

SWEET INSPIRATIONS

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

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Belated Happy New Year! Happy St. Paddy's Day

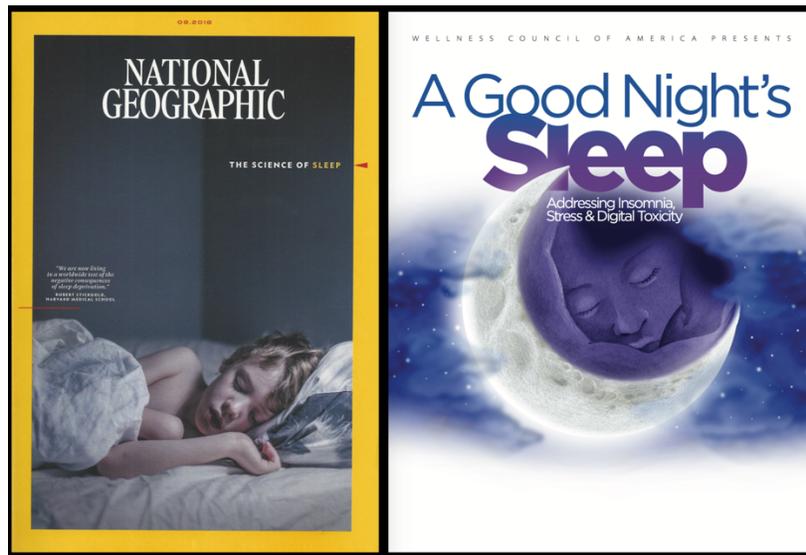
True to the essence of the Chinese curse, “*May you live in interesting times,*” boy are we! Not only interesting times, but changing times as well, and with change, often comes stress, (you may have noticed). As someone who teaches stress management and resiliency, I tend to see this curse as a blessing. Regardless, through it all we are being tested to move from a place of fear toward one of love and compassion. We can do this! In these times of darkness (e.g., incivility, racial tensions, flaring egos, etc., etc.). I practice (and now share) this mantra:

Hold the light, be the light, share the light.

• A Good Night's Sleep:

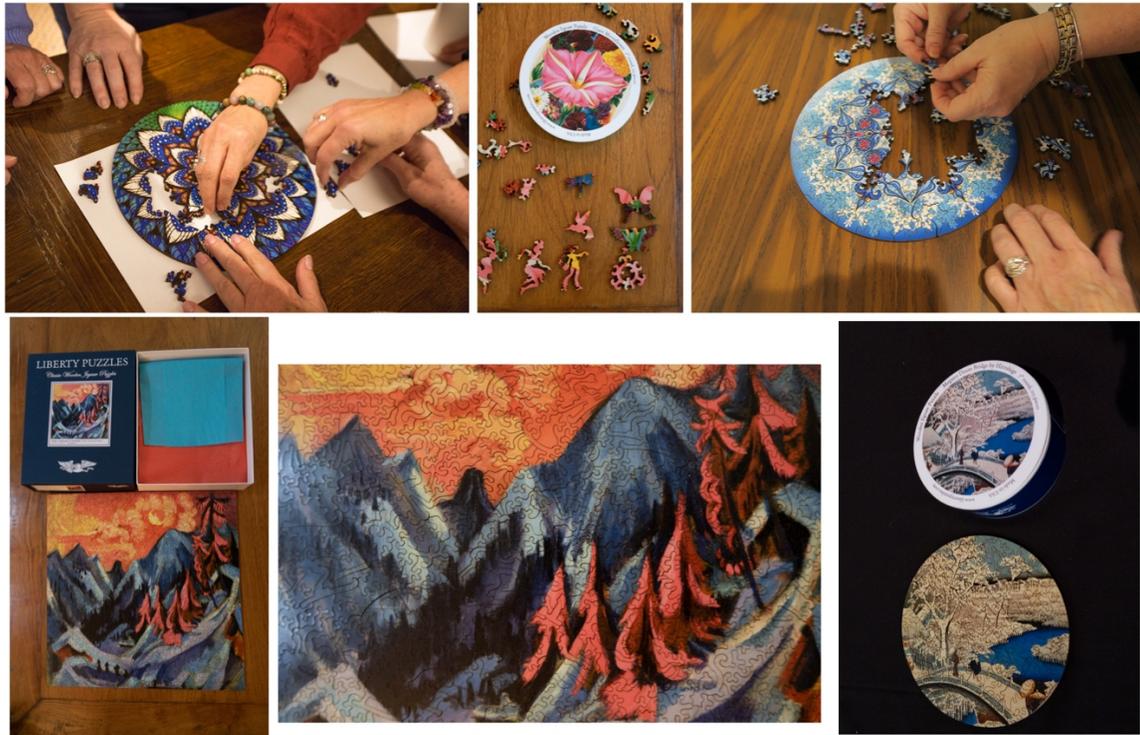
Sleep much? Over half of Americans claim NOT to get a good night's sleep each and every night, on a regular basis. Insomnia has hit epidemic proportions, due in large part to our love affair with our screen devices. Last year I was invited to write a short book for WELCOA on the topics of sleep-loss, insomnia, digital toxicity and mindfulness. The book has been met with great success, and the feedback from a great many people validates the contents (one bit of advice: turn off your WiFi router before you go to sleep each night.).

