



PHOENIX RISING

A free quarterly newsletter from Phoenix Institute

Winter 2025

An Interview with Samuel

channeled by Lea Schultz

We had enough questions from readers to make up an entire interview, so again we have combined everything into one article and eliminated "Samuel Responds." Before we began asking questions, Samuel discussed, in the context of other events in our lives, our reactions to the results of the election two days earlier.

Living in the world in a time of such great change, depression is a very natural physical reaction, as well as a mental one, and it can be helpful if you can get the physical to stop reacting so you can clear out the mental. It looks like some of the questions might directly work with that very issue, because any time there's been an election, there is always a letdown. Suddenly it's over, you've got the results, and life goes back to normal. And if normal is that the loyal, loving dog you've had for years and years is no longer here or is very sick, and you've come through major surgery, and family issues are creating all kinds of issues because people are undergoing challenges . . . well, it is hard, because normal is far more involved than it had been.

And I will remind you of two things: the first one is, it's not your problem. It's not. And I'm going to tell you that with regard to everything that you're dealing with: it's not your problem. You are experiencing the symptoms that come from focusing on something that isn't under your control. It might be your physical blueprint or other people's choices, but it's not yours to

control. Your lesson is to be all you can with what you have, and not focus on what you cannot do or do not have. Turn off those little voices. *Turn them off.*

The election is over. There's very likely to be a lot of opportunities for people to stand up and claim their power rather than blindly accept the misuse of power by others, and that is where, if you want to be political, you can be. But remember, it's all an illusion.

That leads us into the first reader's question: Now that the election in the U.S. is over, what does the future hold for this country that has become so divided?

I think one of the most important things that is needed is for Guardians to move out of the mindset that says good/bad, us/them—that division of heart and mind amongst Guardians who are forgetting that this is an illusion, this is a part of their chosen "time and place" journey, who are forgetting that with the Third Density crumbling you are going to see massive divisiveness, massive misuse of power. Guardians need to be the example of "I can do something about this; I can send love."

What's going to happen? Well, if it's going to follow the typical journey of everything else in this world, you're either going to see things even out a bit or the pendulum is going to swing absolutely the other way and you're going to see great abuses of power. [chuckles]

The United States in the '80s made a very big change in its empire. Every forty or so years, that happens in every older country. Now, I'm talking to somebody from England about the United States as an older country, and of course that's pretty laughable, but I mean



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older rather than created after World War I or World War II.

This is a really important time to not let what is outside so profoundly affect what is inside. You should not let what's going on out there be anything other than the Universe tapping you on the head to say, "Oh, you are noticing this!" You're anxious and worried about it because it reflects something happening within you that needs to change, and that's a gift. There's going to be a lot of the U.S. population who are going to have to figure out the gifts in this situation.

So Guardians healing ourselves comes first, before we can heal what's around us.

Absolutely. That's right. Well said. And be sure that that important nugget is in there and is attributed to Paula, because it's a very important thing to remember.

I think some of my angst is due to not getting what I wanted. I obviously knew what was "right" and found out that I was wrong.

You were *not* wrong. You were in a position to learn. Try not to make it right or wrong. You saw it from a different perspective.

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While we can say, "I love myself completely," that often doesn't help us do that and integrate that belief fully. How will participation in the upcoming Guardianship Program address that?

Does this mean I can create a commercial here?
Of course.

The Guardianship Program is all about loving yourself unconditionally, and recognizing that to do that you need two very vital things. One of them is taking a fearless look at your patterns and beliefs and where they've come from and how they get in your way. The program is years of condensed therapy helping you open doors and recognize issues that are standing in the way of your ability to love fully.

Some of the most excited feedback I have received from people over the last few years is when I have dedicated a couple of retreats to looking at issues that have come out of childhood, looking at the beliefs that are showing up in these ways. As a result many people said that they understood more about themselves than they ever had. Well, that's what this



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](https://www.discoverSamuel.com).

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Guardianship Program is based on.

