

NOVEMBER 2025

SECOND EDITION ISSUE ONE

Editorial

Back in 2006 I released a newsletter called Evolve and I recently came across some printed versions that my dad had kept. Reading a few of them reminded me of how much passion and faith I had back then. It is times like this when the universe gives us a nudge and for me that's exactly what it was.

You see, I had been pondering the changes that have come into our world over the past 20 years, the most recent being AI, and wondering: are we all going to be obsolete? I had achieved so much over the past 20 years that I was wondering what else could possibly inspire me now because I have ticked off most of what I wanted to achieve, plus a few extras. It actually had me feeling like, was this it, was I done, what else could there possibly be for me to do?

I have authored three books, toured nationally, run retreats, created online programs, had my spiritual profiling modality nationally and internationally recognized. I have produced meditations, had my own range of essential oils, journal and inspiration cards. I bought my dream home on the beach, done loads of overseas travel, and been the Mayor of the Whitsundays. What could I possibly strive to achieve next?

Reading my own words from back in 2006, I was heavily reminded by the heading EVOLVE that if we don't evolve we dissolve. Finding these newsletters was an absolute blessing because it reminded me of why I started this journey in the first place. It wasn't for the achievement; it was to make a difference. That is the only grand goal I need. There is still life in my inspiration and I have a few books left in me yet and another Southern Cross Tour in 2026.

You see, AI can't replace the heart and soul and our gut instinct, and that is what is missing in this world at the moment and this is the only inspiration I need to keep going. I hope this message gives you inspiration as well: your greatest asset is not what you have or what you achieve, it is the difference you make through your heart and soul and the happiness that comes from within when you are connected to your own soul's whispers and direction.

The one thing I have always had is faith that I will be guided to what I need to do, so I felt compelled to re-launch the Evolve newsletter. Sometimes evolving isn't about grand achievements; it's about following the universe's promptings and revisiting what you know works and making it better with more heart, soul and inspiration. I hope you enjoy the Second edition of Evolve, issue one.

Julie Kay



Why do we kill the things we love?

I think many people can relate to self-sabotage.

"Yet each man kills the thing he loves,
By each let this be heard,
Some do it with a bitter look,
Some with a flattering word,
The coward does it with a kiss,
The brave man with a sword."
– Oscar Wilde, The Ballad of Reading Gaol

Have you ever destroyed what you love? Have you ever seen your dreams fall apart just when you were about to achieve them? If this is a pattern in your life it may be time to search within your soul to find the pact that's causing these outcomes. The soul has its beliefs and values that vibrate at the level of your evolvement. If these values are severely crossed, human nature often decides that we must be punished, even on a subconscious level. The pact is usually made when something traumatic happens in your life that you attach guilt, unworthiness, rejection or negative emotion to.

The ego does not want to experience the negative emotion again and doesn't want to feel the guilt and shame, so a subconscious pact is made to keep you safe. Whenever you attempt to go beyond the limits you have created as your comfort zone, you unconsciously sabotage your direction with self-defeating behaviour.

You sabotage your diet because you're protecting yourself from something. You sabotage your work or business because you're not feeling deserving. You sabotage your relationships because of unworthiness or before you can be hurt.

We can often place on ourselves the unreal expectation to be perfect in this lifetime, especially if you walk the spiritual path. In the eyes of the universe we are forgiven the act long before we forgive ourselves. To free yourself of any of the pacts you have subconsciously made with your soul and that are destroying the things you love, try this little practice.

Find a quiet spot to sit with pen and paper. Put on some soft meditation music or listen to the sounds of nature. Think over your life and, with self-analysis, find the areas of your life where you are self-sabotaging. Once you have pinpointed these areas, sit quietly and ask your guides or angels to bring to your attention the time in your mind when you made this pact with your soul to create this situation. If you are quiet and relaxed enough, your subconscious will automatically seek out the circumstances of the past.

