

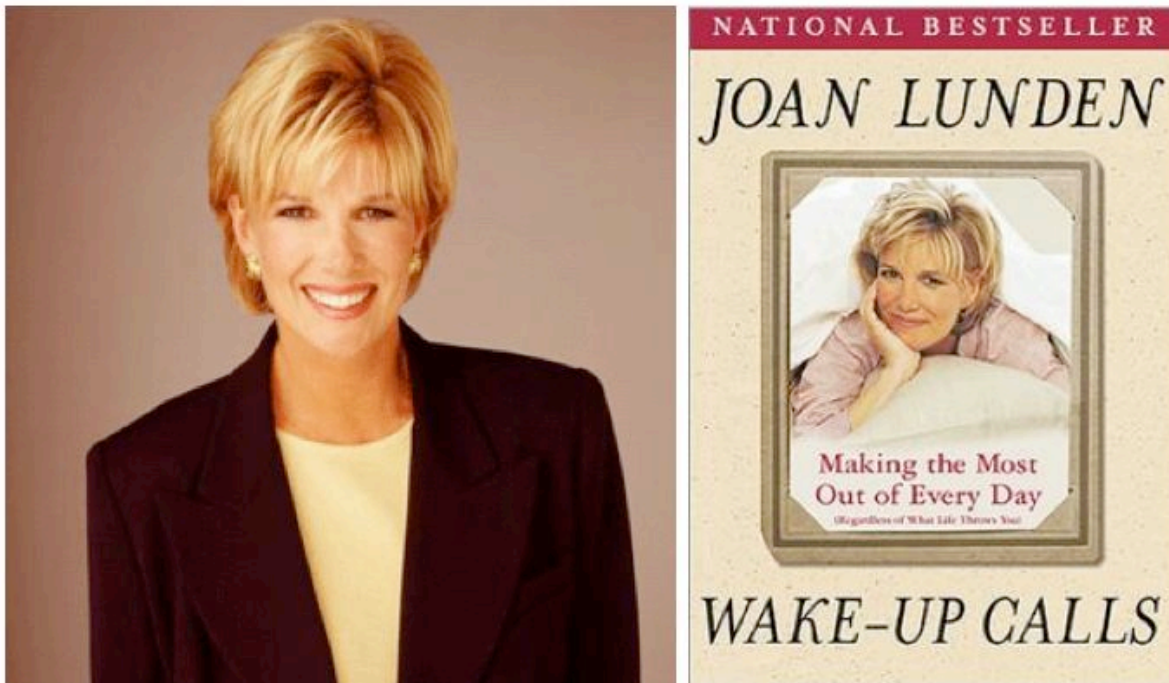
# *SWEET INSPIRATIONS*

The Quarterly + Newsletter of *Inspiration Unlimited & The Paramount Wellness Institute*  
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## **Random Kindness for a Beautiful Soul: Joan Lunden**

Joan Lunden has been a bright light on the planet for decades. She has also been a good friend and colleague of mine. In her role as a morning-news journalist (the anchor of *Good Morning America*) and esteemed women's health advocate, she has helped many women in their quest for a better life. I learned several years ago that she found my book, *Stand Like Mountain*, to be a big help to her when she was going through some hardships and we became friends at that time. One day she called me up to invite me to write an essay for a book she was writing called *Joan Lunden's Wake-Up Calls*. It was a real honor. Over the past few years we have talked about co-facilitating a women's wellness retreat, something all the more important now. Like many people, I learned several weeks ago that Joan was diagnosed with breast cancer. Knowing the importance of support groups, I quickly drafted a social media message and invited friends, fans and colleagues to send her a get well card. The first batch of cards and well wishes was awesome. If you would like to be part of this Random Act of Kindness effort, please send a card to the address below: Thanks... I know she will really appreciate it.

Joan Lunden  
C/O Brian Luke Seaward  
PO. Box 18831  
Boulder, CO 80308



PS. I just received a card from Joan. It reads: Brian, I have been truly humbled by the amazing support I have received from so many friends and I thank everyone for their kind words and thoughtfulness. Thanks so much... Joan.