So the first thing the Guardianship Program does is really open a door to what has been keeping you from loving yourself, that's been below the surface and you might not have ever put into words. Or if you had put it into words, you didn't realize that it might actually be getting in the way of you loving yourself. It's particularly dangerous for those people who don't realize they don't love themselves, who think "Oh I'm fine! All is well, it's just that everything around me is chaotic." It's always about something going on inside, not out there.

The second thing it's going to offer is a community through which you are going to be able to see that you are not alone in this process, in which you are going to be able to recognize various perspectives of what is ultimately the same issue. In which you're going to be able to experience camaraderie with others in the trenches.

It's also going to challenge you to really focus on *you* for a while, and you would be surprised at how many Guardians don't actually do that. And it does that through such things as required outside work. In these eight weeks, you can throw the trash out, more or less, and sweep the corners clean and see what you've got. It's a challenge; most people will only do a light sweep and say, "It's all right. I'm fine." But this is your physical, your mental, your emotional and your spiritual functions being pushed—with *your* permission.

I really believe it's going to be one of the most

useful Guardianship Programs that we've been able to offer for years, decades, really.

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Why have you changed the focus from racism to tribalism in the Daily Focus?

Tribalism is at the heart of racism. Even within a single racial group, there is a lot of determining that "I'm better than you because ..." and separation. That need to think "This is what I believe, this is what I'm invested in, and therefore I am right and everyone else is wrong" that goes back to before the Ice Age. Really. Tribalism says "You are other, and therefore I don't like you." Racism says, "You are other and must be punished for it." And there is just too much focus on the punishment.

Can you give an example of what you mean by punishment?

Well, slavery. A whole lot of people believed that it was all right. The people who wrote your Declaration of Independence saying "All men are created equal," but meaning they are equal if they're white. If you are not white, that means you are less than, and that means you can be a slave.

Now, I want to remind everybody, slavery has never gone away in your world, *never*. To this day, at this time, it's happening. Little Lexington, Kentucky has indenture and mistreatment and forced work of various kinds for people who are different, in one way or another, from those for whom they are working. It's a terrible thing, but it's because in racism other is bad, whereas in tribalism other is anything that is not me.

Tribalism is more security-oriented, while racism, other than being stupid and making very little sense, is punishing because someone is other, not only other, but less than. So it's taking it a step further and not seeing that original root. When you can recognize that we are one, it's a whole lot harder to be afraid of each other.

Do you see any significant difference between racism and casteism?

Casteism in India, for instance, is probably a whole lot like racism in the United States, but they're actually based on different things. Early on, casteism was the natural separation of academic people, scientists hanging out with each other—that kind of thing. But it became a way of determining value: you are valuable because you have *this*.

That's wrong, and in that sense they're both wrong.

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You have mentioned that in the process of anchoring Fifth Density on this planet, any Third- and Fourth-Density beliefs and patterns that are not released will be brought into a new reality. Is that accurate? If not, please clarify. Also, how long in human time will it take to anchor 5D completely, and what will it take to do that?

I'm going to answer the last part first, and that is as I said at the November first-Sunday meeting: Look at yourself. How much fear do you have? How much separation? How much judgment? How much reactivity do you still hold? How much Third-Density behavior do you still see in your own life? Because I guarantee that is going to give you a very good idea of how it is in the rest of the world.

Realizing that you have had a head start, how long is it going to take you to fully change over those beliefs, those fears, those illusions of the old, and become a fully realized Fifth-Density being? How long is it going to take you, because that's what it's going to look like in the world, but without your head start. Third and Fourth Densities are still very much a part of this world because Fifth Density, even fully anchored, is a choice that the individual has to make to let go of the old and embrace the new. It's a conscious choice and people always make choices based on what pays them the most, even when that payment is painful and degrading, but it's what they know and as far as they can go because of how they see themselves.

So a big part of what is needed is for you to see yourself inside and out as a Fifth-Density, love-based being. Embrace it and be nothing *but* it. You've

When you can recognize that we are one, it's a whole lot harder to be afraid of each other.

CLASSIC *Samuel*

Gems from the Library archives

You can find a way. At least, the master does. The student complains and screams and says "I was 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

heard of method acting, where an actor takes on a character and lives it even off the stage so that they remain in character. Well, be a Fifth-Density character and method actor. It's not saying fake it until you make it; it's saying fully embrace and *be* the function of love at every moment.

