

SWEET INSPIRATIONS

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

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Hi everyone, much has happened since the last newsletter. To quote a favorite line from my favorite movie, *The Princess Bride*, “There is too much to explain, let me sum up.” Here goes:

Under A Tuscan Sun



A pastoral scene observed from our hotel in Pienza, Tuscany

Our first group tour to Italy was a smashing success! The theme was Eat Walk Meditate: Care for the Caregiver, but it could have really been called, “how to fall in love with Italy” which we all did. We began our tour in Florence, a magical city, that everyone must see at some point in his or her lives. I am not a city person, but Florence will steal your heart with culture (it did mine), food, artwork, and music. Florence is best experienced in person, as words simply cannot do it justice. We then spent 5 days in the Tuscany countryside visiting the walled cities of Pienza, Siena and Montipulcio. Every street, every restaurant, every thing looks like a scene from a movie, only you are there. Our tour ended in Santa Margherita where we visited the coast towns Portofino and the magical villages of Cinque Terra, now a UNESCO world heritage site. We had THE best guides in all of Italy, and I am very much indebted to Gail Hecko for making all of this happen. Thanks Gail. If you want to see some photos from the trip, click on the link below. AND... if you want to join us next year, plans are underway for a return to Italy journey, this time including, not only Florence, Siena and Pienza but a day in the Assisi and Luca, and possibly Venice (You may have heard that Cinque Terra was devastated by floods last month.) The dates are Sept 22 through Sept 30th, 2012. Look for more details (via a PDF brochure) on the upcoming events page of my website.

And one comment that speaks for all who went: Hey Luke, Just a note to say thanks for making the trip to Italy so exciting. A very special thanks. I had been to Tuscany before but this time, I came to be in the company of like-minded people, whom you attract on your trips/workshops. Eat Walk Meditate was exceptional. Thanks again, Christine Lissard RN,BSN, HN-BC, PCC

Here are a few photos from the trip



Our Tour group first group photo after our seven-course meal in Florence. Bellissimo!



Making a wish in the Columbus Fountain in Santa Margherita to return to Italy

Healing Touch Conference 2011

It was a real honor to be invited back to the Healing Touch International Annual Conference as one of their keynote speakers, this year on the Big Island of Hawaii. Hawaii was selected as this year's conference location because it is believed by many to hold incredible healing energies. The conference included several ceremonies honoring the Hawaiian Huna and their healing modalities of the Polynesian culture, which we were delighted to take part in. What made this event so special for all of the attendees was the appearance of special Keynote speaker, Rose Pere, a healer from New Zealand (the native Maori, of which Rose is a member, are also from the Polynesian culture.) Rose brought a special message about the need to work on healing the planet, Mother Earth, as the abuses of resource harvesting (from minerals to wood to the ocean's fisheries) has brought the earth energies to near collapse. Below is a photo of Rose giving her presentation, which included one of her most memorable lines: "You are perfect! The only time you are not perfect is when you compare yourself to someone else."



Rose Pere gives me a most memorable Maori Kiss (eyebrow to eyebrow, nose to nose).

Stress Management for our US Soldiers

While attending the 2011 Healing Touch International Conference in Hawaii in Oct, I was invited to speak to members of the US Army health care services (as well as several Wounded Warrior soldiers returning from Iraq and Afghanistan with PTSD) on the topic of Stress Management. I have the greatest admiration for these heroes and I ask you to keep them in your thoughts and prayers for their service to our country. Part of my presentation to the soldiers was an effort to make them laugh (depression can atrophy the funny bone) and I am happy to say that my efforts, however brief, elicited many smiles and laughter. Below is a photo of some of the soldiers who offered to pose for a photo displaying the "hang ten." A special THANK YOU to Roddy Sueoka, director of the Wounded Warrior program in Hawaii.



US Army Soldiers from the Wounded Warrior Program Hang 10 with me and Roddy Sueoka, the Director of the Wounded Warrior program at Schofield Barracks, Oahu, Hawaii

Vail Mt Retreat 2011

The 14th annual Fall Mountain Retreat was nothing less than sublime. We had a stellar group of individuals who came to Vail for some rest, relaxation and music at the wonderful Sonnenalp Resort. There were far too many highlights to include here, but a few are worth mentioning, including the awesome concert by Dan Sebranek, and the stunning alchemy of a light snow dusting on the golden aspens that cast a magical spell over the whole town. Sabrina Skinner, who came all the way from the Bahamas not only saw her first snow fall—EVER, but delighted in the opportunity to experience here first fireplace, aglow with red, orange and yellow flames (the fall indoor colors of the Colorado Rockies. Next year we are headed back to Estes Park for the 15th Annual Mountain Retreat where the wild deer and the elk promise to entertain us.



