



# THE TOP 3 THINGS THAT STOP YOU GETTING WHAT YOU WANT!

CHANGE THESE AND YOU CHANGE  
YOUR LIFE.

*Julie Kay*



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Author Julie Kay

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## **No 1.**

### **Your Soul Lessons – The real power behind what shows up in your life.**

You may have already heard of the universal law of attraction, a universal law that states that whatever you are thinking and feeling, you are naturally attracting back to you. Well, I would like to explain this law on a much deeper level and how your soul lessons could be affecting your ability to attract and get what you want in your life, or worse still creating behaviors that sabotage and keep what you want from you.

Soul lessons are uniquely specific to all of us. Through two decades of spiritual profiling I have learnt these soul lessons are very accurate and real. I believe in a much bigger picture than the life we are currently living on the earth plane. I believe we are here for both a universal purpose and an individual one. You would feel this in your own being through an internal knowing that you are here for something or some reason, even if you don't quite know what that something or reason is just yet.

You are here for a reason and that purpose is showing itself to you every day. The universal purpose for all of us is to help EVOLVE the consciousness of the earth plane and EVOLVE the consciousness of our own souls. To do this I believe we have chosen very specific lessons and experiences to help us do just that. These soul lessons and the experiences they bring, create our emotional patterns, our thinking habits and the beliefs we hold about ourselves, others and the world. It is your purpose to heal this side of you so that you can be the authentic, self-actualized person you came here to be once you are free from their reactions and patterns.

Since the release of my first workshop on this subject in 2008, these Soul Lesson profiles have stood the test of time. They have been accurately helping thousands of people for years identify and heal their hidden internal beliefs and behaviors. Once you understand your soul lessons and how they affect your life you will view life from a totally different perspective. One where you can take control of your future and live more internally rather than externally motivated. These soul lessons also contain our soul gifts, which help us identify our individual purpose for this life time. These gifts are usually harder to connect to when the soul lessons are in reaction as our beliefs will often sabotage our true destiny.

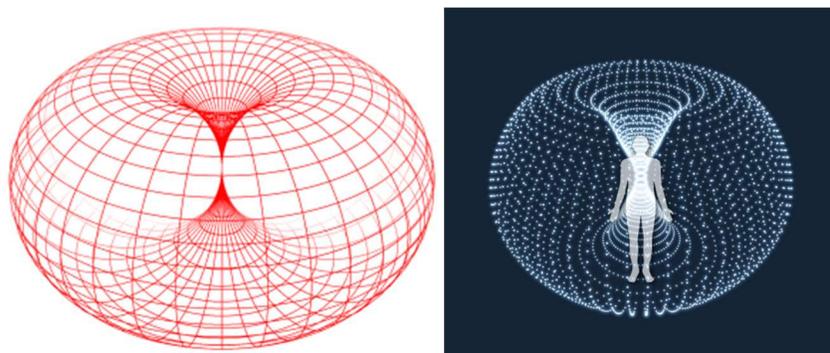
In our older generations there has been little help in the way of support, learning and counselling for the majority to ever really connect to their true and most happy purpose and selves in this life. Thankfully we have evolved to a time where there is now a lot more support for us to heal our pasts and more opportunity to achieve our desired futures.

We don't have to heal our past or connect to our purpose in this life time because we all have what is called free will. There will still be a lot of people who choose to just live their lives as they do. That is their individual right, however there are a lot people who do want more, and they are already connecting and awakening to their spirit and intuitive calling.

Those who don't heal these soul lesson reactions will continue to have difficulty through repeated emotional patterns. They will continue to struggle with their confidence, fears and worries, and their belief and faith in their own ability and their soul gifts. These soul lessons create your specific emotional patterns and limiting beliefs that you are going to experience in this life time. They will be the reason you find it difficult to keep your mind and emotions in the state of happiness, peace and gratitude, which is required for the law of attraction to work. It's not as simple as just thinking positive for the many who struggle with the underlying patterns and behaviors that keep sabotaging their results. They are the reason you attract emotional turmoil and the same emotional pattern to you time and time again.

Let's have a closer look at the law of attraction.

The flow of energy that can be found in the humble atom, around your electromagnetic field or aura, and the electromagnetic field around the earth plane is called a torus.