It sounds like this is a process that will take several generations rather than something that we will see come to fruition in our lifetimes. I say that because I can't see mass consciousness making such big change within themselves, their self-perception, the way they express their innermost being, in one lifetime.

It will take as long as it takes. My hope was just for Sacred Status to be achieved, so shifting Densities was an amazing step, and I don't say that often enough. It was *absolutely amazing*. Shifts of Density don't just happen, but it actually happened quite quickly after Sacred Status was reached—in what, a dozen years or so? Everything is sped up now. Consciousness is being hammered upon, so, either by ducking or choosing to fight back, people are seeing themselves and their world differently than a dozen years ago. While I would be fairly surprised if full Fifth Density function established itself in this world in the next few years, I would also *not* be all *that* surprised, because I already have been delighted by the trajectory of spiritual evolution that has happened in just this Form's [Lea's] life, these past few decades.

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I have a number of memories of things that turn out to be different in this new timeline, so I try not to assume that what I already believe I know about a person or a place is still accurate. This calls my perception of myself into question in some big ways. How can the Fifth Density timeline incorporate the life we believe we experienced in Third Density?

How attached are you to the illusion of who you are? Who you are has very little to do with the truth of any experience, and that's the key. If you have yourself tied into the past, that's your problem; it has nothing to do with Density change. Well, all right, it does because it's all about frequency, and it says that you are a little higher up on the mountain and can see a little more fully, but anybody who is tied into the idea that *this* little window is reality

needs to have a talk with my good friend Plato, because it's *illusion*. So really that question is saying, "Which one is right, the illusion that I have of who and what I am from 1970 or the illusion of who I am in 2024?" It should not be tied into your self-confidence, your self-awareness, your appreciation. It's the past, and remember that when you focus on the past, it can bring depression, just as focusing on the future can create anxiety. There's only your now.

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How do animals and plants adjust to the higher frequencies coming to the planet now? How do these higher frequencies manifest in plants and animals? If they cannot adjust, what will happen to them?

Extinction, that's what happens.

There are two kinds of frequencies that affect animals and plants. I hesitate to bring in the mineral kingdom because frequency really doesn't fit there. Or the kingdom of mushrooms, fungi; it really doesn't affect that either. But plants and animals have two things bearing on them. One of them is environmental, and the second one is energetic.

What happens when a subdivision encroaches on the rural areas that the deer and the antelope used to play in? Well, what happens is they learn to survive, they change their habits to function in a new mode or they die. And that is as true for dogs and cats as it is for antelopes and giraffes. And rapidly, more and more, the climatological aspects are also making a difference. The creatures, the plants in the ocean, the creatures that rely on the waters in the world, they are all having to adapt or die. And that really does mean that the adaptation is probably going to kill off a few generations before change is finally established.

But in addition to the environmental aspects, the human, the climate, and the natural changes that happen in the world, there's also more to what I think that question was about—what about that frequency?—because as a Guardian you are aware of the constant pounding of energy coming to you, affecting your consciousness.

In your days as paramedics, you might have come across some really potent smells. Encountering them over and over and over, you kind of adapt to

December Events with Samuel

2 FREE
EVENTS!

Festival of Light Celebration and Ritual with Samuel

Samuel's Special Solstice Message and High Ritual

At this special time of winter solstice, we'll join together to amplify Love in our world with a powerful ritual with Samuel following his special Yuletide message. With the added power of major energy shifts in the Source Field this year, this is sure to be an unforgettable gathering!

Saturday, December 21, 2024
7:00 p.m. ET

New Year's Eve Message and Ritual with Samuel

Start your New Year's Eve celebrations with a ritual led by Samuel, who will bring a special message for 2025. There is no better way to refresh and renew for the year to come than by uniting in One Love with Samuel and your Tribe for this transformative event!

Tuesday, December 31, 2024
7:00 p.m. ET

Zoom link will be provided via the Phoenix Institute email list for each event.