Dan Sebranek Sings to the Vail Mountain Retreaters at the Hotel Sonnenalp



Logan even stops to pose for a photograph with Sabrina. There are no Siberian Huskies in the Bahamas either.

Dan & Mary's Wedding

I just returned from La Crosse, Wisconsin where I attended Dan and Mary Sebranek's wedding on 11-11-11. Those of you who have attended one of our annual Fall Mountain Retreats in Vail or Estes Park in the past 10 years or who have had the pleasure of joining us on the 2010 or 2011 Spirit of Ireland Journey will recognize my dear friends Dan and Mary in this photograph. Dan and I have been close friends for over 31 years and his musical talent as a singer-songwriter are gifts for the world. Dan has been like a brother to me over the decades and it was an honor to speak, much less attend his wedding. Mary, it's an honor to have you as a sister-in-law. I am looking forward to our next adventure in Ireland, Colorado or wherever the fates take us together...And Dan, now that you have tied the knot, let's get started on your new album, OK?



Dan surprises Mary with a newly designed wedding ring, which brings tears to her eyes



The Honorable Dan and Mary (Cortesi) Sebranek married on 11-11-11

Join us for the 2012 Spirit of Ireland Journey

Plans are underway to make a third group pilgrimage to Ireland next summer and you are cordially invited. Next year's trip will take us to the northwest coastal region of the Emerald Isle, including County Donegal (home of Enya and the group Clannad), and counties Sligo and Mayo. The day-by-day schedule is still being finalized. A full program brochure PDF can be downloaded from the upcoming events page. As several people have said about Inspiration Unlimited trips, "Luke Seaward attracts the best people to travel with (the family you wish you were born into)... and with specific attention paid to sacred sites, cultural, historical, and spiritual aspects, these trips are nothing less than trips of a lifetime."



Kylemore Castle Abby... one of the sites we plan to visit in Ireland in 2012

Thank You Steve Jobs!

I just finished Walter Isaacson's biography of Steve Jobs and what a read. I have been a fan of Apple products since the Macintosh in the mid 80's (thanks, Skylar). I have every book (all 14) on a Mac and edited *Earth Songs* on a Mac as well. To learn the back story of the products was more than entertaining but to take a peak inside the thought processes of Steve Jobs (and not all are pretty) was amazing. Perhaps by no coincidence I was asked to do several presentations to a Fortune 500 company on Leadership in the 21st Century and Steve Jobs came up several times as the epitome of the best and worst CEO. The book is an excellent read, but perhaps more importantly, Steve Jobs the human was a leader in excellence where art and technology intersect. We stand at the crossroads of an intersection that he walked as a dirt road. And are all the better for it. So, Thank you Steve. I am forever grateful.

An Invitation to Speak at TEDx

More than likely you have stumbled upon the TED speaker series on YouTube, and if so, you, like me, have been quite impressed with the luminaries of the world invited to share their message and wisdom. I have been a big fan of the TED series, so imagine my surprise when I received an email followed by a phone call with an invitation to speak for the TEDx series, a special event in Denver for women. My presentation, *Health of the Human Spirit* will be recorded on December 1st. This is quite an honor. As soon as I have a link to share I will post it here in the next edition of *Sweet Inspirations*.

Paramount Wellness is On Facebook:

Paramount Wellness has joined the 21st century with a presence on Facebook (thanks, Robert). Keeping up with social media seems to be a requirement these days. Both the Paramount Wellness and Brian Luke Seaward Facebook site will have posts and updates on all programming (e.g., The fall Mountain Retreat, Spirit of Ireland Journey) and announcements (e.g. the release of new books, etc.). See you on Facebook.

