

Staying Above the Fray:

Essential Resiliency Skills & Self-Care in Chaotic Times



Are you feeling challenged to stay centered and grounded with all the crazy, dramatic changes going on with the planet? If so, you are not alone! Perhaps it's time to dust off and revisit your resiliency and self-care skills to rise above the fray.

Come join me on Monday, February 24th at 5:00 pm (Mountain time) for a FREE zoom resiliency course in **Staying Above the Fray**. The focus of this class includes essential aspects of resiliency and self-care during challenging times, specifically setting healthy boundaries, “creating wellness anchors” and getting a good night’s sleep.

Following this “free” class, participants can register for **Above the Fray 2.0**, a special 4-part, self-paced, online course with more in-depth content in personal resiliency for \$149. Each segment includes a special private link for an additional complementary guided mental imagery relaxation link, and a journal writing exercise to help process the content. Once registered, participants can access pre-recorded presentations with a suggested schedule (or at your preferred pace) and watch /listen for repeated pleasure.

Part I: Adaptation to Change Gracefully. Learn the 6 steps for positive adaptation including practicing healthy grieving. Structured routines, emotional resiliency, and the keys to healthy grieving are also highlighted as personal adaptation skills to help you stay centered and grounded in these challenging times.

Guided Meditation: Enter the Heart Sanctuary

Part II: Mind Over Anxiety: Times of dramatic change can bring with it a lot of fear and anxiety, which if not addressed can quickly multiply into a whirlpool of negativity. This presentation highlights the recent research regarding neuroplasticity, brain health and meditation. Learn to wire your brain for calm and let calm be your superpower.

Guided Meditation: Diaphragmatic Breathing

Part III: Enhancing the Health of the Human Spirit: To stay grounded and centered during times of rapid change requires a strong foundation of spiritual wellbeing. This segment highlights the cornerstones of this foundation including the use of one's muscles of the soul (e.g., patience, optimism, forgiveness, creativity, etc.) to ride the waves of change gracefully.

Guided Meditation: Staying Above the Fray

Part IV: On Becoming a Galactic Citizen: Changes on planet earth go far beyond national politics and global climate change. Learn about the essential skills to become a conscious member of our galactic family as we enter the age of Aquarius and preparation for the New Earth.

Guided Meditation: Becoming a New Human for the New Earth

The course concludes with a live Zoom class, March 24 at 5:00 pm (Mountain Time) where participants are encouraged to share their experiences, ask questions and reconnect with friends and colleagues as a personal support group. The 1-hour zoom class will be extended for those who wish to have more time.

About Your Event Facilitator: Brian Luke Seaward is internationally recognized as a pioneer in the fields of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress: Principles and Strategies for Health and Well-being (11 Ed)*, is the top selling college textbook nationally and internationally. Dr. Seaward has served on the faculty of many academic universities (The American University, The University of Colorado, the University of Northern Colorado and The Graduate Institute) sharing his wisdom of holistic wellness to undergraduates and graduates alike. As teacher, mentor, and healer, Luke is regarded by his students and peers as a rare gem in the crown of health promotion. He is the author of several books including *Stressed Is Desserts Spelled Backward*, *Health of the Human Spirit*, *The Art of Calm*, *Quiet Mind*, *Fearless Heart* and the popular best seller, *Stand Like Mountain, Flow Like Water*. More information is available through his website: www.brianlukeseaward.net.

—ABOVE THE FRAY 2.0 Event Registration —

Name: _____

Address: _____

City, State & Zip _____

Phone Number () _____ * Email address _____

Four-Part Seminar Series Package \$149.00

Part I: Adaptation to Change Gracefully

Part II: Mind over Anxiety

Part III: Enhancing the Health of the Human Spirit

Part VI: Becoming a Galactic Citizen

Once you have registered, you will be sent four links (one per topic).

Cancellation Policy: Due to the nature of the registration process where upon receipt of your registration, you are sent the pre-recorded links of the four presentation topics, there are no refunds for this event.

METHOD OF PAYMENT: (Paypal Venmo preferred)

_____ **VENMO:** Please Send payment via Venmo to this address: @Christine-Seaward_(#9177)

_____ **Paypal** (please visit paypal.com, make payment to BrianLukeS@cs.com)

_____ **Credit Card:** Master Card / Visa / AMEX / Discover (circle one)

Credit Card Number _____ Exp Date ____/____

CVV Code _____

Signature _____ TOTAL \$ _____

Please mail this registration form and check to: Inspiration Unlimited • 809 Allen Drive, Suite 200 • Longmont, CO 80503 OR scan registration form and email/text to brianlukes@cs.com. For more information, please contact us at *Inspiration Unlimited* (720)600.9640.

Brian Luke Seaward is inviting you to a scheduled Zoom meeting.

Topic: ABOVE THE FRAY

Time: Feb 24, 2025 (5:00-6:00 pm Mountain Time (US and Canada): Join Zoom Meeting

<https://us02web.zoom.us/j/87878779159?pwd=sbPPbyoHMhkN27PJOHTIwZb3CKBSQ6.1>