



PHOENIX RISING

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An Interview with Samuel

channeled by Lea Schultz

You have said that the illusion in this dimension is due to our thinking that form is all there is, when there is so much more to our reality. But saying the world of form is an illusion isn't saying suffering isn't real, is it? Denying the suffering of others as an illusion seems like a form of spiritual bypassing.

One of the things that you want to remember—and it's going to sound as though I'm joking about this, but I'm really not—is that bypassing, spiritual or otherwise, is one of the survival mechanisms you've learned for functioning in this world, because there are so many things that can push you forward or hold you back every day in your life, and you are always having to decide what is your personal next step.

So what is illusion, in the context of my reminding you that the world itself is an illusion? What is a dream?

It can be a lot of different things. it's a journey out of form. It can be working through stuff that you didn't work through during the day. It can be a teaching mechanism. It can be communication with Spirit.

Do animals dream?

Yes.

And plants and trees, do they dream?

That I don't know. [Samuel nods his head to prompt the answer] Yes, they do.

So, while a dream can be all of

those things, what are the mechanics of a dream? Ultimately, you're going to have to say "I really don't know. It seems to be something that the brain does in order to access the world in different ways, maybe."

And that's about as good a definition of illusion as I can give you. But instead of the brain being a part of this personality, it's a part of the Greater Plan your Entity has created.

There was a film sometime back, *Matrix*, maybe, in which everybody in the world was put into a dream state, and their whole life and everything that went on in their life was a dream, while the reality was that great machines were keeping their bodies alive in vats to use their chemicals, or something like that. If you want to use that kind of illustration, you're going to be creating a binary situation in which the overlords and the machines are bad and the humans are good. But it's not like that, except in the sense that there is a mission with a thousand different components; characters that you've worked out a compact with, characters that are just passing by, situations that will very likely shake you up, wake you up, might even break you up, are put into that program. And the Entity runs that program on a sub-level, and the personality thinks that is reality.

Is it large-E Entity or small-E? Or both.

Both, but the origin is the large-E.

Illusion requires form. Form needs a point, a goal, a purpose. A single cell will simply divide and mutate without viable changes if it only has a goal. It's the illusion that puts color into the purpose. The illusion immerses you and moves you out of being a pure observer, until you develop to the point that you can become the observer by choice.

It sounds like the illusion is all

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of the possibilities.

I can see this functioning on multiple levels, but that doesn't negate the potential for the personality to have suffering.

Absolutely.

How are these two things, being an observer and accepting that all is an illusion, connected?

Observing is a two-level thing. One of them is a representation of your spiritual evolution through the illusion of form. The other one is the natural state of the Entity, watching the means through which the entity is spiritually evolving. So the big-E Entity observes the little-e entity, and that entity observes the personality, and the personality reaches a point that it becomes able to observe itself, which is a massive leap in growth. So observing and illusion are very different, but each requires the other.

Is that unique to humans, or do non-human animals have the ability to observe?

On a certain level, all of form observes and is observed, but the enhanced ability to have it as a process of spiritual growth, for the most part, is limited to humans, because it requires individuation to be able to self-observe, and individuation is not a necessary step for all of the kingdoms.

If we know intellectually that the world of form is an illusion, why do we continue to buy into it?

You did not grow up being taught that it's an illusion, and no matter your age—it could be years after you were born; it doesn't matter—you will always fall back on what you took to heart from the messages you received growing up. Now, quickly let me insert there: "What you took to heart" does not mean every message you ever got. Remember that.

Do you know what confirmation bias is? You won't see a thing until you believe in it, and, because you believe in it, you're going to keep seeing it. That's why you don't let yourself realize it's an illusion until you're 15 or 20 or 30 and you've got your hands on some really good plant medicine and you're having "really heavy conversations, man" around the fire, and somebody says they've read this great book, or philosopher, or had this really deep thought that maybe this is all an illusion. That



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

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little seed gets planted in your head, and maybe it's going to take a few months—maybe it's going to take a few decades—before you allow yourself to reach that place that you can say, I'm going to really look at this. And at that point you start seeing the glitches in the programming. You start becoming aware of the things that seem a little off. Well, at first you call it *deja vu* or coincidence, or "that was weird." But eventually you open your mind to that long-ago seed that said, "Hey, dude, this is an illusion," and it opens you up to checking into it and learning more about it.

