Happy Earth Day/Year/Life. Please, make this year count!
Yet another year has gone by and the Earth appears to be in more turmoil with regards to global warming, the depletion of natural resources (including drinking water), absurd amounts of plastic in our oceans, the devastating mining of Rare Earth minerals used in the production of smart technology, political threats to clean air and water and so much more. In these times, everyone needs to be an environmental activist! The Earth needs you, and you need the earth. Below are some photos taken in the past year to serve as a reminder of what we are becoming active for. Please use them as an inspiration to make a stand for the Earth. Happy Earth Day!

Cosmic Gossip… and Then Some….  
When the headline news becomes depressing (hold your laughter, please), I turn to the cosmic news, sometimes cosmic gossip (what is going on outside our planet, that greatly influences our planet) mostly for relief, sometimes comic relief. For the past several years, there is much chatter about the long awaited dimensional shift in consciousness (from fear to love). As best as we can tell, the shift is underway, but before it becomes complete, the shadow of human consciousness needs to be acknowledged and addressed. I think we are seeing this with the # Me too
movement, the # Black Lives Matter movement, and perhaps a few other hashtag movements that have not come to fruition just yet.

As I understand it, as consciousness rises (ascends) the wrong doings of humanity cannot hide in the darkness, they HAVE to be addressed to be healed. You may have noticed more and more thing are coming to light and it is hard for nefarious minds to keep their atrocities hidden. I suspect that there will be more things coming to light, so fasten your seatbelt.

While I don’t understand (nor believe) all I hear, I DO understand (and believe) that something is going on, something much bigger that what we hear in the national and international news. I could be wrong (and I will own it, if so), but we (the human race) are about to learn, that we are not alone in the galaxy, and this secret has been the motivation of fear and greed on the planet for a very long time. As light shines on this revelation, I think we will see that we are in for some BIG news, some amazing news and a reevaluation of what it means to be a human being.

Here is a link to a radio interview with renowned lawyer, Danny Sheehan. If so inclined, please check it out.. (skip the first 30 mins of commercials)… Keep an open mind, and discern, always discern….If so inclinded, please let me know your thoughts.

https://www.youtube.com/watch?v=hGysC7iY4KY&feature=em-uploademail

ABOVE The FRAY: Continued

About a year agol I met with over 100 friends and colleagues to discuss how we as individuals, can participate in this shift of global consciousness.

Here were some suggestions (which are all great stress management ideas:

1. Avoid Negativity: Make a habit to minimize the news you take in. So much of it is fear-based. This negativity only compromises your ability to keep an open heart. While it is great to know what is going on in the world, the news has become toxic (and polarized). If you get your news from Facebook, beware… the trolls are out in full force to persuade you to think and act in the groupthink of Negativity. Remember, Healthy Boundaries!
2. **Spend more time in Nature.** Nature is very healing and byand large people don’t spend enough time in it. We are nature deficient, and research shows that we are become vitamin D deficient (not enough sunshine).

3. **Eat healthy food.** As best you can, minimize your intake of sugar (it’s in everything). Cold turkey works best, and after a week, the cravings decrease dramatically. As best you can, eat organic foods and prepare as many meals as you can at home. Restaurant food is high in sugar, fat, and salt. Preservatives too. We also need a lot less calories than we consume.

4. **Meditate Daily.** In this age of high tech distractions, we all need regularly scheduled time to unplug from the digital world and tune into our higher self (when the student is ready, the teacher will come). A regular meditation practice helps domestic the ego and navigate your life with less stress. Early morning work best before you start your day.

5. **Exercise.** Walking, jogging, swimming, anything to get the heart pumping and flush out the stress hormones. Exercise is liberating (and don’t take your smart phone with you). Enjoy the elements, all of them…

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**Stress and the Opioid Epidemic**

It’s rather difficult to listen to the news these days and not hear something about the opioid epidemic. It seems to have affected everyone with few degrees of separation. Stress plays a huge role in the crisis, from beginning to end. The stress hormone, Corisol, is associated with inflammation, which in turn causes pain. Chronic stress can cause chronic pain. The typical response to pain is pain relievers, ranging from aspirin to percaset and vicodin. Many hospitals across the country are now introducing several options to pain medications with a host of stress management skills and integrative medicine options, including acupuncture.

In a culture continually separated, divided, and several experts in the field of sociology and psychology remind us that two of the biggest social issues we have to contend with are Isolation and alienation. Both of these aspects play strongly into the opioid epidemic. During the week of April 13, NPR ran a series on the opioid epidemic, from the young people involved, addicted to pain meds, to the tremendous financial burden on parents and loved ones. Stress is associated with every point on the spectrum, and it is heartbreaking. Family members are also at odds and greatly affected. For this reason I would like to highlight the power of support groups, including Alanon. If it helps one person, the world will be a better place.
Earth Songs II: Refreshments

Work continues on the sequel to Earth Songs (it is a long process, but also a labor of love). I now have over 13 chapters (songs) completed, with the anticipated goal of 25. The goal is to create a special website where people can stream the video links to their heart’s content. Plans are underway to have the video links both a rental period or purchase, as well as having some video links for free access. Here is a new sample of Chapter 12, which features underwater humpback whale footage taken in Maui by my friend and colleague Zack Meggett. Enjoy!

The Best Energy Healers

TLC has a new series called The Healer, featuring Charlie Goldsmith, and the show is remarkable. I highly recommend it. I would like to put a shout out to my friend and colleague who is also an incredible energy healer (medical intuitive). She is also a physician. Her name is Wendy Hurwitz, MD and I recommend her most highly. Her phone number is 212.877.2031. I recommend her MOST highly. Wendy, can do consults over the phone—anywhere in the world… through the non-local mind. wendyhurwitzmd@aol.com

Vermont Fall Mt Retreat: Oct 19-21: Save the Dates

This year we will have two (2) Fall Mountain Retreats, the New England event will be held on Oct 19-21th in Burlington, Vermont, on the shores of Lake Champlain. I am hoping to have Christine Bonoli come give a concert for us on Sat night too. More details on this soon, but save the dates. For those who can add a day we will have a Level II workshop on Thurs/Friday too.

Colorado Fall Mt Retreat: Oct 12-14: Save the Dates

We celebrate the 21st Fall Mt Retreat in Estes Park, CO this year on Oct 12-14th. Come for the relaxation, stay for the elk. Dan Sebranek will be returning too. More details soon, but save the dates now. For those who can add a day we will have a Level II workshop on Thurs/Friday too.

Best wishes and inner peace,

“Luke”

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