This spiraling flow of energy is constantly moving, drawing in from both ends and then spiraling out again. This flow of energy is what is magnetically attracting to you whatever your vibration is via your thoughts and inner feelings. If your subconscious beliefs are something along the lines of you not feeling good enough, that you don't deserve or that there is no support for you, guess what you are going to be attracting and what is going to show up in your life? Yes, the people and things that will be in alignment with these beliefs and the vibration of your inner feelings. You can tell yourself you have confidence but if you don't resonate from the deep truth and belief of this, they are just words, and if they are not matching your true feelings and vibration, then that's all they will ever be. Your vibration and inner feelings are what you are really attracting from and more powerfully than the words in your head. In quantum physics, the heart/feeling vibration is 5,000 times more magnetic than the head/thought vibration. An example of this; if you don't believe and feel that you are good enough even if you tell yourself you are, you will attract to you that which will align to your true inner belief and feeling. Usually something that will show you, you don't really believe in yourself.

These inner beliefs are formed through your individual soul lessons that are set up in your childhood and then continue to play out via your emotional patterns and your ego. If you would like to learn more about your individual soul lessons, my book *The Lessons of Love and Life* (releasing Feb 18) may be of interest. *The Lessons of Love and Life* will help you discover your

individual soul lessons, the experiences that set them up and also how they have played out in your life up until now. My previous book *Soul Lessons to Soul Mate* also has the profiling system, however I would suggest *The Lessons of Love and Life* as it contains more on the emotional patterns you are most likely to experience. You can also book a personal session with me if you would like to know more about your soul lesson profiling. Once you know about these soul lessons and the emotional habits and behaviours they have set up in you, you can then use the rest of the book to start to heal them and start to get more of what you want instead of what you don't want. You will also learn how these lessons also affect our perceptions or the way we see our world and others and our behaviour. We are not usually aware of how we are responding through our programming which can have us creating the very experiences we are trying most to avoid.

## No 2.

### **Your EGO. It's not your friend when it's sabotaging your results.**

We are dual beings living a life on the earth plane, a plane filled with duality. Because we live in a world that contains physical things and we have a physical body we are governed by this law of duality. Duality means you can't have one side without the other, everything that is physical in nature has two sides to it. Left/right, top/bottom, you can't have a front without a back. The law of duality shows up everywhere good/bad, happy/sad, problem/solution, day/night, young/old. It is the law of contrast and contradiction, the yin/yang symbolises this law and this law tells us that two exact opposites make a whole. If you really take this law deeper it says that if you experience one side the equal but opposite side must coexist even if you are not seeing it.

On one side of you, you have your physical body. Your earth plane physical presence that stays here on the earth plane after you pop your clogs and die. When you are born into the earth plane you come into this world without an ego. Your ego is formed as part of this physical experience. Your baby self started out with you being guided purely by your natural instinct and spirit, you cried when you got hungry and when you needed changing all by instinct and feeling. You had your specific soul lessons to learn which is why you ended up in your family and have had the family experiences that you did. As you headed towards 3-5 years of age your intellectual mind developed rapidly as this is your learning mind. It is also the mind that your ego speaks to you through and it is what eventually took over from your natural intuitive and instinctual ability.

Through your soul lesson experiences that you have had in your life since then, through your upbringing, culture, spiritual beliefs, through others and your education, you have developed a way of perceiving yourself, others and the world through your own perceptions and beliefs. These beliefs are stored and sourced through what we call the ego or pain body. A healthy ego is just that, healthy. It is what drives us to obtain status, recognition, love and acceptance, and therefore it can help us move forward to obtain our goals and what we want in life. We hold

inspiring beliefs when we have a healthy ego. A healthy ego also acknowledges that we don't all have to have the same beliefs, our beliefs are our own and therefore a healthy ego can live and let live.

An unhealthy ego, however, can have you in reaction to your own limiting beliefs and misguided perceptions of others and the world. You will drag all these perceptions up through your intellectual mind, which is where these beliefs and perceptions play out. If you have a mind filled with worry about your life, yourself and others, continual judgments towards yourself and others, fear or a lack of self-worth and confidence, then your ego is currently in charge and probably keeping you in an unhappy emotional state. The good news is that you can heal yourself from this unhealthy ego by evolving. How do we evolve? We learn. The only way we can change ourselves and our lives is to connect to the other side of self and learn how to listen to and make conscious contact to it and its inner wisdom and guidance. This side of self has all the answers you will ever need and is always in the background trying to prompt and guide you, even when you don't hear it.

