



PHOENIX RISING

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Summer 2026

An Interview with Samuel

channeled by Lea Schultz

You've talked about the intensity of change taking place in the world. How can we understand the larger purpose of the events of this time rather than simply reacting to it with fear or overwhelm?

The most important thing to keep in mind is that this is a time of creation. Creation energy opens many doors because it gets creative thought going. You find that things around you are changing, sometimes in big ways, sometimes in very subtle ways. You're ready for it, mentally, maybe. You're ready for it in your heart, maybe. But you do not feel in control. You do not feel that you know what is happening next, or how to plan out what you're going to do, how you can react if this happens or that happens. That is fear. A time of creation often comes with that kind of "out of control, cannot guarantee, may not know what to do" feeling, and, because you don't see the future, can bring up a lot of old stuff that you'd thought was finished.

Now, when somebody doesn't see the future, one response to that is to control everyone and everything around them, tighten up the reins, run over other people's boundaries, do everything they can to make themselves feel comfortable. That's really very typical.

Another response is to withdraw, because great change can bring a lot of high levels of depression, which can lead to withdrawal.

Another way that people deal with fear of the future is to just ignore it, compartmentalize, put it

aside. Ignoring it isn't dealing with it, but ignoring it is some people's security system—"Well, if I just don't think about it, it will go away." And certainly that will work for ninety percent of the news—things will change in ten minutes, just wait—but when your world is in the midst of re-creation, just ignoring it isn't going to help you at all. Ignoring it stops you right where you are, and being very depressed about something takes you a couple of steps backwards. And getting very controlling only for your own comfort will also set you back, and will bring up childhood issues at the same time.

So none of them are good responses, and of course there are many more. But those are the three that I'm seeing the most of. It's because you're looking into the future instead of paying attention to what you have in front of you. It is also because you are allowing past patterns of negativity to invade your thinking processes.

Of course, that's very dangerous: negativity is extremely magnetic, and it will draw more negativity into your life, so you find yourself falling into patterns that are not helping you at all, because you're not functioning in your moment.

Remember, releasing fear, releasing frustration, anxiety, anger, releasing sadness—releasing *anything*—brings grief. So recognize that you're in the process of grieving who you were—and *why* you were—and that's an important distinction. Remember, you're creating something else, and you want to do that consciously.

If *all* you're doing is releasing, then all you're doing is grieving. So work on re-creation, starting with yourself. And the easiest way to do that is with gratitude. Take a walk around your yard, be it acres or be it a postage stamp, and just tell the Uni-

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verse out loud, "I am so grateful that I can get up and move like this. I am so grateful for this beautiful green. I am so grateful." With every few steps, express gratitude, because that raises your frequency and puts you in sync with what's coming while you're in your now, instead of your now being a place where you are stuck with a whole future that scares the pants off of you. *You* have the place of power.

So, if you are finding that old patterns, emotions, ways of thinking and being that you no longer want in your life are showing up, the really best thing that you can do for yourself is to start paying attention to where you are right now. "Where am I? Who am I? What am I? What am I feeling? What am I hearing? What am I seeing, smelling?" Take a quick physical awareness test. And then shift into "I am so grateful to be here right now. I am so grateful that I can be grateful."

Last thing: I hope I never stop pointing out how important it is to get into space where it's green—into nature—where you can hear the rain, where you can see the sky and stand on the earth. That helps your physical body as well as your mental body. It helps reshuffle everything.

As you have mentioned, old patterns and structures are being exposed or shaken loose. What opportunities, either personal or collective, do you see appearing that we can respond to that will hasten the process?

That question sort of gets thrown off by "we can hasten the process," because more often than not, the process, like the planet and the seasons, is going to come. The tide will go out in its own time and it will come in in its own time.

Take things one step at a time. Surround your steps—yourself—with love. And yes, I know that's a very simple statement, but it means dealing with opportunities in front of you, working through your dreams, really everything going on in your life. Do it one step, one step, one step, with all the love you can muster. And that will always be the answer.

You emphasize grounding, balance, peace, and joy as especially important right now. Why are these qualities so essential during the times of



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rapid change?

