

DECEMBER 2025

SECOND EDITION ISSUE TWO

Editorial

2025 is a nine year. A nine year is the ending of a nine year cycle that has played out many themes in your life during this time with the purpose of helping you to grow and evolve.

Think back to 2016...it was the ending of the last nine-year cycle. Reflect on what you learned and let go of back then, and whether you repeated the cycle again. The close of a nine-year cycle invites you to examine your relationship with yourself and others. If something has been out of balance, needing fixing or ending, it would have been revealed to you this year.

This may include relationships, jobs, financial situations, habits, behaviors, addictions, or belief systems that hold you back. The energy of the nine brings these to the surface for releasing and healing.

As we move into the festive season, you are given a final opportunity to understand what needs to change in your life. We want to clear it now so we don't take it into the next nine-year cycle. Remember, the Divine, God, Universe, often shows us through challenges, because let's face it, we don't change in our comfort zone or when we are happy. It is when we are tested and challenged that we grow the most.

A huge thank you to all my 2025 clients, and sincere gratitude to those who helped organize group appointments and workshops throughout the year in QLD, VIC, and NSW.

If you're not sure what to gift a loved one this Christmas, perhaps a gift voucher for a personal reading could bring spirit connection, guidance, and healing to someone you cherish. A beautiful certificate can be emailed directly to the recipient or to you.

Wishing you and your family a beautiful, love-filled Christmas from my family to yours. See you in the New Year.

Love and light,
Julie Kay



Behind fear lives uncertainty.

Fear is one of the most damaging emotions we experience when operating from the ego. It can stop us in our tracks, fuel self-sabotage, and amplify worry and doubt. Most importantly, fear disconnects us from our divine intelligence and inner guidance system.

There is, however, a distinction between healthy fear and destructive fear.

- Healthy fear is instinctive. It alerts us to danger and triggers protective responses such as fight, flight, or freeze. This type of fear is immediate and short-lived, designed to keep us safe.
- Destructive fear, on the other hand, lingers. It keeps the nervous system locked in a constant state of stress and hypervigilance. This ongoing cycle of worry and overthinking leaves the body, mind, and spirit trapped in confusion, frustration, and exhaustion. At its root, destructive fear often arises from uncertainty.

The ego craves certainty as a way to feel safe. Yet life itself is uncertain, always evolving, shifting, and changing. When we are in unhealthy environments filled with manipulation, instability, or control, fear intensifies.

The logical mind searches endlessly for evidence of certainty, but logic alone cannot resolve fear.

The logical mind has no intuition and therefore it cannot see the future, it can only perceive what the future may be. The logical mind will do that by recycling and comparing to past experiences, which often deepens anxiety rather than alleviating it.

So why do so many people develop an unhealthy relationship with fear? In my view, it is because they have become disconnected from the natural laws of life and from their own divine essence.

If you find yourself stuck in fear, confusion, or an unhealthy environment, know that you have the power to step into clarity and balance. By reconnecting with your spirit, your heart, and your intuition, you can reclaim the certainty that comes from within.

Your spirit has intuition and knows what is right for you. It whispers to you constantly but unfortunately the ego and the logical mind will overpower these whispers until you understand how to allow them to guide and heal your life.

I have been doing this work for over two decades, and I have found that no one truly heals until they integrate both sides of self into their healing picture. We must heal the programming of the ego and logical mind and also empower the spirit through more connection for a lasting holistic approach.

If you feel called to explore this deeper connection and heal the parts of yourself that keep you trapped in fear, I invite you to reach out. In a personal conversation, I will share how I can support you, and you will also have the opportunity to receive \$100 off my mentoring program by mentioning this article. There is no pressure or obligation, only the possibility of discovering what feels right for you. Simply connect with me by email with your phone number and I will connect with you personally.



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December Spiritual Profiling

December vibrates with the energy of the number 3, with influence from the numbers 1 and 2.

The 3 vibrates with the energy of sociability, communication, optimism, creativity, cheerfulness, entertainment, imagination, inspiration, friendship, joy, expression, and self-image. It is fantastic energy to soak up during the holiday season. The energy of 1 and 2 coming into play will amplify the energy of connecting to self, creativity, spirituality and also partnerships and cooperation.

The 3 is also the number of the Ascended Masters and the Christ Consciousness, bringing connection on the mass to the celebrate and remember the higher energy and assistance available to everyone. Those whose birth numbers contain a 3 may also find their energy amplified into higher consciousness this month. If you are on your path to peace and joy, this is a wonderful time for you. If you are still searching for what makes you happy and peaceful, it is a great time to connect to self and the higher realms that we all have the ability to tap into.

As we come to the end of 2025, the energy of the 9 is really pushing buttons for a lot of people. This marks the end of the current nine-year cycle, a time to clean up the past in readiness to move into the energy of 2026 (10/1) and new beginnings. Many of my clients are struggling with their lives at present. I believe it's because when a life circumstance, habit or emotional state needs to change, the universe will certainly bring it to your attention, usually through challenge and struggle. This energy is amplified now because we are at the end of this nine-year cycle, and it is through struggle and challenge that we discover what needs to change in order to move forward.

I commented back in January that this year was not going to be easy for those holding on to pain in their lives. If you have done the work and learned the lessons, well done! 2026 will be a breath of fresh air. If you are still working on it, keep going and look within, as January will be a great month to do just that: to reconnect to self and discover what it is that YOU need to change in order to find more peace and happiness.

Julie Kay

You will find that it is necessary to let things go; simply for the reason that you can no longer hold onto what has become too heavy!

For daily inspiration join Live Life with Purpose and Heart on Facebook



Sometimes the greatest act of strength is not in holding on, but in releasing what weighs us down. The burdens we cling to, old regrets, painful memories, or relationships that no longer serve us, become heavy stones in the backpack of our soul.

Carrying them may feel familiar, even safe, yet they quietly drain our energy and dim our light. To let go is not to dismiss their importance, but to honor the lesson they brought and free ourselves from the weight of carrying them endlessly. In that release, we create space for peace, renewal, and the possibility of something lighter, truer, and more aligned with who we are becoming. Love JK

Upcoming Julie Kay Dates

Julie Kay upcoming 2025/2026 Tour dates and workshops

Two Extra Dates added for Mount Gambier SA 4th, 5th, December
Bookings Ph 0418813109

2026 Dates are still being finalised but I can announce: I will be in Cairns in February 2026

Personal bookings Trinity Beach 13th and 14th February Cairns Spiritual Centre 15th February

Women Who Rise Workshop Cairns Spiritual Centre 15th February 9.30am – 12pm

Appointments are also available by zoom and phone at other times.
Bookings 0418813109

Community Notice Board

SOUTH AUSTRALIA

Women's Circle by Joanne
Mount Gambier
Held Monthly to attend please book
Phone 0408 830 977



BLUE SKY JASPER YOGA

Yoga Class Times

	Morning	Afternoon
Monday	10:00am	6:00pm
Tuesday	10:00am	4:00pm
Wednesday	Closed	
Thursday	10:00am	–
Friday	10:00am	–

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QUEENSLAND



Wise Women HQ
Setting Boundaries without Guilt
25th November, Cabarita Beach
More info visit Wise Women HQ on Facebook.



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