



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Summer 2024

An Interview with Samuel

channeled by Lea Schultz

This interview is a mixture of questions submitted by readers and unanswered questions from Samuel's most recent Sunday night Q&A session. With Frank and Stuart present, it developed into more of a conversation than usual, so the speakers are identified.

It is exciting to hear about the trip to Greece. What can you tell us about it at this time?

The energy of the temples at Delphi, particularly the one to Apollo, which is where the oracle was, is very alive even now. If you come straight off the coast, you are going to go through a very ancient olive grove. To be right by a few thousand-year-old trees is nice for grounding.

Also, you might want to carry a crystal around with you, because it will store some of that frequency and help you remember as well as your photos will. And it will do a whole lot to amplify the energies that you're experiencing.

It just reeks of age everywhere. And particularly for Western culture, it's very familiar because so much of that culture is based on Greece.

But the StarGate that is there simply isn't readjusted at this point, and I think it will take the group to do that.

What is the roadmap for opening different energy portals or Gates on Earth and how will this sequential opening of energy Gates go forward if the group is limited in the amount of travel for one reason or another?

I'm guessing that what is being asked there has to do with places in the world that you really cannot go now. As individuals you could visit the pyramids, but taking a group of Americans there is not such a good idea.

I would like to send you to the Mesopotamian area but, of course, again America has sort of led the way in getting that closed down as well. So there are places where it is not safe for a group to go.

Nevertheless, working at Fifth Density has effectually reset what it's going to take to work through the various Gates and portals that are available right now. So in that vein, with the group ideally at Fifth Density, it will be able to open a few key points and do work from there.

Before Fifth Density there were three main points—many in the group remember Nevis as one of them—meaning that multiple works could be done from them. Now there are about twelve points that can easily be opened into StarGates that can work with any other StarGate. The Elemental Gates are probably going to take a little longer to stabilize to a point that they can be worked on.

Paula: Is Greece a Water Gate?

Well, Greece is, or was, a Water Gate, but it's not a primary Gate. It's a secondary Gate, and it might even be a tertiary one at this point, but, honestly, I've not looked into it. I know you'd think I'd

know that, wouldn't you? But the energy everywhere is changed so much that right now I'm not too clear.

But Greece is a Crystalline Gate, which means you might want to bring a crystal with you, because it's going to be very responsive to that energy.

David: Would any crystals be better than the eclipse crystals some of us have?

Oh, those are perfect.

A Crystalline Gate in Fifth Density

Inside

Writers' Gallery 10

Vegan Kitchen 11

Classic Samuel 3, 5, 6, 8

is going to be the first Gate to open up, because it is the mineral world from which life evolves.

What is the status of American racism? And what more can we do as Guardians to interrupt personal and national racist acts?

I would repeat what I have said over and over and over: acknowledging something is ninety-five percent of it. And I would say that more people—not just in America, but around the world—are recognizing that racism is an issue. I am hesitating a little saying that word because in Fifth Density racism isn't the issue; tribalism is. "You are different from me. It's not just the color of your skin. It's also the way you speak ...," or what school you went to, or how much money you make, or what family you're a part of. I think it is called othering. And if you can switch out of assuming it's a skin color issue and allow yourself to recognize the root of it, then that next step is going to come about much more quickly.

The Daily Focus was started in order to work with racism, and is talking about Fifth Density, new world, re-creation—all paradigms, including tribalism, especially as it shows up as racism. That's going to be the most powerful thing you can take part in to bring about change. But on an individual level, I would say: see it, call it, learn to step up and speak out.

Paula: I think of tribalism as very much a security issue, because it gives that sense of belonging.

Sure.

Paula: It seems a very primitive thing for us to still be dealing with.

You would think, wouldn't you?

David: And it seems to have increased. Is there anything that has catalyzed it?

Aye, it's the work you're doing to shift the paradigms; that's why it seems like it has increased. Whenever you're working to bring about change, the old is going to hold on as tightly as it can. You're going to hear about more resistance, see more resistance. You are even going to experience it personally. I think that's a good sign.



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

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

Phoenix Rising

is a quarterly publication released on the equinoxes and solstices.

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

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

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

Thanks to EarthLight for making this material available.

© Phoenix Institute, Inc. 2024. All rights reserved.
All Samuel's material is © EarthLight, Inc. 1992–2024. All rights reserved.