Questions number one and number two are the answer to number three. There is so much going on in your world right now, and people are letting themselves get so scattered. As a result, every time they look at themselves, they feel frazzled. It's like "I'm frantically trying to take care of these ten things. Every time I get into one of them, there just isn't enough time to think, to understand." Back off. Slow down. Balance. Find peace. Find what gives you joy. Love. Take it step by step by step.

How do we tell the difference between genuine peace and the kind of avoidance that simply tries not to look at what is happening?

Avoidance doesn't bring peace. Peace is balance. As I said in the answer to the first question, just avoiding it, putting it aside, not thinking about it, not dealing with it is not going to bring you peace. In fact, because the Universe loves you so very much, you will find that the issue shows up multiple times in multiple ways in your life until you are able to create that peace.

There are things in this world that you are not going to cure or control or manage because it's not yours to do so. So, when you are faced with an unyielding object, whether that's your own personal walls or somebody else's, remember that what you are dealing with is a version of the very thing that touches you.

For example, Guardians get worked up about

unreliability more than a lot of other things, so let's say you might be very reliable, but the wall you're dealing with is somebody else who's extremely unreliable, so you say, "Well, that's a reflection of me."

But you also want to look at other areas of your life. And you want to look at what it is that really gets to you about this thing. Unreliability tends to be disrespect. So, what you're really seeing is a lack of respect that is an issue within your own life.

The other person might not feel they are unreliable at all, because they have a reason, an excuse, a justification for everything that causes somebody else hardship. But remember, you're not going to cure them. You're not going to control them. They are going to live in the world exactly the way they want to live. So your choice is, number one, look at yourself, and number two, determine if a boundary is needed; when you look at yourself, you often find you don't need as many boundaries as you thought.

Does having many boundaries mean that you're pushing people away as you try to make yourself secure?

Yes. And when you have your stuff worked out, well, I know it gets old, but it's the toddler wailing in the other room: you just sort of roll your eyes and go with it. You don't have to make a scene about everything. You're at peace with yourself, and so the world can have a tantrum. It's all right.

You've said that service to others is the foundation of 5D living. How does service help us move from spiritual understanding into actual transformation?

I'm not sure I understand that question.

If you are living in 5D, service is what's required and service is what you're going to naturally want to do. And so that transformation is going on anyway.

Right. Precisely.

For those who feel tired, discouraged, or unsure that their small acts of love and service matter, what would you most want them to understand?

First, you matter. And until you believe that you

matter, you're not going to believe that any act of love matters, that any gift of service you live and give, matters. *You matter.*

With that in mind, if you honestly do not believe that anything you do matters, I'm going to take you back to the mindset of getting outside, walking around the postage stamp of your yard, going to the park or whatever, and expressing gratitudes. Gratitude for yourself; gratitude for the world you're in. It's one of those prescriptions you cannot take too often, so do it as often as you can.

Gratitude builds your capacity to experience the high frequencies that you are living in now. Gratitudes force an alignment, because to be grateful for something is a spirit-led activity. It is a love-filled activity even if it does not feel like, ooh, this is so loving—it is a love-based activity. So whether or not you are consciously exhibiting love and high frequency, a gratitude puts you in the perfect spiritual alignment for it.

Second thing: see miracles. Look for them. Make them up as you go—really! And what I mean by that is, you're putting on a miracle mindset. "Oh, my gosh. These trees are such a miracle. Look at how beautiful they are!" "My body, it's a miracle." Do it consciously. "I got a parking place. What a miracle!" Don't try to *manifest* it; just start recognizing things around you as miracles. That very much is how manifestation works in 5D. And that's because you are the miracle. You're not creating it outside of yourself and trying to draw it in. You are recognizing it. So, looking for miracles is like preparing your runway for the SST instead of a little two-propeller plane.

Allowing for more and recognizing what's around you changes the way you think. Recognize it more often in your daily world, and you're going to draw it to you.

Step three: when you have reached a point that you are regularly seeing miracles, thank yourself. "The dogs are asleep. Good for me." Again, you are recreating that mindset.

We're seeing a lot of miracles getting ready for our move to Lexington. You know, we get some-

You're at peace with yourself, and so the world can have a tantrum. It's all right.

thing that we think is going to cost a lot and it turns out costing much less. We keep saying, "Oh, the Universe loves us best."

