



PHOENIX RISING

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Spring 2026

An Interview with Samuel

channeled by Lea Schultz

You have said that 2026 is about Guardians recognizing and accepting their power. What are the ways it might appear, and how should they put it to use?

Well, as I have said a thousand times before, number one is to eliminate the phrase “I think I made that up,” or “I made that up,” because you’ve been willing to give yourself credit for a thousand small things, but not so willing with something as important as your natural empowerment. So, the very first thing is, *allow*. Second thing: start looking for everyday magic in your life. I was going to say miracles, everyday miracles, but both magic and miracles have a connotation of something outside of yourself stepping in. Instead, look for multiple indications of power in your day. Look for things going on that are beneficial and helpful, be it as simple as walking into the room, going up to your houseplant and saying, “I love you, you’re such a beauty,” and seeing it wave at you. Now, you can tell yourself, “Oh, that’s just my breath moving it around,” or you can see it as a magical response. With the first, the “Oh, it’s just my breath moving it around” logical explanation, you are seeing the world through your head. But you want to see it through your heart.

So, looking for those great moments when things have come together—seeking them out—is going to make a very big difference because, if you do nothing else but that, you’re eventually going to end up recognizing, *hmm*, those experiences have a common denominator: me. So, at the very least, you will recog-

nize empowerment that way.

The next thing is to try things out. Talk to your dog or your cat and see if it responds. Talk to the trees or to the flowers. Send images to other people and see what happens. Conduct constant experiments: “Hm, what will happen if I do this?” and compare that with a year ago. “What do I have more of now that I did not have a year ago?” Think about superhero films where your hero has been bitten by a radiated spider or whatever, and they start testing their limits. “Oh, look, I can leap farther than I ever could before.” That’s what I’m talking about.

And a third thing: Begin checking yourself, finding your baseline, and then consciously start expanding it. You might want to focus on whether you are better able now to know what’s coming up for you. Ask yourself, are your dreams any different than they have been? Just start checking on your awareness. Here is the thing: It’s already there. You are uncovering it; you’re not creating it, so go with that in mind. It’s the heart that uncovers it. It’s the brain that tries to make it “Same old, same old, stay safe in this world. Use your logic.” Move beyond that.

What prevents Guardians from recognizing and using their power? You just said one thing is the brain interfering. Anything else?

Another thing to consider is fear, because fear will very quickly keep you from wanting to experience greater aspects of yourself. One thing way too many humans deal with is the fear of responsibility. “I already have such a busy life, I cannot take on anything else. What will I do with this? Do I have to suddenly start doing healing work for others?” or whatever. A lot of people do not realize how much they shirk responsibility because they have a belief that it will crowd their life, for one, show them up as a fraud, for another, and take

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away what security they have at this point in their lives, for the third.

And finally, another big block is fear of not fitting in, because you believe that the more you recognize your empowerment in your social mind, the more airy-fairy you become. And that's just weird. It's not airy-fairy unless you make it so. You've got to be aware that this is your natural heritage as much as the pattern of your breath and heartbeat, of your ability to do gymnastics, or pitch a great ball game. Everybody's going to have different abilities, so don't try to judge them on some criteria you create out of fear and avoidance.

You have spoken of genetic changes taking place in all life force, including the planet. What is the cause of these changes at this time?

Evolution.

What will be the result of these changes on the physical, mental, and spiritual bodies?

Now I'm going to have to go beyond one word. First, it's important to remember that all of life force is constantly evolving, and generally it's not unusual to have genetic changes. Your genetics are changing because of polluted air or drinking water. Your chromosomal activity is in constant motion, and at any given time, certain traits might be predominant. Disease, pollution, constant anxiety, or many other things can affect how those genetic changes show up. So having set that as your base, remember that ultimately every living thing in this universe is affected by frequency. And that's because everything is . . . ?

Energy.

That's right. It's energy, and it vibrates at a specific frequency based upon the makeup of the structure it's functioning through. The change from 3D through 4D into 5D is a frequency change that has to, must, absolutely must, stimulate particular parts of life force. I was going to say "of a human," but in reality, all life force is being affected by this.

