

SWEET INSPIRATIONS

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

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• Coping in Times of Change and Uncertainty

As the Corona pandemic drags on (and not just here, but all over the world), I felt the need to reach out and connect again, hopefully lift some spirits and bring a few smiles to your face... Indeed, the multiple crises that we are facing is testing the patience and will power of nearly everyone. As a close friend said to me recently, "Everyone is on the edge, angry, frustrated and anxious." Citizens of planet earth are surely being tested right now, and the test isn't over yet. You don't need to be a psychic to realize that we have some challenging months ahead. Indeed, things may look unsettling, unpredictable and chaotic, but this is the exact time we need to fill our sails with some divine grace, carry our heads high and be a beacon of optimism. This is how it has always been done, and now is no different. Ruth Bader Ginsberg called it "Fierce Optimism." I call it the same. To paraphrase Robert Frost: Two timelines diverged in a yellow wood, and I took the one less traveled by, and that has made all the difference. Please join me on this uplifting timeline. You will be glad you did.

- **Awaking in the New World**



The expression waking up is certainly making the rounds these days. Articles, documentaries, zoom talks, and all for good reason. We are living in a time known as the Great Awakening... Although we will perhaps have a better understanding once it has happened, there is much discussion and information sharing, that is worth mentioning. First, an article I would like to recommend.

<https://medium.com/@divineppg/what-does-it-mean-to-awaken-f8224082b48d>

Secondly, a short documentary I came across a short while ago which I thought did a really nice job describing something which is very hard to describe, let alone, make a film about.

- Waking Up:

<https://www.youtube.com/watch?v=GyGAaCwsxo0&feature=youtu.be&fbclid=IwAR321NSIUr0a9wIJ-YgDhfRsKriFhIoLo8ORgr6DJ71oWsp9aGQe1jhXcGQ>

Some additional recommended movies: While I am recommending some movies, Here are a few more worth watching...

- The Social Dilemma Movie: A must see movie

- Superhuman: www.Superhumanfilm.com

- **Future Dreaming:** <https://www.youtube.com/watch?v=0Wmtjnp-7wg&feature=youtu.be&fbclid=IwAR3foDQExS4AgXYvmEQwCaEmJV1UpTF11Q5Mz6iWLEcemu7fm5JPaTWjMA>

- **Spiritual Bypass or Spiritually Irresponsible**



Over the years I have heard of an expression coined several decades ago by a Buddhist teacher, “Spiritual Bypass.” It is a term that has come to mean people who refuse or neglect to do the necessary inner work (embrace their shadow, come to terms with their demons, continue on the path of self-service, etc.) to evolve spiritually but who want the benefits of spiritual growth. It is like wanting to have a car and drive, without having a clue how to drive a car. People who opt for this spiritual bypass (the easy road, so to speak) are easy prey for those who see their vulnerabilities. This becomes quite dangerous when, through a sense of gullibility, they ignore the rule of discernment and muddy the waters for others.

A friend brought to my attention a short documentary film that may be of interest to those who wish to understand this at a deeper level.

Waking Up:

<https://www.youtube.com/watch?v=cZHZHygS3Es&feature=share>

- **Brené Brown Podcast: Unlocking Us**



Like many of you, I am a fan of Brené Brown and her wonderful work on shame and vulnerability. It is such a big part of stress and stress management. She is a bright light on the planet and truly a contemporary wisdom keeper. I first heard of her through her TED talk (one of the most popular TED talks ever), and I have been following her ever since. Last year she came out with a Netflix special, *THE CALL TO COURAGE*, which I highly recommend as well.

Recently, she has come out with a podcast, sharing insights and interviewing experts on all kinds of aspects of society (all of which have a stress component to them). If you have the time, I highly recommend you add her to your podcast list.

Here is a link to her podcast:

<https://brenebrown.com/podcast/introducing-unlocking-us/>

P.S. I learned recently that someone suggested my name as a guest on her podcast... I'll let you know if this comes to pass. If you feel so inclined to make a similar recommendation, perhaps that might tip the scales. Thanks.

Sep 10, 2020, 10:48 CDT

Thanks for your interest in *Unlocking Us*. We are grateful for the amazing response we've received, and always welcome thoughts and ideas on possible guests to be considered. We'll add Dr. Seaward to our list for review and will be sure to connect if we see an opportunity in our production schedule.