Yes. Perfect. And when you know that you are a function of the Universe, then it's just as powerful to say the Universe loves me best, and probably easier than "Thank you, self. Good job."

You have talked about a major energetic shift happening around the solstice this year. Would you explain what that shift will be and who and what it will affect?

Well, first, the solstice is going to start the change that is going on a few weeks after that, in July. So it's not the solstice itself that's the beginning of a lot of change, but it's the future. And while I see the future as complete, it is also in the process of completing, so, depending upon what is going on energetically, sometimes things shift a bit.

But I believe that there is going to be massive governmental change. It's about power, and particularly old patterns of power and—always—power over. And that would be the reason I think it's going to be mainly governmental, because for the last few years, governments across your planet have been shifting as people have been standing up.

But it's time for fire. Life is a constant cycle—earth, air, fire, water, earth, air, fire, water—and you're moving out of a time of focusing on renewing your thinking and into a time of destruction and re-creation. What is that going to mean? Maybe nothing. I'm always fine when a major shift occurs and Guardians don't notice it because they rode the wave instead of being hit by it.

More likely, what you'll be seeing are things going on around you that feel sort of pushed, anxious, panicky. You feel the lack of leadership because you see both a power vacuum and power overplayed. I'm not saying your president is going to die. Sorry. What the United States has done with the Israel-Iranian War is exactly—*exactly*—the kind of situation I am talking about, but escalated mightily.

So there has been power-flexing and abuse, while the response across the world has been negative: unwillingness to participate rather than gung-ho "Yes, let's go help the U.S. take over the Middle East." It has created a shockwave that I believe is already showing up in your polls: people who have always been on the U.S. side are thinking it's a joke, it's a pity, it's a leaderless vacuum. Throwing out tacks on the road to see what happens, and then

calling that a behavior worth continuing—"tacks on the road" meaning bombing Iran.

So, June is going to lead up to the solstice, where a major power-oriented paradigm is going to play out—and, I believe, fizzle out. In July, certainly, people across the world are going to be seeing things in ways they have not before. The bottom line is, very often that's just very frightening for people. But it isn't necessarily a frightening thing. So ride the waves. Don't resist them.

As we move through the rest of 2026, what would be most helpful for us to remember, practice or embody so that we are participating in this change rather than being swept away by it?

Balance. Gratitude. Miracles. This whole interview has been the step-by-step progression of how to strengthen your spiritual self to function—in place, where you are.

The Form likes to stand on one leg and balance, and then stand on the other leg, like a flamingo. That kind of physical balance is especially needed when mental balance is hard. So, remember that as much balance as possible is needed. For the peace, for the joy, you need to be balanced physically, mentally, emotionally, spiritually, especially July through November. So consider, along with your other bits of daily spiritual work, standing on one leg and making sure of your balance. The world can be like a rocking ship during those times, and you want to keep your center of balance, your focus.

And again, at the risk of sounding trite or minimalistic—which I do not mean to at all—practice living love. Be a love magnet. When you are focused on that, nothing gets through that automatic Light shield you've built. Love. Love, and then love more. Balance, and balance some more, inside and outside. Gratuities, miracles, nature. They will help you very much, so take advantage of them.



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

There is a teaching

that Samuel gave us recently that has been floating around in my “Lake of the Known.” It is “Everything happens for you, not to you.”

I didn’t fully appreciate this teaching until recently, when life offered me a valuable learning opportunity.

A few months ago, I took a job as a post-harvest technician at a cannabis facility. I was trying to find my way into an industry connected to a plant whose healing properties I deeply respected. Cannabis has been used for thousands of years for healing, but is also steeped in stigma, politics, and a lot of misunderstanding. To me, this potential workspace felt exciting and meaningful because I thought it would put me on the cutting edge of a new industry in Kentucky.

I entered the job believing that if I worked hard, got along with others, and, proved myself to be capable, eventually I would find an important place in the company. I enjoyed a month of getting to know my interesting coworkers, learning about how the plant grows and how the industry works, but then things started to feel a little off. I ignored those little feelings (which in hindsight were red flags) and remained steadfast in my commitment to be loving, stay positive, and do the best I could.