- Sign up for the Phoenix Institute email list here: phoenixinstitute.org
- Both events are free, yet donations are welcome: phoenixinstitute.org/donate

Questions? Contact Angela Henson at:
dec-events@phoenixinstitute.org

them. You sort of go numb to them. You learn what to do: “There may be a dead body so I’m going to wear a mask and put some peppermint oil on it.”

Vicks VapoRub was the choice.

Up the nose! Yes, that kind of thing. So you’re wondering, if the energy is doing this to you, what’s it doing to the animals. But it’s not doing it to you. Eighty percent of it you don’t even notice, and the little that you do notice has a pretty profound effect that depends on how much you focus on it.

Plants tend to run on a very different frequency band. They are *far* more multidimensional than humans or animals are. The oldest trees, for instance, spend a massive amount of time not fully focused in any one trunk, branch, or leaf. If they are not connected into a root system that touches other plants, they connect out of this frequency band. Plants are survivors and will adapt very quickly, far more quickly than animals. Usually, the only way you’re going to eradicate a plant will be to humanly, consciously, get it out by its whole root system and burn out where it was. I bet you still have crops on your former farm, David, that poke themselves up here and there to the surprise of whoever is walking the field at that moment. Well, where did this melon come from?

On the other hand, animals, the closer they are to humans, the more on guard they are. Whereas a wild rhino—there aren’t too many of those anymore, are there?—or a big cat out in the jungle has its territory, knows what it’s listening for, is safe in its space.

Your dog, while it has adapted to your routines, is constantly alerted by a change in that routine. It is watching you to see whether that loud voice means you are really upset. “You’re yelling at that big screen with all those people rushing about on it the same way you yell at me when I poop in the house. So I’m not sure. Are you yelling at *me* on Super Bowl Sunday?” They are always watching, so they are much less adaptive. The colonies of wild cats, always paying attention to changes in the environment, are energetically the same. They are on guard not so they can grow and develop; they are on guard to see how

it’s going to affect them. “Does this mean dinner will be late? Does this mean no dinner at all? Are there going to be mice out in that field, or will it become an apartment complex?”

Spiritually speaking, in many ways wild animals and even domestic plants are moving far more freely into Fifth Density than humans are. Animals have been individuated since 2011, but their version of consciousness is very different than humans’ because very few animals define themselves by what’s going on around them. A whole lot don’t even define themselves at all, but in general they define themselves by the group presence they are a part of, be that a horse, a dog, a lizard or a frog, a fish in the ocean. Fifth Density is

simply another state of being. Environmentally that’s where their life matters for them at this moment.

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Do animals still have group souls, or have they individuated completely?

Well, an individuated dog is a little different than an individuated human spirit. The answer there is, yes, they still have group soul, but they are individuated, too. That’s like humans who are very connected into their family, but when you die you die alone. Wasn’t that a pretty thought?

Your dog, Jethro . . . well, it’s kind of different for Guardians’ animals, but when most dogs die, they stop at the group soul and leave the animal part, but not the personality they were to you. Then they

Spiritually speaking, in many ways wild animals and even domestic plants are moving far more freely into Fifth Density than humans are.

CLASSIC *Samuel*

Gems from the Library archives

Cohesion does not come because some great vision draws everybody together. Cohesion comes because one by one by one somebody reaches out and takes a hand, who reaches out and dares to take another, who reaches out and dares to take another.

5/7/95

move onward. So Jethro is at the Crystal Palace, but it's Jethro's personality, not his *dogness*, in the same way that it's your spirit that's there and not your personality. The thing that makes him a dog stays with the group soul, but the thing that made him the personality shifts onward. It's not a division of spirit. It's not truthfully a different place, but it's what actually goes on with the creatures in this world. Individuation at this point is more a reference to body than spirit.

I think of human individuation as meaning a spirit is separate from any sort of human group spirit. But you're saying, in this case, that it's different for animals because their individuation is . . . I got lost there.

Yes, it's very different. Have you ever had a dog or cat that moved on—died—but you had another dog or cat show up that was strikingly similar, even had a lot of the same behaviors? Have you ever heard of that?

I haven't experienced it, but I'm familiar with the idea.

