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 reconnective 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,

Julianna Suranyi

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.