

SWEET INSPIRATIONS

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

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Cosmic Gossip: Hold the Light, Be the Light, Share the Light:

"We are living in the MOST important time in the history of the Universe."

—Dolores Cannon

Every now and then when the world seems like it's spinning in the wrong direction, I find myself taking great comfort in a quote from Pablo Picasso, *"Every act of creation is first an act of destruction."* As a fan of what I call "Cosmic Gossip," there are a number of sages, wisdom keepers and people tapped into the unseen world who have tried to explain that we are living in a very unique time in the history of humanity. In the words of Mystic Dolores Cannon, *"We are living in the MOST important time in the Universe."*

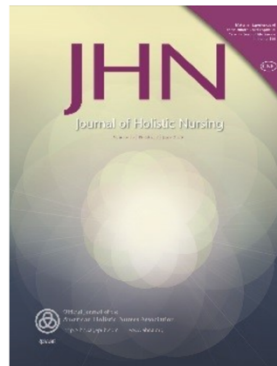
You don't need to be a rock scientist or clairvoyant to know that something is quite amiss in our global society. I am not alone in sensing that as troubled as these days may seem, more turbulence is on the way. A recent interview on Tery Gross' Fresh Air revealed scores of dirty tricks and strategies lined up with the 2020 election. As the expression goes, "Fasten your seatbelts..."

The amount of fear mongering these days is palpable and most likely will only get worse as people trying to hang to power dig in, while those seeking more power and control do the same. Welcome to Planet Ego! Once again it is best to honor this sage advice: *"Be in this world, but not of it."*

Back in 1993 I had a most amazing session with a most remarkable psychic. At the end of the session, she stopped and said, *“Oh, one more thing... Your spirit guides want you to know this: Not to be alarmed, but in the future you will see your society fall into anarchy, and you will have to make a choice.”* That was all she said. I was a bit taken aback. Who uses the word “anarchy,” I thought. I had to go look up this word to make sure I understood the meaning: *Anarchy; A state of disorder due to absense of or nonrecognition of authority, absense of government.* I could be wrong (and God, I hope I am), but I have a sneaky suspicion that we are in the beginning stages of her prediction. The choice: I figured that out on the drive back from my session with her; the two choices were fear or love, and I decided then as I do every day, to choose love.

If you, like me, find yourself every now and again baffled, miffed, puzzled and perhaps unsure about the direction of the world these days, take comfort in the idea that there is an amazing creation process going on in our very midst, and we are invited to be part of this creation. For this reason I live by the mantra, hold the light, be the light, share the light.

A New Article in the Spring issue of The Journal of Holistic Nursing



Last August, when I was in Oahu, facilitating a corporate wellness retreat, I was made aware that the *Journal of Holistic Nursing*, AHNA’s journal, was hoping to publish a special edition on the topic of Spirituality and health/healing. To make a long story short, I submitted an article: A Holistic Model of Spirituality for the Healing Arts, and it was accepted. I am told that it will be published in an upcoming issue this spring. If you are a member of the AHNA, you will see this article coming to a mailbox near you. Here is a link of the galley for those who may not have access to this periodical.... Many thanks.

<https://www.brianlukeseaward.com/wp-content/uploads/2020/02/JHN-Article-Spiritual-Well-Being-Model.pdf>

I was also invited to write an article on Digital Toxicity for an upcoming issues of Comp and Alt Medicine.. enjoy!

<https://www.brianlukeseaward.com/wp-content/uploads/2020/02/Digital-Screen-Time.pdf>

A Toast: Welcome to the Cosmic Family



One day, in meditation last month, I was inspired to write an article/essay on a topic which has been incubating in my mind for quite some time. I keep getting insights and “downloads” that soon we will find out that we are not alone in the Universe. Many people suspect this so it’s no big news, but this is all part of the bigger picture of what’s happening on the planet these days. Or, so it seems. Here is a link to my essay... Enjoy.

