

SWEET INSPIRATIONS

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

Vol. 68. Late Fall, Early Winter, 2019



One Person CAN Make a Difference!

If you think one person can't make a difference, you have not been paying attention to the news lately. I have a new hero. Her name is Greta Thunberg and she is a force to be reckoned with. With more wisdom and backbone than anyone she has spoken to (e.g. congress, late night talk show hosts, world leaders.) At the age of 16 she has forced the world to take a stand on global climate change, and she has done the impossible. Better than give words to her story, hear it for yourself with the TED talk below. We are at a point in time when we all must become activists for the earth.

https://www.ted.com/talks/greta_thunberg_the_disarming_case_to_act_right_now_on_climate

<https://www.facebook.com/thedailyshow/videos/635097820349768/>



Greta in a one person school strike (2018), and Greta leading a world movement (2019)

How's Your Health of the Human Spirit

I was invited to write a short essay on the topic of heart-centered living. Enjoy!

<https://winnpost.org/2019/09/20/how-to-deal-with-threatening-times/>

Speaking.... On the Road

I have been on the road much of this year, speaking at conferences and corporate retreats.

Whereas decades ago I was invited to speak on the topic of stress or the healing power of humor, the demand today is on the topics of Work-life balance, Resiliency and perhaps most popular, Digital Detox.



This Year's Tour to Scotland; Can France Be Far Behind?

This year, the Spirit tours which I lead around the world took us to Scotland. It was a most incredible tour. The theme was ley-lines and blood lines which took us from Glasgow to the Isle of Iona, The Isle of Mull, Ft. William, Findhorn, to the Isle of Lewis, then to Edinburg. We had incredible weather, wonderful food, and many, many laughs. There is talk (an great interest) in putting together a similar tour to Southern France (following paths of Mary Magdalene and the Holy Grail). If you think you might be interested, please let me know (we have very limited availability). Dates: Lat two weeks of September 2021.



Hummingbirds Galore!

As many of you know, I have a love affair with hummingbirds. This year, I was lucky enough to photograph a few new species; and many right in my own back yard (the Black chinned Hummingbird, and the Calliope Hummingbird). Still illusive to my camea lens is the Rufus hummingbird, but perhaps next year. Here are a few photos below. They have left for warmer parts of the country, but I hope they return next spring.



2020 May Holistic Stress Management Instructor Workshop

The dates for the 2020 spring Holistic Stress Management Instructor Workshop are May 17-20st. We have 25 spots and given the interest we expect this may fill up. Resiliency is the new buzz word in stress management, but to address stress fully, there must be a mind-body-spirit approach that works with both causes and symptoms. This is the holistic approach and this is what I teach people to teach at this certification workshop. Come join us for a most remarkable experience in what countless health care professionals call "The best workshop they have ever taken."



A New Guided Meditation

Over the past few weeks I have been working on a new guided meditation script for the Fall Mt Retreat in Vail next month. I had a link made for easy downloadable access for those who might be interested... enjoy

<https://www.brianlukeseaward.com/wp-content/uploads/2019/09/Hugging-The-Family-Tree-Guided-Meditation.pdf>

Some Favorite Wildlife Photos from 2019

It appears I have some more room in the newsletter so I thought I would fill it with a few more photos; photos of wildlife I captured on film over the past few months.. enjoy!



Red fox, mink, hawk, angle fish, parrot fish, parrot fish, hawk, seals, cardinal

Best wishes and inner peace,

"Luke"

Brian Luke Seaward, Ph. D.

Executive Director Inspiration Unlimited & The Paramount Wellness Institute

www.brianlukeseaward.net