

SWEET INSPIRATIONS

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

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The Information Revolution: Winds of Change in the Air!

It is hard to have watched the events in Cairo, Tunis, Libya, Bahrain, Morocco, Yemen and Jordan and not realize the significance of Facebook, Twitter, Wikileaks and the gamut of social networking. The Internet has truly become the great equalizer of democracy. As the world becomes more transparent (and perhaps at times, more cloudy with distortions), speculation suggests that a new world order from the information will create a worldwide revolution. Time will tell if the transformation will prove to be the leap of consciousness predicted ages ago or the biggest threat (stress) to world leaders not ready to relinquish control. With freedom comes immense responsibility. As someone who keeps their fingers on the pulse of humanity and an eye on how all this shakes out regarding the human stress factor, like many, I wonder where all this is heading. Some say that the internet will help people cultivate their own sense of intuition, while others predict that people are simply too willing to give their power away to — not only to the screens, but the technology behind it. Futurists predict that the next revolution, after the information revolution, is a spiritual revolution and some predict it is not far off. Is freedom a precursor to spiritual evolution? Perhaps! There is no doubt that we are certainly living in interesting times, and each of us plays a role in this world stage production of “humanity at the crossroads.” Please play your part well.

Earth Songs Wins an Award of Excellence!

This month, I received a package in the mail notifying me that Earth Songs won the Indie Fest Award of Excellence for Best Short Documentary. This was truly an honor. Perhaps the greatest honor though are the emails and comments from people across the country who have been touched by the film. I would like to take this moment to share a few of these:

“Dear Luke, Thank you so much for this beautiful Earth Songs DVD. I am really enjoying it. As a stage IV cancer patient, it brings me lots of healing and relaxation.” — Sue, Q

“Dr. Seaward, I thought you might like to know that Earth Songs Meditation is included as part of our Wounded Warriors program with the US Army and extremely well received among soldiers with PTSD and TBI. On behalf of the US ARMY, thank you very much for this wonderful Rx for relaxation.” — Roddy S.

“Hi Brian - I am a hospice volunteer and do Comfort Touch for patients and their families. It is gentle touch of the hands and feet. Recently my patient's wife played your DVD "Earth Songs" during our Comfort Touch session. She indicated it was being played in hospitals and for hospice. He speaks very little. My patient was totally memorized with the DVD. He watched the DVD during the whole session. Between Comfort Touch and the DVD he was very calm and relaxed. It worked very well. The images are beautiful and the music very calming and relaxing. I also use this for myself at the end of the day and find it very relaxing and calming after a very stressful workday. I have also ordered the "Seasons of the Heart" to compliment "Earth Songs". Thank you for producing such beautiful DVD's for people in

a very difficult time in their lives can help them deal with illness and transitioning. They are also very good for stress reduction. Namaste.” — Pam Morgan



The award reads:

**2010 Indie Fest Winner
Award of Excellence
Earth Songs
Brian Luke Seaward
Producer/Director**

A Humor Conference Par Excellence

In 1991, while on the faculty of the American University, I attended a conference titled, The Humor and Creativity Conference. Bernie Siegel and Roger von Oech were two of the Keynote presenters. At the time, I was compiling information to teach a class I created called Humor and Health. To this day, this conference was one of the best I have ever attended.

Imagine my surprise when Joel Goodman, the conference director called me last month to invite me to be one of this year's keynote speakers. I was honored and immediately said yes. It is a rare conference that creates a magical alchemy of information, inspiration and loving compassion. While the audience includes professionals from the allied health care professions, it is a conference for anyone with a heart and funny bone.

This year's conference, featuring Paul Stookey (of the famous Peter, Paul and Mary trio) is held on the shores of Lake George, NY. Below is a link with all the information. You will thank yourself many times over for attending this event.

Speaking of humor, a friend sent me this link which I found hilarious. I hope you do too. Pay close attention to the guy with the lint brush.

http://www.youtube.com/watch?v=m_MaJDK3VNE&feature=player_embedded

The Voice of a Modern Wisdom Keeper

Those of you who know my body of work are well acquainted with my many mystical experiences and serendipitous encounters with spiritual luminaries from all corners of the planet. As someone who travels in the circle of spiritual wisdom keepers, shamans, mystics and healers, I have been made acutely aware of countless environment problems our world faces today. While I don't buy into the fear-based notions of the world coming to an end in 2012, I do agree with the collective wisdom that humanity and the planet we live on, is on the verge of a tremendous change. Wisdom keepers the world over speak of this change as a shift in consciousness, a progression of conscious evolution, from homosapiens to homo spiritus (just one of many names given to this new chapter of humanity.) A new voice on the scene is that of Keisha Crowder, a woman in Colorado who travels the world to share her message of compassionate wisdom. Below is a link to one of her more recent presentations (edited for the limitations of Youtube). As with all information these days, use your sense of discernment. I felt compelled to share this for anyone who might be interested in her message:

