The Age of Aquarius is Now Dawning...Get Ready!

An ancient Chinese proverb states that, “When sleeping women wake, mountains move.” Mountains are beginning to stir, and none too soon. Several decades ago I was at a conference on consciousness and healing and listened in on a conversation about a long awaited shift taking place in human consciousness. One person made a comment that has stuck with me over the years. She said that as humanity moves from the Age of Pieces to the Age of Aquarius, there will occur a long-awaited balance of energy between the masculine and feminine energies on the planet (in case you hadn’t noticed, we are currently in a heavily dominated patriarchal global society). While the effort for gender equality has had “limited success” over the past century, we are poised now at the tipping point, as seen with such efforts as the #metoo movement and #timesup, etc. As I hear news stories about all that is going on (most recently the Supreme Court selection), I am reminded of that conversation decades ago fortelling this shift. If you are reading this, you are part of this shift. Permenant change does not happen quickly, but once the tipping point has been reached, mountains move quite quickly. Will all of the stirring of current events begin to wake people up? Time will tell. I am also reminded of a quote from Pablo Picasso, “Every act of creation first begins with destruction.” With all of this change, there is discomfort yet I tend to see these as growing pains, if not the contractions of a new birthing of consciousness. Mountains are moving... The rise of the sacred feminine is upon us. Get ready.
Reflections and Insights from Winnpost.com
Several months ago I was approached by Celia Coates, the editor of the online magazine, Winnpost.com to contribute an article based on a presentation I made at a conference a few years earlier. WINN is a wonderful and uplifting journal about consciousness and energy healing. WINN stands for What is Needed Now and every article (post) is a gem of inspiration and wisdom. Here are two of my posts… Enjoy!

https://winnpost.org/2018/05/04/guidance-along-the-seekers-path/

The Art of Resiliency 101
Resiliency has become the new buzzword in coaching circles, stress management programs, and professional development seminars, and for good reason. With so much change going on right now on the planet, the winds of change can knock you down. Getting up and staying grounded is paramount in these times of change. Here are 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 by and 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, salt and preservatives. 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. Get out and 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…

6. Find One Humorous Thing Each Day. While we many not be able to change everything to our liking, we can surely laugh at the irony, incongruity and sheer idiocy of all that is going on. Take time to find one thing that makes you smile or laugh each day. It’s called Vitamin H and it is an essential nutrient for the stress of life.

I was invited to write on the topic of resiliency for a new project. Here is a taste of that effort: http://www.brianlukeseaward.com/downloads/StressResiliencyAndPursuitOfHappiness.pdf
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 as for 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!

https://vimeo.com/261026676/60df06cf96

The Amalfi Coast is Calling: 2019 Spirit of Italy Tour

Picture this: You wake up to the sun shimmering on the Mediterranean Sea. The Isle of Capri is off in the distance and you don’t have a care in the world. This is Positano, the Amalfi Coast, one of the most stunning vistas in the world. If you want to join us on a most remarkable tour of this region of Italy, we have a few spots open and would love to have you join us. Save the dates: Sept 23-Oct. 1. Highlights include: A tour to Pompeii, a tour to Capri, an Italian cooking class, a lemoncello tour and much, much more.
Join us for our first Vermont Fall Mt Retreat: Nov 2-4, 2018:
If you feel like you need a break from the crazy frenetic world and want to unplug and recharge, come join us in the beautiful town of Burlington, Vermont where we will spend some time doing personal growth exercises, meditations, guided mental imagery, and more. The Earlybird registration fee will still be honored… Call now (303) 678.9962.


Pet Therapy Anyone?
The benefits of owning a pet have been know for eons, but research now is confirming what most people have known all along: Pets are more than good company — they help lower blood pressure, boost the immune system and help improve one’s disposition. Those of you who know me are well aware of my Director of Marketing at Inspiration Unlimited, Logan. Last June, Logan gave me a scare when I was in Ireland (he became very sick and there was a chance he would have to be put down while I was overseas. Luckily, this was not the case and he had rebounded quite nicely, and is back to work in his role as Marketing Director).
Speaking of Humor: Here is a little joke to put a smile on your face…

The Magic Trick
An Irishman and Englishman walk into a bakery. Coyly, the Englishman steals 3 buns off the front counter and quickly puts them into his coat pockets and leaves. Once outside, he says to the Irishmen, “That took great skill and guile to steal those buns. The owner didn’t even see me.” The Irishman replied, “That’s just simple thievery. I’ll show you how to do it the honest way and get the same results.”

The Irishman walks back into the bakery, the Englishmen follows. The Irishman proceeds to call out to the owner of the bakery and says, “Sir, I want to show you a magic trick.” The owner was intrigued so he came around the front counter to see. The Irishman asked him politely for a bun, and then proceeded to eat it. He then asked for two more buns and ate those too. At this point the owner is quite frustrated and says, “OK, my man, where is the magic trick?” The Irishman smiles and says, “Look in the Englishman’s coat pockets.”

Best wishes and inner peace,
“Luke”
Brian Luke Seaward, Ph. D.
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PS. Having just returned from a photography trip to the Tetons, I wish to share with you one of my favorite photos taken early one morning after an evening snowfall on the mountains…enjoy!