I actually think right now it's kind of a toss-up between quantum science and New Age theories, because there is plenty of stuff out there that talks about this maybe being an illusion. And it is.

Does this journey of separating from Source and going back to Source require us to overcome the illusion, or does the illusion give us experiences that we bring back to Source?

You're on the mothership, right? You're out in space. You're fifteen miles up—maybe you're fifty light years away—and you're looking at that pretty little planet, Earth. And what do you see? It's a pretty place. It obviously has some level of oxygen. It has weather. Those could perhaps be land masses. But the closer you get, the more definition shows up. You go from seeing continents to seeing areas of population. And if you get right down to it, you see everything that was an illusion at every earlier step. Up in the mothership, it's an illusion that there are

We seem to be doing it again.

And will continue to do it again and again. Abuse of power is a function of fear, and as long as the world was built on a foundation of fear, there was going to be abuse of power over and over and over. You are in a very remarkable lifetime right now in which you are literally seeing the changeover from fear-based function to *the opportunity for love-based function*. So fear-based function is doing every trick in the book, so to speak, to try to hold on to its power.

Can we really do over the mistakes that were made and do it better?

You can make the mistakes better. And you can learn the lessons better.

But where does it stop? In the U.S., conservatives are against the progressives and progressives don't like the conservatives in what seems like a never-ending cycle of good-bad and right-wrong thinking. How do you stop that?

Certainly, it seems never-ending, doesn't it? And you know what makes massive change? Bringing out the guillotine and standing up against the rulers as a

united people no longer willing to take those abuses or live within a society that accepts those abuses. You choose to either create or live with those abuses, but it's the society you're choosing to live in.

Can the guillotine be like boycotts of certain businesses, rather than violence?

It takes both. You must decide.

Samuel is pure, unlimited energy, an intelligence that has communicated through Lea Schultz since 1984, working in the energy of those in his presence to assist them in their spiritual development.



Lea Schultz

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r e s p o n d s . . .

Researchers have found at least six different species of hominins in various parts of the world, some of which either died out or interbred with other species, which led to the prevalence of Homo sapiens. What part did the establishment of hominins play in the Greater Plan?

Evolution of form is how it works. Evolving from a mixture of chemicals to the glorious amazing beauty and power that you are and that you see all around you was a process of energetic formation and re-formation and formation and re-formation into what best fit the environment plus the purpose. Now the purpose part is what you're going to want to think about, but I'm going to direct you back to the illusion discussion for that. So, of course there are going to be prior versions that did not win out over the next one. It seems as though I'm saying humans are like refrigerators: "Last year's model didn't have these great features, but . . ." For form itself, that's pretty true. The features that allowed that creature to best adapt to its environment and the needs of its purpose won. And it really is as simple as that.

Were hominins seeded deliberately? I can see how they progressively develop and some of them died out, some interbred. But was the original purpose seeded into the planet to further the Plan?

Yes and no. Let's go back further. You are, off and on, manipulating the Source Field, dreaming that you are Paula and you are David, and you have created an amazingly detailed universe for yourself. And you have put into that amazing universe a singular personality that is going to learn about and grow through that universe that you are currently creating. So the you who is currently manipulating the Source Field to create all of *this* [gesturing widely] is a seeding of the idea. So there is that.

But what is now the human had a massive brain boost, in the last earth and in this earth, just as recently as a few hundred thousand years ago—not millions; just a couple of hundred thousand years ago. And it wasn't seeding a spark of life into that

little bag of chemicals I referred to earlier. It was re-shaping the brain radically, and adding to the genetic structure at once, which is why your evolutionary scientists have a problem, because one species made a massive leap and outpaced its other cousins by far. And that is the seeding that has made the most difference. But that did not happen until it was pretty clear which species was going to dominate.

So it sounds like there was intervention, that it was not a natural progression of evolution.

It's both. It was a natural progression of evolution, okay, but then it was adapting. That's a good way of putting it.

So the theory of Intelligent Design has truth in it.

Has *much* truth in it. Are you willing to recognize that you are the designer?

Okay, another interview there.

I'm also going to throw something else in for that future interview. And that is to ask what was the effect of that spark, of that boost? What was it that was put into humanity that allowed such massive brain changes and evolutionary leap? Because the answer is competitive violence. Yikes.

So throw that in as part of the answer, and let the cards fall.

