

# SWEET INSPIRATIONS

The Quarterly + Newsletter of *Inspiration Unlimited & The Paramount Wellness Institute*

**Vol. 62. Late Fall Early Winter, 2016**

## **A Night Under the Stars**

During the last week of September, I had the great fortune to travel to Fairbanks, AK and see one of the natural wonders of the world: The Aurora Borealis. The Northern Lights are caused by either strong solar wind particles mixing with the Earth's magnetic field or a strong CME (Coronal Mass Ejection) which also creates the same effect, often with more brilliant results. I hit it quite lucky. My first night under the stars revealed a stunning display of green and purple lights for about 20 mins. But the next night left me speechless: 3 hours of non-stop dancing curtains of multicolored lights spreading from the eastern horizon to the western horizon left me (and members of my photography tour group) speechless. If you wish to track the possibilities of the aurora borealis... here is a link to how they might be on any given night.

<http://www.aurora-service.org/aurora-forecast/>

Here is a little photo essay of the northern lights and I am reminded that no photo does justice to the magnificence of this stunning beauty.



## **Vail: A Most Magical Mountain Retreat**

Any time in Vail, CO is wonderful, but the 19<sup>th</sup> annual Fall Mountain Retreat was particularly magical this year as about 35 people came from all over the country for a weekend of meditation,

self-reflection and friendship. From morning qi gong to calming relaxation techniques to an awesome Saturday night concert, we all left refreshed, renewed and ready to conquer the world. New this year was a journal theme, “You are a piece of the puzzle.” I picked up a few puzzles from Liberty Puzzles in Boulder to add to the bonding experience making it a huge hit. Here is a little photo essay of our weekend retreat in Vail. By the way we are returning to the Sonnenalp NEXT YEAR for the 20<sup>th</sup> annual Fall Mountain Retreat, Oct 13-15, 2017. Mark your calendars.



## **The Quantum Shift in Consciousness is Upon Us**

When I get tired of listening to the national news (no comment), I often turn to the metaphysical news, which is always more uplifting. Those who know me laugh when I refer to it as “Cosmic Gossip.” And.. there is no shortage of cosmic gossip these days. There are whispers from many different corners of the cosmos that as difficult as it may seem, these are auspicious times on Planet Earth. Wisdom keepers the world over have remarked about a great shift in consciousness, and it appears this great shift, from fear to love, is upon us. If I can be believed, (I always offer this option), we are in for some remarkable times ahead. So although it may seem like the sky is falling, it is actually spreading wide open. The crack in the cosmic egg is birthing a new consciousness. Some people call this the “ascension process.” Others call it 5<sup>th</sup> dimensional reality. Although it goes by many names (and descriptions) the underlying message is that we are evolving our consciousness (collectively and individually) beyond the “fight or flight response ” which some argue that we have been locked into for eons. If half of what I hear is true, we can expect some major shifts to take place early next year. Imagine your world going from black and white to color. This is what the shift in consciousness will seem like...How can we best prepare for this shift. Wisdom keepers suggest we begin to work hard on all aspects of forgiveness.



## May Holistic Stress Management Instructor Workshop

The dates for the spring Holistic Stress Management Instructor Workshop are May 18-21<sup>st</sup> . We have 25 spots and given the interest we expect this may fill up. Resiliency is the new buzz word in stress management, but to address stress fully, there must be a mind-body-spirit approach that works with both causes and symptoms. This is the holistic approach and this is what I teach people to teach at this certification workshop. Come join us for a most remarkable experience in what countless health care professionals call “The best workshop they have ever taken.”

Here is a link to the brochure.

<http://www.brianlukeseaward.com/downloads/2017HolisticStressWorkshop.pdf>

## 2017 Spirit of Italy Tour

Next fall Inspiraiton Unlimited will take a small group of like minded souls to the Amalfi coast of Italy for a 9 day tour of Positano, Pompeii, and the Island of Capri Sept 21-30 . We have even included a cooking class. We hope to have 10 CE’s for nurses (with the theme, Care for the Caregiver). Since the word got out we only have four (4) spots left... Please let me know if you might be interested.....Ciao,



## **Autumn: A Time to Relax for Introspection.**

Fall is a time to relax and go within. It is the time to center (be still). Our contemporary culture doesn't encourage this. Instead, we get messages to plug in, tune in and stay tuned in. But to achieve a life of balance, there must be periods of rest, personal reflection and solitude. This is what autumn is all about. So take time each day (or as often as possible) to quiet the mind and do some soul searching. Take time to be still. And in the stillness you will find a deep-seated wisdom that offers great joy.



Best wishes and inner peace,

*“Luke”*

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PS... Just a few more photos of the northern lights.. Enjoy!