But I think part of what you're referring to is that in American politics—thanks to your previous president—it has become a badge of honor and very normalized to hold on to the old—the old ways, the old roles, the old beliefs. It's a badge of honor. And whereas not long ago anybody could say something ridiculously racist, now you might at least hear about it when they do.

And, while this is a worldwide problem, the big key is not to normalize it, but that's what's happening.

David: Some people feel threatened physically when they think about confronting racism overtly. Is there a way to deal with that?

Non-confrontational people are non-confrontational in *all* areas of their life, not just a small part. It's not just speaking up about racism; they don't even want to speak up for themselves most of the time. And the unwillingness to confront is sometimes related to people-pleasing; not always, but it is a trauma response. I would say that far more than a half or three quarters—maybe ninety percent of adults now—who are afraid of confrontation were physically punished as children, and that often creates a child who is not going to make waves. So you want to look at why you are fearful of making waves.

Ancient teachings are of linear time with karma acquired in a past life being resolved in a later one. Now we hear about having simultaneous experiences in parallel universes, with time being

an illusion. Where does the truth lie? Can we access the knowledge and experiences of parallel lives past, present, or future to draw help in this life?

Is this a question about reincarnation and the Wheel of Life, or is it about parallel lives? They are two very different things.

David: I think it's asking which is true, or more true?

They both are. However, it's all a frequency issue. When you are functioning at lower frequencies, you are connected into the Wheel of Life. You come back over and over and over on a particular trajectory to learn about some specific issues. But the higher your frequency, the more mastery you attain, and mastery is just a word for higher frequency. Mastery is when you reach a particular note in the musical script in front of you, having access to that particular frequency or note in any life experience you have had, or as you see it, will have or are now having. So, with higher frequencies becoming more common, that access should be seen much more easily in Fifth Density.

Tell us about the existence of other experimental civilizations out there compared to ours. How do other experiments compare to what we've learned about life here in our own experiment?

Well, I have spoken to that before so you may find I'm just repeating something that you already know.

Always, always, when it comes to extraterrestrials, the first thing I'm going to do is ask, Why do you need to know? Why do you want to know? Those are two different questions. And the second thing is to remind you that Guardians are not primary Earth souls. So you are the extraterrestrials.

CLASSIC *Samuel*

Gems from the Library archives

In a world that is ready for a change, with a high-frequency group of individuals focusing daily on racism for months—every day a different facet: state level, international individuals level, city level, education, consumerism—well, you're going to see something happen.

5/11/21

The difference is that across the galaxies of your universe you have to think of this as a whole experience created by mass consciousness, as opposed to your own unique experience. *This* is the experiment of form and the evolution of spirit through form.

So the experiment is the form-based functions of Source in this world. You may remember those as the Rays. It starts out with Will To Be, and Will is absolutely a version of experimentation, but you will never cross paths with that experiment. You are fully incompatible with that experiment. So while it is form-based, it is absolutely not frequency-based as you are in this love-based experiment. Your job is to live love, and to learn to accept and to give love to all life force, be it in the form of a tree, a dog, or a human. Your job is to learn to love *first* and to love *all*. That's what you're here to do.

Whereas in a different experiment—let's go back to Will-based—love will be a *characteristic*, but it won't be the goal. Instead, the goal will be learning to control one's Intent, Thought, Word and Deed as it applies in that particular arena.

So can I say, "Well, in this one it's like this, and in that one it's like that"? I could to an extent, but why? It's only mental masturbation. And I would say, "Focus on the experiment you're a part of."

Stuart: Do the different experiments require individuated consciousness through form like we have here?

Some do.

Stuart: But it's not a prerequisite. Because I can see how an experiment of Will could be like our solar system's planets: I'm sure there's life on them that we just don't recognize yet.

Absolutely.

I'm seriously worried about the risks to humanity from emerging AI-controlled weapons systems, and even more so from the likely emergence of Artificial General Intelligence (AGI) software which will be able to think as broadly and generally as a human can. They can probably figure out ways to circumvent any safeguards we try to build into them. What are your thoughts on the risk of AI and AGI? What can we realistically do to keep humanity safe from threat?

Probably the first thing that I would say is don't worry. At this point you are taking baby steps. You have had and been using AI for years, but you just haven't really thought about it as the kind of thing that's out there available in your local app store.