It's sort of like coming through a long winter, having your first bright sunny day, and going out and working in the yard. You're just enjoying the sun, and whoops, you get sunburned, something you'd never let happen during the warm months of the year. That quick, stimulating burst of warm sunlight felt good at the time, but it had some negative effects.

There's a lot of that in the ongoing energy change



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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right now, and it's because 3D, and 4D mindsets have forgotten, if you will, that the sun is very bright and they need to pay attention to what they're doing. Fifth-density frequency is so much more stimulating that the physical body itself goes through an accelerated evolutionary process. That's one of the reasons why I have said you may find illnesses or deaths around you, because everything is being sped up right now.

Mentally, most of the time it's a reaction to what's happening physically, because they very much work together. The emotional works very closely with the mental, which works very closely with the physical. So everything is sped up. But there is a certain amount of resistance by those who are still functioning in fear-based thinking, and that creates blockages. And if you have a blockage in the river, what happens? The water builds up and builds up and builds up, and finally bursts through and can be damaging at that point. So ideally you want a consistent, even flow that you're not even aware is changing because you are so much in sync with it.

Other than experiencing physical anomalies, Guardians may also be reacting to many people around them leaving at this time. Remember, you've already had multiple chances to say, "Ugh, I'm going to take this portal and get out of here," but mass consciousness has not. And it's coming up for them through this energetic stimulation.

As Guardians you are very likely to be finding more color in the world, the real world and your dream world, because the way you respond to light is going to be different. You are also likely to see better

in the dark, because you're beginning to use optical receptors that have not been particularly stimulated. At times, you may even see at the beginning of the UV range. A change in your eyesight is likely to be the first thing that you notice.

The second thing is your sense of balance. On a physical level, that's literally balance, but on a spiritual level, it is "I am where I need to be. This is the journey I am on. I am fully capable in this now, right here." That is a very powerful balance. And of course, that most definitely leads to emotional balance as well.

Now, remember that everything that I mention has an opposite extreme. That same balance can also be very unbalanced: more emotional, less dreaming, more narrowly focused.

Another thing you might notice is that your compassion expands. One of the dangers of that is that, if

it isn't, but to do that intentionally doesn't mean it's accurate. However, Guardians want to do that with Fifth Density. "Ooh, I had a very cool dream last night. This Fifth-Density stuff is great." So, one of the things that you want to do fully is view everything going around you through your heart first and then your mind, rather than the other way around. But also realize that it's very easy to blame 5D. That takes away your power.

The last bit that I'll share about that: I said a bit ago that your perception of things changes. This is as much a problem as it is a gift for you. But your ability—beyond compassion, as I said—your ability to see outside of the box, to step aside and get other perspectives, is going to be amplified tremendously. And that leads to a mass Divine Neutrality. Guardians are still fighting with that one, so I sort of shudder to think

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you start working at the Humane Society, you might find yourself wanting to take in all the homeless creatures. You may feel more compassion for the Palestinians than before. You might feel compassion for the U.S. President that you never had before. Your compassion muscles grow as your ability to shift out of your perspective and into other perspectives increases.

You are very likely to begin seeing the unseen. I'm not talking about ghosts. I'm talking about the energies that work with you for your highest good. There may be messages from your ancestral line, from those who have passed on, but they're not coming to you as ghosts. They're in your mind, and when you tune your mind to them, well, you could pretty much have a conversation.

You'll also find things such as that the clouds give you more information. The way the rocks look in a photograph might touch your mind and give you a way to start thinking. You will read something, and it will take you deeper within yourself, but not just as an escape.

Not everything that goes on in your life is . . . Here's the joke: The Form relates everything to lupus. She stubs her toe; it's the fault of lupus. But of course

what it will take for that to hit mass consciousness. But the ability to experience different perceptual realities at once is a very big part of what's going on.

And last thing, and this is very small, but I'll toss it in anyway: That ability to see the unseen that I mentioned earlier is probably going to show itself up as spiritual guides and totem animals, and that's because you are able to see patterns in a way you have not seen them before. It's not saying they're new—you don't suddenly have a guardian angel you never had before—but you recognize them because you have reached a point in your frequency that you are able to make that connection. So do something with it.

