



## SPRE Presents Brian Luke Seaward, PH.D. Teacher and Author, Speaking on “Stand Like Mountain, Flow Like Water - Reflections on Stress and Human Spirituality.”

**Date:** Friday, January 16, 2009

**Time:** 7 to 8:30pm

**Location:** Old Ft. Collins Airport Building,  
2200 Airway Ave.

**Cost:** Free-will Donation

Stress provides the opportunity for spiritual growth when we call upon our inner resources - faith, patience, humbleness, intuition, courage, humor and compassion - to dismantle life's roadblocks so we may walk in balance on the human path. Based on Dr. Seaward's popular best seller, “*Stand like Mountain, Flow like Water*,” this presentation weaves theory and story, personal experience and humor, wit and love in a poetic synthesis that both educates and inspires audiences of all ages.

Stress is a stranger to no one. Once described merely as wear and tear on the body, stress is now best defined as a disconnection from our divine source. Times of stress may bring feelings of panic and mayhem. There is an ancient Chinese proverb that speaks to the nature of human existence, and underscores the importance of finding balance in our lives. It reads, “*Stand like mountain, flow like water.*” To stand like a mountain means to feel strong and secure in the midst of change. To move like water means to go with the flow. In times such as these where change is ever present in the global culture, balance is necessary to stay grounded, centered, and connected.

Times of change bring with it stress. It's no secret that we are living in a time of great stress, yet we are also living in a time of a spiritual awakening of the human soul. Are the winds of change and the winds of grace one and the same? Perhaps!

Special one-day workshop, “Stand Like Mountain, Flow Like Water,” will be held Sat., Jan. 17, 9am-5pm at 2800 Airway Ave., Fort Collins, CO 80524.

Visit [www.brianlukeseaward.net](http://www.brianlukeseaward.net) for workshop information and registration form. Phone: 303-678-9962 Tu/Thurs afternoons. Pre-registration advisable.

For more information and directions to the meeting, go to the Society for Psi Research and Education (SPRE) web site: [www.spre.org](http://www.spre.org), call 970-225-3753 or contact [lucieblanchard@comcast.net](mailto:lucieblanchard@comcast.net)