You have pointed out that Guardians are now subject to almost instant karma. To what degree is mass consciousness also subject to this increasing speed of karmic effects?

They are also subject to it, but rarely recognize it. Recognizing karma takes a pretty high-level amount of self-awareness; the ability to look at the way a thread has woven through a tapestry is a higher-level skill. So, while mass consciousness is getting a whole lot of instant karma, not recognizing it means it's not going to learn. It's not going to grow. It's not going to change things.

It's hard to learn when you assume everything is just happening to you. Or that the universe is unfair to you.

So it would seem, because in actuality nothing is happening to you. Everything is happening because of you.

So why don't karmic reactions seem to be affecting world leaders who, one would expect, have built up huge karmic debts through their own personal actions which have affected large populations?

Are we being judgmental? Who is to say they are not experiencing karmic reactions? Who is to say what they are doing is wrong and that instant karma means something bad is going to happen? Who is to say that somebody who forces massive change on a population is *not* doing it for the greater good?

Your world is not like your computers. Heck, your computers aren't even like your computers anymore. They used to be binary, and they're not anymore. So it's very comforting to have good and evil. And it's good if I like it and it's evil if I don't, because I am the arbiter of all things. To that questioner, I would say, Observe more, judge less.

I'm considering participating in a brain aging study, but their expectation is that I would donate my brain promptly after my death. In view of your past cautions about preserving the body for three days to ease the soul's transition and your comments about Guardians experiencing an easier, more aware transition than that of mass consciousness, what are your thoughts on participating in such studies?

Well, first, I think it sounds like a great idea. Go for it. Secondly, the higher a frequency at which you function, the faster the body releases the spiritual. But the third thing is, the spirit you are doesn't reside in your brain any more than it resides in your leg. So having your brain, or leg, removed isn't a problem for high-frequency beings. And if you put a high-frequency being whose spirit energy detaches, sometimes instantly, from the body, go ahead. It's not the issue. Do it. Good thinking to ask, though.

As an aside, this isn't necessarily about the brain being special so much as about mutilating the body, which you have advised against.

Something I don't recommend—but again, high-frequency individuals don't have this issue because the energy is gone before the mortician ever gets there. But draining the body of all the fluid and putting in preserving fluids that really is . . . [variety of pained looks]. The life is in the blood, even if the blood is not alive. That bloodletting ceremony of sorts is really the mutilation that creates the greatest hardships.

How did the wounded masculine and feminine affect us developmentally as children, and how can we heal this damage in order to love ourselves completely?

Are they referring to the personal wounded masculine and feminine?

I believe so.

Not referring to wounded parents, but to their own wounded child.

So in reality, that question doesn't even have to say wounded masculine and wounded feminine; it can simply say, How do our childhood traumas affect the adult we are? How do our childhood traumas prevent us from loving ourselves completely?

That's a good rephrasing.

The big answer is, because you become old enough and wise enough to see that who you were when you were eight years old is not who you are right now, and you choose to work with the world differently. That's the big answer. It helps you because you reach a place where you don't want that, because it's too high a price, and you choose to leave the hurt child behind.

A lot of people never reach that point. They are never able to move out of their own victimization. So most adults, even if they've not moved out of it altogether, have learned how to avoid the pitfalls. They've gotten really good at dodging the other team's defense. They have learned to dodge the problems to get to what they really want. It's very

CLASSIC *Samuel*

Gems from the Library archives

This planet is inhabited by lonely people. You can break out of your own loneliness by stepping forward and reaching out to break through another's.

1/21/1996

important for every adult to remember that ultimately you are getting what you want.

Maybe the question should be why do you want it, because if your choice is to run that football down the field where the whole opposing team has congregated and are waiting for you or instead to go down this free space onto the off-ramp and the side road, well, for heaven's sake, take the off-ramp, do the side route. But because so many people do not feel it's valuable if they don't have to fight through it, and they have adapted their whole personality around what they [dramatically] got over, they hold on to that stuff. The only hold your past has on you is that which you have not worked through because it has paid you not to. So, if you're not loving yourself completely you've not taken a full look up the football field. And it's time to do so. Get professional help. Or get around that campfire with the nice plant medicine and say, "Hey, dude, I just had this incredible awareness," as I was talking about in the interview. But do it.

I think sometimes we hang on to certain parts of our past because it somehow makes us seem special.