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



In love with Puzzles? I am!

Walking down the Pearl Street Mall in Boulder on day last year, I walked into a store called Liberty Puzzles. I had met the owner of the company a few years back and was intrigued with his dream of creating a different kind of puzzle. The pieces are made of wood, not cardboard. All pieces are laser cut, and the designs are stunning. The puzzles, though small in size (well some of them) with less than 100 pieces are anything but easy to finish. Those of you who have come to my retreats and workshops know that I place them in the corners of the room for icebreakers, team building and all around great fun. If you, like me, like to complete puzzles, here is the link to their website. <https://www.libertypuzzles.com/>



Spirit of Ireland Tour Returns to County Donegal and Beyond in 2020

We are taking a break from Ireland in 2019, but hope to return to the Emerald Isle in the summer of 2020: June 15-24, 2020. Next year's tour will take us to the remote and unspoiled land of magic and mystery of County Donegal and beyond, (with stops to Londonderry, Giant's Causeway, Slieve League, Leo's Tavern (of Clanad and Enya fame) and the Beltane Stone Circle). There are 22 spots available and we expect it to fill up. If you might be interested, please let me know. We are taking reservations now, with 20 spots and 10 left available. Our tours offer an authentic Irish experience, including a strong emphasis on traditional Irish music, history and culture. We also do some energy healing work with the ley-lines around many of the ancient stone sites, making for a most memorable pilgrimage. To quote so many people who have joined us over the years, "It is a trip of a lifetime!"



• **Energy Healing: A Remarkable Healer and MD**

Thirty-five years ago I was introduced to the concept of energy medicine through the work of a most remarkable energy healer, Mietek Wirkus and the International Society for Subtle Energy and Energy Medicine. Since then I have had the great fortune to meet several remarkable energy healers from around the world. One of THE most remarkable people is Wendy Hurwitz, M.D. Wendy, not only has the ability to read the human energy field, but has the medical background to understand the dynamics of chronic illness on several levels. And, she has been a great asset to me on several occasions with some incredible results. Wendy keeps a low profile, but I share her contact information (with her permission, of course) for anyone who would like an additional dimension of care, improve their personal vitality or has met a dead-end with Western Medicine and might be looking for an alternative on their healing journey.

Wendy Hurwitz, MD. 212.877.2031 • wendyhurwitzmd@aol.com



• **Earth Songs II-Refreshments: The Healing Power of Nature)**



In 2010 Earth Songs hit the movie screens across the country and the following year it aired on PBS. It has been screened for cancer patients and members of the US Military Wounded Warrior program. For the past several years I have been quite busy filming directing and producing the sequel. DVD's are now passe, so the film (and sections of the movie released as chapters) is now available through streaming on Vimeo. This new sequel offers a meditative approach with stunning visual footage and delightful musical accompaniment.