Your dog or cat is based in their now and a very short portion of past and future, very short. Living in that now changes, *radically* changes, the way that you work in this world physically, mentally, spiritually. When you are focused in your now, that which is you and that which is not you are very easily discerned—for them.

From the time you were a baby until now, your personality has constantly evolved. From the time Finn [EarthLight's dog] was born until now, he has constantly evolved. Through that evolution, the personality with all of its higher frequency essence has become the eternal part of him, not the body, even in its finely tuned aspects. So when Finn goes, it returns to the group soul.

Remember that, to me, the soul is the human or

physical connection to the spirit, which in full Fifth Density you're not going to need. It's that connection point. So the group soul maintains that connection for animals while, if you will, the personality, which functions as the spirit, continues moving on. Because animals are individuated, they are now on a cycle of evolutionary progress. Not being individuated meant that they remained a part of the group soul, and the personality was, essentially, recycled.

Whereas when we die, we leave our personality behind.

Right. It's very different, and trying to put it in a way that makes sense in

a few words is a challenge.

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You have said that the energy on the planet that creates portals, Stargates, etc., is a function of the planet's response to incoming energy. What do you see happening with that energy now that frequencies are being raised?

There's a second part: Is the Primary Fire Gate still where it was before the eclipse?

Why wouldn't it be?

When you are in elementary school and you move to middle school, everything is different, right? But it's still you. It's far more like that. Elemental Gates and other earth Gates are adapted. As long as the river is there, the River Dragon is going to be active. As long as Avebury is there, there is going to be a portal. It doesn't particularly matter which Density. But Stargates are different. A Stargate works in a particular spectrum of energy. If a Stargate has been opened even accidentally and is active, then that's it. If it has not been activated and has not adapted to new energy, then probably secondary or even tertiary Gates might open and become a Primary Gate. It just depends on the frequency that can be attained by whatever or whoever

CLASSIC *Samuel*

Gems from the Library archives

Awareness is the end of a thing, not the beginning. It's just a tiny leap to the end from that point. All of the rest of life is [about] reaching the point where you can have awareness with gratitude and grace.

7/2/1995

er opens it.

But truly, all of this is just mental masturbation, because that's not going to happen, and that's not anything that humans really need to worry about. Really. Stargates open when they're ready and they don't change unless they are purposefully activated.

I think the questioner is under the impression that as energy changes, portals move.

Well, it's not like they hop from place to place. It's that their function shifts to another portal's function. Stargates have two points. One of them is not on the planet. That means that you only control what's going on at one end. There has to be a lot of agreement that goes on. Earth Gates are much easier. Stargates are a different thing.

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How does the function of twelves change within different vibrational frequencies?

Remember that there are twelve of twelve of twelve of twelve . . . , so it depends on the vibrational frequency's function as to how far through the twelves you're going to go, because there is a twelve that is your Entity and there is a twelve way down the infinite line that is the personality you are right now. But the function is whatever is within the spectrum for that twelve.

Maybe you could create a picture of Source shifting to All That Is shifting to the four functions, Intent, Thought, Word and Deed, each one with a twelve, within which is another twelve, through infinity.

A fractal?

Sort of. A fractal holds the energy of the whole—that's absolutely accurate—but it's more like a tree with a thousand leaves on it. There's the root, and there's the trunk, and all these branches and leaves. It's quite beautiful, but honestly, if you

think about it too much everything that holds your ego together will smash flat. So don't go there too much.

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What is the ultimate destination for a spirit? How can we shape its reality?

The first answer, honestly, is psilocybin, because it helps you shift dimensions and get a sense of what is outside of this reality. Ayahuasca shows you all of the dimensions within this reality, but psilocybin moves you outside of this reality. So if you, as this personality right now, want to have a sense of where your spirit comes from, you want to take a look at the sacred, educated use of certain old hallucinogens that have for hundreds of thousands of years been used to help one make the leap and shift to see beyond this reality.

That's the human version of it. Spiritually speaking, the spirit you are moves through an evolutionary process that takes you back to a fully aware Oneness with all things. From the One, back to the One. Those spiritual levels are all about service, and they all have a reality related to them.