Yes, that's incredibly unhealthy, but absolutely accurate.

I'm acquainted with a person who can directly affect me with her touch. Even the lightest touch feels like warmth and calm are flowing in. I might be imagining it, but pets feel it too. She can visit someone who has a standoffish pet and be told, "Oh, he never warms up to strangers," and within ten minutes the animal will be blissed out on her lap. What is going on with this person's touch? And is it something I could learn to do?

I think there is a whole mythology about the occasions in which the thorn is pulled from the lion's paw and the lion remembers and comes back to save the child at a vital time, or the wolf lies

down with the person lost in the wood and keeps them warm, or Snow White with the little blue birds on the finger and the little chipmunks coming to listen to the song. You're getting the picture, right? There is a quite a mythology built around it.

The plants wave to the Form [Lea]. Every tree around this house is all bent right toward the house. Some people feed squirrels by hand because the squirrels are unafraid. There are people who have a very deep connection with nature, and they put off an exceptionally non-threatening energy.

But I want you to be careful with this mythology, because there are a whole lot more people who *think* they're one of those people, and the bear takes their head off. So, before you decide—and I'm talking to the readers here—that you are one of those very special people, think of your safety first. Don't be stupid, all right?

For the most part, it's Love. When you radiate

Love with every cell of your being, all of creation will perhaps not kneel at your feet and perch on your finger, but will at least be curious, and probably unafraid.


And having said all of that, the people who do best with animals—be it a standoffish cat or a reactive dog, or a wolf or bear or mountain tiger, whatever, it's because they are not asserting dominance. They are not asserting; they are allowing. And that's both behavioral recognition, which you can teach yourself—and for some people, it's innate—and it's also a very balanced opinion of themselves, so that they are not projecting themselves. They are basically humble. They are non-threatening, be it with the tree or the tiger.


But I want to remind you again, it's the nature of the tiger to eat you. It is highly unusual for the tiger to leave you alone. So don't just go through the jungle trying to prove to yourself that you are this high-functioning being who loves the world and it loves you back. You'll get poison ivy or your head taken off.



*It's the nature of the tiger
to eat you.
It is highly unusual
for the tiger
to leave you alone.*


The A B C's of Being Happy

 is *acceptance*. The number one key to happiness in your life is your ability to accept where you are, who you are, what you are, and being able to do the same thing with others. Acceptance is one of the hardest issues there is because so often you have been taught not to think about yourself, that such things are selfish. You are trained to be judgmental simply in order to separate what you want and don't want, and as a result acceptance tends to get cast aside. So it becomes exclusive instead of inclusive, rejecting instead of accepting others and their beliefs, their ways of living—maybe because you're not accepting you and your beliefs and your way of living. Acceptance.

 is *compassion*. You experience happiness as you experience compassion. And just as acceptance relates to yourself and belief relates to yourself, so also does compassion, because you cannot give what you do not have. If you do not have compassion for yourself, you are not going to be able to have it for others.

How does one express compassion for oneself? Following it through when you have caught yourself doing something that you don't like to think you do, and then moving through to that next step with boldness, working to make amends for the thing, because in order for you to be able to apologize or make amends, you must admit that you have done something that you don't want to repeat. That means you've gained from it. You have grown wise and you have shown yourself compassion because you are choosing not to deny it, not to ignore it, but to admit it and work on changing it.

Compassion is an expression of the belief that there is a higher god available. Compassion is an expression of the belief that there is a higher god in the situation, in this person, in oneself, available. And so any act, when you do that, is based first in compassion, and is an opportunity to look for the higher level, higher intent, higher good.

 is *beliefs*, because your beliefs have a very powerful part to play in how you live your life. And understanding your beliefs in the moment has very much to do with your happiness. Bottom line is, your emotions are a guide to your beliefs. If your beliefs are working for you, you tend to be happy, satisfied, accepting. If your beliefs are not working, you tend to be frustrated and angry, or maybe you have moved into denial, depression, withdrawal. So how do you know what your beliefs are?

Well, one certain way is to follow your emotions, because any sort of strong emotion can be the doorway to tracing backwards to what the belief is. Why is it I'm feeling so happy? Well, I felt like this should be happening in my life, and sure enough, now it is. I believed that if I did this thing, this would happen, and it worked.