Yes, there is Artificial Intelligence-guided weaponry which is understandably a rather worrisome thought. There is quite a bit of AI behind automation and scientific research, but it's not self-propagating at this point. That is going to take a leap, and right now those who are trying to make the leap are really going off in the wrong direction.

What you want to do is make sure that you put the legal safeguards into how it is used. When the internet became available for all to use, safeguards were not put on it except at the last minute, to stay on top of it once the dangers started to be seen.

But right now, AI is nowhere near presenting the danger that some people are worried about. On the other hand, I think it's good to be concerned about it, and the action to take is to get in touch with both the Federal Trade Commission and your senators and representatives and say we need to—what is the expression?—take the bull by the horns?

And also, get a life. Many people are so anxious because they don't have anything else to focus on, so they start imagining things, and then their mind runs away with them. Learn to *focus* your mind. Don't just listen to the little voices in your head trying to take you every which way. And recognize that a whole lot of what you have in your brain is effectively Artificial Intelligence. It's somebody else's thoughts that have been placed in your head and taken up residence.

So, give yourself ten minutes of quiet every day and start working on your own personal AI system and controlling it, because what *you* do is going to open up the doors.

I develop bonds with the plants I nurture and it's disheartening when the annuals don't survive to see another spring, even though some of them would live longer in a warmer climate. Is it ethical and impeccable and respectful of their life force to grow plants while knowing their life cycles will be artificially shortened due to our climate? Does this also apply to vegetables or fruits like tomatoes and cucumbers?

Two things there: the first one is that a plant being able to be in a Guardian's energy is wonderful. A creature being able to be in a Guardian's energy is wonderful. It is an opportunity for service on your

AI is nowhere near presenting the danger that some people are worried about.

part, and an opportunity for being more highly charged on their part.

And so the very first thing is, there is a lot of good that comes from being surrounded with plants.

But is it ethical to have a plant that you know is not going to have a long life and will die after the season is over, that you know when you buy it that it's only going to be around for a few months? Is that an ethical thing to do?

[To Frank, who submitted the question] What's your answer?

Frank: I talked to Lea about it.

And so you're going to cheat.

Frank: Well, I didn't know, and as I thought about how the question applied to my impatiens or my petunias, I said, How's that different than tomatoes?

Or potatoes.

Frank: Or carrots. But most annuals, like impatiens, if you let them keep blooming, they'll die because that's their life; it seems like part of the natural process. But I just don't know.

And what did the Form tell you?

Frank: If you're responsible to them while they're alive, keeping them happy, healthy, fed, nurtured, then it's okay.

And the reason it's okay is because that's the life cycle here. A lot of what are annuals here are perennials elsewhere. If you take some of your perennials further north, they're not going to survive.

A plant's life cycle is tuned into the earth's cycles, not the human cycles. So that second major point is you're not doing harm unless you're just letting them wither and die—you don't care for them, you don't talk to them, you don't nurture them at all. That's kind of cruel.

And remember, you can grow most vegetables in a pot in your house, and keep them going all year if you want to. You can have a pot of—I don't know what—potatoes or something any time you want it by growing it in your house under the proper conditions.

Do I have issues with your tilling up the garden at the end of the growing season? No, because that's the Earth cycle.

David: Some plants, like carrots, have a natural two-year cycle. They go to seed, propagate, at the end of their second year, but we pull them

up and eat them at the end of their first year.

You're suggesting that pulling them up and beginning to eat them in that *first* year is not their cycle, but how long has that been going on? I would say it is their cycle

I have been wondering when and how galactic friends from different star systems are going to reveal themselves to humanity? How do you see this disclosure unfolding and what can we do to help with the process?

There is already a certain amount of disclosure. The idea of visitors has been pretty normalized. As a whole, you would probably find that people who've ever thought about it believe that there is life beyond this planet and that the Earth is visited, which is true.

It's not going to be: The mother ship arrives, and the little green men—and women—are beamed down to Earth and say, "All right, we're going to bring you peace and happiness." That just doesn't work. It's not realistic at all.

As Guardians, you are dealing with Watchers so much already, and if you're not, then work to get tuned in so that you can. It's the frequency of your thoughts that does it. You don't have to believe anything. Just go out in your backyard and start thinking about wanting to connect.