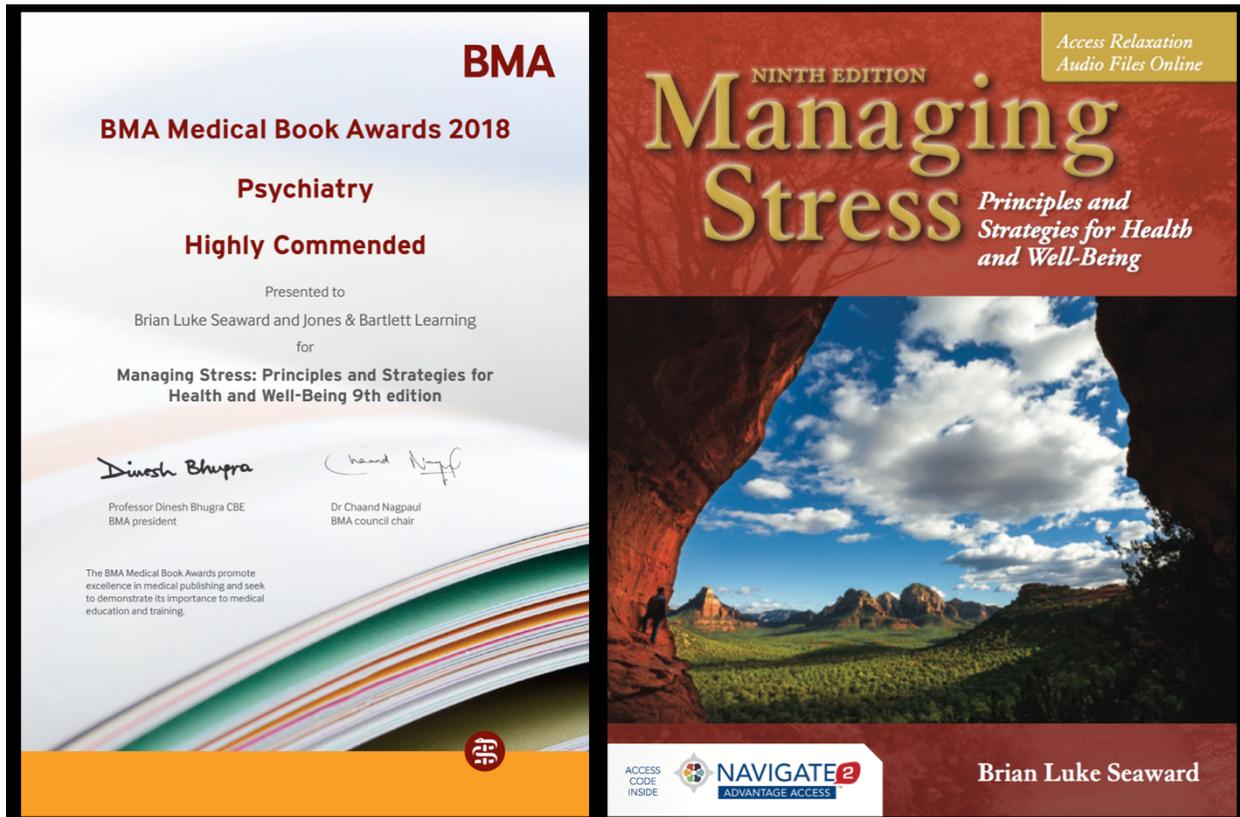
Here is the Trailer for Earth Songs II: <https://vimeo.com/307369704>

And here is a link to the Full Feature Length movie (and chapters)

<https://vimeo.com/ondemand/earthsongs>

- **Managing Stress: Recognition from the British Medical Society.**

Last summer I was contacted by my publisher, Jones and Bartlett, who informed me with some great news: My acclaimed textbook, *Managing Stress* (9E) made the short list of books nominated for “Outstanding” book of the year by the British Medical Society. Although it didn’t win top prize, it was highlighted, and this is quite an honor. I am truly humbled.