<http://vimeo.com/17355872>

A Recent Power Outage In Winter

Last week, during a very unusual cold spell here in Colorado, a car crashed into a power transformer, and half of my town went dark for several hours in the early evening. I grabbed a blanket and sat in front of my gas fireplace and enjoyed the absolute quite. Not knowing how long this period of darkness might last, I decided to capitalize on this gift of solitude. I meditated. In my meditation, I realized just how reliant we, as 21st century humans, have become on all things electrical. I reflected on the fact that many of us rarely spend any time in perfect solitude, when not long ago, this was the norm. I began to wonder how much of

stress is the result of our 24/7 on demand, plugged-in society. Recent studies have discovered that the chemical hormonal by-products of stress can actually destroy brain cells. I wondered how much of today's cognitive diseases, from ADD and Aspergers to Alzheimer's are somehow related to the non-stop sensory bombardment, coupled with petrochemical by-products we encounter each day, often unknowingly. The power came back on in a few hours, but secretly I had hoped it might last for days. The next day, speaking to several friends and neighbors, the consensus was this event was a horrible inconvenience. I just smiled. I didn't think so at all.

Singer/Songwriter Greg Tamblyn Does it Again...

Years ago I met one of THE most amazing singer songwriters on the planet. His name is Greg Tamblyn and perhaps the best way to describe him is like this: He is the Weird Al Yankovic of New Age music. It was Greg who approached me to collaborate on a song based on my book, *Stand Like Mountain*, which became a big hit for him (this is no exaggeration). Greg and I quickly became good friends (we have even collaborated on some personal growth workshops.) Perhaps Greg is best known on the Unity Church circuit, as well as many health-related conferences, as the singer/songwriter who can tickle your funny bone while stealing your heart. Greg sent me a new video on Youtube that features one of his newest songs. I think it should be played before every opening day of Congress. See what you think:

<http://www.youtube.com/watch?v=8vx6i4G7LfM>

10+ Reasons to Join Us in Ireland...

The unofficial countdown has begun for the *Spirit of Ireland Journey* in 2011. We pride ourselves on an authentic experience of the true Irish/Celtic traditions. What makes this trip different than most is that this journey isn't just a vacation to a pretty place, it's a calling to offer healing energies, healing intentions, prayers and compassion at various sacred sites on the Emerald Isle for environmental stability and world peace and establish lifelong friendships with people of like mind. Not to mention a culturally rich experience par excellence. When people share a unique experience such as this, not only do reciprocal personal healings occur, but bonds of friendship form that last a lifetime. We have 4 spots left to round out our special group of 22. For many reasons that time/space won't allow, most likely this may be our last group trip of this type.

Here are some GREAT reasons to consider joining us in Ireland:

1. We have two (2) private musical concerts with some of the most revered folk musicians in all of Ireland gracing the stage.
2. A night of cultural entertainment awaits us as we take our seats in the Natural Folk Theater for a production of *Conn Lirr*, a Riverdance/swan lake type fairytale of epic proportions.
3. We have a whole day with spiritual luminary P.J. Curtis (close friend and colleague of the late John O'Donohue) who will share his remarkable knowledge of Celtic spirituality, lore, and wisdom.
4. A trip to the beloved Aran Island or Inishmere (weather permitting), something even most natives haven't done.
5. A trip to Skellig Michael, an Island sanctuary and the beginning of the Archangel Michael Ley-line (weather permitting) with a special healing ceremony.

6. Not only a tutorial on beginning photography, but you will receive a CD-Rom of 40 professional photographs of the Southwest Region of Ireland to use as screensavers.
7. Three (3) music CD's containing many of my favorite Celtic/Irish songs (and I have quite the extensive library of Celtic music!) Also a CD-ROM of 40 screen saver images of Eire!
8. Each person will receive an autographed *Doors of Ireland* poster from yours truly.
9. A chance to experience authentic live Irish music in a local pub, and try your hand at singing a song (or reciting a poem, if you wish).
10. If you are looking for a way to make a difference in the world, joining a group of like-minded healers is one way to unite these efforts for the common good of humanity.
11. Be forever changed and enlightened as a peace ambassador for the world.