In recent meetings, you've been stressing the need for personal care, including rest and hydration. What effect does the incoming high-frequency energy have on our physical systems? And why do we not care for ourselves?

Just quickly speaking, anything you resist, anything you resist, makes you tired. So, when you find yourself exceptionally tired, you want to ask yourself, "What am I resisting right now? What's in my life that I'm trying to wall off so that I do not have to deal with it?" Self-care for a whole lot of people means a hot bath, a

glass of wine and a good book, and you're good, but I will tell you that self-care for you means seeking to enhance and encourage your spiritual nature, strengthening your sense of oneness. Let's see if I can say this . . . It's incorrect to say everything is One, but correct to say One is everything. And that can bring a peace that will help you balance in true self-care.

I don't understand that: everything is not One, but One is everything. Should I ask you to explain it, or should I just sit with it and meditate on it?

I would suggest that you take it within yourself and look at it. See what it's saying to you. It's profound.

You said at one time that the U.S. was supposed to be a spiritual leader in the world. Yet we see our country in spiritual turmoil. That suggests two questions: How will the U.S. regain its spiritual power and the respect it needs in order to lead? And what does the future hold for the U.S. in this 5D world?

What could be and what is are not always the same thing. Have you noticed that? The potential of something is not always reached, because of so many things. The United States has always been meant to be a unique power in the world, and many people would tell you it still is. And then there are people who would say, well, maybe it was, but that's disintegrating right now. When I say spiritual power, I am not talking religious power. I know that certain parts of the U.S. like to think of this as a Christian country, which it absolutely is not. Spiritually speaking, many vital souls are

drawn to experience a life journey in the U.S. because it has been in a perpetual state of transition for more than two hundred years. There's much power in that. The kinds of freedom that your country was officially built on can be seen in the founding of many other countries in the world. I want to say that carefully, because there are many countries with more freedom, more equity, more equality, all that. But they tended, as so many did, to start out with monarchies. So, from the beginning, the United States created itself to have certain unalienable rights for all men.

So, the bones of this country have encouraged progress and discouraged, until a hundred or so years ago, a very wide difference in the standard of living in the classes. What about your corporate heads? What they make is radically different than what the worker in the same industry earns. The difference between the working class and the corporatocracy was never as massive as it has become now. People have traded in their freedoms for security. And much of society has shifted to the point that there are tremendous layers of fear holding the system up now. Well, going from a system based on equity and equality and moving to one that is fear-based wasn't an easy leap. It was a determined, long-range process of bringing about change without it being noticed. And that's part of why, in your current government, there's so much upset, because the change is being splashed down in your face in one moment, instead of little bit, adapt to it, little bit, adapt, little bit, deal with it, adapt. This new way of rushing the change is amplifying the fears once again, and it's creating massive loss of trust from other countries in the world and from those inside your country. Other countries do not trust your government. The people of your country do not trust each other or the government. And these things create a spiritual desert where people are constantly looking for the water of life, or they just give up on it altogether.

In some arenas, conservative religions are springing back. And at the very same time, well over half of your younger population has nothing to do with any religious connections. So, bottom line: things are so divided right now in the United States that there is no firm group anywhere. And people are stumbling around, like on the ice you've had for weeks here, slipping and sliding, and sometimes thinking they've got it, and the next thing they know, they're on the ground. The world cannot tolerate one more country that has no idea what it's doing. The United States always seemed to, but now it doesn't.

So things have to change in order for stability

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Gems from the Library archives

The opportunity to give of yourself—what you have, who you are, what you do—to the world actually takes the pressure off of you, because for everything that you do—perfectly or imperfectly—there is somebody for whom your offering is perfect. How many people have you locked out of your life? How many people have you not shared your gifts with? How much has the world been slowed down because you put the judgment on you that said, “I'm not enough, I don't have enough to give, I cannot do it perfectly, so I will not do it at all?”

8/6/95

to be re-established.

It's coming.

OK, thank you.

On to Scotland. We had so many people wanting to know about the upcoming trip. What makes Scotland an effective place to do the work?

