. If they are about your recognizing your power, then they are of more

use, but ideally, in 5D, you don't need tools.

Every day the Form goes out and she recognizes the sun and puts a bubble around everything. And that's grand. That's just fine because it sets things up for her. That's great, but it's not necessary, and that's what you want to remember. "I'm doing this for me. I'm not doing it because it makes all that much difference."

I think you said that in 5D ritual is not necessary. What about the upcoming ritual in Greece?

High ritual is very different. High ritual is about consciously functioning at your highest power in order to draw in even more power for a short period of time. High ritual is very different.

If ritual's not a tool, what is a tool? You tell me.

Is meditation a tool? Is quiet time a tool? I'm not sure how you're defining a tool. Are all the practical tools on EarthLight's website, like anointing, not necessary now?

Ritualized behaviors help you reach your highest frequency, and they will always be tools, for the most part. Through these years, tools have always been reliant upon the energies of the time. The energy has changed now. The energy now is not about using tools, except, as I said a moment ago, the ones that bring you what you need. But my point is, you don't really need them. Do what you will, but you



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don't need that in order to be empowered. Your work now is to recognize your empowerment.

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In the ritual we did at the spring Retreat, you mentioned that we activated the planet. Please explain what that Activation was, and describe the possible effects of this Activation is having or will have on the planet and the life force on the planet.

All right. First, I see Activation as a step toward something; I don't see it as a final destination. Do the doors to your house require a key? You put the key into the lock and nothing happens until you activate it. Everything is there, it's all set, it's ready. But even then, you have more to do. You've got to take the next step to activate it. You've got to take hold of the knob and turn it and activate a whole set of other mechanisms. So, Activation is taking a step beyond what is prepared and ready. Activation of the planet, as far as I'm concerned, is not saying, "All right, Earth is finally functional!" The planet will be around long after you are all gone. It is saying that a very large step has been taken, and the planet, and you, are ready for another level. So, it's no more or less than that.

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You mentioned at the spring Retreat that the U.S. president is abusing constitutional power, but there was good at the beginning, and you're not

complaining. Please explain your perspective on why you are not complaining.

I see a much bigger picture that covers a lot more time. Sometimes the road is very rough. Sometimes the road is very smooth. Sometimes people think that things are going the way they should because things are going the way they would have done them. And sometimes they think things are going very poorly because things are *not* going the

ing up for themselves. Because of Trump and the Trump lookalikes around the world, people are getting to the point of saying, "I won't stand it anymore." And it's taken him and others with behaviors like him to create this change.

Sometimes it takes outrageous behavior to create change. That's what you're seeing right now. But how that's going to play out is still in the works. I can tell you, it's like the example that the planet's going

Divine Neutrality is required to even pretend you can see how all of this is going to work together toward a greater good.

way they would have done them. The answer to the question ultimately is, Divine Neutrality is required to even pretend you can see how all of this is going to work together toward a greater good.

When you say you have a different concept of time, I have an example. In the early days of COVID, we met with you every week, and people would ask you about COVID, and you would say, "I think everyone's going to get COVID." At the time, that was so scary, because hospitals were overrun, care was being rationed, and we didn't have vaccines, yet. It was like a crisis. And now, five years later, we've pretty much all had COVID, and although a lot of people didn't survive those initial waves, that's just another example of how you see things in a bigger perspective than we do. Maybe this situation with Trump is just like another COVID crisis, that eventually is going to work its way out.

I like that. Trump is like a terrible virus. I'd agree.

While we're going through it, it seems horrible, but maybe, in five years' time, we'll look back and see what good may have come out of it.

Well, yes, but maybe before five years' time, you'll look at it and say, "This is terrible! Let's do something," because both of those can be correct, depending upon the situation. Your current chaos is about a change in mass consciousness, and right now it's being put into the world in multiple ways.

In the Daily Focus someone talked about all the protests going on in the world, people standto win, no matter what you do to her. How long it will take for consciousness to change is what you're looking at, and it's uncomfortable.

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How does the timeline split—choosing love or choosing fear—affect the compacts our entities have made and the portals our entities have set up prior to our incarnation?

It doesn't. Why would it?

I think the question is whether being in 5D may have changed the situation with portals.

Something that you need to remember about portals is that you come into this life with multiple exit strategies, not just one. Ultimately, there is a single, final exit when everything stops working or you have finally determined, "I'm not doing this anymore," and energy without and energy within come to an agreement, so you've got a portal . It's one of your exit strategies.

