



# 2021 The Year of Change, Control and Freedom.

Embrace Your Heart, Free Your Spirit & Shine...

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As 2020 flies past, we are heading to the cusp of the new 2021 year and I don't feel there are many people who won't be glad to see the end of 2020.

In the 2020 yearly report, I predicted challenges. I didn't predict it as a virus, but I did predict it as a massive shift in the powers that rule, affecting the economy. The ego of the world was due for a big shake up. I wrote in last year's report expect the unexpected and 2020 delivered.

In 2020, I predicted there would also be a lot of energy on the home front, with a lot of changes around the home. Many people moved, sold or revamped their homes to suit the current period. In my family alone, 5 immediate family members bought a new house. If you didn't move, you possibly changed your home environment in some way and our home life definitely changed when we were all locked down and stuck there for a while. A great time to redefine our home life and what is important to us in this area. I hope you used it wisely.

People who were normally in the spotlight stepped back as predicted and other relatively unknowns stepped up to take their place. We could see this with many of the stars stepping back and new internet influencers stepping up and becoming well known, especially around the Covid subject.

On a personal level, we all have had our buttons pushed for us to think about our beliefs, what is important to us and how it is best to move forward. The end of 2020 is revving this up even more, as we get to the end of the year, especially around any full moons, be prepared to be shown what is not working in your life and what needs changing. It is meant to be like this because 2021 is all about change, control, and freedom.

We have seen through 2020 two vastly different polar opposite sides emerge within communities and belief systems. It doesn't matter what side you take or are on, but you would be aware of the two sides, the conspiracists and the conformists. I am just using the labels these two sides use for each other, these are not my labels. This has created division and so this is a critical time for all light workers to step into their destiny and become the leaders of peace, regardless of what side you stand for. If we go down the path of division and fighting amongst ourselves then the world will be heading for dark days.

In 2021, the frequency of this year is all about change. It is 5 year, and with spiritual profiling these numbers, it is also about freedom/control. This is concerning because I feel these two sides will conflict with each other and cause unrest. You have already seen this in 2020, but in 2021, if we don't lead with peace and get this message out there, it could be much worse.

Control and freedom will be the topic of 2021 and there will be those who are happy to go with the flow and there are those who will fight for their rights. This may be stirred up through either another round of Covid, or a vaccine being released, or maybe both. I don't say this to scare you, because there is a way to get through this the way of the heart, but you will have to choose your way.

Because it is the year of change, and let's face it, change has to happen, it really does, we can't go on with our heads in the sand anymore and pretend that all is okay with the world. It is not! We are vastly overpopulated and, if we continue at this rate, it won't be long until we have raped and pillaged mother earth of all her resources. We are a throwaway society,

the landfills are getting bigger, the ocean more polluted, killing sea life and damaging natural habitats. There are way too many people dependant on a system that is a total mess and who believe that it the responsibility of everyone else to fix it. Governments have lost the faith of many people and people vote because they have to, not because they believe in the system and/or our leaders. Mental health, autism, food intolerances and sensitivities have risen to vast numbers over the last 10 years and therefore there must be a reason for this. Could it be anything to do with the way our world has leaned more towards focusing more on the cure than the prevention of disease? More chemicals, more medications, more genetically modified than ever before.

What we are seeing is what I believe is the result of moving away from our natural roots. I feel we can start to change this by returning to nature and honouring our bodies by looking after them as they are intended. Start to focus on the prevention of disease, instead of relying on a cure. We send a big message to the supermarkets and producers when we don't purchase what is not serving us. I feel a lot of people already have and many more are changing and starting to think about their health as a holistic view and 2020 kick started this for many. 2021 is going to really amp up the natural health industry and there will be those who try to block this revolution, as there always has been. The natural health industry has been under attack for years and I just feel next year we could see this ramp up a bit more. This in no way disregards science. We have evolved a lot using science. Both science and nature have their place in the free world.