<https://winnpost.org/2020/02/07/look-up-and-see/>

A Glimpse into Ireland’s Unseen World



As many of you know, I love Ireland, and take people on group trips there every summer. I have also been inspired to write some articles on my travels to Ireland for a local magazine called the *Celtic Connection*. On my last trip, I was inspired to write another article. For those who might have an interest in any and all things Irish, here is an article I just know you will find interesting. I also sent this to my friends at Healing Beyond Borders and they asked to publish this as well. Enjoy

Meet the New Marketing Director at Inspiration Unlimited



As many of you know, Logan passed away last April after 14 years walking Planet Earth. Though he will never be replaced, after an extensive search, my wife and I found a new husky looking to be rescued. Cedar is 4 years old and has LOTS of energy. He is a pure delight, and I am happy to say that he fills Logan's role as Marketing Director of Inspiration Unlimited quite nicely....and he cannot wait to meet you on your next trip to Colorado....

Earth Songs II: Refreshments Now available as a DVD.

Ten years ago, when I first wrote, directed and produced Earth Songs, the intention was to create it for cancer patients, as means to find relief from the caustic effects of chemotherapy. Perhaps the nicest comment I received was from a man suffering from Stage 4 cancer who called to tell me that he enjoyed the first night of sleep in ages. That comment melted my heart. Earth Songs II (75 mins) was made with the same intention and after a year of being available in the streaming format, I am happy to say that it is now available in DVD format as well. Here is a link for anyone who might be interested.

Trailerlink: <https://vimeo.com/307369704>
<https://www.brianlukeseaward.com/store/earth-sons-ii-dvd/>



Interviews with an old Friend: Highway to Well

For several years (almost 2 decades) I was an invited speaker at the National Wellness Institute's annual conference. For several years, Derek Bell served as the Director. Derek has moved on but he continues with his passion for all things wellness including hosting a podcast called Highway to Well. He invited me to be a guest on his show a while back. Here is the link to that broadcast.

https://www.patreon.com/posts/highway-to-well-33237980?fbclid=IwAR01b8lmUs7tw3wIi9i3Y_3IDVn0kkDSaL1A8JE-a9FgHs3InTA3N3aElaU

Not to be outdone, I was also asked to be interviewed for another podcast by a colleague of mine who used to be on the faculty of the Graduate Institute. He was quite taken by a mystical experience I had a while back and this became the subject of interest for his podcast... take a listen, if you have time...

<https://podcasts.apple.com/us/podcast/signs-of-wonder/id1482992162?i=1000462236608>

2020 May Holistic Stress Management Instructor Workshops

The dates for the 2020 spring Holistic Stress Management Instructor Workshop are May 17-20. 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."

<https://www.brianlukeseaward.com/wp-content/uploads/2020/01/May-2020-Boulder-CO-HSMW-Brochure.pdf>



Reservations for the 2020 Fall Mt Retreat: Come one, Come All...

Every fall, a group of us gather in Colorado to uplug from the world, catch our breath, and make things right again by finding our sense of balance and inner peace. This year we return to the fabulous Sonnenalp Resort in Vail, Colorado for the 22nd annual Fall Mountain Retreat, and like years in the past, it promises to be nothing less than magical. The dates are October 16-18th, and people (alumni of the retreat) are already signing up.... To reserve a spot, contact me or click the link below and send in your registration to hold a spot. This year's retreat includes some incredible mental imagery and guided meditations, soul-searching exercises, two musical concerts and a whole lot more...

<https://www.brianlukeseaward.com/wp-content/uploads/2020/03/2020-Fall-Mt-Retreat-Brochure.pdf>



Aloha from Maui!

Finally, I had the opportunity to make a return trip to Maui this last month to film and photograph some humpback whales... Here are a few photos



Best wishes and inner peace,
"Luke"

Brian Luke Seaward, Ph. D.

Executive Director Inspiration Unlimited & The Paramount Wellness Institute

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