A Beautiful World: The Earth Songs Journals

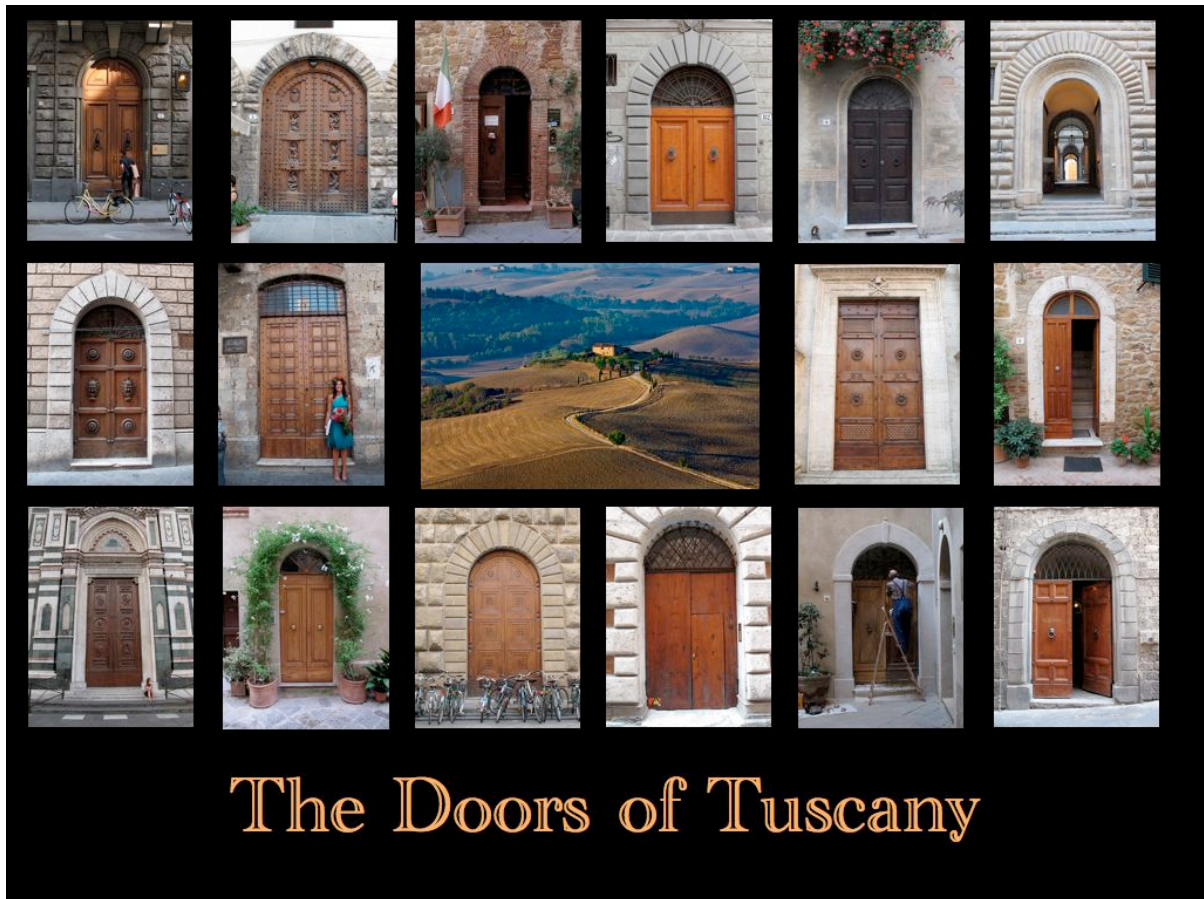
The release of *A Beautiful World* has been a long time in coming (even longer now), but I hope you feel the wait will be certainly worth it. The E-book version (about \$20) will be made available through the Apple Store for I-Pads, and the B&N Color Nook soon. My hope was to have the hardbound copies available in time for Christmas, but I have learned that when you have a 4-color book it takes a looooooong time. It just wasn't possible to pull this off for 2011, but the good news is that the galleys are in the hands of my printer (I am self-publishing this book) and a special mailing will besent to everyone on our mailing list to announce it's release. The book captures the essence of nearly 15 countries, with over 300 photographs between the covers of 260 pages (trim size 8 x 12). Below is the cover of the book. I promise it will be well worth the wait. Enjoy.



Book cover: A Beautiful World: The Earth Songs Journals

A New Doors Poster?

How could I go to Tuscany and NOT try to create a “Doors of Tuscany” poster? I am still having a friend take the selected photos through Photoshop before being placed in the final poster. Here is what it looks like in a prototype form.



More Publishing News:

As we speak, I am working on the final edits of the second edition of *Health of the Human Spirit* (Jones and Bartlett Learning, 2012).

I also acquired the electronic rights to print and distribute *Stressed Is Desserts Spelled Backward*, which I hope to have on Amazon for the Kindle, as well as the Barnes and Noble Nook and the Apple Ipad. Details soon. Thanks.

And finally, a special invitation to you: If you purchase anything on the Paypal page of brianlukeseaward.net and use the code word LOGAN as your middle name you will receive free shipping (a reimbursement check for S&H). Happy Holidays!

Best wishes and inner peace,
“Luke”

Brian Luke Seaward, Ph. D.

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