Then one Friday afternoon, my boss called me into her office right after clocking out and said I wasn’t a good fit and I needed to get all my stuff and leave. Blindsided and confused, I was left standing outside the door to an industry I really wanted to get into.

As the next few days passed, I began to process the difficult emotions. I also started to explore what this situation might be offering me. Because after all, this experience was happening *for* me. I had to get honest with myself and own up to the fact that

I really wanted my supervisor to see my value and acknowledge my worth. And it was a huge disappointment that I tried so hard to succeed and was still let go. Didn’t my supervisor see my worth? Potential? Other skills and talents? Her opinion of me seemed to matter more than my own.

I didn’t stop there and continued on with compassionate inquiry. Why did her approval matter so much? Was this really about the job? The whole

experience made me feel like I was truly not enough. Was this entire experience showing me that I needed to examine some beliefs that were not working? Spoiler alert. Yes. It was.

All my life I have worked on getting rid of beliefs that no longer serve me. Samuel reminds us that we hold on to the beliefs because they are giving us something. I wanted to understand how the belief of not being enough served me. I came to realize that was an adaptive strategy created by a younger part of me trying to make sense of the world—a belief that if I simply try harder, or become more of what others wanted, then love, acceptance, and approval were within reach.

So when I experienced that one important door closing, I was tempted to think it was an unfortunate accident outside of my control. It wasn’t because another more important door opened up which took me to even deeper parts of myself. Samuel’s teaching encouraged me to explore my thinking with compassion and curiosity. I found a younger version of me that needed love from my truest self. From there I realize now that the situation happened for me because the Universe is constantly working with us to help us truly know that “We are Light and We are Love.”

As it turned, out the cannabis plant had its own special way of helping me heal. Not how I was expecting, but nonetheless I am deeply grateful.



HEY, PARTY ANIMALS!



Potluck Picnic & Pool Party

Saturday, July 25, 2026

6:00 p.m. – 9:00 p.m. ET

Friends, Phoenix is hosting a potluck and pool party, and our gracious hosts from past pool parties, Marion and Don, have offered to welcome us once again to their lovely grounds in Lexington for the event.

- Please bring a vegan dish to share; it can be savory or sweet
- Distilled water, flavored waters, and ice will be provided, but feel free to bring your own beverage of choice.
- Swimsuits, lawn chairs, sunscreen, bug repellent, and towels are recommended.

**For more information and directions,
contact Angela at: social@phoenixinstitute.org**

Let's gather together, share a meal, and get cool!

Samuel

r e s p o n d s . . .

Would you please give a helpful decision-making process for when I am annoyed or frustrated by someone's actions or inaction? In particular, what are some guidelines for choosing between allowing, compassionately addressing a situation, and setting a boundary? Please give examples of when each would be appropriate or inappropriate.

Always, always the first thing you want to look at is yourself and what is bothering you in this situation. Clearly, to ask a question like that, something is going on within the person. It could be family, a friend, a client. But what is going on that's catching your attention?

Now, in this question it was described as an action or inaction. I believe it's probably an inaction. But either case, look at yourself. Why does somebody else's action or inaction matter to you? How does it create a problem for you? Why is it an issue for you? Then put that column right next to one that says, "Is that me now? Are these the beliefs I have now? Is this the way I choose to behave now? Do I have expectations here? Do I have my own childhood coming up? What is happening in my life to cause me to see someone else's behavior as a problem?"

Do you remember when you were in school and one of your teachers said you had to work on a project with other people? You were so responsible about doing the part assigned to you, and everybody else was, too, except one person, and that one person basically did nothing. Well, even if you did not have that experience, you know what I'm talking about. It's supposed to be teamwork, but you're doing most of the work and someone else is getting credit for the work you're doing.

I am not saying that it's not a power play, a manipulation. I'm not saying that what they're doing is right. But whether you're stuck doing the work or having to pay for their lack of respect, I still want you first to look at yourself. "Why does it bother me? What is the actual issue? And how do that issue and my feelings about it align with my

beliefs, my patterns, my morals, my thoughts, as I wish to express them in 5D now? Is that how I want to think? Is that what I want to believe?"

