

Guest Editor  
Sandy Forster

# INSIGHT

*magazine*

JANUARY 2011

Australia's #1 Empowering  
Lifestyle Magazine

Do You Need  
a Reason to  
**Love?**

Ditch  
Dieting  
& *Still* Lose Weight!

Personal Insights

with **Tara Moss**

Learn to Attract  
**Abundance**

**4** Core Beliefs that  
Sabotage Your  
Relationships

Your  
Tarotscopes  
for  
the Year  
Ahead

Easy Ways to  
**Kickstart**  
**Your Health**

**How to Make 2011 Your Year**





38



06



44



48



12

# CONTENTS

## January 2011

### Cover Stories

- 06** Personal Insights with Tara Moss
- 08** Learn to Attract Abundance By Sandy Forster
- 12** Ditch Dieting & Still Lose Weight! By Jen Gallagher
- 16** How To Make 2011 *Your Year* By Jane Matthews
- 23** Your Tarotscopes for the Year Ahead By Tammie Bowden
- 28** Do You Need a Reason to Love? By Marci Shimoff
- 32** Four Core Beliefs that Sabotage Your Relationships By Margaret Ruth
- 38** Easy Ways to Kickstart Your Health By Gabriela Rosa

### Features

- 10** Space Clearing for the New Year By Minnie Kansman
- 18** A Vision of Your Life in 2011 By Anne Aleckson
- 15** Coming Into Your Wisdom Time By Barbara De Angelis Ph.D.
- 20** The Gift of Breath By Linda Hannah Young (M.A.S.D.)

### Regulars

- 03** Guest Editor's Note By Sandy Forster
- 04** @ Insight Latest Products & Giveaways
- 30** Your Say: I Want... Reader Responses
- 32** Insights Into Me: Four Core Beliefs that Sabotage Your Relationships By Margaret Ruth
- 35** Druid's Garden: Chives By Ben Sorensen
- 36** Holistic Home: Go Green & Save Money in 2011 By Esta Hammond
- 38** Nutrition: Easy Ways to Kickstart Your Health By Gabriela Rosa
- 41** Spirit-ed Kids With Julianna Suranyi
- 42** Ask A Naturopath By Glen Gillard
- 44** Health & Fitness The Healing Art of Qigong By Simon Blow

- 47** Crystals: *Magick of the Elements: Part 5 - Spirit* By Suzy Lily
- 48** Sacred Wisdom: *The Year of Intergration* By Elizabeth Peru
- 50** Truth & Action: *Me, Myself & I* By Dr. Mary Casey
- 53** Psychic Answers With Cimone-Louise
- 54** Planets By Richard Giles
- 56** Tarotscopes By Tammie Bowden
- 58** Look • See • Hear Reviews
- 59** Insight's Oracle: *Directory Listings*
- 62** Insight's Practitioner Pages
- 64** Subscription Form

*This Insight Magazine belongs to*

**Honesty - Open-Mindedness - Integrity**

**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 magazine offers respectful forums for the education and empowerment of all people.