The responsibility of this planet and this world should not fall on the shoulders of just a few. It is up to us all as individuals to play our role in our everyday life. What changes can we all make to our lives as individuals to live more sustainably and healthy? I want to know that when I leave this planet my grandchildren's children will have a world worth living in. So, I will do all I can to play my part in making that a reality. I will be practising what I preach and teach and following the way of the heart. The way of the heart has balance. The way of the heart knows that there are times to take control and there are times to go with the flow. To consider self as important, but also to consider the mass as an extension of self. Regardless of what is said or done, we must remain true to our spirit and our heart and follow the heartbeat of our mother, mother earth. Without mother earth there is no us. We join together with likeminded souls and we create the way of life that suits us. We live our truth and we allow others to live theirs.

It is the way of the ego to force a truth onto someone else. To ridicule, to shame, to belittle others and to do whatever just to get its own way. If someone is using control and force, then that is not the way of the heart, it is the way of the ego.

We will see the ego and heart fight it out in 2021 and the ego and heart will exist on both sides. How is that possible you may ask? Because it will come down to beliefs, values and perceptions. A conspirator can believe wholeheartedly that they are saving the world and the freedom and rights of others by demonstrating against control and the right to choose. A conformist can wholeheartedly believe that they are saving the world by following the rules, doing the right thing and keeping others safe. Both believe they are wholeheartedly saving the world and both sides intentions for the greater mass are good. Both will have scientific

evidence to support their own theory and will only listen to the scientific evidence that supports their way. No one can win here. There will never be a one side can win without the other side losing. **Too much freedom, there are no boundaries and responsibilities .... too much control, there is no freedom or choice.**

Let's use the example of a real argument between the two sides. The conspiracists believe that locking people up is killing people through killing their business, rising suicides, more domestic violence, alcohol and drug issues, and increased mental health issues caused by the lockdowns. People are dying, livelihoods are being destroyed, and what they are saying is true. Lockdowns are killing people and creating economic hardship and mental health issues.

The conformists believe that if you don't lock down you are going to kill people who are vulnerable, like the elderly and immune compromised. They are correct. People have caught the virus and many elderly and vulnerable have died.

On both sides people are dying and people are losing. How do you choose whose life is more valuable? It doesn't matter what you believe, it is a no-win situation. What could have been done and done a lot better was to find a compromise. Only when these two sides come together, and both give and take, will there be a solution. This is what 2021 is going to show us.

Remember this when you are confused: The heart will be willing to seek compromise, the ego will not. The heart will be willing to speak and communicate, the ego will not. Remember the heart and the ego will exist on both sides. Listen to the heart, those willing to speak, those willing to listen, those willing to compromise for they are coming from a higher vibration than their own agenda. If we don't allow both sides, then it means one side has to be controlled. When people are controlled that is not a free world containing free will. This will take the universal law of free will that God/Universe intended away from the God/Universe and put it into societies hands. Put into the wrong hands this could be very dangerous indeed.

I don't believe we incarnated here on the earth plane without support and help. I believe there are many who are here right now because this time was always going to come. We must not lose sight of the energy that is our greatest healer .... and that is love. We must not divide the mass, *"we must seek to understand and then be understood"* (Saint Francis of Assisi). To know our own truth we must learn to connect to our intuition and heart. This is where the higher energy of the creator cannot be tainted with earthly confusion of the ego. Trust your spirit over anything else. It is our gift. If you have a spirit you have the ability to listen to it. This is a time that we become true to the heart and start to make this our mainstream way of being. This is the way we create a world worth living in for all.