New Book Release: *A Beautiful World: The Earth Song Journals*

It seems like it has been years in the making (longer than the movie which inspired it) but I am nearly done with my newest book project, a photography book. While filming *Earth Songs* I took hundreds of photos of the villages, scenic vistas, wildlife and people—most of which are not necessarily in the movie, but are visually stunning nonetheless. Interspersed among the photos are short essays of my travels. The book is all written, the photos selected and studio time booked. I am merely waiting for my friend Mark, who is finishing the Photoshop work on each photo, as well as the book's layout design. Like me, Mark is a perfectionist, and for this project, perfection, in terms of photography excellence, really matters. Upon completion, this book will be both a four-color e-book (it will look smashing on an Ipad) followed by a hardcover edition. I will make an announcement through all social media outlets when each book version is ready, including this newsletter. Stay tuned...

Eat Walk Meditate: The Spirit of Tuscany!



Have you ever wanted to take a casual stroll under the autumn Tuscan sun? Have you ever wanted to wander through an Italian vineyard followed by a wine tasting session with a local expert? Have you ever wanted to be serenaded by an Italian troubadour or walk the beach of Cinque Terra? All this and more awaits you as I take a group of 20 people to the Tuscany region of Italy Sept 23-Oct 1st. Originally created for caregivers, this trip is for anyone who wants to unplug from the fast-paced world and regain a sense of balance under the Tuscan sun. The American Holistic Nurses Association has approved 10 professional contact hours with a focus on meditation and relaxation skills, healthy eating practices and physical exercise (at your own pace) for optimal well-being. I was ever so fortunate to find the perfect tour guide, Gail Hecko, who lives in Tuscany 6 months of the year. She helped me craft the perfect trip with two nights in Florence, four nights at a Tuscan villa with trips to Siena and other villages, and two nights on the Italian Riviera, ending up in Milan. Five alumni from last year's Spirit of Ireland trip have already registered and 5 others have indicated their down payment check is in the mail. We have room for 10 more people and would love to have you join us. The entire schedule and trip brochure pdf can be downloaded from the upcoming events page on my website. We will indeed Eat, Walk and Meditate (OK this title isn't original, but it works), The Pray and Love parts are entirely up to you!



Upcoming 2011 Personal Growth/Professional Development Workshops

This year we are conducting two certification workshops in holistic stress management certification training:

1. May 19,20,21 & 22 (Boulder)
2. Sept 16, 17, 18 & 19th (Longmont, CO)

These workshops are for all allied health professionals. Each certification workshop is an endorsed program through the American Holistic Nursing Association and the have approved 50 professional Contact hours for all nurses. 20 CHES credits are also available upon request.

For more information please download the PDF brochure on the upcoming events page of my website. (Due to a schedule conflict, this year I will not be presenting or attending the National Wellness Institute Conference)

Fall Presentation at Kripalu Yoga Center, Lennox, MA

Several weeks ago, I received a phone call with an invitation to facilitate a weekend workshop on my book *Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality*. Kripalu Yoga Center is renowned the world over for its style of (hatha) yoga, yet they offer many personal growth workshops there as well. If you happen to live in the New England / New York area, please consider joining me the last weekend in October. I believe they intend to screen *Earth Songs* there on Saturday night as well. For more information, please contact: <http://www.kripalu.org/article/118>

2011 Mountain Retreat in VAIL: Mark Your Calendars!

Back by popular demand is our annual mountain retreat with the theme: Mind-Body-Spirit Healing. I just signed a contract with the Hotel Sonnenalp to hold our 14th annual Fall Mountain Retreat in Vail this year over the Columbus Day weekend. The Sonnenalp was voted THE top resort hotel in Colorado last year and the #3 resort hotel in the US last year as well. Not only does each room have a gas fireplace and heated bathroom floor, but the hotel creates the absolute Bavarian mountain ambiance. Simply stated: its magical. Rooms typically start at \$300-500 twice this during the ski season) but since they like hosting our Mountain Retreat, they have given us a rate of \$120/night. That combined with what alumni say is a fabulous mountain retreat workshop program makes this an event not to miss. I have also invited my good friend and colleague Dan Sebranek to play at our Saturday evening concert. Soon, I will post a draft brochure on the upcoming events page of my website for early bird registrations. All in all, this is an event not to miss. I have booked 10 rooms so if you think this is something you wish to take part in, please consider registering early. Come home to Colorado!

As always, we love to hear from you, so if you are so inclined, please drop us an email, snail mail, Facebook message or even a phone call.

Best wishes and inner peace

“Luke”

Brian Luke Seaward, Ph. D.

Executive Director Inspiration Unlimited & The Paramount Wellness Institute

www.brianlukeseaward.net