Now, how many portals does any one person have? Well, it's not like you've got a set number. These are decisions you made before you came in. You usually have a couple of them as you are growing up: You came into this world, you chose your parents, and your parents, because of their own decisions, are absolutely not going to be of use to your greater purpose, and so, when you're three, you realize that and you walk in front of a bus.

When you say "you," are you saying the entity realizes that, or the child realizes that?

Both. One has to help the other. But for the most part, by the time I'm talking with somebody,

they're an adult, and it's not "Do I have a portal?" because you do, obviously.

My ultimate point is that you have within your life multiple opportunities to leave that usually never work out for you. You might have had a portal staring you in the face, but your survival instinct kicked in and you swerved around that deer in the road and kept going. You don't always know that had to be a portal, but most of the time you do. You've got that sense: "No, I've got more to do," or at the very least, "That could have killed me, but didn't," because it's not your final exit strategy. It's just a "just in case". Some people actually do finish their journey early, but there are very few people who have finished their journey and choose to hang about for a decade or two. That could happen, but it's rare.

So this was all set up at the entity level? Right.

And whether we're in 5D or 3D has nothing to do with it.

That's exactly right. When you were in 3D and when you were in 4D, you had some portals. Now you're in 5D, and that's not what they're about.

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You keep referring to us as being magical. I understand the definition of magic, but how does that apply to me? The meaning of being magic escapes me, and I would appreciate clarity on the subject.

When I say magic, I'm not referring to a Walt Disney story. This isn't Disneyland magic. Not too long ago, the idea of atoms was unheard of. The idea of bacteria, viruses, was just beginning to take hold. There were a lot of times in your history when scientists would have been burned at the stake for their radical ideas about what was possible. Magic

really is a function that your science doesn't have a label for yet. I know that's a trite statement, but that is what it is. You do magic every day—and sometimes on purpose. You *are* magical. You affect the world around you.

When somebody walks into the room with the Form, they get happier. Their sense of self becomes stronger. Is it because the Form is magic? Well, sure! She's wielding energy that is having an effect on somebody else's energy. But do you know how she does it? Oh, it's so subversive! It's by smiling and being ultra-friendly, by putting out the energy of love, acceptance, respect, recognition. It is gratitude and love, the magic ingredients for all good things. There are people at your local medical center who would say she is a magical being. They just feel good around her

But it's not just the Form who can do that. No! You do it. You [the editors] do. You do it with your dog all the time. You know exactly how to touch her with your loving thoughts. You know how to get her excited, how to get her moving. Are you magical? No, you're changing your energy to work with her energy. Is that magical? Well, it *is* manipulating the known world. Gratitude and love change things.

You said that magic is nothing more than what science has not yet understood. Does that mean that we're on the track someday to science understanding things like being able to affect a situation or a thing remotely by sending energy?

Actually, your science does already know that. But the word *accept* is the key. It's very easy to put research results aside, saying, "Well, that doesn't really have anything to do with what I'm interested in. It sounds too airy-fairy." The people who *don't*



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Whatever did you do to deserve [all] this? Do you ever wonder that? I'll tell you what you did: you proved yourself to have a warrior's heart, meaning

an ability—and more than an ability, a willingness—to love the unlovable, to continue when the odds are not for you. You have lived the lives, you have experienced the mastery that allows you to give what this world needs right now, which is not teachers and healers and writers of books, but people who can, who will, who do, love.

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bypass it are usually the ones looking to use it for more military-like purposes.

Well, I think some scientists might accept the airy-fairyness, but part of science is understanding cause and effect and mechanisms. Is science on the track for that?

Yes. And they call it the quantum field. And they like to pretend that they know what's happening there. It is energy directed by thought. It is magical behaviors.

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In the Daily Focus, we send energy to events occurring in the world that often seem to be inhumane or destructive. How does Divine Neutrality enter in here, because our choices imply we are making a judgment. And, why don't we also send energy to amplify the good news we hear about?

Let's look at the second part first. The good news is there to give you a reset moment, and that's important. It's like the Heart Tone in the middle of a high ritual. It lets you reset, refocus. But the Daily Focus—which is magic—is an opportunity for a focused group to simultaneously direct energy toward the highest good in what a situation may be. Unfortunately, your world has plenty of situations that you can point to and say, "Hey, this needs some energy, and that needs some energy, and that needs some energy, and that you cannot do, though, is determine what actions are needed to bring a situation to its highest good. And that's the difference.

