

# SWEET INSPIRATIONS

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

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## The Great Awakening

Dear Friends,

If you, like me, have been wondering what on Earth is going on today, congrats. You are not only in great company, you are awake enough to know something is amiss here on planet earth. Amiss, might be the wrong word. There are those whom I shall call the wisdom keepers, who insist all is going according to schedule. Joanna Macy calls this time, the great unraveling. Other wisdom keepers call this time the Great Awakening. It is a test: to see who aligns themselves with love (and compassion) and who gravitates toward fear (stress). We might also call this the great polarization, and you might have noticed just how divided things have become. The wisdom keepers remind us to rise above the fray (not take sides, but rather rise above judgement, rhetoric, and the like). It takes some work to domesticate the ego, which is also a BIG part of this great awakening. So in this time of unraveling, please make a habit of unplugging from the negativity (media of all kinds), meditate to calm your soul (and domesticate your ego), raise your vibration of consciousness to love and compassion and keep your heart space open. You will be glad you did. Cosmic gossip hints at a few colossal world (perhaps even cosmic) events that will occur to help this along, from a global financial reset to huge magnetic solar flares and geomagnetic occurrences. What many will see as a metaphorical sunset, we will know to be the start of a new day. In the words of Rumi, "*The breezes at dawn have screeches to share, don't go back to sleep.*"



## Earth Songs II: Refreshments

Since the release of *Earth Songs: Mountains, Water and the Healing Power of Nature*, I have always toyed with the idea of doing a sequel. And, since the release of *Earth Songs*, some major changes have taken place in the movie industry, including the distant memory of DVD's. Everything now is produced for a "streaming" format. The end result becomes a challenge in

many regards, including funding. For this reason I have opted to create chapters of Earth Songs II to be made available for streaming (more on this later). Earth Songs took over 3 years to make and produce, including a lot of traveling to the far corners of the planet. I was delighted when it appeared on PBS and used for cancer patients and soldiers with PTSD. While production and post-production is still in progress, I thought I would share with you a few of the Chapters that I have completed. Enjoy!

Ch. 1

<https://vimeo.com/214220687/b29b2b9bf0>

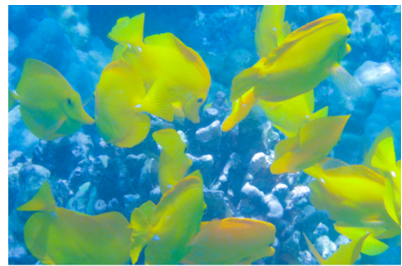
Ch. 2

<https://vimeo.com/214221444/25f371932f>

Ch. 3

<https://vimeo.com/214222925/9e9a7b6146>

P.S. Over the past few months I have been traveling to various parts of the world (mostly Hawaii) to film some great wildlife including Humpback whales, dolphins, albino deer, and manta rays. Here are some of my favorite photos from these trips... Enjoy!



**Hawaiian sea life: school of fish, dolphins, humpbacks, turtles and manta rays**

## Fall Mt Retreat: 20<sup>th</sup> Anniversary Retreat!

Just a head's up that I have secured another great contract with the good people at the Sonnenap Restort Hotel for the 20th Annual Fall Mountain Retreat. The dates are Oct 13-15... Our theme this year: Above the Fray. It promises to be a GREAT time with wonderful soul searching exercises, fabulous meditations, heart-centered healing exercises, great relaxation techniques, tools for personal balance and WONDERFUL music (featuring Dan and Mary Sebranek in concert on Saturday night), and lots more—all in the Colorful Colorado Rocky Mountains. Spaces are limited... Here is a link to the brochure:

<http://www.brianlukeseaward.com/downloads/FallMtRetreatBrochure2017.pdf>

“Luke, You have created a wonderful cocoon of peace and possibility for all of us this weekend and I thoroughly enjoyed it.” Andie M., Maryland

“Thank you for the wonderful, informative time spent with you and this amazing group of like-minded people. You are a great, wise teacher and am glad we connected again. What a wonderful group, hope to stay connected. Be Well.” –Janet , New Jersey



## Weekend in CT: Triumph of the Human Spirit

I have been invited to facilitate a weekend workshop retreat in Connecticut this fall, at Copper Beech Retreat center in West Hartford, CT. The theme of this workshop is: *Triumph of the Human Spirit*. The event is held at a Christian Monestary (much like Kripalu) and offers a nice setting in a forested area, replete with a walking path and labrynth. Here is a link to the event. If you live in the New England area, or can make it to the Hartford area in the fall, I hope to see you there.

