

Spotlight on Annie Burnside, Author of *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*

(Annie Burnside, M.Ed. is the author of *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*, published in June 2010 by Wyatt-MacKenzie Publishing. She received both a Bachelor of Arts degree in Sociology and a Master's degree in Education from DePaul University. Annie created her own spiritual support practice in 2005 called Dancin' in the Light, and writes a regular Family Consciousness column in *Evolving Your Spirit* magazine. She lives in Wilmette, Illinois with her husband and three children.)

Rachel Pastiva: Your website, <http://www.annieburnside.com/>, describes you as a "parent, educator, author and professional soul nurturer." What is a "soul nurturer" and how long have you been one?

Annie Burnside: Officially, I have been a soul nurturer for five years. I created this career as it has always been the most natural aspect of who I am. A soul nurturer helps others awaken to their own truth in all aspects of life by providing the tools and encouragement to look more closely at their inner world. She assists others in viewing their life from an expanded perspective by helping them to remember their divine, creative, intuitive, eternal nature and how to integrate this knowing into their life choices. A soul nurturer's primary role is to inspire others to listen to the voice of their own soul so that direct divine connection can become fully accessible within daily reality.

Your book, *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*, aims at showing parents how to infuse spiritual awareness into everyday life. What are a couple of ways the book suggests doing this?

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Author Annie Burnside writes a *Family Consciousness* column and is the mother of three children. She will be appearing in the Crazy Wisdom Tea Room on Sunday, September 26th at 2pm.

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Annie Burnside: We hold a weekly family discussion, utilize role-play, and use visual cues around our home as three daily means to integrate a spiritual practice into our lives. Once life-affirming themes such as self-love, authenticity, and oneness have been introduced, then they can be woven into all aspects of life—friendships, disappointments, decisions—to offer an expanded perspective in everyday life.

How has your own family been changed by practicing the concepts outlined in your book?

Annie Burnside: Our family has become more conscious in all areas—meaning greater responsibility and accountability for each and every choice due to the deeper understanding that we are shaping our own reality through our thoughts, words, deeds, priorities, beliefs, focus, and especially our state of being. There exists a higher degree of self-love, joy and freedom to live true within our family and the world at large now, and the capacity to dissect life experiences to uncover the underlying meaning that may at times not be readily apparent.

Are there any challenges that are common among families working to infuse a more spiritual outlook in their lives? If so, what is your advice in facing these challenges?

Annie Burnside: Gone are the days for most where spiritual contemplation takes place in solitude on a mountaintop. We are a modern family leading a very busy life. As you understand the importance of allowing each individual family member to live authentically and follow his or her passions, a great deal of balance is needed within the family requiring daily reminders and discussions. Also, the more transparent you become, the more you bump up against one another, because emotions are no longer stuffed down or denied or saved for later. So a conscious family is definitely not about peace at all costs, but rather utilizes the safety of the family to process all kinds of emotions as they come up so that individuals do not acquire "psychic debris" that will eventually have to be dealt with...

What can people expect to take away from your book event at Crazy Wisdom on Sunday, September 26th?

Annie Burnside: My hope is that parents will walk away both inspired, and with some specific tools that resonate, to begin living more consciously as spirit-embodied global citizens on a daily basis within their own home, side by side and soul to soul with their children.

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(For more information, visit www.annieburnside.com or email annie@annieburnside.com. You can also follow Annie on Twitter at www.twitter.com/soulparent)



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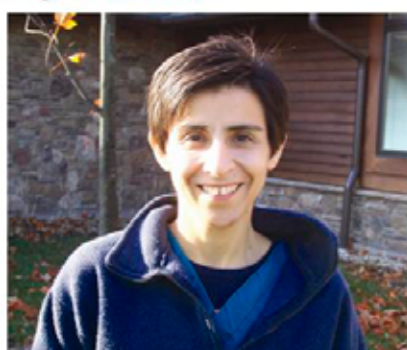
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