

# Let's Get Lost

Family Living – Anik St. Martin, D.C., CACCP  
Pathways #46, page 28



## Talking Points

A family of four goes out of the county and off the grid. This is their story.

- We all have dreams and fantasies of what we would do if there were no fear and no limits. What would happen if we followed them? “B.J. Palmer, the founder of chiropractic, referred to these intuitive glimpses as ‘innate thot flashes.’ These ‘thot flashes’ are said to be connected with our inner compass, pointing in a direction that we’re meant to follow. Trusting this inner compass should lead us to a path of least resistance and literally make our dreams come true.” (28)
- Watch young children, they truly seem to trust their inner wisdom. What can we learn from them?
- Read Anik’s article to hear their story on p. 28.

## Resources

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