There are things going on in this world that are worth a judgment, and you make those judgments every day, in every way. Fires—some caused by stupid human tricks—are eating up thousands of acres of Canada right now, and California, and Greece, and Albania. And it is being divinely neutral to say, "Let's send energy so that people are safe, and the Earth is able to regenerate healthily, all for the highest good." It is *not* divinely neutral if you say, "Let's send energy for these four airplanes that dump water on the fires to do more." You want to assume that everybody working toward it is doing the best they can where they are with what



Gems from the Library archives

The need to protect yourself in this world has essentially taken away your ability to create meaningful relationships. So I would like to ask you something. What is it you are protecting? What is it that you are working so hard to keep so safe? What is it that is so precious you cannot let others in?

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they have; you don't want to say, "and here is how they must do it."

In any given life, it's your desire to have the world work in the way that makes you the most comfortable. "Here is how it should go." That gets you into trouble every time. You can recognize that this is a situation you don't want to get involved with, but when you start saying, "I'm going to step in and talk to this person and do something to make it the way I want it," then you're really walking on shaky ground. The Daily Focus does not say to take a particular action. It says "that which is for the highest good," and you can get away with it by saying that.

You have said that, if we believe something is going amiss in our society, we should write our congressman to try to exert influence. How does that fit into what you're saying now?

The actions that you would have taken when you were three are very different than the actions you would take now, aren't they? And that is because you have tremendously more wisdom than you had when you were young and knew little about the world; you couldn't write your name, needless to say your congressional representatives. You are a Guardian functioning at a very high-frequency, so I can say to you, if you feel strongly that there is something you can and should do, follow that urge, write your legislators. See what is and isn't working for who you are now.

Stuart regularly protests this government, this administration. He goes out with groups of people who do that. Do I think that's very effective? If he goes into it thinking it's going to change things,

well, that's not very helpful. But if he goes in thinking, "We are working to be heard, and the more people there are the less we can be ignored, so I am becoming one of those bodies that are needed for that," that's not directing the activity, nor is it assuming it's going to create the end product he, or maybe all of them, wants. It's knowing that stand-

to end. Am I not protesting a result that I want?

Not if you are protesting in a group situation. In a protest like that you're just a body. You're not really putting yourself out there, and the ultimate effect is going to be different, possibly every time. In 5D you're not going to have handy little packages that say this is right and this is wrong, because it is about

You can control your own behavior. You are in treacherous territory when you are trying to control someone else's.

ing up helps. But that goes back to what we discussed earlier, when I said that right now, in 5D, what is right wisdom and right action for you may not even be the same tomorrow. So try not to get caught up in what it *must* look like to make you feel better.

I can look at murder and say that's wrong, and I think I can do that with Divine Neutrality, but if someone I know is murdered and I get really angry, I don't think I'm being divinely neutral.

If your *behaviors* are based on your emotional reactions, you need to take a look at what is feeding those emotional reactions, because it's probably not the murder.

Does being emotionally attached to a behavior mean I can't be divinely neutral about it?

I don't know, does it? Everybody would answer that differently. In some cases you might be able to, in others you might not. Remember, emotions are a brain function. You can control your own behavior. You are in treacherous territory when you are trying to control someone else's.

But isn't that what I'm doing if I protest?

Is that what you're trying to do? If so, don't do it. You're trying to have an effect. You're not trying to create a specific action, because you don't know what action is needed for the highest outcome.

The action I'm wanting is, Stop doing this. Why?

It makes me more comfortable. Let's say it's a massive abuse of human rights going on and I protest that. It seems like I'm protesting for that

your empowerment, your recognition of what is right and what is wrong, and your willingness to allow somebody else to have a different *version* of right and wrong—and to accept that you cannot prevent that.

Now, if you are a parent and you have a toddler, yes. But you're not a parent, no matter how much your inner child acts like a toddler. You're not a toddler, no matter how much you want to act like one. You cannot control outcomes, and you need to be neutral with regard to the actions that are required to gain that outcome. When you get caught up in day-to-day, year-to-year acts of the administration, you are assuming that there is not a greater Plan for this planet and all life force on it. Your job is to do the best you can where you are with what you have in putting the most love you can into each step, each breath. It's not determining what it should look like if you do that.