- **My Newest Book: A Return to Ireland**

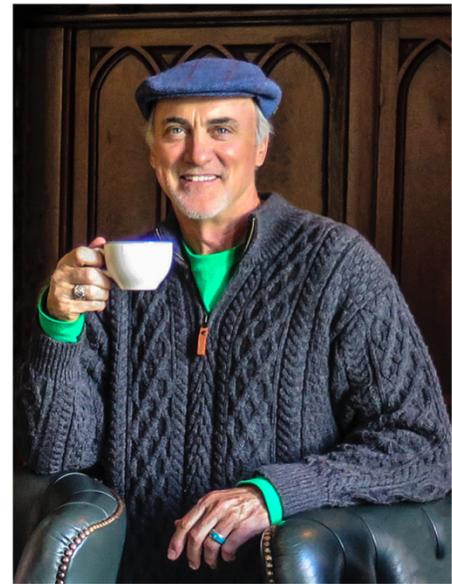
Over the past 10 years I have taken many trips to Ireland, and with each trip, I have brought many cameras to capture the raw and rugged beauty of the Emerald Isle. Over the same number of years, I have written the cover story article for *The Celtic Connection*, Colorado’s monthly newspaper about all things Irish, with my articles covering an array of topics including the castles of Ireland, the round towers of Ireland, the thatched-roof cottages of Ireland and many more. This year I decided to put the articles and photographs together in a photography coffee table book titled, *A Return to Ireland*. With a limited print run of 300 books, I have 100 left. Here is a link to a peek at the book and below is a link to place a special order on this limited edition...

A sample of the new book:

<http://www.brianlukeseaward.com/downloads/ReturnToIrelandSampleSpreads.pdf>

Order directly on line with this link:

<http://www.brianlukeseaward.com/store/a-return-to-ireland/>



Dining room of the Ross Castle, Killarney, County Kerry



Welcome to the Ashford Castle, Cong, County Mayo



Living room of the Glenveagh Castle, Glenveagh National Park, County Donegal



Dining room of the Knappogue Castle, Ennis, County Clare



Dunguaire Castle, Kinvara, County Galway

Some short essay/articles I have written recently

A friend and colleague of mine, Ceila Coates has started a new website with articles about consciousness, energy healing and much more (www.winnpost.org). She has invited me to share some thoughts in a few posts, as she calls them. Here are three of my most recent works:

<https://winnpost.org/2018/09/28/screen-addiction-and-the-human-spirit/>

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

<https://winnpost.org/2019/01/11/finding-unity-consciousness/>

Poetry Therapy:

Every now and then, I get inspired to write a poem. Some works have turned into lyrics for songs (thanks Dan Sebranek and Christine Bonoli). Here is a poem I thought I would share with you, based on a dream I had... Enjoy!

• *Footprints of Light*

*Come walk with me,
Down this long winding road
Come talk to me,
And set down that heavy load
Just laugh with me,
Till our faces ache with delight
Soon, wherever we go,
We leave footprints of light.*

*Please sing to me,
A song of beauty and grace
Please bring to me,
A warm smile on your face
Just dance with me,
Till our hearts shine all night
Then wherever we go,
We leave footprints of light.*

*When the light in your heart,
Equals the light in your soul
When the smile on your face
Shines for eons untold
We will cross a bridge to a new world
Where we all live as one
And our friends will all follow
Our footprints of light.*

*Create with me,
A new world of peace
Revel with me,
The success of our ease
Then all of Earth will rejoice,
As our hearts sing with delight,
Because wherever we go
We leave footprints of light.*

—Brian Luke Seaward

• The Doors of Perception Wisdom Pack



As many of you know, photography is one of my passions and after a trip to Ireland and Italy in the same year, I couldn't help but notice the amazing doors. This fascination led to over 300 photographs, two posters and ultimately a deck of cards called the Doors of Perception Wisdom Pack. The deck of cards (like Angel Cards, for those of you who might be familiar with them) is a meditative tool for soul-searching. The set of cards comes with an instruction booklet and 64 cards to help you navigate the corridors of your heart, mind and soul.