Look at yourself first and figure out how to be at one with yourself, and *then* look at the other. Now, if indeed, they are slacking off, misbehaving, not being responsible or—heaven forbid—not listening to your good advice, say something along the lines of "I am afraid I'm not understanding this situation, because this is what I'm seeing, and that was not our agreement." Actually, it ought to be the other way around: "There was an agreement, but what I'm seeing is something else. So what am I not getting? What am I not understanding?" But if you are not kindly and gently saying something, then you have very little right to judge their action. If you've looked at yourself and you're good, that usually ends that portion of the exercise, and you are then able to go and say, "Look, the assignment was for us all to do this. Here is what we agreed upon. What happened?" Ask why. And ask them what you should do.

I'm not saying you have to do that. I'm saying ask, why did it work out this way and what do you think can be done to make it right? If you're not willing to do that—and I know that there will be situations in your life where you really cannot do that—that's when you need to ask, "What can I live with? What matters to me in this situation? My being right, my being recognized? Would I have done anything differently if they had fulfilled their part? What's actually happening here?"

Another situation: Your friend is perpetually late, and you might come to a place where you have to say, "I will wait fifteen minutes, but after that, I'm leaving." That's your boundary because you have recognized this pattern is hurting the relationship. Yes, they should make this change themselves, but you have no control over what someone else does; you can only control yourself. So here is what I can live with. You're doing this in your head. Don't say all that to somebody. What you can say is, "I can wait fifteen minutes, but after

that, I'm leaving." And then you must consistently—key word there: consistently—leave. No excuses, no justifications. No, "Well, this is an emergency. It's not the same." After fifteen minutes you go in and watch the film, or eat your meal. And when they come in halfway through, you don't extend your stay another hour to make up for lost time together, because it's your boundary, not theirs.

When should you ignore it altogether? There are times in which that actually is the case. And those times are about compassion and empathy, but not about you. Here is what I mean: When you were learning about racism or all the thousands of other isms and biases in this world, one of the things you learned is, when somebody says something really off, question it. "What did you mean when you said ... ? I'm not sure how that fits. What does that mean?"

But if you're sitting in an audience and the speaker says something objectionable, that's not the time, not the place, for you to raise your hand and say, "Yeah, you know, I've got to educate everybody here about something and here is what it is. You said *this*, and we really don't say that around here." You go to the person later and say, "Well, you said *this*, and it made me think *this*."

What did you mean?" But sometimes you should just let it go, not because they're old and they will never learn, but because it isn't worth opening your heart to it.

Realize that confronting another person requires heart, a pretty clean, clear heart on your side—but heart—and you might not have it at that moment. In fact, what you might have at that moment is your fear for someone else. And that's you. That's not the situation. Or it might be your great sense of justice. But again, that's you. Ultimately, it all goes back to, "What is it I'm feeling? Where is that coming from? And how does that align with who I am now?"

You recently said that our dreams are changing. What is happening now in our dreams?

I know mine have changed.

In what way?

I used to dream a lot about Phoenix and Phoenix people. We would be in an auditorium or at a party. Now I dream long stories that involve people whom I haven't seen for a long time, like a cousin I haven't seen in thirty years or people I have no contact with, like the royal family.

But don't you just love dreaming? Dreams are such a portal. Through dreams you wander the Universe. Through dreams, you wander the dimensions of reality. Through dreams you serve and plan. Of course, sometimes you work out what was going on in the day—you know, brain-salad kind of stuff.

Sometimes I make myself go back to sleep, so I can keep going.

And that you can do that is one of the things that's different about dreaming now, because for you, from what you've said about your dreams, you are very much in control.

True dreams are the ones with the beginning and the middle and the end, and there are so many things going on between the start and the end of them. At times you're taking part and other times you're watching what's going on—both of those. And at times you can think, All right, I'm dreaming; let's keep going. Or you get up and go back to bed, and you think, all right, I want to keep that dream going. I want to get more from it, and you do.

Your chromosomal activity has been

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

heightened. You are constantly evolving genetically. Your environment and what you eat ... just everything affects what your genetic structure tells your body to do or to think. But your world is in a state of ultra-vibration right now.