What stands in my way is the difficulty of maintaining neutrality when I see our government taking actions that will obviously lead to many deaths around the world. I don't want those individuals to suffer, even though great suffering may eventually lead to a greater good. It doesn't help me much to realize that all the people affected have made their choices to be where they are. How do we accept situations like these so that our own compassion doesn't bring us pain?

Get yourself out of 3D thinking. You pick and choose what pulls your heartstrings. Starving children in Gaza get more attention than starving children in Kenya or Sudan. Why? Because it has drawn out something in you. Your first job is to turn that around and look at why. What is it about this I relate to? It might be very obvious, but it might require a good amount of digging. Compassion and empathy can be excuses.

It's not healthy to focus on what doesn't work and what you cannot do something about. The world needs to clean up its own corners, but that only happens when Guardians show how that can be done. And of course, you cannot clean up that corner until you've cleaned up yourself. The amount of love you have is not based on how much pain and suffering you perceive in the world. Paula is much more connected to the creatures than she is to the humans, and that is exactly right for Paula. She has to pay attention to, Am I projecting my own self into this situation because animal abuse is a bad thing? Why am I focused on this? And it's just as much all right for her to pour her love into protecting creatures as it is for you to protect starving children.

It's all about what you are doing with life force, within yourself and without. The world is always going to have a thousand examples of disrupted

energy. What sits in your lap? What is affecting you? And what are you doing about it? What's affecting you is going to be different than what is affecting the next person.

As long as there is fear in this world, there are going to be a thousand needs for love to overcome it. It's really important: start with yourself.



You've mentioned Göbekli Tepe in Turkey several times during the last few years, and I have a feeling that you wish we could visit this site. Ancient structures there are some of the oldest discovered on Earth, at least 12,000 years old. What is their connection to the work we as Guardians are doing?

There are places in this world in which there is still the energy of old belief systems, old touches of power. Göbekli Tepe and the whole plain along there is an example. There is a lot that such a place offers. Mesopotamia as a whole is not the cradle of humanity, but it is very much the cradle of civilization. Because of that, many Guardians have had experiences there. Going back to such a place—Scotland is another one—is going to stimulate within you a sense, or an actual power, that says, "I've had a connection to this place. It is sacred. I've

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Ultimately the only thing in your life that is going to give you any passion at all, the only thing you are going to be passionate about, the only thing that is going to fill that space of want, that desire for wholeness, that love, is the love that is the pure and absolute delight of serving, a response of the form honoring the spirit it is—your delight in giving love, the fulfillment you experience when you are serving another out of no constraints, simply the desire. When you are not serving, you don't have passion in your life, and when you find that you're acting more out of must, should, and the passion is not

there, the remedy is to do what you can to start giving love with no strings attached. If you want to make it a long-term fulfillment exercise, then find a place in which you can serve, freely, and see what it does to you as you see love touching another's life without anything in it for you. That alone is a rather outrageous thought in this society, isn't it? Ultimately, your passion, as it spills over into the areas of your life that have nothing to do with service—as if that were possible—is a reflection of your service, and your service is a reflection of your mastery of love.

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done rituals right here." It's like going to Machrie Moor. You go to Machrie Moor, and you think, "What is it about this place? It's just big rocks, but I really love it!" Well, you really love it, but it's because you—certainly you two—are buried there—long ago, of course. Being there fits with your ancient mystical past.

So I love it when you go to places of great power, and I'm always making sure they're places that enough of you have lived that they will activate those resonances within your ancient heart.

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Our interpersonal relationships in this dimension are based in our personalities and our emotions, but those are transitory. They pass when we pass. What is the nature of connections between entities who have neither personalities nor emotions? How do entities interact, if they do?

and you, as spirit, are in space and time, so there is a very particular shift required to communicate in that way. Generally speaking, for those who can remember sexual activity and orgasm, think about how you could lie there afterward and feel so connected to your partner without a word being spoken, without a touch being shared. Think of it that way. The conversation—the physicality—isn't needed, because you have just been a god.

Speaking about Creation Energy coming into the world, you've often said each one of the functions of Intent, Thought, Word, and Deed releases 12, and in each of those four groups of 12, each one of the 12 also releases. I've never understood exactly what is being released. I gather that each one is a further stream of Creation Energy, but, even if that's so, what differentiates one stream from another in such a way that it can be dis-

Personality and emotions satisfy the physical, the brain itself, but they don't satisfy the heart. That's all about frequency.

