

@Insight

To be in the draw to win one of these prizes, send an envelope to: Insight Giveaways, PO Box 886, Hamilton 4007. Mark clearly on the back of the envelope your choice of giveaway, name, address, email and daytime phone number. You can also email giveaways@insightpublishing.com.au or visit www.InsightMagazine.com.au. All entries close 1 December 2011. Only available to Australian residents. One entry per household per prize!



2012 Abundance Diary

Life is more fun when your finances are organized! Linda's diary guide to financial freedom and abundance provides one place to easily track and manage your money. Make your money work for you. Linda's Abundance Diary allows you to bring structure and create order for your finances, and offers financial peace of mind. Use the guidelines to create your ideal spending plan, increase your savings and reduce debt. Know where your money goes and increase your income flow. Define your goals and see your dreams come true.

RRP hard cover \$28.95; soft \$25.95 | Available Adyar Book Store | www.lindiary.com

3 Hard Covers and 3 Soft Cover Diaries for Giveaway

This Month



04/11 Inaugural National Additive Free Day

This is a day for parents, teachers, carers, family and friends to help spread some awareness on the dangers of children consuming harmful additives. Information packs including recipes, additive free products to use, ideas, fact sheets, fundraising, colouring sheets, word find and student work sheets are all available via the website. If you can lend your time, ideas and passion to improve the health and wellbeing of innocent children, then get on board. This is a day to stand up and say 'our children deserve better'. www.additivefreepantry.com

11/11 All We Need Is Love!



Sydney will be the site of the inaugural Love Summit. This one-day event combines the three key themes: Loving Self, Loving Others and Loving Earth,

with speakers from all over the world. www.LoveSummit.net | www.ConsciousPlanetLove.com 0414 366 559 | megan@consciousplanetlove.com

25/11

White Ribbon Day encourages Australians to purchase and don a white ribbon in order to take a stand against violence towards women. www.whiteribbonday.org.au

25/11

International Meatless Day is an initiative that encourages the world to take steps towards erasing meat from their diet in order to build a world of no-violence. www.meatlessday.com

Insight's Books

To read full reviews, visit www.InsightMagazine.com.au



ABSORBING THE ESSENCE: ANCIENT WISDOM FOR THE MODERN WORLD

Book and DVD Set By Simon Blow

Absorbing the Essence is the second book in a three book series... both within the book as well as on the accompanying DVD

is a sequence of movements designed to absorb negative energy and stimulate the meridians.

Published by The Genuine Wisdom Centre



BEYOND WHITE GUILT

By Sarah Maddison

Beyond White Guilt is a clearly written, well-researched book, which provides a valuable insight into the nature of collective guilt.

Published by Allen and Unwin

Insight's Book Giveaways!



Homemade Gifts Vintage Style By Sarah Moore

How many times have you gone shopping in search of a unique gift, only to come home empty-handed and disappointed by the lack of original wares on offer? Well never again. *Homemade Gifts Vintage Style* will inspire you to make your own one-of-a-kind vintage goodies, which your friends and family will adore. Simple instructions show you how to make unique jewellery, home decorations, accessories and more. Whether you need presents for Christmas, a birthday, a christening or just to say I love you, this beautiful book has a gift idea for every season and occasion.

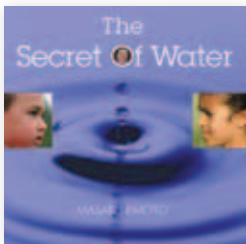
RRP \$29.99 | Available at all good bookshops 4 Books for Giveaway



Goddess Within By Tracey Jewel

The beautifully illustrated book, *Goddess Within*, is filled with tips, tricks and rituals to reignite one's inner goddess. Inspired by ancient cultures and practices, it details modern day ways to live within the goddess energy. The fifty inspirations range from nurturing naps to igniting a spark for life, from yoga yawns to self-acceptance. Inspirational quotes from well-known women are also included along with mythological goddesses to call upon for guidance.

RRP \$19 from spiritual shops and bookstores
When you purchase a book in November 2011 from www.goddessinabottle.com, use Insight as the coupon code and receive a free Goddess Gift bag valued at \$25.
5 Books for Giveaway



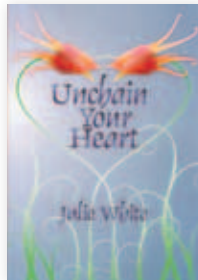
The Secret of Water - For the Children of the World

By Masaru Emoto

The Secret of Water introduces children

to the wondrous world of water and shows why treating this precious resource with respect is so vital to our personal health and the wellbeing of the planet. Along with fun facts about water's life cycle, insights into its characteristics, and hands on activities, *The Secret of Water* invites families to share in water's special gift to the world. Dr. Emoto brings water's message of love, peace, and hope to the next generation in his first children's book. Entertaining and educational, this book offers an understanding of water that will encourage parents and children alike to value and give thanks to our most valuable resource.