The illustration that I often use is, when you were four years old it was very important for the belief to be instilled in you that you needed to hold the hand of a responsible adult when you walked across the street. Now that you're forty years old and you've found that there are no responsible adults, you get really frustrated when you're constantly looking for somebody to hold your hand. So along with your beliefs, once you've set about discovering them, it's also important that you give yourself the opportunity to see if they are beliefs that work in your life now, because one the quickest ways to eradicate happiness from your life is to be living a life based on somebody else's beliefs.

From the meeting of Sunday, May 21, 1995



Writers' Gallery

Samuel's teachings and the insights I gained in The Guardianship Program (TGP) continue to help me identify my blind spots and resistance, and work through some of those not-so-fun times in childhood that I had once hoped to forget.

As a child I learned to just put my hurts and my worries in boxes, build a wall around them, and hope I would never have to see or deal with them again. That approach worked great for me, keeping me safe and enabling me to make



Cleaning Out Boxes

by Mary Brainard

it through childhood, but it's not helpful for me as an adult as I try to develop a deeper relationship with myself and others and be open to and use the energy coming in.

At some of the worst times, the boxes I kept hidden started to overflow, seep, or explode, throwing me into fear, reacting, and retreating. Through Samuel's teachings and the in-depth focus on specific topics the TGP provided, I am learning to gently break holes in the wall, peer through, and even open the boxes, and be kind to myself as I examine these old issues. I have learned that the problems no longer have to have power over me.

For instance, I recently looked back at my eating issues and why I still sometimes choose (though thankfully not with the old intensity) to eat foods that I know are not good for my health or for functioning at a higher frequency. As a child/teen/young adult, one of the few things I thought I had control over

concerning my body was what I put in it. And if a steady diet of Doritos, Fritos, Diet Coke, and ice cream did any harm, at least it would be me doing the harm. These choices got me through a difficult time, and I did harm my body, but I finally have realized that maybe it was not a healthy way to deal with the abuse issues that I had nicely stored away in those walled-off boxes. I have had to look at what it means to love and take care of my body instead of harming it; acknowledge, release, and forgive what happened in the past; and learn to set appropriate boundaries so I don't repeat those old behaviors.

Not easy, but so very necessary.

One of the issues in my hidden-away and well-guarded boxes was the fear of being wrong, which led me to fiercely defend myself as in the right, as there could only be one right way. Again, Samuel and TGP to the rescue! I began to, and still do, look at what

it would mean to be "wrong" and what that would say about me. Could there possibly be more than one "right" answer? More than one perspective? Doing a deep dive into what was at the heart of my fears has been eye-opening. For me, claiming to be "right" was a mistaken effort to avoid acknowledging my mistakes and dealing with their consequences. I continue to learn that the only thing I have control over is my own intentions, thoughts, words, and actions.

With the support of friends, Samuel's teachings, and TGP, I have learned much healthier ways of dealing with these past and current issues. I no longer need boxes and walls; most importantly, I can care for myself in loving and kind ways. Thank you, Samuel, Program Development committee, and all who have supported me, and still do, on this continuing journey.

PR

In the Vegan Kitchen

by Paula Thomson



Almond Cookies



I adapted this recipe from Sweet & Natural Desserts, assembled by the editors of East West Journal. One recipe makes about 18 cookies.

Ingredients

- 3 cups raw blanched almonds
- ½ tsp cinnamon
- 2 tsp arrowroot powder
- ¼ cup brown rice flour
- 1 tsp orange extract
- 1 tsp almond extract
- ½ tsp salt
- ¾ to 1 cup maple syrup (use the smaller amount if you want a crunchier and less sweet cookie)

Preheat oven to 325 degrees.

Line a cookie sheet with parchment paper.

Grind the almonds in a food processor until you have a fine almond meal. (If you process too long, you will have almond butter, so watch the mixture and stop before this happens.)

Add the cinnamon, arrowroot, salt, maple syrup, and the orange and almond essences to the mixture in the food processor, and give a few whirled to let the ingredients combine, then add the brown rice flour to make soft dough.

Drop the dough by teaspoonfuls on the cookie sheet, keeping each cookie far apart as the cookies will flatten and spread out. Press the dough with a fork.

Bake for 20 minutes, until golden brown. Leave the cookies to cool and solidify on the pan before removing them to a wire rack. If you try to move them while they are still warm, they will fall apart.