Now, be aware you may get far more than you bargained for, but most people will start simply seeing what their brain wants to write off as satellites or something like that. But if you've got a good connection, you're going to see movement that simply isn't possible with satellites. You're going to be communicated with.

That's really probably all I want to say about that.

Stuart: To me it's almost like looking into past lives. We're here in this life now so we should focus on this one, and I see the extraterrestrial questioning also to be similar. Is that accurate?

Well, yes, it's accurate. It is a means of not being here *now*. You have everything you need, and if what you need is ET contact, then you'll have it. But you don't need it.

Stuart: I have enough to deal with.

You said that in Sixth Density we no longer need a body. Does this mean we will not be here in form to do any more anchoring work when Fifth Density is fully functioning? Please explain what you meant.

It took four Earths to get to Fifth Density, so why

do you think Sixth Density is going to be that fast? So I would say that, unless you're planning on living a very, very long life, what you want to think about is not anchoring Fifth Density but *becoming* it, because that really is what Sixth Density means.

At the eclipse ritual and on several other occasions you have asked us to imagine a golden pyramid over our head. What is the function of that golden pyramid? Also, placing a physical object inside a pyramid amplifies its energy. Is the effect the same with those golden pyramids?

A pyramid will filter energy, and it will alter energy depending upon the Intent used with it. A pyramidal shape is a link in Creation construct, so it's a perfect representation of the dimensional structure you live in right now.

Visualizing it over your head accesses that Creation force. It filters the energy through it—you visualize the energy coming through it and then raining down, enveloping you, fogging you all over.

As for the second part, it *does* amplify, but more important, it puts you into a very high level of Creation energy suitable for working on this plane and in this Density.

CLASSIC *Samuel*

Gems from the Library archives

Golf is a metaphor for how you live. It is a game. It's not a long game. It's not particularly a hard game, but it takes intense practice to master it. It gives you a fairly good workout. It works out your mental kinks. It works out your notion of blocks. It works out your physical ones, too. It is a marvelous metaphor, no matter how poorly told. It is a marvelous metaphor for life in which not so very long ago you looked down upon the planet—beautiful and shining—and you said, "Looks like a good course down there. I'm going to give it a try. I'll be back in five minutes, all right? You won't miss me."

Sometimes, darling, in the midst of the game, it's easy to forget it's but a game. Sometimes in the midst of the competition, you forget that what you're there for is to increase your own personal skill.

1/1/1995

You said recently that the eclipse was a doorway to great change, love, and power, and you stressed the need for balance and avoidance of drama. What is the best way to find balance and avoid drama in the midst of these three influxes of energy?

There's only one thing in the world you can control. What is that?

Paula: Myself.

Yourself. And everything else is taking you out of your now and not allowing the next person's growth. You don't want to be responsible for that; you don't want the karma that comes with it. So you handle what you actually can handle, and that is yourself.

Now, balance, as I have used it, is bringing energy in and up—think of a double anchor: energy from the earth and energy from the Source Field—and allowing them to work together within a particular frequency field—also known as a human being.

It's going to be a little different for everybody because it is a working, a merging, of two radically different energies into a third radically different frequency. Each person will deal with that in a different way, and that means there isn't a "Well, here is how everybody can bring balance."

In general, I can tell you that being on the earth and in nature calms you—it calms the human nature. So, when you are feeling particularly stressed and out of balance, get into nature.

The next part of that is to keep your physical self, that has this great work of mixing energy to do, as healthy as possible. And of course, that's a lifestyle, not a list of one, two, three, four, things. The steps to being healthy in mind and being healthy in body are different for everybody.

Paula: Why is nature so healing?

Because ultimately, insofar as form is concerned, you are of the stars, and you are of the earth, so while you would have a hard time popping out to the Alpha Centauri system for the day, you can get yourself on the earth. So use what you

can.

Additionally, it's very, very healthy to be around healthy plants—particularly trees, if you can—because for the most part they live very long lives and they constantly have creation power flowing through them. Being around healthy plants is going to feed your energy, while you are feeding them on an entirely different level. So, Earth is very good for what ails you, but you've got to get out there.

I find it fascinating that, after months of many Guardians experiencing physical chaos, you have said that the incoming energy will bring emotional and mental chaos. How will this new chaos manifest itself in Guardians and mass consciousness?