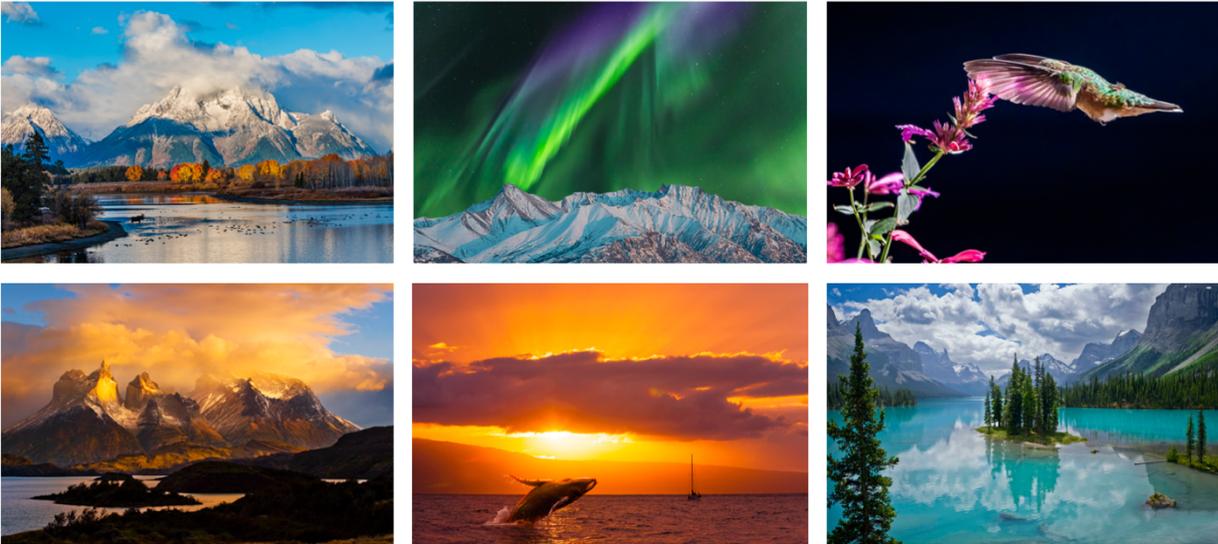
Here is a letter from someone who loved the Doors of Perception Wisdom Pack

"I so appreciate the Doors of Perception Wisdom Cards. I am an avid user of oracle card decks and have used numerous types. They are a wonderful tool to integrate with the therapies that I offer. When this one was brought to my attention, I couldn't believe the potential depth and dimension for self-discovery this tool can provide! And in a very creative way, I might add! The images awaken certain awarenesses that have been buried for years. Just to share...a personal contact of mine brought this deck into my awareness because she was introduced to it through a life coaching seminar. Your gift is being used with the most positive intents. I send my deep gratitude for sharing your talents with us."
—Cindy,

Here is a link for those who wish to order a set of cards:

<http://www.brianlukeseaward.com/store/the-doors-of-perception/>

• Brian Luke Seaward Photography is now available



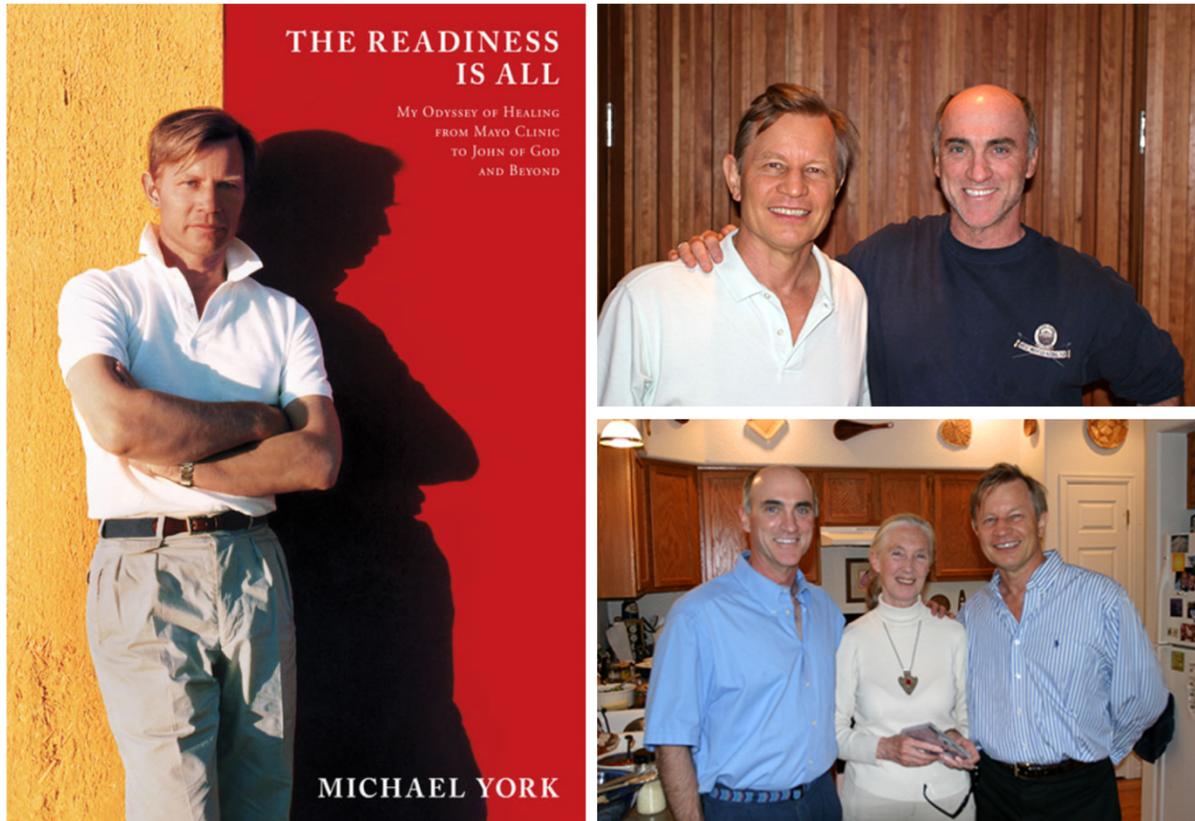
As many of you know (and some have seen on Facebook), photography has always been a passion of mine. I got my first SLR camera during my last year of grad school in 1988 before a trip to New Zealand, Australia and Tahiti. Back then, I took slides. Thank GOD for the digital age. My passion is both scenic and wildlife photography. Over the years, I have had countless requests for prints of my images. With repeated encouragement, I have created a website for some of the best of my photography (with three categories: Amazing Wildlife, Stunning Scenic Beauty and World Travel). Here is the link to the new photography website and some images that are featured (click on each image for best viewing). Enjoy!
<https://photos.brianlukeseaward.com/>

