Welcome to the New Year! In the Chinese Calendar, 2010 is the Year of The Tiger and this represents growth, vision and new beginnings. This is the time to create your universe, discard outmoded thoughts and be open to making positive changes to help you follow your path and make the most of your life.

A few years ago, a friend suggested I visit an amazing clairvoyant and spirit medium. I was on a break from my corporate career to raise my first child and little did I know that her advice would change my life completely. The clairvoyant is Kerrie Jean Erwin and her advice was radical, exciting and completely achievable. Kerrie suggested I leave my finance career and embark on the world of Feng Shui and design.

I listened to my intuition, trusted the universe and began making changes without knowing where the journey would take me. I found the best teachers and colleges to study with, established my Feng Shui design business and put my knowledge into practice. I discovered something more motivating than a corporate salary - the satisfaction of helping people improve their happiness and wellbeing.

I broadened my circle of friends with creative, alternative therapists and spiritual healers who enriched my life in their unique way. Some of these special individuals have been invited to contribute to this edition of Insight Magazine. They share their knowledge and experience with a common objective - to help people and to make a positive difference in the community.

If you have ever had the impulse to try something new in life, I encourage you to take the first step. It is not necessary to know how the path will unfold - simply trust your intuition and let the universe take you where you need to go.

Best of luck with your journey in life and may the year of the Tiger bring you happiness, clarity and wonderful new beginnings.