There are machines that help people with osteoporosis get stronger. They are pads that just vibrate, and that's the kind of vibration I mean; not frequency. I mean your world is literally in a state of heightened vibration: movement from place to place without getting anywhere. It's because you are in a creation effort right now, and creation requires friction. The two plates come together and move and create energy. While it's very easy to manifest in this creation effort, you can also get overwhelmed. So, the world is vibrating and things aren't stable, but it's not changing radically into something else, so, it's a really different experience for all life force—not just humans. And you know what the answer is? Get used to it. That's it. Get used to it. That is your new normal.

So ... balance.

I get the sense that I am not as anchored here as I was.

It's because you are shifting through the so-called veils between the seen and the unseen. You are connecting in ways you have not been able to before. It's a very powerful state of being. You are dreaming in this fashion outside of dream states. That is how different it is. You are learning through your dreams to function without a body, to shift yourself so that you are watching what is created for that moment. It is rather godlike. And it's a statement of how much you've shifted.

The higher the frequency you're working at, the more you're going to find that's the case. It is happening for other Guardians, but some have to start a dream journal to just begin the journey, because they're not ready to shift, not shift just out of this body and mind state but fully out of reality as they know it. So they've got to just start with "I did not remember my dreams tonight. I remember the color blue." Just starting at the beginning.

You mentioned that another new timeline would likely happen as a consequence of the energy changes coming in during April. What is the status of this timeline change? And if it's happening, why is that, and what would you like us to know about it?

What I said was, the timeline is shifting in your own universe, which is not the universe which contains other people's universes, too, because each person has their own universe.

You are shifting so far out of your known experience that you are laying a new road. The neighbors to Earthlight have repaved, their driveway. It was a mess. They had a decision: kill the car that's going through these holes or get the driveway fixed. And they chose to get it fixed. It's the same driveway, but it's a whole new pathway. Does that make sense? Because that is the answer. You are creating a new direction in your own individual pathway, but still going to the same place.

During the spring Retreat you mentioned Serpent Mound when speaking about Atlantis. Please explain the significance of Serpent Mound during that time. How can that energy be reactivated and used today?

There are many very old sacred sites in the Americas, and Serpent Mound is one of them. The North Americans that you think about now are a far more recent group than those who created Serpent Mound. When the elders of Atlantis split off before the great deluge, more than one group came to North America and worked with the native peoples here at that time.

So much has happened since then—and I am not talking about just in your known history—but the teachings and the stories and the memories lived on. The tribal people that you know now are, in one way or another, connected on a very long branch to those Atlantean elders.

Serpent Mound is a ceremonial place that recognizes that Atlantean connection, like the serpent that is recognized across the world—also known as the dragon—which represents Atlantean wisdom. The feathered serpent of the Americas, the dragons

CLASSIC *Samuel*

Gems from the Library archives

In order to keep playing, to continue having fun, a child learns to forgive readily and well. It's the adults who tend to forget that one.

10/5/1997

of the east—the living representations of the ancient stories of the gods and goddesses, but they're all the same, and are created into that great spiral mound.

For people from the north up into what's now Canada and across the United States, Serpent Mound was a meeting place. And through magic

security, runs to thinking about this, this, this—not letting it go, gnawing on it, coming back to it, feeling it, over and over and over. Obsessive thinking is an addiction, like alcohol or drugs. It is addictive behavior because it's giving you something that you don't like; if you liked it, you wouldn't call it obsessive. But

5D doesn't require anything other than individuated unity.

and ritual, to put it plainly, the old teachings were renewed over and over and over.

Serpent Mound has more power than Cahokia, which I took you to, because Cahokia was a city, a place to live. Serpent Mound, which of course looked quite different than it does now, was a place for only the highest spiritual recognition. And I believe you still feel that magic when you go there, that ancient rhythm of the Americas and the ancient power of the Atlantean.

Now, what can you do? Allow. 5D does not require ritual. 5D doesn't require anything other than individuated unity. So go there as a group, maybe do a Heart Tone, because that pulls the group into one mind and one purpose, and that purpose is to open your feet and feel the ancient rhythms. And remember that a part of you is right here.