• 2019 Fall Mountain Retreat Returns to the Sonnenalp Resort in Vail, CO

Every year in the middle of October, I host a retreat in the Colorado Rockies. It is a time to unplug from the craziness of the material world, and take refuge in a nice setting, among friends (new and old) and recharge your personal energy. With group meditations, guided visualizations, and journaling, as well as an inspiring movie screening (e.g.. Earth Songs II) and a Saturday night house concert, the weekend is a magical alchemy of peace, fun and relaxation. In 2019 we return to the fabulous renowned Sonnenalp Hotel on Oct 18-20. So, mark your calendars and if you would like to be placed on the VIP list, please contact me to make sure we save one of 30 spots for you.



Michael York... A Healing Journey



As many of you know, renowned British actor, Michael York (Caberet, Three Musketeers, Romeo & Juliet, Austin Powers) has been a friend and colleague of mine for many years. As you might also know, he and I have collaborated on several projects from *Earth Songs* and *Seasons of the Heart* to a special project, *When Peace Comes*, with Jane Goodall in 2005. Several years ago he contracted a disease called amaloidosis and it has been quite debilitating for him. Through it all, he has written a book about his healing journey, a fascinating read of the testament of the human spirit.

Here is a link, if you have an interest in checking it out.

<https://www.amazon.com/Readiness-All-Michael-York/dp/1618501283>

• **Finally, Some Comic Relief: A little humor to make you smile**

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 Irishman, "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 Englishman 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 over 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."

The Train Ride

After a tiring day, a commuter settled down in her seat and closed her eyes. As the train rolled out of the station a man sitting next to her pulled out his cell phone and started talking in a loud voice:

"Hi sweetheart, it's me, Tom. I'm on the train."

"Yes, I know it's the six thirty and not the four thirty, but I had a long meeting."

"No, honey, not with that Nancy from the accounting office. It was with the boss."

"No sweetheart, you're the only one in my life".

"Yes, I'm sure, cross my heart!"

Fifteen minutes later, he was still talking loudly. When the woman sitting next to him had had enough, she leaned over and said into the phone,

"Tom, hang up the phone and come back to bed."

Tom doesn't use his cell phone in public any longer!

Thanks once again, and thanks for your efforts to make this a better world.

"Luke"

Brian Luke Seaward, Ph. D.

Executive Director Inspiration Unlimited & The Paramount Wellness Institute

www.brianlukeseaward.net