All right, I talked about this on the recent Sunday night, so do you want to answer this? Let's do a pop quiz.

Paula: Well, just looking at my own life, there has been a lot of drama in my family, and I had to consciously make a choice to put boundaries in place.

And that's not fun, is it?

Paula: Not when it's people you love.

It's not fun, and that's why most people don't do it. And as a result, they end up with a very large amount of mental fatigue and emotional shock. Emotional shock is when you have such a large mixture of emotions going on that the *only* way you can respond is to deaden it all, sweep it under the rug, so to speak, and not deal with it, which is really a shame.

It's human nature to want to avoid suffering. That's pretty smart. It keeps you alive, doesn't it? It's not a bad thing at all to want to avoid suffering. When your physical world changes—in whatever way—your mental and emotional worlds will be coming up next because, in your physical world—say you're reading too much news, you're finding yourself really worried about AI and space visitors, and you're getting yourself off on a tangent with those things, thinking about them all the time be-

CLASSIC *Samuel*
Gems from the Library archives

However your fear shows itself up to you,
remember that the way to expel it is with love.

2/2/92

cause you're reading about them all the time.

Well, move over, stop reading about those things that are disturbing you. Stop falling into the rabbit holes that cause you stress. Stop encouraging other people's dramatic process being dumped on you. There are so many people in this world who don't have a life, and in place of living a life that is satisfying and fulfilling, they fill it with drama and suffering and pain, and virtue signaling, and looking outside of themselves to be filled and fulfilled, and all of the expectations that go with that.

When you are seeing change in your world, the key to not suffering because of it, mentally and emotionally, is to recognize it and not hold on to it. So much emotional trauma is simply your Spirit self showing you your soft spots, the places in your life that need change, or if not change, at least hardening up.

So, having said all of that, when the world itself has made a massive leap—and for the last year and a half or two years Guardians especially have been physically changing to a higher level—you've got to

expect that every one of your beliefs is going to be challenged. Most of it you'll never notice. It's when it's a challenge you're ready to change, and you have what is needed to change, that you see it in a way that gets your attention, shakes you by the shoulders and says, "Pay attention!" It's just that most people don't or won't pay attention, and they miss the gift.

After the shift that happened at the eclipse ritual, what frequency changes have brought about the movement of energy from impacting the physical to the emotional and mental bodies? Does this have to do with the frequency change?

Absolutely. It's because the energy that you have receptors for right now is a much broader and higher frequency than anything you've ever been able to process in form.

So it's kind of like heating water to a boil. If you continue heating it, it changes state and becomes steam. It's going through a transition there. Well, that's exactly what's going on with all of life force



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

Pool Party & Potluck

Saturday, July 20, 2024 • 6:00 p.m. – 9:00 p.m. EDT

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.

- Beverages will be provided, and you are welcome to bring your own.
- Please bring a vegan dish to share—savory or sweet, no onion or garlic ingredients, please.
- Swimsuits, lawn chairs, sunscreen, bug repellent, and towels are recommended.

For more information and directions, contact Angela at Social@phoenixinstitute.org

right now.

Most will never recognize it, or they will recognize an end-product rather than a starting point. So on first Sundays, when I try to let you know the kinds of things that are coming about, energetically speaking, and I say, "You know, this coming month you're going to be seeing a lot of *this*," it's because I want you to see it from the front end, not the back. I don't want you to say, "Oh, look how much this has changed." I want you to say, "Look at the transformation going on *here*," and become a part of the re-creation process.

In the past you have said something like, "Whatever is meant for you will come. It's there but cross-currents can block how quickly it comes to you." I'd like to learn how to manage this in-between time in the most love-filled, healthiest, peaceful way so that I don't let the waiting rule my life. How do I release expectations and still hold a space for that which has been compacted at the entity level?

Well, generally speaking, the answer is two-fold. The first one is stop thinking that what you're trying to get is going to look like what your human self thinks it's going to look like.

Now, that's a general statement for everybody. It is going to take a lot longer to make you what you

are trying to create, because that is very much the key to Fifth Density creation.

You cannot effectively put love in the world if you do not love yourself. It has to start with you. In every creation you *become* the person that draws that to you. And if it has not been drawn to you, you have not become that person.

The second part of that is patience. Let's say you are becoming that person. Then the key is to be patient. Don't close down a possibility by insisting it come through a specific door.