Energetically speaking, there is a lot that has come together in the particular places where we do the work. Great Britain as a whole has a long history of powerful recognition of the forces of the earth, of the sun, of Spirit. Scotland is very magnetic. **It** draws because of the intense life force and the variation of life force **there**. In the last thousand years of generational experience, it has very much been a crossroads of culture in ways that very few other places have been.

And, I love it. It is a place that amplifies the life force of the human spirit. I'm not saying it's the only place that will do that, but Scotland will. You have personal empowerment and the gifts of awakening amplified and accelerated. Creation energy is very, very strong there.

So I am hoping, if I hope, that in 5D, Scotland will prove to be a place that amplifies spiritual connection enough that it can be used as a point of power from which to reach other places in the world without needing to go to them, as you have needed to do in 3D and 4D. It is my hope that your spirits' home away from home, so to speak, amplifies enough of your power that the work can be done without having to go to the Philippines or Scandinavia, wherever. But we'll see when we get there.

The next piece of that is the Time Gate. The Crystalline Gate opened massive Creation Force into the world. (Hopefully, the planet will eventually forgive me for that. The people upon the planet may not at all.) Nevertheless, Greece allowed that outpouring of Creation Force. But with creation, at this density level, you need a marker by which you recognize what is done and what is yet to be created. That's the purpose of time for you, so activating a Time Gate means that you will be setting time into a new time-space function. The planet changes little with space-time, but the shadow of it all, the invisible twin of it all, where everything is really done, has profound effects in time. Now, a Time Gate can be amplified anywhere, but this involves creating it. These 5D gates are not Stargates; they are Creation Gates, because you are in the process of creating a new world.

So, step one: release creation energy. Step two: set a Time Gate. And that's what we're doing.

Many people are feeling that time just seems wild right now. It's very, very fast, and then very, very slow,

and sometimes one day will have sections of each. That will stabilize once this Gate is set.

So, while Stargates use energy coming from outside in order to be opened, a Time Gate is created from the inside, from here.

Yes, it's created out of space-time instead of into time-space.

The Picts are specifically mentioned in the trip description. Why focus on them in particular? Also there's an older tribe called the Payune. What part, if anything, will they play in this?

The Picts represent the first coming together of all of Scotland. The Picts rebelled and drove out the Romans, just by the nature of their cunning and fear-someness. The Picts are a very early function of the Celtic Trail across Europe. They also have a very mysterious connection—I don't think of it as mysterious, but I think your world does—as a people at crossroads with wildly other cultures in the world at that time. All right.

But the Payune are the aboriginal peoples who migrated 10,000 years earlier and really created the bedrock, the power base, that modern Scotland has now. They were little people, but only in stature, and very much in tune with the magical Earth. And as you know, love, they even had magical leaders and advisors, the shamans, as you would call them now. I have a special fondness for the Payune, who became the Picts, and slowly became Scotland as you know it now.

Modern people know next to nothing about the originating peoples in any land. They're sort of the forgotten tribes. It's a pity, because the heart of what you are is found in those peoples.

Are the prehistoric sites that you see in Scotland, the standing stones and such, from the Payune, from aboriginal people?

Honestly, it's not likely. Perhaps some are, but we are talking about very ancient peoples, and so much of what you might think of as megalithic culture is still newer than the aboriginal cultures.

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

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Samuel

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AS I FLY THROUGH THE AIR WITH THE GREATEST OF EASE . . .

by Mary Brainard

Oh—whoops. What happened?
I'm in an ambulance. Then the ER. Bright lights.
So many medical personnel. Does this hurt? Can
you feel this? Suzie is here. I fell. I landed on an
AC unit. Something's wrong with my face. I ask
if the cervical collar can be removed. No. No.
And no. Casts on my arms. Stitches—lots of
them—to my face and mouth. My teeth are
wired together. Eventually, finally, the cervical
collar comes off.

And the adventure begins.

Trust

My “slip and fall,” as I've come to call it, has
been an experience. Samuel has taught me well.
I haven't been fearful, scared, or overly con-
cerned about what comes next. Instead, I've
been living in the moment.
I need this test. I need to go here. I need to do
these exercises. I need to fill out these forms.

