

SWEET INSPIRATIONS

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

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Dear Friends, Colleagues, Fans and Family,

It is hard to believe that 2017 is winding down to a close with only a few months to go, this year has flown by. Between filming for the new Earth Songs documentary sequel, completing the 9th edition of *Managing Stress*, putting the finishing touches on a new photography book on Ireland, and a cornucopia of presentations, workshops and retreats, this year has been nothing less than incredible. Here are some of the highlights.



Spirit of Italy Tour a Smashing Success!

This year's tour to the Amalfi Coast of Italy in September was nothing less than spectacular. Positano, Capri, Ravello, Amalfi and Pompeii were all amazing, each in their own way. And the food. Did I mention the food? WOW! Here is a little photo essay of this magical time. We have no plans as of yet to return in 2018, but I am looking at 2019 for a return to Positano. Stay tuned.



A Good Time Was Had by All at the Fall Mt Retreat in Vail

This fall, we celebrated the 20th Annual Fall Mountain Retreat at the Sonnenal in Vail, CO... 26 beautiful souls gathered together for meditations, guided mental imagery exercises, soul-searching activities and a music concert all of which was done to help make the world a better place. Here is a photo essay of this most magical weekend. Next year we return to Estes Park on Oct 12-14th. More details coming soon, but save those dates. AND If I can pull it off, I hope to do a Fall Mt Retreat in Burlington Vermont as well. Stay tuned...



Meeting Up with a Special Guest in CT

On Oct 18th I had the great pleasure to give a presentation to the students, faculty, staff of Western Connecticut State University on my book, Stressed is Desserts Spelled Backward. The day before the event, my friend and colleague, Joan Lunden emailed me to tell me she was coming. It was a great reunion and Joan graciously stayed afterward to join me in autographing some books for the audience.



Heal: The Movie

I just learned of a new documentary on the topic and nature of healing... the trailer looks wonderful with many of my colleagues sharing their insights on the healing process.

Take a look and then try to find the movie when it comes out. <http://www.healdocumentary.com/>

My New Book: A Return to Ireland

Over the past several years, my trips to Ireland have culminated into a collection of amazing photographs that have just begged to become a coffee table book that I call *A Return to Ireland*. This new book contains over 200 images with essays including the Castles of Ireland, the Round Towers of Ireland, the Thatched-Roof Cottages of Ireland, the Islands of Ireland, The music of Ireland, a Trip to County Donegal and so much more. I will have information soon on ordering a copy but the goal is to have it ready before Christmas.... Stay tuned...



Speaking of Ireland... 2018 Spirit of Ireland Tour, come Join Us..

Our next tour to Ireland includes counties Mayo, Galway and Clare... Our tours are a magical alchemy of great music, incredible sacred sites, wonderful people and great craic... come join us... Here is a link of the brochure. We have 21 spots and the tour usually fills up early, so if interested, please contact me as soon as possible. Slainte! ...

<http://www.brianlukeseaward.com/downloads/2018SpiritOfIrelandBrochure.pdf>



Poul nabrone stone dolmen, Irish pub music and Kylemore Abbey



Singing on Achill Island, Celtic Rune and the Famine Tribute

Create Footprints of Light... Wherever you go...

In these unsettling and quite unpredictable times we are living in, I am reminded repeatedly to keep our hearts open. With so much anger and fear about, it is best to follow the sage advice and “Be in the world, but not of it.” Translation: don’t get caught up in all the negative energy of anger and fear and become that which you are stressed about. We can walk through the world daily and keep above the fray by keeping an open heart. In the past few weeks I have conducted several retreats and gatherings. One of my favorite guided meditations includes the idea of creating footprints of light wherever you go. One does this by practicing compassion in action, carrying a song in your heart and a smile on your face.... In doing so, your footprints make it easier for others to follow you lead.



Nature is Calling...

Over the past 12 months, I have been busy working on a sequel to Earth Songs.. Here are a few still images to invite you to embrace the healing power of nature. Enjoy!





Best wishes and inner peace,

“Luke”

Brian Luke Seaward, Ph. D.

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