

THE EMPOWERING MAGAZINE FOR TODAY'S LIFESTYLE

Insight

August 2008



**Integrated
Medicine**
Natural Healing
and Your GP

Tendar:
The Children's Monk

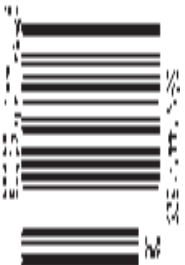
Petrol Prices
Not Giving
in to Illusion

Manifestation
for the Spiritual Journey

EXCLUSIVE:

Shane Gould
On Life, Art & Spirituality

AUS \$6.95 inc GST
NZ \$7.80 inc GST



Inside this Issue

- Dampier Rock Art
- Cleansing Crystals
- Feng Shui for the Nursery



Insight

August

CONTENTS

COVER STORIES

Shane Gould
On Life, Art and Spirituality
 By Katie Loveday **04**



Integrated Medicine
 By Dr Maura McGill **09**



Tendar: The Children's Monk
 By Amanda Guggenheimer **12**

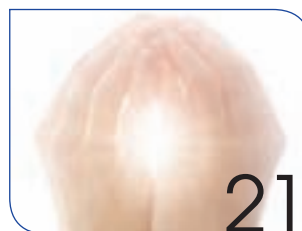


Manifestation on the Spiritual Journey
 By Libby Hartmann **21**

Petrol Prices
Not giving in to Illusion
 By Sarah Rajkotwala **24**

FEATURES

Healing in the National Health Service
 By Angie Buxton-King **18**

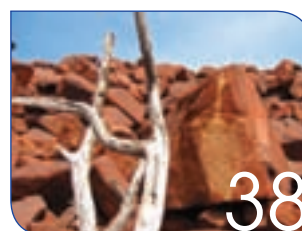


Menopause the Natural Way
 By Rhonda Campbell **27**

Traditional Chinese Medicine
 By John Terry **30**



Medical Intuition
 By Kathy Daniel **32**



REGULARS

35 Wish List
 Everything you could ever want

36 Events Calendar

Travel
38 Dampier Rock Art
 By Robert G. Bednarik

Holistic Home
41 Feng Shui for the Nursery
 By Juliana Abram

Nutrition
42 Detox
 By Juanita Emmerton

44 Psychic Jade-Sky

Spirit Light Reflections
46 Soul Colours
 By Sue Hasanjee

Crystals
 Cleansing Connecting and
 Awakening
 By Suzy Lilly

49 51 Your Say

52 Planets
 By Richard Giles

Pagan
54 Reconnecting with the Goddess
 By Frances Billinghurst

Sacred Wisdom
56 Initiation: The Mystery Revealed
 By Elizabeth Peru

59 Book, Music & Film Reviews

60 Horoscopes
 By Charyn McLean

62 Your Insight Directory

64 Subscribe now and win

Honesty
Open Mindedness
Willingness

Insight Publishing's Philosophy is Simple.

Personal beliefs and ownership do not dictate the content of this magazine. We aim to present informative reading written by people within the industry for people who like to make informed decisions. We believe every opinion, whether it comes from within or from outside influences, has the right to be expressed. Our magazines offer respectful forums for the education and empowerment of all people.

Insight supports 100% recycling of all waste paper, solvents and printing plates. Our magazines are printed on Sustainable Forests Paper using soy-based inks.