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Regarding the knowledge you share with us, are other mediums and channels drawing from the same pool of knowing that is available to you? What should we believe when they contradict you or each other, and how should we deal with the differences?

The first thing that I would say is that most channeling involves the personality. It's very rare to bypass the personality and still be able to use the body. It really requires far more than I intend to get into right here, but basically it requires a very strong relationship that is very finely honed.

Channels now often say, "I'm a conscious channel, so I know everything that's coming through. It's

CLASSIC *Samuel*

Gems from the Library archives

You know, the glory of the story of the seeds sown on rocky ground and the seeds sown on good ground is not that, if you have all the right elements and you're really paying good attention and you're surrounding yourself with good people and you're getting good teachings and you're in the perfect

ground for the seed that you are, you're going to grow up to be a beautiful plant. The glory, I believe, is that there are seeds that will sprout in rocky soil. And this world, my friend, tends to be pretty rocky, and you are a seed of new Light and new Love and a new way of thinking, unlike anything this planet has ever had. Your attitude is different. Make it a healing one. Be flexible in your love. Be willing to sprout wherever you are planted.

3/5/95

just there.” When energy moves through the personality, if the personality has biases, the information is going to be colored by them.

Ultimately, every channel is saying the same thing: there is love and there is fear; you have a choice to make and you’d better make it sooner rather than later. Choose love. Ultimately that is the only message there is.

But the way that information comes through in the most common type of channeling is going to be unique to the frequencies of the channel receiving that information. What is received becomes a combination of the frequency of the channel, the group energy, and the frequency of the information (or Being) being channeled. It is a collective sort of energy being channeled. This is unlike transformational channeling in which the whole body, mind, and even Spirit of the channel is used.

And the next thing that comes into play with channeling is environment and timeline. 99% of people who are channeling are channeling their Higher Selves (not to be confused with Highest Self). All kinds of incredible information can come through your Higher Self—your superpowers allow you to recognize frequency bands and reach into another person’s process for information that wouldn’t generally be available. Those superpowers are far more magical and amazing than most people would ever believe—it allows them to communicate with animals and plants, people who have already left here, people on their way here, and generally see far more than is typical for an unawakened, unactivated human. People get pretty excited about it when they meet someone who can do that—and they should!—but you can do that yourself. You don’t need someone else to do that.

Well, what about the information that comes from the Pleiadians or the Star Fleet Command, or whatever it is? Most but not all of that is a variation of information that has been floating around the world for decades and decades. It is not a private lifeline to Beings off this world. If I was a Being from off this world, what might my perspective be? Perhaps—and I’m really giving a lot of credit here—I might shift into a glimmer of my/their own off-planet entity connection.

However, not all of it, because there really is something to be said about connecting with that which is off-world. You just need to remember that, if it is not a part of your frequency spectrum, you’re not going to understand it. And it’s pretty rare that a

non-earth genetic structure might fully connect with somebody scanning the radio band.

A whole lot of what’s out there is also based in religion, and in that case it would be centuries and centuries and centuries ago, but it’s still old stories made new.

On the other hand, transformational channeling requires a compact, a very specific compact, and, as you have seen, causes a great deal of wear and tear on the channel—it’s even somewhat dangerous—but you’re getting *my* viewpoint, not the Form’s energy’s viewpoint. Transformational channels are far less frequent than they were a thousand years ago, and the needs of the world are much different than they were a thousand years ago. The present time has much more to do with *you* connecting to your Higher Self and channeling your best self, and not coming here able to step aside.

When you hear one channel disagree with another, it’s not transformational channeling. Look for the gist of the information, the seed within what has been given. Remember there is only one message for this world right now, but I’ve been giving it for forty years, in different ways every time, because it is a very big message. There is a massive part of your Higher Self that absolutely knows that message already, and there is a very big part of the energy of this time that is receptive to that message. I will say whatever it takes to get that message across. Whatever you need is fine—you get the message you’re ready energetically to get.

And one last thing: in one way or another it’s all true. You need to follow what feeds your heart. You are drawn to what is best for you when it comes to your spiritual work. So what draws your heart? What stays on your mind? There is so much out there, so follow what works for the love you are.