Kind regards,

Cookie

Brené Brown Team

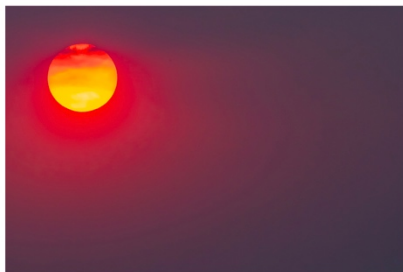
• Cosmic Whispers

As many of you know, I like to tune into not only the news but the metaphysical news as well. One of the better sources of cosmic insights is by a guy named Lee Harris. Some of you may recognize his name and others may have seen his monthly energy updates from The Seaward's Students and Beyond Facebook Page.

He had what I think is a very clear and optimistic reading on the energy of the planet. It is always refreshing to hear his monthly message. Here is his most recent message.

<https://www.youtube.com/watch?v=zdFi0TZCieg>

• Prayers for the West Coast Fires



My heart saddens when I think of all the fires from California to Colorado. We have had some of the worst forest fires in our history this summer. Luckily we had a late summer snow storm that allowed some of the biggest ones to be contained. I woke up several mornings to find ash all over my property. Please keep all these people who are affected in your prayers, and when possible pray for rain (in any form). It helps. As I learned many years ago from some native American elders, the prayer should include feeling the rain, smelling the rain, seeing the rain, enjoying the rain. Thanks.

- **The Healing Power of Nature**



For years I have been promoting the healing power of nature as a wonderful stress management technique. At times I feel like my words have fallen on deaf ears. Then came the pandemic and after months of cabin fever, people took to the great outdoors like never before. Bicycle sales cleared out inventory across the nation. Requests of fishing licenses went through the roof. Kids were actually seen playing outside. Many parks that were practically empty months ago were packed with people. Lakes were crowded with paddle surfers, kayakers and rubber rafts. It's truly remarkable.

Nature has always proved to be a healing agent for me, when coupled with photography I can keep the memories alive even longer. Here are a couple of my favorite nature moments including black bears, moose, coyotes and hummingbirds.

<https://vimeo.com/454175693>

- **Speaking of Nature: My Octopus Teacher**

A new movie has come out on Netflix and I highly recommend it. A film maker in South Africa befriended an octopus and for a whole year spent time with her, gaining some remarkable film footage... you will love this movie:

https://www.youtube.com/watch?v=3s0LTDhqe5A&feature=share&fbclid=IwAR1Bvg1Mkyak6NINd6D-YV_XoPphxZ0eZDVIW2CwwoSZdnX2FNbrrfHnfDM

• Self-Care: Keeping Your Vibration High



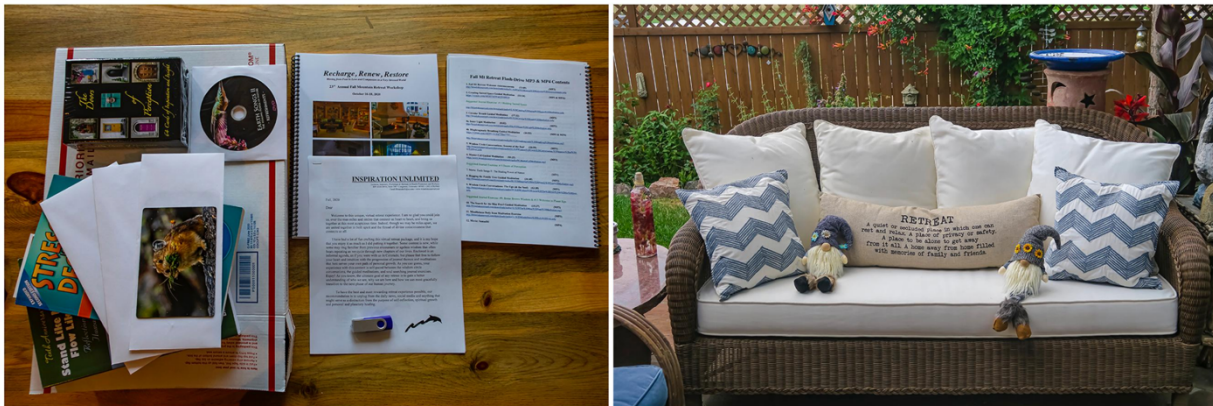
In these crazy, if not absurd times, it is essential to practice some exceptional self-care habits. As many of you know (perhaps from me) we need to keep our immune system in tip-top shape, and this means to get plenty of good quality sleep, eat as healthy as possible and minimize stress. Aside from getting out in nature (which I HIGHLY recommend), one of the best things we can do is maintain a sound meditation program. In this age of distractions, meditation will certainly help to keep you grounded. The buzz word today is to keep your vibration high (meaning adopting uplifting emotions of humor, compassion, wonder and awe). Please take care of yourself... we need you to help anchor the light on the planet, this is for certain... I wrote a short article on this topic; enjoy: Good Vibrations in Troubled Times. WINN, Friday, April 10, 2020.

