

Power and the Family

Conscious Path – Annie Burnside, M.Ed.
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Talking Points

- ❖ Author Annie Burnside opens this article with this powerful statement: “To be passionate about the intricacies of our lives without being attached to specific outcomes, while simultaneously living true within our own skins, is a sure sign of authentic power and spiritual mastery. When we attach to labels, narrow scopes, rigid perspectives and definitive desires, we slowly but surely give away our power to an external source. With each need for a preferred singular outcome and the masks that we use to maneuver it, we lose a piece of our soul’s creative impetus (always aimed at serving the highest good for all) and resist the multifaceted outcome, often hidden yet available.” (6)
- ❖ Preferences aren’t must-haves and they shouldn’t constrain our creative efforts.
- ❖ Our children (as well as ourselves) have the ability to and create from the inside out. It’s time to remember this. We can’t let these expectations limit our abilities.
- ❖ If we are to evolve the entire planet to a higher consciousness every individual’s abilities matter. It’s time to open our true internal power sources through inner work.
- ❖ Annie wants us to “Teach and model for your children the subtle, yet highly beneficial balance of inner focus—contemplation, observation, reflection, receptivity and awe—with the outer focus of proactivity and productivity.” (7)
- ❖ Let us be “powerful, eternal, intuitive, creative, spiritual beings who flow with life rather than force life through rigid, outdated expectations and hidden agendas.” (7)
- ❖ It’s time to take responsibility for ourselves, inside and out, and discover our power so that we can help share this message with the world.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Visit Annie Burnside's website: <http://annieburnside.com/>