

# SWEET INSPIRATIONS

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

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## **Above The Fray: Coping With Stress Gracefully**



It is hard to listen to the news these days and not see that we are in times of tremendous change. For many, change means stress. The vibrations of fear and anger are rampant. Like a virus, these vibrations can affect most everyone. In these times of change we can either play victim or victor. Playing the victor means not giving your power away to those creating drama and seeking attention; in effect, rising above the fray. It is no secret that those who seek attention create a crisis, known as a “Shock Event,” and they want (and need) others to join in on the drama. Often, by joining in, we give our power away and then claim victimization, adding more anger to the mix. It is time to reclaim your personal power. To do this, one must step outside the drama and rise above it. There is a simple, four-step process that helps in times like these to stay above the fray:

- **Innoculation:** Build up your immunity to stress by cutting down on exposure to negativity. This includes dramatically decreasing time watching the TV & radio news, and reading negative posts on social media, specifically Facebook. Unplug from the negativity (listen to the headlines once a day rather than all day long). This also includes taking the path of least resistance with closed-minded people that are best loved from a distance. Here is another take on this concept:

<http://www.anndouglas.net/blog/2017/1/30/how-to-avoid-being-psychologically-destroyed-by-your-newsfeed>

- **Adaptation:** Adaptation means to go with the flow, gracefully... Adaptation means making slight course corrections in your life to minimize the negative effects of stress. Examples might include adopting healthier boundaries with technology, more time spent out in nature, and spending more time cooking meals and less time (and money) eating out. Ask yourself, what are a few things you can do to adapt positively to the changes of our times?

- **Meditation:** A stressed mind perpetuates more stress, paving a path of distractions, many of which are ego or fear-based. Meditation is a mental discipline to calm the ego and decrease the negative distractions, so that you can focus on what is really important in life. Here is an idea: Designate a time (mornings are best) and place (some place that is quiet with minimal interruptions) and sit quietly while focusing on your breathing.

- **Perspective: (See The Bigger Picture);** Regardless of various world events and personalities that match these events, there is always a bigger picture of what is going on..... hence the expression, “Trust the Universe.” Issues such as racism, sexism and bullying cannot be addressed until they are brought to the surface (and now they surfaced to be addressed). Trust that there is a bigger game plan going on and we must play our part to help evolve human consciousness by shifting our focus from fear to love. Remember the phrase, issues not people.



Futurists predict that the next revolution, after the information revolution, will be a spiritual revolution, and there are some people that say it is upon us. Spiritual activism is an expression to stay grounded in the times of change and shift from a low vibration of fear and anger toward a higher vibration of love and compassion. We can all do this... it just takes practice.

## Reclaiming the Art of Stillness

Several weeks ago, I was taken by an article I read about an Irish woman, Margaret Gallagher, who lives a very simple life in County Fermanagh. She inhabits a small cottage with a fireplace and her prized possession is her collection of books. She was featured in a series of books called, *Vanishing Ireland*. One of the authors of the series went back to visit her and one of the most striking things she revealed is how people today have lost the art of stillness. Everyone, she said is glued to their technology. People don't even come in for a cup of tea anymore, she added. One of my friends in Boulder came to the same conclusion several years ago. A retired therapist, Karen commented to me one day that people have lost the ability to be still, to spend

time in solitude. Karen's observations are common among psychologists and sociologists, from coast to coast (and beyond). It is now recognized that many people are addicted to their screen devices. This may explain the popularity with mindfulness meditation.



Photo of Margaret in front of her centuries old cottage

Reclaiming the art of stillness means to first see the importance (need) for time away from technology, coupled with the practice of sitting still and doing nothing, but clearing your mind. All the sacred scriptures, from the Bible and Bagavad Gita to the Tao de Ching, remind us of this simple wisdom, "Take time each day to be still!" In the words of Margaret Gallagher, "take a break from the 21<sup>st</sup> century." You will be glad you did.



One way to take a break is to get outside in nature, wherever that may be.

## **Lyme Disease and Stress: What You Should Know**

Several friends of mine have contracted Lyme disease and, in their words, it has been quite the healing journey. Chronic Lyme is often denied by the medical community for political reasons associated with the insurance and pharmaceutical companies. As such, Lyme disease is a very political disease. Here are a few facts I have learned along the way that may be of interest to some of you:

- Lyme disease can be contracted not only through deer ticks but mosquitos, and fleas.
- Lyme disease was first recognized in Lyme Connecticut but is now found in all 50 states and many countries in Europe.
- Lyme disease is now considered a sexually transmitted disease.
- Lyme disease is associated with a great many other diseases including Epstein-barr, rheumatoid arthritis, Restless leg syndrome as well as ALS and MS...
- Lyme can create brain fog and memory loss. Renowed singer/song writer Kris Kristopherson was thought to have Alzheimers and gave up his career... Turns out it was Lyme disease and he is back on the road singing.
- Lyme disease is believed to be a bacteria with up to 16 different strains, making it very hard to diagnose, and even harder to treat.
- There are a lot of false negatives when tesing for Lyme disease.
- Lyme disease seems to become greatly aggravated through stress and is considered by some to be included in the family of autoimmune diseases.
- Lyme can be passed from a pregnant mother to her unborn child.
- The first course of action if the infection is recent is with antibiotics. However, many people are unaware they are infected for months (even years) later. At this point, antibiotics become a 1-2 year process and can wipe out your intestinal flora causing more problems.
- One of the new treatments is LDI (Low dose immunotherapy), another treatment is through a special biofeedback machine that uses skaler waves to kill the bacteria (see link below)



[http://www.buyusedscio.com/?gclid=CjwKEAiAq8bEBRDuuOuyspf5oyMSJAAcsEyWL\\_fCGO7bSZYbj2BZ3kdaHGNoJ4co6Ib\\_rGuwbaT7DBoCAFTw\\_wcB](http://www.buyusedscio.com/?gclid=CjwKEAiAq8bEBRDuuOuyspf5oyMSJAAcsEyWL_fCGO7bSZYbj2BZ3kdaHGNoJ4co6Ib_rGuwbaT7DBoCAFTw_wcB)

Scroll to the bottom of the page and call the companies owner. He can put you in touch with someone in your area.

- Some people have had great luck with an herbal treatment based on the book, Healing Lyme by Harold Buhner. Here is a link to their website: <http://greatcape.com/>



FYI: Lyme disease is not only carried by deer ticks but also mosquitos and fleas...

## May 2017 Holistic Stress Management Instructor Workshop



Stress is an ever present factor in life, one that can greatly diminish health and wellbeing. The World Health Organization repeatedly calls stress an “epidemic”

and now experts refer to stress as “*the black plague of the 21<sup>st</sup> century*”; and... it shows no signs of abating. Every health and wellness program needs a strong focus on work-life balance and resiliency skills. Come learn how to create, teach and facilitate dynamic stress management programs, seminars and presentations that your clientele is demanding.

The Holistic Stress Management Instructor Training offers 24 Level I CHES credits, over 54 CNE’s for nurses, as well as ICF core and resource hours. 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.

Here is a link to our brochure:

<http://www.brianlukeseaward.com/downloads/2017HolisticStressWorkshopV2.pdf>

*“This is THE BEST workshop I have ever taken.”*

—Kathy Zarling, R.N. The Mayo Clinic.

## **2017 Spirit of Italy Tour**

This fall, Inspiraition 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,

Here is a link to the brochure:



**Time for a little humor?**

I found these on Facebook and thought they were too good NOT to share... enjoy!



When dog owners go too far  
Best wishes and inner peace,  
*"Luke"*

**Brian Luke Seaward, Ph. D.**

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