<https://winnpost.org/2020/04/10/vibrations/>

If you have time for some diaphragmatic breathing here is a guided breath-work meditation I just had created for these times.... enjoy

http://web28.streamhoster.com/clcinco/MP4/RealEstate/Guided_Meditation.mp4

• The Fall Mt Retreat Comes to You (on a flash drive)



The fact that people cannot leave the country (in some cases their own state), due to the pandemic, has added a whole new layer of stress for those who love to travel and those who are looking for a respite like the Fall Mountain Retreat. The spread of the virus in large groups has become a concern to a great many people as more and more events become cancelled in what has become known as the cancel culture. For this reason, I have some creative problem solving and applied some creative energy to the Fall Mt Retreat. I went into the studio and recorded some new meditation exercises as well as some wisdom circle conversations and put them all on a flash-drive. If you would like be part of the retreat (through the non-local mind) we would love to have you join us. Not only do you get a flash-drive, but I have also put all the sessions on links

(all you need do is click), plus the Fall MT Retreat workbook, and some special items in the care package to round out the experience.

Here is a sample of a new meditation: A Bridge to the New World. Enjoy.

<http://brianlukeseaward.com/downloads/audio/18.%20Bridge%20to%20a%20New%20World%208%206%2020.mp3>

Here is a link to the Brochure:

<https://www.brianlukeseaward.com/wp-content/uploads/2020/09/Virtual-Fall-Mountain-Retreat-Brochure.pdf>

• **A Gnome in the Home beats an Elf on the Shelf Everytime!**

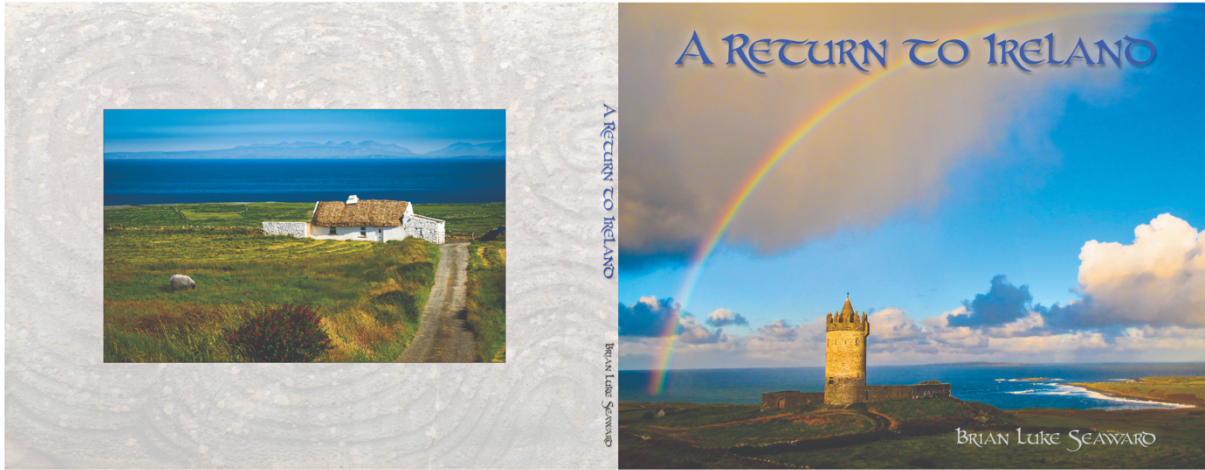


A Story: What began with a Christmas present a few years ago, has turned into nothing less than an amazing “Creativity Project” for my wife, Chris, who has started a cottage industry company called No Place Like Gnome Home. It was my idea to have each Gnome be presented with a passport. Rumor is that we have fairies (real ones) in our backyard gardens. A person who sees fairy energy told us so. At this point, we might have gnomes too, I don’t know for sure. I do know these handmade gnomes are cute as can be. Rumor is that I am the model for many of these gnomes (you ought to see my beard now) . I’ll never tell. If you think you might be interested, check out this link. (PS. It’s true; I am the model for most of these gnomes)