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

Loving Yourself Completely

A Guardianship Program

Samuel says it is vital that we recreate ourselves into the higher frequency of 5th Density, love-based functioning. But how to do that is a question often asked as we don't come with a roadmap or tool kit for this journey, until now....

DURING THIS PROGRAM, YOU WILL:

- take a deep look at yourself, your patterns, and beliefs as a part of your re-creation,
- raise your frequency and strengthen your physical, emotional, mental, and spiritual bodies,
- fully anchor into 5D function,
- be on a fast-track for loving yourself completely.

THIS PROGRAM OFFERS YOU:

- weekly Zoom meetings allowing more Guardians to take part,
- small group sharing around a weekly focus,
- personal work outside of class,
- a support group of loving Guardians to help along the way! And, one of the best bonuses, this program creates friends for LIFE!

Time: Saturdays, 2:00-3:30 p.m. ET

Dates: January 4 - February 22—8 weeks

Program Leaders: Angela Henson & Steven Smith

Cost: \$50

Partial financial assistance is available through Phoenix Institute. The deadline to apply for assistance is December 29, 2024. For more information and an application, please contact us at fa@phoenixinstitute.org.

NOTE: It's very important you attend the orientation session on January 4 where questions are answered and outside work is assigned to start the next day. You'll be behind if you miss this class.

We hope you'll join us in this very special program designed to teach you how to more easily function as the Spirit-human you are meant to be!

TO REGISTER, please go to PhoenixInstitute.org.

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This program will bring 5th Density to life within you and revolutionize the way you see yourself and your journey in this world. The whole foundation of the program is learning to love yourself, which is the most important thing you can be doing to change this world right now. I highly recommend it!”

Samuel

Writers' Gallery

I first met Samuel in 1986, and I have attended every Guardianship Program since then, although I can't remember how many that is—too much for this aging brain! Although I can't second-guess Samuel, it seems to me that each program came at a time when Samuel saw many Guardians being challenged by some of the same issues. So while the different programs have shared some components, they have all focused on different aspects that will help Guardians grow, or as Samuel prefers to say it, spiritually evolve.

Every program has had elements that help us take a good look at ourselves, discover fears we were repressing or trying to pretend we didn't have. We examined our addictions by giving up alcohol and/or caffeine, and, through small group interactions, we

Each year some of the requirements for the Guardianship Program remained the same, like working in groups, while others changed. Two memories stand out from my years of participation.

One year, the assigned groups were tasked with anonymously writing down a personal issue on identical pieces of paper. We then threw our squares into a bowl, and one by one, the group leader pulled out the squares to present the issues to the group to discuss.

At that time, my sister and, a short while later, my mother had died, but I had not shed a tear for either one. Now, who on earth doesn't cry when their mother dies, I ask you? Well, I had not even had a runny nose nor a snuffle for dear

"It's going to be one of the most useful Guardianship Programs that we've been able to offer for years."



learned to open our hearts and share who we really are without fear of being judged.

That's not to say that there hasn't also been a lot of fun and laughter. In one Guardianship Program, we learned about speaking in public, how to convey information well, and how to stick to time limits. And there were some mighty funny teachings, like the time Catherine T. tried to tell us how to construct a field-stone wall. She did it all in ten minutes without dragging a single rock into the building! Then there was the teaching about how toilets came into being, starting with the aptly named first designer, Thomas Crapper. And there was one memorable teaching about how to make a vegan chocolate pie, which was a great success because we all got to sample a slice.

I have signed up for the next program starting on January 4 with excitement and anticipation because I see the many benefits that have come to me from the previous programs.

Paula

old Mom. This issue weighed heavily on my heart, and with trepidation, I submitted it to the group. I'll never forget the responses. One person confessed he had never cried when his father died. Hearing this from someone I greatly admired healed my heart—for which I was and am eternally grateful.