Depression leads to a lot of obsessive thinking ...

Actually, it's the other way around.

Repetitious thinking leads to the depression?

Right. Obsessive thinking shifts you out of your now.

Does the intensity of that obsessive thinking contribute to what we manifest? And when medication blocks the obsessive thinking or the depression, then would it be correct to say that medication can affect what we manifest?

Yes, it can. Obsessive thinking can be a genetic trait. It's generally associated with anxiety. Anxiety has to do with not being in the now. What are you anxious about? Well, it's not what's happening right now. Right now I'm supposed to be in bed sleeping, but instead I'm just running through all of this over and over and over. Obsessive thinking is a pattern that too often is not clipped early in life. And the reason it would need to be clipped is because it is a distraction.

Obsessive thinking is not a good thing. It actually means you are building a wall against something else you want to avoid. So your mind, in its pursuit of

you *do* like it, and that's where you need to figure out what it is you are getting out of it.

Now, I want you to remember that I said obsessive thinking is actually building a wall to keep you from something else, because obsessive thinking robs you of your now. It puts you into a mindset—which might be wholly genetic and chemical—that is slowly chipping away at you while it is protecting you from another issue over here that you're not wanting to deal with.

So, obsessive thinking is not going to manifest positive behaviors or events; it's an avoidance behavior coupled with an addictive behavior, and what you draw to you is going to be more of that. That happens a lot. People who are obsessive soon get obsessively *anxious*, or obsessively depressed, sunk further down than ever before.

What medication does is put a small filter into that wall you've been building that allows some things through. If you have the wherewithal, you can then actually look at yourself and say, "All right, what is it I'm getting out of this? What am I avoiding over here?" at which point you can start changing the direction and slowly bring down the wall.

But medication alone isn't all that helpful in that process. Slowing it down is the key. So, what you're manifesting isn't anxious, nonstop chatter. It is having the time to look at yourself and say, "All right, where am I in this?" It's you taking the reins of the runaway horse. Once you've got the reins, you have to decide where you want to go, what you're going to do now that you've gotten this gigantic horse to slow down.

I highly recommend the medications that are available, but in conjunction with talk therapy, quieting your mind—that might be cognitive therapy—and getting on the grass and counting your successes and being aware of your gratitudes. Take your meds until you are clear enough. Do not forget that depression is a chemical issue, so hitting it with chemicals can help. Also remember that there are many kinds of chemicals that can be helpful.



In the Vegan Kitchen

By Paula Thomson

Shiitake Asparagus Stir Fry and Wasabi Avocado Cream



THE WASABI AVOCADO CREAM

- 1 fully ripe avocado
- ½ tsp tamari
- ½ tsp wasabi powder mixed with 1½ tsp water

Mash the avocado with the soy sauce, then add the wasabi/water mix and continue mashing until all is fully blended.

Set aside.

THE GARNISH

- 1½ cups whole cashews
 - 1 small bunch fresh coriander, chopped
- Toast cashews in 300 degree oven for 15 minutes until lightly browned.
- Set aside.

THE STIR FRY

- 1 cup brown rice
- 2 thumb-sized pieces of ginger, finely chopped
- 3 cloves garlic, finely chopped
- 3 Tbsp tamari or other-soy sauce
- 2 Tbsp agave syrup
- ¾ cup water
- 2 tbsp coconut oil
- 18 ounces asparagus, chopped into 1-inch pieces
- 8 ounces shiitake mushrooms, stems removed, halved if they are large

Cook the rice, set aside and keep warm.

Wash and chop the asparagus, shiitake, garlic and ginger.

Mix the chopped garlic, ginger, tamari, agave and water in a bowl.

Heat a frying pan or wok to medium to high heat and melt the coconut oil.

Add the shiitake and the asparagus, quickly followed by the garlic/ginger/tamari/agave/water mix. Fry the ingredients, stirring frequently, for 2 to 3 minutes, until the mushrooms and the asparagus are cooked throughout but still firm.

Serve the stir fry over rice, top with the wasabi avocado cream, and garnish with cashews and chopped coriander.

Serves 4