<https://www.facebook.com/No-Place-Like-Gnome-Home-103372221313835/>



- **Take a Virtual Trip to Ireland**



With our borders closed to travel, and many places holding strict quarantines in their states, travel (and certainly travel aboard) has slowed to a crawl. When one cannot travel the next best thing can be armchair travel. Having been to Ireland countless times, I have found the Emerald Isle to be incredibly photogenic. I know I am not alone in this perception. Between my passion for photography, and my passion for writing (in this case, articles for Denver's Celtic Connection) I assembled an attractive coffee table book called: A Return to Ireland. In what was intended to be a very limited printing, I have about 100 copies left in my collection. If you think you might be interested, click on the link to take a peek.

Links to view sample book pages:

<https://www.brianlukeseaward.com/downloads/ReturnToIrelandSamplePages.pdf>

Link to free bonus article

<https://www.brianlukeseaward.com/wp-content/uploads/2020/02/Glimpse-into- Unseen-World- Seaward.pdf>

Link to purchase book: <https://www.brianlukeseaward.com/store/a-return-to-ireland/>

- **Finally, A little humor to pass the time**

The British Hospital Patient

A man wakes up in the hospital, bandaged from head to foot.

The doctor comes in and says, "Ah, I see you've regained consciousness. Now, you probably won't remember, but you were in a pile-up on the freeway. You're going to be okay, you'll walk again and everything, but...

"Something happened. I'm trying to break this gently, but the fact is, your willy was chopped off in the wreck and we were unable to find it."

The man groans, but the doctor goes on, "You've got \$9,000 in insurance compensation coming and we have the technology now to build you a new willy that will work as well as your old one did - better in fact! But the thing is, it doesn't come cheap. It's \$2,000 an inch."

The man perks up at this.

"So," the doctor says, "It's for you to decide how many inches you want. But it's something you'd better discuss with your wife. I mean, if you had a five inch one before, and you decide to go for a nine incher, she might be a bit put out. But if you had a nine inch one before, and you decide only to invest in a five incher this time, she might be disappointed. So it's important that she plays a role in helping you make the decision."

The man agrees to talk with his wife.

The doctor comes back the next day. "So," says the doctor, "have you spoken with your wife?"

"I have," says the man.

"And what is the decision?" asks the doctor.

"We're getting granite countertops."

The Conversation

God is sitting in Heaven when a scientist says to Him, "Lord, we don't need you anymore. Science has finally figured out a way to create life out of nothing. In other words, we can now do what you did in the beginning."

"Is that so? Tell me about it," replies God.

"Well, " says the scientist, "we can take dirt and form it into the likeness of You and breathe life into it, thus creating man."

"Well, that's interesting. Show Me."

So the scientist bends down to the earth and starts to mold the soil.

"No, no, no..." interrupts God, "Get your own dirt."

EMPLOYEE OF THE MONTH

A young guy from Minnesota moves to Florida and goes to a big everything-under-one-roof department store looking for a job..

The Manager says, 'Do you have any sales experience?'

The kid says 'Yeah. I was a salesman back in Minnesota.'

Well, the boss liked the kid and gave him the job. 'You start tomorrow. I'll come down after we close and see how you did.'

His first day on the job was rough, but he got through it.

After the store was locked up, the boss came down. 'How many customers bought something from you today?'

The kid says, 'One.'

The boss says, 'Just one? Our sales people average 20 to 30 customers a day.'

How much was the sale for?'

The kid says, '\$101,237.65.'

The boss says, '\$101,237.65? What the heck did you sell?'

The kid says, 'First, I sold him a small fishhook.

Then I sold him a medium fishhook. Then I sold him a larger fishhook. Then I sold him a new fishing rod. Then I asked him where he was going fishing, and he said down the coast, so I told him he was going to need a boat, so we went down to the boat department, and I sold him a twin engine Chris Craft. Then he said he didn't think his Honda Civic would pull it, so I took him down to the automotive department and sold him that 4x4 Expedition.'

The boss said 'A guy came in here to buy a fish hook and you sold him a BOAT and a TRUCK?'

The kid said 'No, the guy came in here to buy Tampons for his wife, and I said, 'Dude, your weekend's shot, you should go fishing.'

Well, That's all the news that's fit to print,

Best wishes and inner peace

Luke

Brian Luke Seaward

Executive Director

Inspiration Unlimited & The Paramount Wellness Institute