One step, then the next.
I am trusting the process—*truly* trusting the pro-
cess. This surprises me. I'm calm. I'm not wor-
ried. I trust that I will recover fully, and if I don't,
I trust that whatever unfolds is for my best and
highest. Everything is happening *for* me.

Samuel has said “trust the process” over and
over, but I've also been blessed with real-life role
models who live this truth daily. Joy, Kristi, Cin-
dy, Lea, Paula, and Mary Claire are just a few
whose steadiness I admire. When roadblocks
and detours appear, they keep going—and they
help me do the same.

5D Unity, Love and Energy

From the moment of the accident, I have been
profoundly fortunate to receive an outpouring of
5D unity, love, and energy.

Because I fell at Earthlight's house, they knew
immediately what had happened. Lea, Stuart,
and Frank set healing energy in motion for my
best and highest. The ambulance was called.
Suzie was notified. Lea sent out requests for en-
ergy in the only way she can—lovingly, clearly,
with care, kindness, and specifics as they be-
came known. She continued to update the One-
Heart group, so Suzie could stay focused on me.
I am deeply grateful to Earthlight for organizing
and holding this energetic container for my heal-
ing.

And I *felt* it. I was surrounded by it—and still am.

Healing energy. Well wishes. My cousin arriving
to help. My brothers speaking for the first time in
nearly a year to coordinate support. My sister
activating her prayer group. My hockey and la-
crosse communities reaching out. Gifts arriving
to support both healing and logistics.

My extended support system continues to cele-
brate every success with me and support my re-
covery. I am profoundly grateful. This 5D unity,
love, and energy continue to buoy me toward
my new normal.

Laughter

From the very beginning, laughter has kept me
balanced.
Even in the ER, I could see the humor in repeat-

edly asking for the cervical collar to be removed—and being told no every single time. The next morning, when I discovered an entire tooth—root and all—hiding in my mouth, my first thought was: “Should we put it under the pillow and see if the tooth fairy can find it?”

Or getting dressed for surgery, when I had no use of my hands or arms. Suzie helped me into the gown and tied it. Then I tried to get into bed—and the gown slid up to my throat, choking me. I remember thinking: *I fell 30 feet, hit an air conditioning unit, survived... only to be choked to death by a hospital gown?*

I even laughed when my phone refused to recognize

my face for over ten days. Somehow, humor has stayed with me throughout recovery—and I’m grateful that others have been able to laugh along with me.

Love

What I have felt most, through every part of this process, is love. I feel loved—truly loved—because during the Greece trip, I finally realized that I love *myself*, warts and all. Well—now it’s scars and all.

I am deeply grateful to everyone who has supported me. By trusting that everything is happening for me, leaning into the power of 5D unity, love, and energy, and allowing laughter to carry me, I know I will be alright—whatever that ends up looking like.

From Fear to Love

Fear taught us urgency,
Love teaches us divine timing.
Patience is the bridge.

Fear taught us to prove,
Love teaches us to shine.
Expression is the bridge.

Fear named mistakes as threats,
Love teaches us paths to wisdom.
Curiosity is the bridge.

Fear asks, ‘am I safe?’
Love asks, ‘what is for the highest good?’
Trust is the bridge.

Fear tightens the body,
Love expands us.
Presence is the bridge.

Love flows with ease
As creation energy.
Surges forth
As we build a new world
With 5D love as the foundation.
Being is the bridge.

≧ Lakshmi Sriraman ≦

CLASSIC *Samuel*

Gems from the Library archives

The world is not looking for somebody who never falls. The world can’t relate to that person. The world is not looking for somebody who never cries, who never gets angry, who never lives in this world. The world is looking for somebody who, when they fall, they get back up and keep moving. Who, when they cry, take a deep breath and wipe their tears and say, “There is yet tomorrow.” Who, when things look bleak, are willing to reach out to others, because they have found that by giving they can both forget for a time and gain perspective, because loving heals.

9/7/1997

Samuel

r e s p o n d s . . .