First, personality and emotions satisfy the physical, the brain itself, but they don't satisfy the heart. That's all about frequency. You relate to somebody because you're not repelled by that energy. There is a frequency level at which the two of you meet. After that, personality and emotional responses may solidify that connection or not. Take the personality and emotions out of it and what do you have left? Frequency. And that is the case when you are with a body. You are connecting to the frequencies which you relate to in who you are connecting with. As Spirit, you are also connecting to that which relates to your function within the Ascension process. But think of that as frequency, because your personality is part of your frequency. It's really not complicated at all.

To take it a step further, on this plane we interact over a lot of physical-world sorts of things. For instance, "What are you going to have for supper tonight?" What might be the topic, so to speak, of a communication between entities? What do entities have to relate about?

Personality essence is based in time and space,

cretely or separately counted?

It is function, and each function has a particular pattern and frequency, or a pattern of that frequency, perhaps, that will fit together. But they all have a very differing ultimate purpose. So if you are part of the 12s of Intent, it's going to be quite a different purpose in your life, by the time you come to form than, if you came from a 12 of Deed. The functions are different. It only runs into trouble when you start thinking that your function is more important than another one.

The 12s are a pattern that work into a greater pattern, and it's all about frequency. The 12s are finessing: they are doing the detail work of whatever that might be. One person comes into this world functioning on Thought. Another person comes into this world functioning on Intent. The one functioning on Intent is a great starter, not a great finisher. The one working on Thought has a tendency to overthink, over-plan, over-determine how it should be. So, basically, your core issues are going to show up as one of those functions because those functions are going to be the way that you've increased your

frequency to manifest the pattern that you are here for.

Do you want to push that question a little more?

Concrete examples often help me see through to the overlying principles. Can you give any?

There are not concrete examples for this. I call it mental masturbation for a reason.

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You have said that you should use plant medicine in a sacred way. How do you do that when you're using it for your health and well-being, such as for sleeping or to ease pain?

Anytime you put a pill into your mouth or food into your body, express gratitude: I am grateful for your function in the plant kingdom and what you can offer me. And if that's not a good tiny ritual of recognition of it, just say, "Thank you, you're helping me." The point is to use it with recognition and respect. What I say about plant medicine is not to use it recreationally. Do it with thought, do it with intent. It is a sacred plant here to give you that help.

I'm glad that there are a lot of states in your country that are allowing people to choose what they are using for their health. I think that the key for any of the plant medicines, including supplements that you buy in the store that are made of herbs or whatever, the key is they're not toys. They are meant to work within your body. But you are taken care of, and it is helping you, so you recognize it. And I would say, if it's working, good on you. Keep it up.

I used to use marijuana to be transported, by the music that I loved, into what seemed like other worlds. Was that merely recreational, or was it inspirational, or . . . what?

I think that answer would be different for everybody. You need to look at yourself. There are people who get up in the morning and start taking plant medicine, and they end their day taking it at night. They have trained their bodies so that they function with it. Certainly, that level of a problem is recreational, and it absolutely isn't the sacred use of the plant—the conscious, purposeful use.

Now, if you're at a place where you're going for inspiration and you have a purpose with it, and you

know this works, great, go for it. But if you're just doing it because, "Oh, this is really nice! Opened my mind to thinking all these thoughts," that's kind of secondary, not primary, for you.

Well, big oops there. I often use it because I recognize that it breaks down the way I censor my thoughts and it enables me to get through to ideas that I wouldn't have, go to places I've never gone otherwise.

Try going there otherwise. You know, your body has a memory of that chemical interaction and what it does within your body. So, learn to connect with that, and then ask yourself, "All right, do I need help with this? Why?" And if your answer is, "Because I'm working on this thing, and I really need to have my thoughts flowing better," use it. If it's, "I'm really stressed, and I cannot relax, and I now need to have this in order to function," well, then you're a weed-aholic.

One last thing as a reminder: Addiction is more than just the effect of a chemical on a body. It has to do with feeling cut off, unseen, and unheard—which is a good definition of loneliness. Addiction is seeking outside of yourself to give you the feeling of love and contentment, because you're not feeling that. If you are using drugs to fill an internal need, and the drug does that, and you cannot fill that need except from that drug, well . . . go ahead and move to the alleyway and stop eating well and taking care of yourself, because you're an addict without ever having used it very much at all.

So be wise and make sure that your reason is not to be less lonely. There are a lot of lonely people in this world; even in crowds, they feel unseen and unheard, so they make friends with AI, which becomes an addiction. Become addicted to your spiritual growth, to Living Love.

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