

SWEET INSPIRATIONS

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Dear Friends and Colleagues,

Belated Happy New Year! (and Happy Chinese New Year!) The start of every year begins with a promise of hope and this year is no different. But with hope comes caution (optimistic caution). As Bob Dylan once sang, “*You don’t need a weatherman to know which way the wind blows.*” Metaphorically speaking the winds of change are blowing strong this year, and when the winds blow strong, it’s best to batten down the hatches. In stress management terms, this means learning to adapt to change through time-tested coping skills and highly effective relaxation techniques. Make this the year that you walk the talk by embracing some healthy boundaries, including the use of screen devices, healthy eating and good quality sleep. When luminary Joseph Campbell was asked if the human species is on a Hero’s Journey, just as each individual is, he answered, Yes. The next question posed to him was this: “Are we going to make it? Campbell replied, “Well, there will be a few bumps in the road, but I know how the story ends.”

Whispers in the wind (I call this “Cosmic Gossip”) suggest that there may be a few serious challenges ahead this year with regard to the economy, the weather, and to no surprise, political shenanigans. It is no secret that the media is known for its fear-mongering. You don’t have to listen to it. In fact, this is one area you can exert some great healthy boundaries by keeping a distance from the negative news feed. Instead, balance your life with positivity; a great coping skill for everyone.



Double Rainbow over the Islands of Maui and Molokai, Hawaii last month (January)

The Light of Edgar Mitchell Lives On: More Cosmic Gossip....

Edgar Mitchell, the 6th man to walk on the moon passed away last week. Dr. Mitchell was a colleague of mine and even wrote a foreword to one of my books years ago. Like many people who are changed after a spiritual experience (in this case living in outerspace), Ed began to explore human consciousness and spirituality. It was this interest that brought us together, through the front door of IONS.

Since 1981, when I was invited by Dr. Elisabeth Kubler-Ross to help her, in her words, re-introduce the concept/topic of human spirituality back into health care and health education, my life has been anything but boring. The topic of human spirituality, I have discovered, encompasses a great many aspects, from mind-body-spirit healing and mystical experiences to angels and great number of experiences that defy any type of rational explanation. In my earthy travels, I have discovered that it also includes things not of this earth. I was first introduced to the authenticity of life on other planets and spiritual dimensions from Edgar Mitchell in 1989, the renowned US astronaut and 6th man to walk on the moon. Edgar Mitchell (who passed away this week) was the founder of the Institute of Noetic Sciences (IONS), a think tank for higher consciousness and a conference that I was invited to speak at many times. The topic of UFO's and Aliens many seem foreign to many, but I think it is a topic that will become part of everyday conversation in the coming years. I say this because friends and colleagues whom I trust and admire are coming forth with information that indeed, we are not alone. I hear that even Pope Francis will convene a forum this year on this very topic.

I write this because through my travels and experiences, I feel we are on the cusp of a new era on Planet Earth, one where we will discover that we are part of a great galactic family.

One of the people whom I have connected with is fellow IONS conference speaker, Gordon Asher Davidson. Below are some links of possible interest from Gordon's web discussions as well as the most recent planetary update from Jim Self.

In the words of Futurist, Carl Sagen, "If we are alone, it's a huge waste of space).

Gordon's update: <https://www.youtube.com/watch?v=Ais48DAUV4s>

and just for comparison, here is Jim Self's most current update

too: <https://masteringalchemy.com/content/planetary-update-february-2016>

and... one more link (going out on a limb here): This is an update from the Pleidians (not as current of information, but still cosmic in nature) Part one and Part two are pretty short and is good clean channeling. Part 1 is not new but there are elements of Part two you might find pretty interesting. It feels in alignment to me and what my own intuition has been saying is that there is a third alternative to service to self and service to other. <https://youtu.be/kZ2ce1A73Dg>



Milky Way Galaxy from Kauai

A Sequel to Earth Songs...in the making.....

When I learned that the royalties from my award-winning film, Earth Songs, were embezzled by my film agent, I became sour on the idea of ever doing another documentary film. But my time last month with the humpback whales of Maui changed all of that. I don't know where all this may lead, but I am working on putting together a short film (sequel of sorts) that may be about 5-10 mins long. Making a film (of any length take a LOT of work and money) but the fruits of the efforts are immeasurable. I hope this project has the same impact as Earth Songs did.. Stay tuned.