You've spoken a lot about setting boundaries, and many Guardians take that very seriously, some to the point that they only interact with the 3D "Muggles" (non-magical beings, per Harry Potter) when absolutely necessary. But you've also spoken a lot about creating community with mass consciousness. For example, in January you suggested we host a cookout with our neighbors. It seems that setting boundaries would get in the way of that. How does setting boundaries with those who are still in 3D reconcile with creating community?

Clearly, I have not communicated very well, because I would never refer to those outside the Guardianship as less-than in the way that, say, "Muggles" will insult people. So the first thing that I'd say is I am very sorry for not communicating better. The second part is that I believe this is based on a misunderstanding of boundaries and my teachings about boundaries.

Boundaries are not about limiting people in your life. Boundaries are about controlling yourself. It's the only thing you can control. So, when I say don't watch the news, don't hang out at the office water cooler with people who do nothing but gripe, your boundary isn't to stay away from people. The boundary is to take care of your mental health. Do not give yourself opportunities to become angry, frustrated, judgmental while you are in the process of creating a new being.

Boundaries are for you. They're not for other people. Do you have to stop talking around the water cooler? No. Your boundary is, you either don't go to the water cooler while people you know have a negative effect on you are there, or you get over letting that affect you, not because you stay away from it, but because you have grown strong enough to trust yourself, your highest self.

The world needs you. It needs the radiance of the Light you are to touch them. It needs the frequency of the Spirit you are to affect things. It's not about avoiding the world. That's what I call being the monk on the mountain.

I know that the one who sent in this question knows this. And I will choose to say that they are asking that question to help others understand more, and I deeply appreciate that. Your personal empowerment allows you to function in the world without becoming one more portal of the destructive tendencies of the world.

How does operating in 5D impact our work to address tribalism, both individually and collectively, and what suggestions do you have to help us continue to move, individually and collectively, from negative aspects of tribalism to unifying love-based behaviors?

Tribalism is a safety mechanism rooted in abuse of power. Any we-them sort of dichotomy, be it gender, be it species, be it politics—doesn't matter—are aspects of—I really don't like this word, but it works so well—of othering. There is my group and everyone else. People seek comfort; they want respect and recognition. Put those together and you have an open door to be manipulated pretty easily.

5D tosses in another option, one that says it does not have to be this way anymore. So to move right into the second question: You are seeing it happen across your world right now, as people are starting to realize that the shackles which have been holding them captive are inside more than they are outside. People are standing up, stepping forth, speaking out. People are seeing abuses, so they are jumping in and trying to rescue. And yes, it's not perfect, but it's the swing of the pendulum. Now, more than any time in the last fifteen years, the message of love is breaking through.

At the end of the Super Bowl halftime there was a sign that said, "Nothing is stronger than hate except LOVE." And you're seeing that more and more on social media short videos. They're ending with "I love you, I love you." It's becoming more common. As Guardians are learning to spread that love, it's taken off more quickly than ever before because the world is at a place where it's more

receptive to it.

Certainly, this country has had a meat tenderizer taken to it to beat the tenderness in, but, that tenderness is spreading. What helps? Strengthen your spiritual nature. Do not judge yourself based on what satisfies the world. Know what works for you. Seek that out. If all you're doing is trying to resist what does not work for you, that is nowhere near the same as doing what you know does work for you. It's a whole different mindset. Amplify the joy. Spread the love. Be the light in the room. Yes, at first, it will wear you out, just like anytime you have a mask on. But just like the muscles in your face, you learn to have a resting smile-face instead of a resting frown-face. And it's no longer an effort, because you have fully embraced it. When you don't have resistance, it becomes you. So shine, baby, shine.

And tell your doctor that you love her.

Yes. Yes. Probably even more than most, because they see thirty people in one day who are sad, upset, and sick and hurting, and they need the reminder that they are loved.

You mentioned in the February First-Sunday meeting that this is a time of rebirth and re-creation, and you reminded us that there is no need to panic or fear because a Guardian's journey is already written. What is the easiest way to draw the future function, where I already have it, into my world right now? And how can I learn where I may be blocking how I receive it?

Growing into the place in which you recognize that you have everything you need to be your best self at the moment is all that is asked, all that is required. It's not about, "Oh, but I really want this to happen." It's allowing that what is happening is the best for you. That is the difference between trust and wanting one's own way. 5D is not a reward system. Neither is it a check-up system. It's a re-creation into the highest of what you are. And that's all I'm going to say about that.