And on a more personal note but also as a general statement, your life is your Spirit, not your human costume. So this incredibly fast blink from birth to death that is a life is the *personality's* game. Spirit has a much broader purpose.

Too many times when people are trying to draw in a singular aspect of creation, they're trying to satisfy the personality and not raising it to a higher level. If you are trying to satisfy the personality, you are not going to be functioning at a high enough level to draw pure Spirit energy to you. You've got to be functioning in Spirit time.

David: My first thought about this question was that, instead of looking for the time and place when our compact and our purpose are going to appear before us, we should realize that we're living it already. It would be underestimating Spirit to think it's not creating our circumstances, creating our life around us in order for us to be living our compact now. We don't have to wait for it or look for it. It's happening.

That's so correct. That's so right, David. And very important. It's happening at any given moment because you are constantly in a state of spiritual evolution. In the same sort of way that in human form, you are in the state of physical evolution.

What your entity is thinking through these personality ingresses is always going to be in change as well. Which is why you do not come here with "I am here to be the best tennis player on the planet because it will give me the greatest platform to share love." That's what some people say to me, "It will give me a better platform."

You are here to live love, and how you do that is up to you.

Frank: I wouldn't think the me in physical form is able to know what my entity knows is for my highest good.

Well, yes and no. You are right, it's never going

CLASSIC *Samuel*

Gems from the Library archives

"You have said that there are lessons in every event that takes place in our lives. Did you mean that everything happens to us because of the lesson it contains, or [did you mean] that we can always find a way to learn something from everything that happens?"

You can find a way. At least, the master does. The student complains and screams and says, "I am stuck and I'm the victim and there's nothing I can do. and it's terrible and life is awful." And the master says, "Oh, wait five minutes, will you?"

4/4/93

to fully understand it, but you are usually going to have a sense of “This is not it. *This* is it,” as you learn to love yourself and follow that love. And as you work at higher frequencies, you are going to be able to reach frequencies that give you more information.

Frank: I don't think I can access my entity to find out whether my entity thinks that having this relationship or this job is for the highest good. The entity probably isn't dealing with it.

And the entity probably doesn't care. I know that's very disappointing for a lot of people, because humanity has created this whole God structure, religious connection that is very overly involved. Your entity isn't just working with you. It's working with eleven more of you at any given point. It's in its own process of moving from one twelve to another twelve.

For people who end up having a profound world impact—for instance Stalin or Alexander the Great—does their entity equip them, knowing ahead of time that they're going to be taking that kind of very prominent position?

You chose your genetic structure. You chose your parents and older siblings. And you chose that based on what you wanted to focus on in the experience.

Now, having made those choices, the entity doesn't detail how it's going to play out. It *cannot*. It cannot say, “I've made this compact with my mother so that I will learn this.” Well, life has its own way

of carving a totally new statue out of the clay of the compact you made when both of you were not in form.

And while you still have a compact with your mother and you are going to get basic directional help, it may not work itself out at all in the way you probably hoped it would; and that happens in life, over and over. And assumptions and entitlement come into play there, and both of those are cut off by patience.

Paula: Thank you. We're done.

Thank you very much for these really interesting questions. This was fun. I always like a variety like this because what really interests some readers totally doesn't others. So when there are a lot of different subjects, I like that.

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

While discussing a sick dog before the interview for this issue, Samuel gave the following, which is something anyone with a pet could use. Eds. ~~

Put a hand on the back of the neck and a hand on the chest of your pet, at the heart, and say:

You are filled with white light. Every cell of your being is filled with white light. You are whole and strong. You are beautiful and loved. You have everything you need to do all you are here to do. You are the perfection of your blueprint. And I love you.

That's probably the most healing ritual you can give to your creatures. Every phrase is powerful.

S


Writers' Gallery

Living in a

5 = D

World

By Paula Thomson

On first Sundays, when I try to let you know the kinds of things that are coming about energetically and I say, "You know, this next month you're going to be seeing a lot of this," it's because I want you to see it from the front end, not the back. I don't want you to say, "Oh, look how much this has changed." I want you to say, "Look at the transformation going on here," and become a part of the re-creation process. 


After the amazing eclipse weekend and successful anchoring of Fifth Density, I thought the world would change, that life would be easier to negotiate, and that the old world would slip away like melting snow. Well, you know what Samuel says about expectations.

