

**PUBLISHER &
EDITORIAL CO-ORDINATOR**

Birri O'Dea
birri@insightpublishing.com.au

EDITORIAL ASSISTANT

Anna Beresford-Smith
editorial@insightpublishing.com.au

DESIGN & PRODUCTION

Sophia Park
artwork@insightpublishing.com.au
Michelle Lee
design@insightpublishing.com.au

ADVERTISING SALES

Anne Aleckson
anne@insightpublishing.com.au

SALES ADMINISTRATOR

Lyn O'Dea
lyn@insightpublishing.com.au

OFFICE MANAGER

Krystle Sturgess
krystle@insightpublishing.com.au

DIRECTOR & FOUNDER

Cameron Johnston
cameron@insightpublishing.com.au

REGULAR CONTRIBUTORS

Frances Billingham | Tammie Bowden
Cimone-Louise Fung
Richard Giles | Glen Gillard
Suzy Lily | Elizabeth Peru
Gabriela Rosa | Ben Sorensen
Julianna Suranyi | Megan Ward

SPECIAL THANKS

Rod from Plants for Hire,
Glenn Patterson, Adam Gray,
Mathew Shallard, Nicole Fisher,
Giaan Rooney, Julianna Suranyi,
Mike George, Lara Shannon
Hannah Temby, Kierra Champion

COVER IMAGE

Cover shot of Giaan Rooney
courtesy of Jockey

SUBSCRIPTIONS

To subscribe, Freecall 1800 19 09 19
or see page 64 of this edition.

CONTACT

478 Kingsford Smith Drive
PO Box 886 Hamilton Qld 4007
T: 07 3630 1388 F: 07 3630 1344
www.insightmagazine.com.au
admin@insightpublishing.com.au

ALSO PROUDLY PUBLISH

Health & Happiness Magazine
HOME Magazine
Insight Into...Magazine series

Insight supports 100% recycling of all
waste paper, solvents and printing plates.



Insight Publishing Pty Ltd Disclaimer: No part of this publication may be used, reproduced or transmitted in any form or by any means without prior written consent of the publisher. Views expressed by advertisers and contributors do not necessarily reflect the views of the publisher. While every care is taken to provide accurate information the publisher does not accept any responsibility for accuracy of information.

GUEST EDITOR'S NOTE



I am thrilled to be this month's Guest Editor and welcome you with open arms to this edition of *Insight*. It is not only filled with ways to help you, but also features the gorgeous Giaan Rooney on the cover and in *Personal Insights*. Giaan is insightful, warm and intuitive. She was a pleasure to interview and you can watch a video of our interview at www.julianna.com.au where we also discuss what I saw for Giaan's future.

Do you know your value set? As a professional psychic and intuitive profiler for 20 years, I can tell you that every question that has ever been asked of me by people seeking clarity, direction and answers has sprung from their value set - either consciously for those who have chosen to identify and work with theirs, or unconsciously by the many who face constant challenges and are always wondering why things happen to them.

We often hear about how we must know what our value sets are so we are able to live a life that is full and on track. Unfortunately, not many of us know why this is so important, let alone what a value set is.

I am passionate about helping people understand how they can create the essential link of communication with their guides, but I believe it is critical that we understand first what makes us tick and what drives our thoughts and compulsions; that is the true secret to understanding our value set. It drives all of our behaviours, including interpersonal and professional, our spiritual growth and exposure, our capacity to communicate with our guides, and ultimately, the state of our emotional and physical wellbeing. I explore this further in my feature article titled 'My Mantra, My Self' (p. 9).

Corporate trainer, presenter, facilitator and coach Greg O'Brien explores how our value set inhibits our professional development if it is not assessed and understood, and holistic counsellor and experienced EFT therapist Sandy Kumskov helps us to elicit, identify and change our values with meridian tapping therapies. Qualified reconnection healer Sally Freestun-Ford shares how we can live our highest value from a self-help and healing perspective; and communication, behavioural and forensic specialist and certified healing touch practitioner Paul Clacher writes about how free will guides our spiritual growth, based on his time with the Australian Federal Police.

Insight is so aptly named and I am honoured to bring you some new ways of looking at aspects of your life this month.

My love,

“...I believe it is critical that we understand first what makes us tick and what drives our thoughts and compulsions...”

Professional Psychic, Intuitive Profiler and Spiritual Philosopher Julianna Suranyi helps thousands of people around the world with personal guidance, behavioural change and spiritual growth online and in the media. Get her free newsletter and ask about your future now at www.julianna.com.au.