How can you lead with your heart? By not falling into the way of the ego. By not forcing your beliefs on others, but by living your own beliefs and hanging out with those who are like minded. I feel we are creating a whole new dual community. Those who wish to live one way and those who choose another. Live and let live. Stand up for yourself when you need to, don't allow others to make you feel small in regard to your choices. Remember no side can win, they both win by learning acceptance. There must be solutions that support both sides. Wouldn't that be wonderful? This will be where we are heading, but we have a long, long

way to go. We all have to play our individual part. Again, this is not a time for division, or we will learn the hard way, it is a time for acceptance of each other's differences. We live in a dual world where there is always an opposite side – good/bad, love/hate, freedom/control, problem/solution, ego/heart. Only when we can integrate the opposite side fully into wholeness do we have oneness. Only when we ascend the need to hate, to judge, to control, can we have peace. This energy is a higher frequency so when more people are coming from the heart and this level, it will infect others faster than any virus. This year is so important. We are on the tipping edge of change. We all have to play a part in creating and bringing in this change that supports the heart and we can't do that if we are bickering and fighting and creating division. It isn't conspirators and conformists its people, it's not black and white its people, drop the labels and start to accept the many differences that make us who we are.

I spoke in last year's report about this being the time of the big awakening. I can see this happening on both individual and mass consciousness levels. There are many who have lost their way and got caught up in the world of the ego. Mental health, addictions, people who hurt others are symptoms of a lost heart and where the ego has taken up rulership. The ego and mind have moved in and taken over control. As it becomes more mainstream with the understanding to how this happens through our mind and our programming, we should have more people wanting change and being more discerning about what we allow into our minds and the minds of our children.

This is my moral soapbox moment .... yes the heart has morals and the ego does not.

I have written about this over many years. The energy we listen to, watch and spend time in is the programming we are ingraining into our minds and is the basis of creating our egos. It is these programs that are creating our society of mental health and addiction by normalising the ego and disregarding the spirit and heart.

What we continually immerse our minds and energy in becomes our programming and how we react to life. If you tell a child often enough they are good for nothing, the child will take on this belief and become good for nothing. Our Prisons are full of those who bought into this programming on one level or another.

There are so many of our children whose minds are being immersed in video games that kill, steal and plunder, and Immersed in watching our so-called stars and influencers flaunt unrealistic lifestyles that exploit sexuality and femininity and set unachievable body image trends. You cannot tell me that this is not having a huge effect on our children's development of healthy minds.

If we want our children to have balanced healthy minds, then it's time to change the program and be more discerning, by helping our kids be encouraged by role models that will guide them towards the things that support the development of healthy self-esteems.

If you continue to watch and soak your mind in constant negativity you will become programmed by the negative and therefor become negative, choose more positive outlets and you will program yourself with positivity. Let me ask you this does the news make you



feel good? Does the news focus on all the good that is being done in your community and in the world? Because it is there but we rarely hear about it.

Soapbox moment done!

This is what the big awakening is all about. Seeing the ego in its true glory and realising the effect it has on our lives. Pulling it up and reconnecting back to the heart and our intuition. Having a say and standing up for the rights of our children. Stop bleeding our hearts and giving our energy to the negative of the ego. Turn away from people or things that support the ego and disconnect us from the heart. Only when love becomes more prevalent than the ego can we change this world from darkness to light.

You are here on this planet right now and I believe you signed up for this ride. Your spirit already knows your truth and how you are meant to navigate it. Dig deep and ask yourself what do you feel you signed up for? A life of ego, separation, worry, fear and dependency .... or a life of love, joy, peace, inspiration and purpose?

If you choose the way of the heart, the Universe will conspire to help you because that is the divine nature of the Universe. You will be guided; you will be protected. The ego will struggle with this because the ego is not connected to the intuitive part of you. Therefore, all it can do is use the past, analysis, and perception to guide it. I would rather get my information from my all-knowing spirit than an ego that can only analyse and perceive and will often compare with the past.

My prediction for 2021 is more awakening and more seeing the ego for what it is. This will come through more division as the two sides clash. This is going to be the theme for years, but I feel it is very much launched into the limelight over the next year. I see two very different communities emerging. The way of the heart community will grow stronger as people start to awaken to the perils of living through the ego .... and the ego will grow angrier and more forceful as it tries to hold on to the old ways and to get its own way.