Your dual nature means you have another side of self, your spirit self. The part of you that is never-ending because it's eternal. Unlike the physical part of self, this part of you is your truth and your much bigger picture. You are so much more than any intellectual mind can ever comprehend. This part of you is your connection to everything you need to know and do for your life's direction and purpose. It contains your subconscious intuitive mind that can access all the wisdom and direction you need. How do I know? I've been using this mind for the past two decades for my Psychic Medium and spiritual profiling readings, bringing forth messages and direction for thousands of clients that no intellectual mind could ever conjure up. It's the part of me I trusted in and listened to many years ago when starting this journey, even when others with their well-meaning advice tried to stop me because, in their opinion, you could never have a successful business doing what I am doing because there wasn't enough people who believed.

The great news is that as we continue to move forward as a mass consciousness and with more and more people awakening and believing in their own ability, the easier it is for everyone to witness this for themselves because the mass consciousness is changing. The change is happening through mass acceptance and awareness of the spirit, not just the mind, and this changes the vibration of energy so that it becomes easier for all to access their intuition and subconscious direction. It has never been a better time to connect to your inner world and your intuition.

This spiritual side of self doesn't conjure up beliefs, instead it vibrates with a knowing. Have you ever had a knowing? It's something that you just know, you don't know how you know, but you do, it's a gut feeling and it comes from within, you FEEL it through your senses and your heart. A belief on the other hand comes from the intellectual mind, it's a thought and we know we can all have different beliefs and perceptions. Having a belief doesn't constitute that belief to be right or wrong as it's just a personal belief. Many wars have been fought over different

beliefs, because the ego has a strong need to define and protect itself, and therefore it needs to be accepted and right and it will defend itself against anything that it sees as wrong or as an attack.

Your dual nature will have you sometimes feeling like you have an angel on one shoulder and the devil on the other, the angel is your spirit self and the devil is your ego self. These dual parts of self will forge an internal battle within, where you will have a choice to listen to your heart and instinct or your thoughts and head. As the ego is the earth plane side of you and uses the intellect to voice its opinion, until you learn to balance and heal this part of self, it will usually always win. We need both of these dual sides of self. If we are too much in our spirit selves we run the risk of becoming too airy fairy and ungrounded, and when the ego side of self is ruling we can become too rigid in our limiting beliefs and thinking, which can hold us back from attracting what we want. The key here is to learn to bring them both into balance.

When you are in balance you are able to listen to your heart and soul and use this to direct your life, rather than your ego with its limiting beliefs and its sabotaging emotional patterns. You will then be able to access your purpose and start to live with purpose as a more self-actualized human being. You will also grow in confidence and start to achieve and attract more of what you want.

### No 3.

#### **Not knowing what you don't know.**

We can only ever be the person we are through what we have learnt. That learning has come through life experience and others, your education and how well you have connected to either your ego or your spirit.

I am sure you have looked back over times in your life where you wish you had done things differently. I am pretty sure all of us have made mistakes. You have to remember that at the time you made those decisions and choices, you made them from the knowledge you had and through the person you were at the time. The majority of us, through the mistakes we have made and will make in our life, still never really intend to hurt others at the time. We hurt others because of a lack of understanding, and an ego that's in reaction to itself. Think about it, did you really sit down and think about or plan how you were going to hurt someone with your mistakes? None of us do. It's through our mistakes that we are given an opportunity to learn and evolve and, if we don't learn, we will just do it again and repeat the lesson.

If you look back, I am sure you will also agree that you have EVOLVED as a person, that you have grown somewhat. I am sure that you will also be able to identify someone in your life that you feel has not grown very much at all, because you see them as still doing the same old, same old. The truth is that you and they can only ever be what you have learnt and what you know. Someone stuck in their soul lessons and their ego will not have a knowing of this until they have

an awakening, because until then they are too busy being in reaction to their soul lessons and themselves.

It's not their fault that they don't know any better and so, we can learn to forgive others for being all they know how to be, through what they know and have learnt. That doesn't mean we put up with bad behavior, it just means we can be more compassionate, accepting and understanding towards others. Just as Jesus prayed at his crucifixion when he said "Forgive them lord, for they know not what they do" we can all learn to be more forgiving of ourselves and others because most people don't know what they don't know.

In the world EVOLVE we are given the universal clue on what it is that we are here to learn about the most. Spelt backwards in the word evolve is LOVE...EVOLVE.

You can even link the word evolve together to find the V representing the two sides of you linking the love... EVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVEVOLVE.

When you learn to become a more self-actualized human being, you learn that love and acceptance of self and others is the key to a happy more fulfilled life where love and acceptance will super charge all that you want to you.