# Erin's Summer Solstice: Spirit of Ireland Tour

Summer solstice is a special day in the Celtic calendar and this year it was particularly magical as the group I hosted in Ireland was able to celebrate this day on the Dingle Peninsula at the Gallarous Oratory... for a most magical event. Our pilgrimage also took us to the town of Killarney and Kenmare (County Kerry) and up to the towns of Doolin and Ballyvaughn (County Clare). Sacred ceremonies (poetry, music and meditations) at many stone circles, standing stones, dolmens and fairy forts occupied our days while the most amazing traditional Irish music entertained us during the evening hours. Below is a photo essay of some of the trip highlights....

I am still in the process of putting together the details for the 2015 Spirit of Ireland Tour. Next year's tour will include visits to County Donegal, County Mayo and County Galway. The dates are June 14-23<sup>rd</sup>. This tour has now garnered a reputation that many people have already signed up, but we do have about 5 spots left. If interested, please contact me ASAP.



We were treated to a great house concert in Dingle with Irish dancing champion David Ganey



The standing stone at Sleah Head, Dingle (left) and the Poul nabrone Dolmen County Clare (right)



Summer solstice ceremony at the Gallarous Oratory, Dingle Peninsula, County Kerry



Some pretty sights (Killarney, County Kerry) and an iconic thatched roof cottage (County Clare)



A private House concert (Gregans Castle) and Fiddle music in Shannon, County Clare)



Healing Ceremony at Uragh Stone Circle and meditation time at Sleah Head, Dingle Peninsula



Friendly dolphin and work horse Aran Island Inis Oirr (County Galway)

## 2014 Retreat on Lake Como, Italy September 2015

Tuscany is nice (so is Venice and Cinque Terra), but for decades I have wanted to see the Lake Region of Italy and become mesmerized by the snow-capped mountains that surround the alpine resorts of Como and Bellagio. Next year's Spirit of Italy tour will travel to Lake Como as plans are underway to return to Italy for the Eat, Walk Meditate Workshop retreat now scheduled for late September 2015. Details soon. But in the mean time, if interested please let me know and mark your calendars for the last 10 days of September, 2015



Stunning views of the lake region of Italy

## Fall Mountain Retreat Returns to Vail this Year

I am happy to report that we are returning to the Sonnenalp Resort Hotel in Vail for the 16<sup>th</sup> Annual Fall Mountain Retreat to be held Oct 10-12<sup>th</sup> 2014 (Columbus Day weekend). Mark your calendars for what promises to be a great and most memorable weekend of great information, guided meditations, soul-searching exercises, awesome Saturday night concert (Dan Sebranek) and a wonderful respite from the world. I am also delighted to announce that our Friday night entertainment will include some fantastic traditional Irish music by Jessie Burns (formerly with Gaelic Storm and Annie Serotniak). Spots are filling up fast so if you are interested, please fill out a registration form (the brochure with the registration form can be found on the events page of my website). Many thanks...



Jessie Burns on Fiddle, and Singer/Songwriter, Dan Sebranek on Guitar

## Nanu Nanu: Farewell Robin Williams

The world lost a beautiful soul when the news was released of the untimely death of Robin Williams. While the reasons for his early departure may remain a mystery, his cinematic work and comic genius will never be forgotten. *Mork and Mindy* put Boulder, Colorado on the map as a very unique place, and in doing so, perhaps attracted many unique individuals (like myself) to want to live here; Thanks Robin! He also made it acceptable to be a bit different (and for anyone—everyone who has ever felt alienated, this made a world of different!) Although I never met Robin, I am a good friend with Patch Adams, who became a good friend of Robin, during the filming of the hit movie, *Patch Adams*. As someone who teaches about humor and health, I marveled at Robin's comic genius. And as someone who has studied (and taught) about the healing power of humor, I like many others, am well aware that comics reach deep inside the wounds of their past, and shed light on them with a smile to help others deal with their own grief. Being a comic genius can be an unbearable weight for many. In my eyes, Robin Williams is a saint. Long live the spirit of Robin Williams. Nanu, Nanu!



Pictured above is Robin Williams with the real Patch Adams, MD, whom Robin portrayed in the hit movie, *Patch Adams*.



The Boulder Theater (about 5-6 blocks away from the famed Mork and Mindy house) bids farewell to Robin Williams on behalf of all of Boulder, CO.

That's all the news that's fit to print this time around... Thanks, as always for keeping in touch, and I hope to cross paths down the road...

Best wishes and inner peace,

*"Luke"*

**Brian Luke Seaward, Ph. D.**

**Executive Director Inspiration Unlimited & The Paramount Wellness Institute**

[www.brianlukeseaward.net](http://www.brianlukeseaward.net)