RRP \$14.95 | www.simonandschuster.com
5 Books for Giveaway



Unchain Your Heart By Julie White

Julie White tells the extraordinary story of dramatic life changes that resulted in losing half her body size, and keeping it off. *Unchain Your Heart* is the inspiring story of a life transformed. It is the story of one woman's journey from socially isolated, unhealthy, corporate workaholic, to a slim, fit, healthy, social and more importantly, happy person who is living life to the full and enjoying every moment of it. If you have ever wanted something different, ever yearned for a new lease on life, or felt stuck in a rut, then this book will inspire you to reach out and take that first step.

RRP \$25 | \$10 e-book www.developbeyond.com.au
julie@developbeyond.com.au | 0448 397 015 3 Books for Giveaway

Inspirations from Cimone-Louise

Buy Scented Candles.

Burn them during the day or night to lift the mood and nurture the spirit.

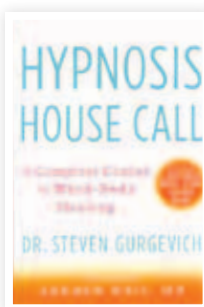


THE ILLUMINATION OF NATALIA

By G William Molt

A very absorbing read that takes you from the Ukraine to the Colorado Rockies and back again. There are many perverse twists throughout the story that will have the reader guessing the

outcome all the way to the end.
 Published By G. William Molt Publishing



HYPNOSIS HOUSE CALL

By Steven Gurgevich

Hypnosis House Call is a brilliant book, which demystifies hypnosis and provides you with a comprehensive

course in mind-body healing.
 Published by Sterling Publishing Co Inc



RELEASE YOUR WORRIES: A GUIDE TO LETTING GO OF STRESS AND ANXIETY

By Dr Cate Howell and Dr Michele Murphy

Release Your Worries is a guide to understanding and managing the impact stress and anxiety can

have on the quality of our lives.
 Published by Exisle Publishing

Dear Aura offers practical solutions from a new spiritual perspective to show you ways to empower and enrich your life and be the master of your own destiny. You can send your letters to **DearAura@insightpublishing.com.au** or **PO Box 886, Hamilton Q 4007** and each month a letter will be answered in *Insight Magazine*.



Dear Aura,

Everyday I have annoying people at work sending me stuff that I just do not need or want. Whilst mostly I am able to laugh it off, some days I wonder - what am I attracting?

Apparently Enlightened,
Brisbane

Dear Enlightened,

It is definitely a challenge dealing with annoying people at work, but from your question - 'What am I attracting?' - I am sure you realise that everything that comes to you does so for a reason. My first piece of advice is, can you find a level of peace and acceptance about what is happening? When you can take this stance regarding conflict in your life, you are in a better place, a place of power, to bring about change. If you are dipping into the energy of a victim then you will be more likely to prolong the situation. Also, stepping into a place of acceptance can shift the energy or dynamic of a situation, which can help the 'annoying people' move out of your life.

Alternatively, is it possible that you are not happy in the job, generally, and are creating a reason to leave? Or is it an opportunity to take a stand and speak up for yourself? This may also be an opportunity to ask yourself whether you are staying in a job for the sake of survival - for a wage - instead of honouring your feelings?

Whatever you do, do it from a place of equanimity and do not be hard on yourself. It feels to me that you are. Please do not be. The simple fact that you are asking this question says to me that you are a contemplative, self-aware being. The most important lesson here may be, to be loving of yourself despite not having all the answers.

Blessings
Aura

‘Do not go where the path may lead, go instead where there is no path and leave a trail.’

Waldo Emerson



SIXTH SENSE: EVERYDAY EXPERIENCES AND WHAT THEY REVEAL

By Sue Bishop

Written in a light-hearted and down to earth manner,

personal anecdotes are used to help explain a range of topics from déjà-vu and out of body experiences to communicating with spirits of the recently departed.

Published by Allen & Unwin



THE SECRET LANGUAGE OF COLOUR

Oracle Cards By Inna Segal

The Secret Language of Colour Cards by Inna Segal

are a beautifully composed deck and guidebook about embracing the power of colour.

Published by Blue Angel



LIVING IN THE GOLDEN LIGHT

By Pati Solva Huenke

Bursting with insight and information, it is also a

practical do it yourself guide to using the essences for day-to-day health and wellbeing.

Published by Balboa Press



MERLIN AND THE SHEPHERDS OF ARCADIA: GUARDIANS OF THE ARK OF THE COVENANT

By Maree Moore

It has something

for everyone within its thorough and concise pages. It is a journey through time that you will ponder over, long after you have put this book down!

Self-published