If you want to know how to do this, the answers are already inside of you, ready for you to connect to via your spirit side of self. If you don't know how to make contact, you can learn how to. Are you ready to awaken and connect to your true self and live a life full of love?

WE all have this inner gift. We came into the world with it. We all had it as babies and we all have the ability to reawaken this aspect of self and make conscious contact with it. All it takes is to do the inner work required to silence the ego's patterns and behaviours so your spirit can get a word in.

Join the Julie Kay Love Life Community on Facebook where you will find loads of free information to connect you to and enhance your spiritual wisdom.

<https://www.facebook.com/juliekaylovelifecommunity/>

Thank you, enjoy the journey and may love & light always bless you, keep you safe & may your inner light always guide you home.



**Want More? May we suggest.....**



Are you living your best life? Are the relationships in your life happy and connected? If not, are you ready to accept the challenge to start becoming the self-empowered super star you came here to be and live your life with more purpose and soul?

I would love to invite you to join me for the 28-day self-mastery challenge. There is a prize for one lucky participant and it's a ticket to the next upcoming Shift Sanctuary valued at 3330.00. However, everyone will still be a winner just by following the 28 challenge and becoming a self-empowered super star.

There is loads of information I will be sharing with you before and during the challenge, including access to my very popular online, Become More Internally Guided and Self-empowered Workshop, an electronic copy of my The lessons of love and life book, and every day of the 28 day challenge you will be given further inspiration and a challenge to help you learn to commit to your best life with bravery and soul.

The great news is, it's only \$111.00 so you would be mad to miss it.

To register for the next challenge visit [www.juliekayinternational.com/events](http://www.juliekayinternational.com/events)

**Terms and Conditions for the prize.** One ticket to the March Shift Sanctuary starting on March 7th, 2019. 4 nights and 3 days accommodation at the luxurious Casagrande Resort and Day Spa and 3-day Shift Sanctuary Training Workshop. Rooms are dual occupied; the ticket holder may be sharing with a same sex companion. Ticket also includes all food, resort facilities, complimentary massage in the day spa. Transfers and travel to and from the training are not included in the prize. Ticket is for advertised Shift Sanctuary and is not transferrable to others or another date or redeemable for cash or credit. Prize is open to all who register in the 28-day challenge, all names will be placed into the draw and drawn at the end of the challenge via live video link. Through out the challenge there will be opportunity to gain extra entries into the draw.



Your spirit is trying to talk to you every day and give you guidance. If you don't know how to listen and make conscious contact with these promptings, then you may be left to the mercy of an over active mind that confuses and frustrates you because it has no idea of what to do next.

Are you ready for change and to listen to what your spirit has to say? It's not as hard as you may think. When you learn to go within, you become more internally guided, you see life from a different perspective. You learn to power your life from within and you learn to build your confidence and self-assurance from a solid foundation that is not easily rocked or affected by others.

In this workshop Julie will teach you how to listen to this inner guidance and also help you understand how you are getting in your own way.

Filmed in front of a live audience in country SA. this workshop formed part of Julie Kays 2018 National Southern Cross Tour.

When signing up for this workshop you will receive

- Access to the film which can viewed on your computer or smart phone.
- An electronic copy of Julie Kays Book The lessons of Love and Life.

Just \$67.00 to register go to [www.juliekayinternational.com/events](http://www.juliekayinternational.com/events)

Julie Kay is a full member of International Institute for Complementary Therapies and a recognized IICT preferred training provider.



### **About Julie Kay**

Julie describes herself as a white light crusader and self-empowerment activist and it is her intention through all her teachings to help people get to know their inner most sacred self through their spirit. Julie's mission is to help you live with the fullness of spirit, to not merely survive but to feel alive and to do so with love, compassion bravery and soul. Julie is here to guide you in reconnecting to the light and your own intuitive calling for aliveness and belonging.

Julie Kay has worked professionally for over 20 years as an Author, spiritual profiler, psychic medium and healer and has been teaching spiritual development since 1997. She has appeared on National TV and Radio and her articles are often used in various forms of print media.

A naturally enthusiastic entrepreneur with a humanitarian heart, Julie Kay is the founder and creator of the Soul Lessons Profiling System and the Shift Sanctuary. Helping thousands of people of all ages and nationalities understand their own unique and specific journey they have chosen in this life time, and to recognise and heal the emotional blocks and patterns holding happiness and loving relationships from them.

Julie Kay is also the Founder and Director of the nationally recognised energy healing modality DLF Therapy.