I can honestly say that if there was ever a time to do the inner work and reconnect to your spirit, it is now. Because your spirit knows how to guide and protect you and knows what your journey for this lifetime is all about. You cannot give that responsibility to others anymore. This is the awakening. It is time to awaken to who you truly are. If you don't know how to do that, or where to start, reach out to me. It's what I do and have been doing for over 2 decades.

Financially I feel it will be both good and bad depending on where you are at personally. For some there will be loss and for others gains. Globally it is so volatile. I feel we are heading away from the money system we currently have and there will be no stopping it. By 2030, it will be a cashless society and there will be many twists and turns to come over the next 9 years. The ego will try and control, but I feel people are resilient and creative, and there will be new and different ways to get around things in the future. This is why I also feel we need to reconnect to the importance of family and community style of living. Helping each other out and supporting each other. Building community gardens and finding improved ways to

make use of our water, energy and mother earth that supports our lives better, but also the longevity of the planet.

It is quite common in a 5 year for people to experience a lot of change. So again, this is a year to expect the unexpected. How do you deal with that? By staying in the now, not worrying about the future, and taking one day at a time. It is here you are more likely to listen to your spirit. When things keep pushing your buttons or repeating, that is a sign from the Universe that something needs to change. Don't bury your head in the sand or in a bottle of red, go within or seek help to find out how you can work out what needs to change. Spiritual Profiling is excellent for that.

In 2021, we can change jobs, change relationship status, change family situations and home environments. Change can appear in any area of your life and it will be easier if you go with the flow rather than try and control it. The freedom aspect to this is that when you are looking for change, ask yourself what will make your life easier and less stressed either now or in the future.

This was a post I just posted in my Be Your Own Guru with Julie Kay Facebook Group. I want to share it in this report to give you hope. In troubled times one can perceive life to be hell, but I feel we may be experiencing some dark times and dealing with some dark energies, but there is something that we cannot deny and that is the nature of frequency and vibration and its effect on our perception of time. We are rising in consciousness, not going backwards, so when it gets bad, remember this and use this concept to reassure you.

A question I was asked in the group recently, "Why is time going so fast?" It doesn't matter if you're old, young, or somewhere in between, it seems that a lot of people are feeling like our days and years are flying by and here is my perception and the explanation I like to give to this. Time hasn't changed, our clocks and phones still work exactly the same, but the frequency and energy of our consciousness has. This may give those who feel that the world has gone to hell a little hope. When the frequency of our consciousness lifts in vibration, it vibrates higher and faster. Think about the times you have had a really good time, your energy was lifted, and didn't it seem that time flew .... as opposed to when you were bored or unhappy and your energy felt lower? Depending on our energy vibration we can perceive time as going faster or slower. It also happens in the mass consciousness. If more people are vibrating higher, they will lift the consciousness for everyone and therefore more people will perceive time as going faster. Therefore, I do not believe our world is going to hell, regardless of what the news will tell you. If it was, we would be perceiving time as going slower. Our job is to not connect to the lower vibration frequencies, but to instead direct our lives towards the higher frequencies, switch off the news and instead go and find all the amazing things that are happening in the world and your community which the news won't tell you about. If you cannot find anything, then create something of your own. This is how the world really changes, through everyday people just connecting to higher frequencies and higher energies. It is called evolution. It is subtle, it is in the background just happening, unlike the ego of the world that loves you to see its each and every move. Have hope our world is changing and there will be good and bad still happening, but it is changing for the higher good and for the good of all and into a much higher frequency. It can't be stopped; it has been talked about

for years in spiritual circles. Don't lose hope, just align with the higher frequencies of love, kindness, acceptance and community.

Let's recap on what we were learning in 2020 from last year's report.

2020 is helping us bring into focus and release any addictions or areas of life where we are relying on external sources to make us feel happy.

2020 is helping you with your internal work. A journey we will be taking for a while yet, as there are 2's and 1's in the numbers for years to come. Each year we are given the opportunity to go deeper and learn and grow more.

2020 is helping you to see the areas where you need to balance more between the support you give to yourself and the support you give to others.

2020 was asking you to make yourself matter in your own life and define your own boundaries and values.