Once you have this situation in your mind, visualise a white beam of light filling and surrounding it. Acknowledge that you are forgiven in the eyes of God and the universe. Feel love and compassion enter your heart as you give yourself permission to forgive yourself. You have punished yourself long enough; as you look closer you may see thin cords of energy chaining you to this situation. Imagine a beam of light as sharp as a laser cutting away that energy. The first step to healing is acknowledging where the issue is. You may also need to work on reprogramming your mindset and healing the emotions and habits these circumstances have created. Healing is not linear; it is a process. Be kind to yourself, you are learning to become your best self just like the rest of us. Author Julie Kay



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EDITION ONE

November Spiritual Profiling

November vibrates with the energy of the double one and the single two. This energy resonates with a master vibration of creativity and confidence and the energy of cooperation, diplomacy, peacemaking, receiving, sensitivity, balance and beauty. The theme of this month is balance, peace, love and beauty. November is a great month to find partnership either in business or personal life. Combine it with the number of 2025, which is a 9, and many relationships and partnerships will come under the spotlight, with issues being brought into focus to heal and end behaviours that are no longer working towards love. For some it could also show where endings are needed.

In spiritual profiling the 1 is the number of independence with the lesson of abandonment. This number always goes hand in hand with the number 2, codependence, the lesson of attention. They are exact opposites and therefore are dual in nature. This brings in the lesson of self and others and is a reminder that if we don't balance self with others we will learn lessons. If you abandon self for the attention of everyone else you will find that others will abandon you too. This lesson is asking you to consider both sides, yourself and others, and keep it in balance. If you have the soul lessons of the 1 and 2 in your profile this will be especially relevant to you. To find your soul lessons, add each number in your date of birth to get your total. For example $11/07/2000 = 1 + 1 + 7 + 2 =$ the soul lessons of 11/2. Unlike numerology, spiritual profiling does not reduce the numbers to a single digit.

The Divine isn't testing you, it's remaking you, and trusting you to rise and do better!

Live life with purpose and heart



Spiritual Profiling

Inspirational Quote

After a while you learn the subtle difference between holding a hand and chaining the soul,

And you learn that love doesn't mean leaning and company doesn't mean security,

And you begin to learn that kisses aren't contracts and presents aren't promises,

You begin to accept your defeats with your head held up and your eyes open, with the grace of an adult, not the grief of a child,

And you learn to build all your roads on today because tomorrow's ground is too uncertain,

After a while you learn that even sunshine can burn if you get too much. So you plant your own garden and decorate your own soul, instead of waiting for someone to bring the flowers,

And you learn that you really can endure. You really are strong, and you really do have worth, and you learn and learn....with every goodbye you learn.

- Veronica Shoffstall

Upcoming Julie Kay Dates

Julie Kay upcoming November Tour dates and workshops

Mount Gambier SA

The Salon 3rd, 4th, 5th, 6th 7th 8th November

Bookings Ph 87233448

Women Who Rise Workshop Graymac

Solutions

Hamilton VIC Booked out - Wait list

available

Ballarat Vic Booked out - Wait list available

Appointments also available by zoom and

phone. Bookings 0418813109

Community Notice Board

SOUTH AUSTRALIA

Women's Circle by Joyanne

Mount Gambier

Held Monthly to attend

please book

Phone 0408 830 977

WOMENS CIRCLE

"When women gather, the world will heal"



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	-

☎ 0438 239 497
✉ blueskyjasperyoga@outlook.com

MOUNT GAMBIER

YOGA WITH JO

phone 0438 239 497

Mt Gambier Seminar
25th November

WOMEN WHO RISE
ALIGN WITH YOUR
TRUE PURPOSE
AND CALLING

Julie Kay

APPROVED
THERAPY PROVIDER
100% CERTIFIED
SEAL OF EXCELLENCE

QUEENSLAND

Wise women HQ

Wise Women HQ

Setting Boundaries without Guilt

25th November, Cabarita Beach

More info visit Wise Women HQ on Facebook.

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