One year we were asked to teach our group something, and the group then critiqued each presentation. I decided to teach my group how to knit. After giving them written instructions, I gave each person a pair of knitting needles that I'd made out of dowel rods with ten stitches cast on. Sitting on the floor so that everyone behind me could copy my movements, I slowly began knitting my cast-on stitches. After we had knitted about three rows, time ran out. It had worked. One of the men couldn't believe he had just learned to knit. Until that night, I had never had such a feeling of success.

Catherine T.

Writers' Gallery

Since meeting Samuel and all my Guardian peeps, I've gone from living in Atlanta 30 years ago, and hanging around with lots of actual Guardians face to face, to living alone with weekly Zoom meetings and maybe joining a Daily Focus every few days. For someone like me, isolation is not the ideal situation when it comes to living at my highest and best. The inner-work part regarding core issues, etc. was never difficult for me; it is, after all, something that can be done in quiet contemplation. Behaving in love to others was not an issue either. It was the eating clean part that was hard for me.

Confession: I don't cook much; I just don't *like* to cook. Maybe I should have married a vegan chef. It kills me to admit that, in the past, I've justified eating potato chips and washing them down with a beer for dinner by saying at least it was vegan. Sounds like a justification for being lazy. Then there is the addiction part. Sugar is also not my friend even though the dopamine rush it gives me tells me otherwise. Reese's Cups are not a healthy food group no matter how I try to justify eating them. Also, at my age, exercise has become less appealing. It's boring to do it by myself.

My lack of responsibility in these two areas has caused some physical concern for me lately, and the 2x4 that's whacked me upside the head has not been pleasant. When I read that there was going to be another Guardianship Program after all these years, my first response was: I need this! For someone like me, the commitment required to participate is what I need to break the cycle of lazy neglect I've fallen into. Plus, it will be great to interact with other Guardians on a weekly basis.

Committing to the program is like making a sacred vow, which for me means eating clean, moving my body and doing the inner work required. I need this. I need to love myself again.

PR

Pat

HAPPY



HOLIDAYS

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CLASSIC *Samuel*

Gems from the Library archives

What makes you happy in this world is choosing to make a difference. That's how it works. You can do it consciously. You can seek out a path in which, by paying attention to your dreams, learning to know yourself, gathering together with others who are doing the same thing, you change your fears into power. Or you can choose to just keep going as you have been. At the very least, what that means is that the Universe will use your energy where you are. I will tell you, so much more can happen when you are choosing to add to it.

You are here on this planet now for a reason, and you know it. Your job is to honor that knowing, the very best you can where you are at any given time, with the wisdom and abilities that you have at that moment. That's all there is.

7/2/1995

In the Vegan Kitchen



Dill Pâte

by Catherine Tuggle

Place in a food processor,

- 3 1/8 ounces (2 cups) packed fresh dill tops
- 3 TBSP avocado oil or a similar light-tasting oil (olive oil is too overpowering)
- 1 TBSP lemon juice or more as desired (I used 1 1/2 tablespoons)
- 2 TBSP pine nuts
- 1/4 TBSP salt or more to taste

Pulse the mixture until a rough pâte forms. You can use it as a spread on crackers, toast, etc.

Here are a couple of spreads to add to your next buffet table or to keep in the fridge for late-night snacking.

Lentil Pâte

by Paula Thomson

- 3 cups vegetable broth (no onions or garlic)
- 1 cup gray green lentils, rinsed
- 1 bay leaf
- 1 TBSP virgin olive oil
- 1 cup toasted pecans [instructions below]
- 2 TBSP fresh rosemary
- 1 TBSP whole grain mustard
- Sea salt and pepper to taste

Place broth, lentils and bay leaf in a medium saucepan. Bring to a boil, then reduce heat and partially cover. Simmer for 30 minutes until lentils are tender and most of the liquid has been absorbed.

While the lentils are cooking, preheat the oven to 350 degrees, and place the pecans on a baking sheet lined with parchment paper. Bake for 5–10 minutes, but check at 5 minutes as the nuts will burn quickly.

Drain the lentils and discard the bay leaf.

Combine all the ingredients in a food processor and blend for several minutes until smooth. Season to taste with salt and pepper.

Place in a bowl and chill for several hours.

Garnish with rosemary sprigs and serve with crackers or chips.