

## INSPIRATION



*wysh is dedicated to celebrating our authentic human spirit.*

## Q &amp; A WITH SETH SWIRSKY

## [ON INSPIRATION]

Seth Swirsky is an inspired father of three inspired kids, as well as a bestselling author, award-winning songwriter for Celine Dion, Tina Turner and many more, painter, singer, documentary producer and director of the upcoming film "A Year in the Life" about the Beatles, and a self-described "manic-expressive." His website is [www.seth.com](http://www.seth.com)

**What is inspiration?** *Something that compels you to want to create.*

**Is it as important as food?** *For people with the need to create, inspiration IS the food.*

**Where does it go if we don't feed it and let it fuel us?** *Sometimes we look for it, but like trying to catch a beautiful butterfly, it usually eludes us. It's like love: hard to get when you seek it out. Easier when you just live and enjoy your days.*

**How do we raise inspired children?** *Teach them that the real beauty in life is in its simplicity. In that way, so many things are inspiring!*

**How do we "keep the light on" in our children—and in ourselves?**

*By changing the bulbs every once in awhile. Shake it up. Try new things. Sculpture! Throwing horseshoes! Putting a door in the backyard!\**

*\*Seth's backyard:*



[www.wearyourspirit.com](http://www.wearyourspirit.com)

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