

# INSIGHT

*magazine*

AUGUST 2009

How to Get  
**Natural  
Stress  
Relief**

Make Sure  
You Are  
Feeling Those  
**Good Vibes!**

Summer on  
the Horizon...  
**Get in Shape**

with our weekly eating  
plan and delicious recipes

**10** Principles for  
Being Truly  
**Happy with Yourself**

This  
Month is  
All About  
**You!**

Examine **Your Rules**  
...how realistic are they?

Start Practicing **Yoga**  
with our new regular column

Finding & Drawing Your  
Own **Spiritual Logo**

Learn to Create Personal  
**Spiritual Rituals**

Discover Your **Sweet Spot**  
...that place of perfect harmony

PERSONAL INSIGHTS  
with

*Fiona Joy Hawkins*

*New Column* SPIRIT-ED KIDS with Julianna



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*This Insight Magazine Belongs to*

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## Honesty Open-Mindedness Integrity

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