You recently clarified Sacred Status as meaning that more than half of life force—not just of

humanity—consciously recognizes spirit. How can life force be quantified in such a way that half of it can be determined? The bulk of life on Earth is things other than animals, like bacteria, insects, fungi. How can these things be consciously recognizing their spiritual nature?

When you are functioning at the best of your capability, you are honoring the Spirit you are, be that the most simple-celled bacterium or the most magnificent whale or bonobo or human. Fulfilling your best honors your spiritual nature. So it's that simple.

That implies that all those non-sentient, if I may use that word, forms have changed the way they express their nature, that they are now expressing it in a higher function than they once did.

That moves us way back to a question earlier in the interview: evolution. It's not necessarily for a bacterium—whatever its best version is—as much as

the full and bright use of its quality. But every bit of life force is shifting. And as you know, with humans, they want to stay where it's familiar. That's pretty true for a whole lot of life force. But adapting to the shift and functioning at your best is the key. You cannot function at your best if you are plagued by fear, anxiety, and all the things those bring into your life as a human, or the equivalent of fear and anxiety on fungi, which would be environmental pressures. As I have said many times, you are here to do the best you can where you are with what you have at the moment, be you a mushroom or a human. And some humans are kind of like a mushroom, aren't they?

How can Guardians help facilitate the transition of our current economic system into a more love-based system? I am specifically thinking of the release of capitalism and what will be replacing it while most of us are still on Earth.

While most of you are still on Earth, you are not very likely to see massive changes. As a for-instance, your banks are failing. Do you know that? Probably not, but they are. They're actually closing. The value of the U.S. dollar is lower than it's been in decades. Do you know that? You have so little information

**5D is not a reward system.
Neither is it a check-up system.**

about what is going on in the upper echelons of global financial planning. And this isn't a conspiracy; it's not even new news. Finances are a global issue. When even one country, like Greece, goes bankrupt, it ripples, it touches. So human nature is to resist change until things are so uncomfortable and dysfunctional that they can no longer be denied.

I see that global financial postures are already at that point, but you're not going to see it for quite some time. So is the answer releasing capitalism? Probably not. The answer is more likely understanding capitalism and allowing it to be the cart instead of the horse. It should not be driving the system; it should just be a part of a system.

Now, I'm not a big fan of capitalism generally because it so easily moves into power grabs and money meaning more than relationships and communication. It means the sort of attitudes that many current societies have that "the one who ends life with the most money wins."

While it is not likely you are going to withdraw from capitalism altogether, you can look at other options. For instance, what about community, local bartering, moving away from the mainstream, not cutting it altogether but creating a viable option? What about people coming together—yes, I'm going to sound very 60s here—in communal sorts of situations, learning to help each other and share resources. Not the Amish, staying off in a little protected society, but instead getting your vegetables in a farm-to-table cooperative. Those sorts of things that have actually already started: "We're going to create a community garden," or whatever. You're going to grow tomatoes in your front yard and put a little sign up that says you're welcome to it, or those little book libraries filled with canned foods. You're going to do what you can where you are with what you have, to shift away from the "borrow-pay back" vicious cycle that keeps you indebted and having to spend all of

your life working paycheck to paycheck and being one paycheck away from disaster.

So where do you recognize a place to change? Well, for you, it might be moving out of the big bank and going into a local credit union. For another, it might be creating a garden that all are welcome to share. For another, it might be buying an extra \$10 worth of groceries to take to the local food pantry. But it's helping where you are with what you have. It would be so easy to get yourself all worked up about changes in the system, but until the class system is balanced out you will have capitalism, because they feed each other. And as long as you don't mind it, it gets to continue.

The earth has too many people, and some governments around the world appear to be bankrupt because they have never observed budgets. Wars, planetary changes, famine, etc., have been forcing migration for decades. In addition, some countries are expelling people, forcing dislocation, and having a conflict about what to do with so many people. I do understand that countries are trying to stabilize to some extent, but I do not like what I'm seeing. My heart says one thing, my mind says another. What's the high road in this situation?