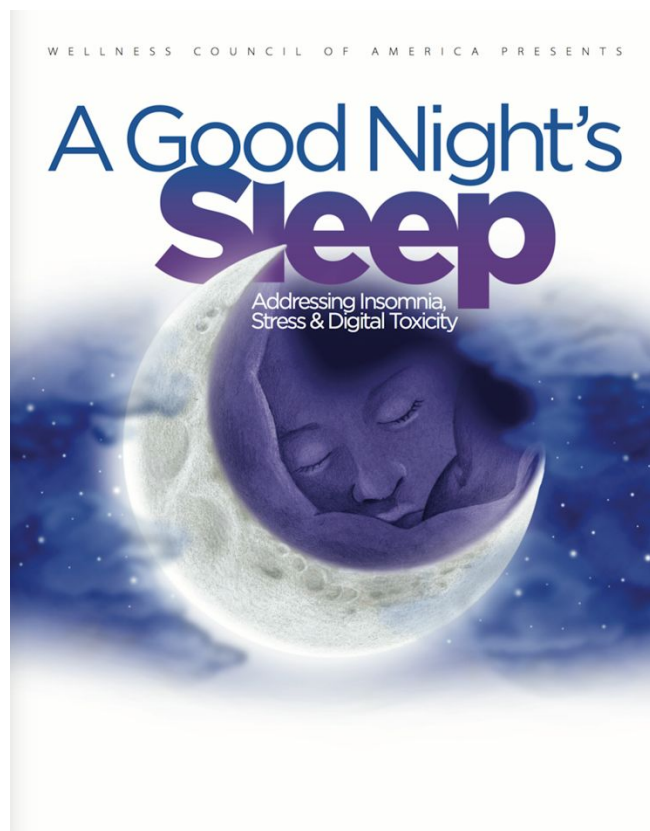
Humpback Whales near Maui, Hawaii

Connecting the Dots.... Energy Medicine and Energy Diseases

I recently came across an article and a TED talk about using vibrational medicine for treating cancer. The simple story is that they use a vibrational frequency aimed at the fast growing cancer cells (keep in mind that everything has or is a vibration) and knock out the tumor with the vibration. Understanding some physics here would help, but suffice to say that this technology is well understood. In fact the military uses a similar technology in its creation of the neutron bomb. Here is a link to the article and TED talk.... So here are the dots to connect. Through the field of Quantum Physics we DO know that everything has a vibration. Everything is energy. This includes cell phones and WiFi routers... In collecting information for my newest book (A Good Night's Sleep) I learned that WiFi routers emit a vibrational frequency that impairs the pineal gland's ability to create melatonin, thus compromising one's ability to sleep. We know now that lack of sound sleep is related to a great many diseases, from cancer to diabetes. In my talks about digital toxicity, I tell people the most significant thing to remember from my talk is to TURN OFF you WiFi router before you go to bed each night.

<http://cultureofawareness.com/2016/01/21/researchers-demonstrate-how-cancer-cells-are-obiterated-by-resonant-frequencies/>

<https://www.theguardian.com/science/2015/oct/31/ultrasound-cancer-research-hifu-bone-trial>



<http://www.brianlukeseaward.com/store/a-good-night-sleep/>

May 19-22, 2016: Holistic Stress Management Instructor Training Workshop, Boulder, CO

Mindfulness, Art Therapy, Music Therapy, Energy Medicine, Creative Anger Management, Healthy Boundaries, Mental Imagery & Visualization, Resiliency, Prayer, Healthy Nutrition, Journal Writing are all aspects of holistic stress management where the the integration, balance, and harmony of mind, body spirit and emotions are all considered equally when designing stress management programming, from a brown bag lunch to a 16-week college course; not to mention all aspects of health coaching. Come join fellow allied health professionals for the next Holistic Stress Management Instructor Training Workshop May 19-22 in Boulder, Colorado in a wonderful small group setting at the foot of the Rocky Mountains. 54 CE's offered through the AHNA with additional contact hours/credits through the International Coaching Federation.

<http://www.brianlukeseaward.com/downloads/HSMW-May-2016.pdf>

• Fall Mountain Retreat, Oct 14-16th, 2016 at the Fabulous Sonnenalp Resort in Vail, Colorado

Are you looking for an incredible weekend getaway where you can recharge your personal energy and meet up with like-minded people? If so the Fall Mountain Retreat is just for you. For the past 20 years I have hosted and facilitated a quiet retreat in the Colorado Rockies with designated time for self-reflection, guided meditation and mental imagery, personal growth as well as some great life music in the way of a

private house concert. If you are at all interested, please mark your calendars. We are headed back to Vail this October to celebrate the 20th annual Fall Mountain Retreat, and with it, the 20th anniversary of my best selling book (still in print) of Stand Like Mountain, Flow Like Water. It promises to be an incredible and most wonderful event.



Best wishes and inner peace,

“Luke”

Brian Luke Seaward, Ph. D.
Executive Director Inspiration Unlimited & The Paramount Wellness
Institute
www.brianlukeseaward.net