2020 will be a year that relationships that are ready to end will end, and those who have been single for a while will finally have the opportunity to meet a significant other, if they follow their inner guidance. As the 2 is doubled this year it brings in blessing for this, but also the warning .... co-dependent behaviour will sabotage a relationship. The polar opposite is to allow others in and maybe look at your values and make sure they are in balance and you are living up to them yourself.

2020 is a great year on the home front. Good to buy a home or renovate a home. The polarity of this is that there may be issues to face on the home front for some, as their home life feels unstable. This may be because change is due in the future. If that is you, hang in there and look at what can you do to make things better. If there is a problem, there is always a solution.

2020 is a real family year, so if there are issues and problems in the family environment, these could sort out this year for some. For others, family issues may surface to be addressed. News of brand-new family members coming or arriving is also highlighted for some and yes with the 2020 energy, it may be via a shock or surprise.

2020 is the year of polarity, so expect the unexpected. You may think you are going one way, only to discover and find yourself on a very different path.

2020 some may experience absolute miracles this year, while others will experience issues and hiccups. It is totally dependent on where you sit on your life lesson learning and karmic scale.

2020 those who are generally in the limelight may feel like taking a break or a step back to regroup, and those who have been procrastinating and hiding in the background may be shoved into the limelight to take their place.

Honestly, just expect the unexpected and be comfortable with surrendering, and what will be will be!



## What are we going to be learning in 2021?

There will be a couple of repeated lessons from last year in 2021!

2021 is a year of change. Where in your life is change required? In a year of change this will be brought to your attention. If you listen, then you will be supported to put the changes into action. If you don't, change could quite possibly be forced upon you.

2021 is the year of control and freedom, a year to redefine your own worth and boundaries, and start to make changes to live life on your terms. Live and let live is the motto of 2021. When you force others, you create karma, as do they if they force you. Find the balance between control and freedom. Some may need to take more control over their lives and others may need to learn to go with the flow a bit more. The happy place is balanced. **Too much freedom, there are no boundaries and responsibilities .... too much control, there is no freedom or choice.**

2021 is helping us bring into focus and release any addictions or areas of life where we are relying on external sources to make us feel happy.

2021 is helping you with your internal work. A journey we will be taking for a while yet, as there are 2's and 1's in the numbers for years to come. Each year we are given the opportunity to go deeper and learn and grow more.

2021 will be another year that relationships that are ready to end will end, and those who have been single for a while will finally have the opportunity to meet a significant other, if they follow their inner guidance. As the 2 is doubled again this year, it brings in blessings for this, but also the warning .... co-dependent behaviour will sabotage a relationship. The polar opposite is to allow others in and maybe look at your values and make sure they are in balance and you are living up to them yourself.

2021 is a great year to discover your independence or re-claim your independence. If you are thinking of running away to be by yourself for some soul retrieval and revival, for some this energy is perfect for doing just that. If you feel like that, it means a change is needed somewhere in your life. The majority however will not need to run away to discover it.

2021, the 5 is generally about travel and movement, but this year there will still be restrictions on travel for a while. I feel it will be more about redefining and changing travel expectations and destinations. For some, it could bring in significant overseas connections, but maybe online first.

2021 will force you one way or the other to define what is important to you and you may have to stand in your power more than once. Being a 5 year expect people to challenge your beliefs and your values. The lesson for you in all of that is that it is your God given right to have free will over your life and how you live it. No one is more powerful than the creator and free will is universal law, so when/if this happens, just imagine you have God/the Universe standing behind you backing you up. The challenges you will experience are just helping you define on a deeper level what your truth is.





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Fantastic! Keep your list handy or stick it on your wall, so you can read it often, to make sure you are on track to achieving your Amazing Achievements of 2021.

If you have enjoyed this year's free report, please share it with your family and friends, so they can too.

Have a Happy New Year and safe holiday season and I sincerely wish you loads of love and light for your super amazing and loving 2021.

Love and light

Julie Kay



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