I got home in a state of mental fog and physical exhaustion which took days to get over. And in its midst, my "we all get along so well" family erupted in a drama that pulled almost everyone into it. Samuel had warned us when he said that the incoming energy would affect Guardians emotionally and mentally, and I was definitely looking that one in the face. Not only was the drama within my family hitting me emotionally as I worked through the sadness I felt for people that I loved, but there was also a mental toll as I began worrying about how to best

deal with the situation, and whether there could be healing. How could I handle the misinformation being handed around and share a more truthful perspective? Then there was my old dilemma of wanting to "fix" things and how to help but not rescue. I was starting to have trouble sleeping.

Samuel helped me a lot during the May Sunday-night meeting when he told us what to expect from the incoming energy. He spoke of manipulation and control issues, of fabrication and lying—really much of what my family was going through after a divorce situation. Along with that, he gave us some tools to help us stay in balance: learn how to calm yourself, and stay away from those caught in the illusion, he advised, and remember that the only control you have is over yourself, not others.

This advice led me to a pathway out of this ongoing family drama. First, I stopped reacting to calls and texts, and instead took a deep breath, relaxed and put off any decisions or communications until at least the following day. It's amazing how your perspective can change in twenty-four hours! Then giving myself ten minutes of quiet time seemed to help me see more clearly the options and the most loving thing to do. Finally, I knew that the healthiest thing I could do was set boundaries about what I would and wouldn't discuss with various family members. It was amazing once I'd done that how much my anxiety levels went down. Yes, I was still sad about the situation, but ways to fix it were no longer buzzing around in my head all the time.

In this issue's interview, Samuel explains how he lets Guardians know how the incoming energy may affect them and how to deal with it so that we don't just observe the change, but become part of the re-creation process. To me, that means not falling into old patterns and reactions, but forging a new way to deal with stressful situations so that we lay down new pathways for mass consciousness to follow. As some in my family reacted to the energy with drama, fear and anger, I hope that consciously choosing to rise above my own initial impulses was an act of re-creation that benefited not just me but others too. 

In the Vegan Kitchen



by Deborah Barr

Quinoa Protein Salad

- 1 cup quinoa
- 1 vegan bouillon cube (without onion or garlic), optional
- 2 cups water
- 1 15-oz. can organic chickpeas
- 4 cups steamed kale or other dark leafy greens, finely chopped
- 1 medium red bell pepper, diced
- A small pinch of unrefined sea salt
- 6–8 pitted dates
- Add green beans, broccoli, or any veggies you like.

Place quinoa, water, salt, and bouillon (if using) in a saucepan. Bring to boil, cover, turn down heat and simmer 25 minutes.

Wash and chop the kale or other greens, and steam 8–10 minutes. Run cold water over the greens in a colander to stop the cooking and maintain bright green color.

Steam any other veggies you'd like to use: green beans, broccoli, etc. Do not overcook. Run cold water over them in a colander to stop the cooking and maintain bright color.

Rinse the chickpeas in water.

Put the dates in a small bowl and cover with boiling water for 10–15 minutes. They will be plumper and juicier by being soaked. Drain the dates and chop them.

Nobody doesn't like salads, and everyone needs protein. Here's an easy recipe that provides both just as it is, but can also be a jumping-off point for a meal that's as elaborate as your imagination.



Dressing

- 3 TBSP Dijon mustard
- Juice of one lime
- 3 tsp umeboshi vinegar (or substitute balsamic vinegar)
- 2 TBSP nutritional yeast + 2 tsp
- 2 tsp gluten free soy sauce or tamari (or substitute 1/8 tsp unrefined sea salt)

Combine all dressing ingredients in a bowl and whisk together thoroughly. Pour over the salad and toss well.

Options

- Replace chickpeas with any bean of your liking.
- Fresh chopped arugula and fresh chopped tomatoes are very good in this dish.
- The dressing is very flavorful, so cooking the quinoa in bouillon isn't really necessary.
- Eat this dish in the warmer months as a cool salad, and, in the colder months, eat it warm.

Deborah Barr is a holistic nutritional counselor and the owner of Whole Health Resources. She recently made a presentation on "The Healing Power of Foods" at a Phoenix Sunday-night meeting.