

GUEST EDITOR'S NOTE



I recently heard a quote that said religion is for people who do not want to go to hell and spirituality is for people who have been through hell. I am not sure what has brought you to the greater understanding of the world and the spirit within it, but I do know that each of our stories is unique and stamped with our souls DNA.

It is an honour to guest edit this issue of Insight. I have enlisted the help of some of my favourite writers and thinkers to bring you their thoughts on spirituality and topics

that touch the soul.

Throwing away your rulebook, getting good vibes, cracking the happiness code and the road of a spiritual seeker are all written from a wonderful perspective and designed to be helpful. In my own articles, I have given my viewpoint on finding your sweet spot and the power of ritual in everyday life.

I believe in the power of positivity, in moderation. I am aware that bad things happen to good people and that we cannot always get what we want. However, I know I have a certain responsibility to do the best with what I have, when I can. I choose to be positive and react to my life from a place of power.

I am not always successful. I suffer lows like anyone. I have more power than I realise though, because of the way I choose to respond to life's curve balls. A recent study found that affirmations were actually negative when the person who says them has low self-esteem in the first place. So, instead of pretending and feeling like a failure at positivity, give yourself permission to say, 'I am ok. I am doing my best.' Near enough is sometimes good enough and then get on with living.

Enjoy the articles, thanks for reading and I wish you great happiness and prosperity.

A handwritten signature in black ink, appearing to read 'Kate Forster'.

*Kate Forster is the author of 'Spiritual Business - Creating a Business from the Heart'.
For more information, visit www.spiritualbusiness.com.au.*