Here is a link to the website with more information.

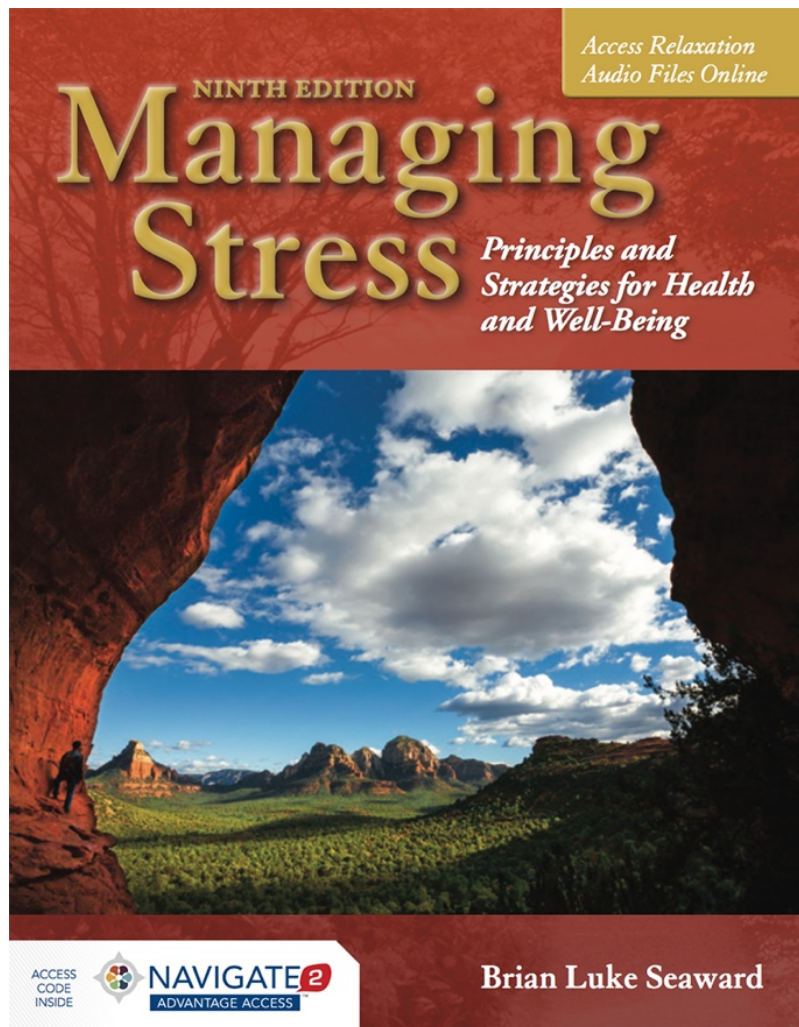
<https://www.copperbeechinstitute.org/triumph>



## Hot Off the Press: Managing Stress 9E

I am delighted to announce the release of my critically acclaimed textbook, *Managing Stress* now in its 9<sup>th</sup> edition and available this summer. New content includes a section on the human microbiome (gut health), Lyme disease, Panic attacks, and much more. Copies may be purchased directly through my publisher, Jones and Bartlett, or if you wish, please contact me at [brianlukes@cs.com](mailto:brianlukes@cs.com).

<http://www.jblearning.com/catalog/9781284126266/>



Here is wishing everyone a great summer. I hope to cross paths sometime down the road..

Best wishes and inner peace,

“Luke”

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[www.brianlukeseaward.net](http://www.brianlukeseaward.net)