

Editorial

What a whirlwind start to 2026. I sold my home at the beginning of the year and had just 15 days to pack and store everything, not an easy task given the size of the place. I also released a special offer late last year that was due to begin at the end of January. Thank you to everyone who took up that offer and to those who are patiently waiting for the new start date.

Because of the move and the heavy workload, I had to postpone the special and pull the advertising. I couldn't responsibly take on new clients in January; I wouldn't have been able to give them the attention they deserve. I plan to relaunch the offer when the time is right, most likely around the beginning of March.

February brings an exciting change: my new motorhome arrives and I'll be hitting the road for the Southern Cross Tour. My first stop will be Cairns. It will probably take the first half of the year to find my feet and finalise the tour program, but I'm on my way and can't wait to get started and hit the road again.

I've also launched a new YouTube channel called Southern Cross Tour - Raw and Real. This is where my spiritual work meets real life on the road. I'll be sharing unfiltered conversations about purpose, intuition, healing, and the inner journey alongside the fun, freedom, and everyday moments of living a soul-led life while travelling Australia. Expect a blend of wisdom, truth, laughter, and the raw reality of what it means to stay spiritually connected in a very human world.

This month I have also started the monthly practice column. Each month I will give you tips and strategies you can implement in your life or put in your personal development tool box for when you need a practice to help you heal and grow and evolve.

February is considered the month of love. In numerology this is quite relevant as 2 is the number of partnerships; in Spiritual Profiling it brings in the silent 1, reflecting the duality of the two and its opposite. What this month and the lesson is teaching us, is to strive for balance between self and others. That means in all areas of life, for example: if you have a support lesson (4) are you supporting yourself as much as you are supporting others? Our relationships are our greatest teachers they will always be teaching us something. For this month's article I've written some wisdom on how relationships help us grow. Whatever your relationship status, everyone in your life is a relationship of one form or another. My article offers guidance for romantic partnerships, friendships, family ties, and professional connections. I hope you enjoy it. Have a fantastic February.

Love Julie Kay

How Relationships Help Us Grow: From Emotional Triggers to Conscious Connection

How Relationships Help Us Grow: From Emotional Triggers to Conscious Connection Relationships are one of the greatest teachers we will ever have. Not because they are always perfect, but because they aren't. Every relationship, whether romantic, family, friendship, or otherwise, holds a mirror to the parts of ourselves we can't always see on our own. And it's through this reflection that we grow.

Most people enter relationships with the hope of love, connection, and understanding. But what we often forget is that we also bring our ego, our wounds, our expectations, and our unhealed stories with us. And so does the other person. No relationship is free from this. It's part of being human.

When we're triggered, it's usually our ego reacting, the part of us that wants to be right, protected, validated, or in control. In these moments, we can fall into emotional traps:

- taking things personally
- assuming the worst
- shutting down
- overreacting
- or trying to fix, rescue, or change the other person

These reactions aren't signs of failure.

They're signs of where we still need healing. Your partner's behaviour may trigger you, but the trigger itself belongs to you. It's an invitation to look inward, not outward.

Sometimes the lesson is to stop accepting bad behaviour. Other times the lesson is to soften, communicate, or shift your own patterns. Either way, the trigger is a teacher.

The Mirror Effect: What Relationships Reveal Our partners reflect back the parts of ourselves we haven't fully acknowledged, our insecurities, our fears, our unmet needs, our boundaries, and our blind spots. They also reflect our strengths, our capacity for love, and our potential for growth.

When we understand this, relationships stop being battlegrounds and start becoming classrooms for the soul.

Moving From Ego to Authenticity

Authenticity in relationships doesn't come from perfection. It comes from awareness. When we step out of the emotional trap and into conscious connection, everything shifts.

Conscious connection is built on:

- clear communication
- healthy boundaries

- Self-responsibility
- respect for each other's needs
- emotional honesty without emotional dumping
- space for both people to grow

This is where relationships become balanced, where both people matter, both needs matter, and both voices matter.