Can you help me a little more? What exactly is the situation?

I think the questioner is seeing a lot of over-population, breaking down of social norms, movements of populations that are causing

pressure on governments due to relocations and immigration—seeing reasons for what's happening, but not liking it, and not knowing how to maintain inner balance.

If you're caught up with the destruction of 3D and feeling unable to function because the news is so erratic and awful and unstable, if you are caught up by that in such a way that it is causing your inter-

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The inability to unite with others is the result of your security issues. The reason you must push yourself ahead, the reason that you are unable to play well with others, the reason that everybody else is always wrong and you're getting so tired of being the only right one in the whole room, and the reason that you are so lonely, is because you do not know how safe you are in the arms of your friends.

3/3/96

nal balance to fail, that's about you, not about what's happening in the world. Because in that case, almost anything would trigger that sense of "this is terrible."

This is not going to be an accurate statement. It's going to sound accurate, but it is not. And the reason it's not is because every species has a change point, and that point might end up becoming either the destruction or the continuation of that species. As a whole, humankind, in the last few hundred years, particularly the last couple of hundred years, has done more to bring about planet-wide destruction. But less due to migratory influences and population densities, although those do have an effect, more because humans have been caught up in a cycle of pessimistic, fear-based living, with a few having more and those few who have more being idolized so that the masses can remain disempowered.

So, what do you do when you are faced with fear-based disempowerment? You show another way of living and being. And it sounds so simplistic, but those of you who have been going through the abso-

lute work of learning to love yourself and spread that love out into the world know that it's actually quite challenging and hard to go against social norms and tell your doctor you love them, to spread the love. But that's what you're here to do, to show that it's not what's out there that determines who you are, what you are here, in the heart. You see in the world what you see in yourself, and that is both strength and weakness.

If what you are focused on is the fear, the weakness, that's very, very likely because you feel lost, powerless, unable to change it. But remember, you are very likely not here to change it. You're here to be an example of how to be your best self while living through it. And that changes things. Every major change needs revolution, but no foundation is built on the imbalance of revolution. There must be a focus. And for Guardians, that focus is showing that you can live love, and that love is indeed all, as Bad Bunny said, right?



CLASSIC *Samuel*

Gems from the Library archives

May the passion of fire infuse you,
the wisdom of air bring to you
all that you need to know.

May the eternal flow of water, which represents
the eternal flow of available love,
fill you and spill forth from you.

May the safety and balance of earth
hold you and keep you from fear.

And with the elemental working of those magics,
may the spirit you are and the power it has
move through you and through your world.

So it will be.

6/1/1997

In the Vegan Kitchen

by Marion Kee



Easy Lentil Soup



Wash the lentils thoroughly in cold water and place them in a 6–8-quart heavy saucepan. Add the carrots, celery and optional onions. Add enough hot water to cover everything.

16 oz. package of brown lentils
6–8 cups hot water
1 medium carrot scrubbed, trimmed, and cut into 1/2-inch pieces
4 celery stalks, diced
8 oz. package of sliced crimini or baby bella mushrooms
1 small or 1/3 medium onion, diced
1/2 tsp coarse ground black pepper
1/2 tsp dried herbes de Provence
1/2 tsp sea salt or Himalayan salt
juice of 1/2 lemon

Optional: substitute 14 oz. can of fire-roasted, diced tomatoes, with or without salt, for the lemon juice.
Optional: if you do not eat onions, substitute 1/8 tsp. gluten-free, powdered asafetida.

Heat over medium heat until the mixture simmers. Reduce heat, add mushrooms and black pepper, and stir gently until the ingredients are well mixed. Simmer for at least 15 minutes with lid tilted to allow steam to escape. If foam develops, skim it off. Stir occasionally and add more hot water if needed to cover contents. You can add the optional tomatoes at this point.

When lentils are tender, add the herbes de Provence and asafetida, if using. Simmer another 10 minutes with lid tilted; if not using tomatoes add salt and lemon juice. Taste to see if you wish to add more seasoning, and serve.

This soup keeps well in the fridge and freezes well in airtight containers.