Conscious Connection: Where Growth Happens When you show up authentically, you create space for your partner to do the same. When you communicate clearly, you reduce assumptions. When you honour your boundaries, you honour your worth. And when you take responsibility for your own triggers, you stop projecting them onto the person you love.

This is where relationships deepen.

This is where trust grows.

This is where two people rise together instead of pulling each other apart.

The Truth

No relationship is perfect.

But every relationship has the potential to grow you, heal you, and expand you, if you're willing to meet it consciously.

Your partner is not your enemy.

They are your mirror.

And every trigger, every challenge, every moment of discomfort is an invitation to rise into a more aware, more grounded, more authentic version of yourself.

This is the real work of love.

This is the path of conscious connection.

This is how relationships help us grow.

In the end, relationships are not meant to complete us, they're meant to grow us. They stretch us, soften us, challenge us, and reveal us.

When we meet them consciously, with awareness instead of ego, they become sacred spaces where two people learn, evolve, and rise together. The goal isn't perfection; it's presence.

It's choosing to show up with honesty, boundaries, compassion, and a willingness to look within. When we do that, relationships stop being places of conflict and become pathways of transformation, where love becomes not just something we feel, but something we practice, embody, and expand into.

Happy Valentines Day :)



FEBRUARY 2026

SECON EDITION -ISSUE FOUR

Monthly Practice

Questions to Ask Your Soul

Sit with one question at a time. Let answers come as words, images, sensations, or simple knowing.

- What do I most need to feel alive right now?
- What truth am I avoiding?
- Where in my life is balance missing?
- What would I do if fear were not a factor?
- What relationship needs my presence most?
- What small boundary would change my day-to-day wellbeing?
- What is calling me to create or let go of this year?
- How does my body want to be cared for today?
- What does my intuition want me to notice this week?
- If I could speak to my future self, what would I ask?

How to Sit with These Questions

Create a simple space

- Time: 10-20 minutes.
- Place: a quiet corner, a beach bench, or in the park
- Tools: a notebook, pen, and a timer.

Practice steps

1. Ground (2 minutes): Sit comfortably, breathe slowly, feel your feet or seat.
2. Set an intention (30 seconds): Silently say, "I'm here to listen, not to fix."
3. Ask one question aloud or in your mind.
4. Listen (5-15 minutes): Notice thoughts, images, body sensations, emotions. Let answers arrive naturally.
5. Journal (5 minutes): Write without editing.
6. Close: Thank yourself and note one small action you can take.

Variations

- Walking inquiry: Ask the question, then walk slowly and notice what arises.
- Creative response: Draw, voice-record, or speak the answer to a trusted friend.
- Group sitting: Share one question and listen without offering advice.

Weekly integration

- Pick one question per week and notice how it shows up in choices and conversations.
- Record one small action each week that aligns with what you learned.
- Review monthly to track patterns and growth.

Safety note

Deep inner work can surface strong emotions. If you feel overwhelmed, ground with breath and reach out to a friend, mentor, or mental health professional.

Upcoming Julie Kay Dates

Julie Kay upcoming 2026 Tour dates and workshops

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

Julie Kay
WOMEN WHO RISE
ALIGN WITH YOUR TRUE CALLING THROUGH THE WOMEN WHO RISE WORKSHOP
Learn how to use universal laws to elevate your vibration toward success, create alignment, and conquer the blocks holding you back.
People's Mayor Bids Farewell M.
Join Julie Kay - spiritual profiler, transformational mentor, and former Mayor for a soul-stirring workshop designed to ignite clarity, courage, and conscious alignment. With decades of leadership experience and a heart rooted in service, Julie masterfully bridges the practical and the profound for authentic leadership and living with purpose and heart.

Community Notice Board

SOUTH AUSTRALIA

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



	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.

WOMEN WHO RISE
ALIGN WITH YOUR TRUE PURPOSE AND CALLING
Southern Cross Tour
Coming 2026
100% Certified
APPROVED TRAINING PROVIDER
SEAL OF EXCELLENCE

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info@juliekayinternational.com to find out how.