

Editorial

Life has a way of placing unexpected problems on our path, and even our best-laid plans can shift in an instant. These moments teach us resilience. They ask us to choose: do we surrender to the change, or do we fight it?

At the end of my May South Australia tour dates, I was preparing to head to Far North Queensland and then out through Western NSW and QLD. I was so looking forward to this travel, but life had other plans. My father's health took a turn for the worse, and everything had to stop. His wellbeing came first, and that meant cancelling my trips.

It took time, but he is now doing much better, and I can resume my travels. I won't get back the trips I had planned, but I did gain something far more precious, beautiful memories with my father, and deep gratitude for his significant improvement.

In August and September, I will be doing my yearly trips to Coonamble NSW, Forster NSW, and Hamilton VIC before heading back to South Australia for my September and October appointments, including Adelaide. You'll find all dates later in the newsletter.

This month, I've chosen to write an article on the belief behind our problems, how unconscious beliefs can create consequences far greater than the problem itself. I hope it brings insight and support to your journey. Wishing you a wonderful July and August.

Love, JK



A Problem Isn't just a Problem, It is also the Belief Beneath It.

We often meet a problem in our mind as if it arrived fully formed, a situation that suddenly demands our attention. But a problem is never just the problem. It is the echo of a belief we've been carrying, often quietly, often unconsciously, and the consequences of that belief playing out in our thinking and lived experience.

A problem is the smoke. The belief is the fire. And the consequences are the burn marks we keep trying to bandage.

Most people try to fix the smoke. Spirit invites us to turn toward the flame.

Beliefs Create Patterns and habits, Patterns Create Consequences Every belief has a ripple effect.

If you believe you're not worthy, you will tolerate what diminishes you. If you believe you must be strong, you will hide your exhaustion. If you believe you must earn love, you will overgive until you're empty. If you believe you're alone, you will stop asking for help. If you believe you're too much, you will shrink your voice. If you believe you're not enough, you will chase validation instead of truth. And each of these beliefs births consequences, these consequences are your feedback. Life is always trying to show us where we are misaligned with our own soul.

The Problem Is the Invitation When a problem arises, it's not asking you to fight harder. It's asking you to listen deeper. It's asking:

- What belief is operating here?
- Where did I learn it?
- Who taught me to see myself this way?
- What has this belief cost me?
- What truth is trying to rise in its place?

Problems are not obstacles to your path, they are indicators of where your path is ready to evolve.

Consequences Are the Teachers The consequences of a belief are simply the lived experience of that belief.

If you believe you're unworthy, the consequence is a life that reflects that belief back to you. If you believe you must stay small, the consequence is a life that never expands. If you believe you must please everyone, the consequence is losing yourself.

Consequences are not here to shame you. They are here to awaken you.

They show you what your life looks like when you abandon your truth, and they show you what becomes possible when you reclaim it.

Healing Begins When You Question the Belief

The moment you question a belief, you weaken its power.

The moment you see the consequences clearly, you reclaim your choice. And the moment you choose a new belief, one aligned with your spirit, not your fear, the problem dissolves and you outgrow it.

SOMETIMES
YOU WIN
SOMETIMES
YOU LEARN

JULY AUGUST 2026

SECON EDITION -ISSUE SEVEN

Daily Practice: Meet the Belief Beneath the Problem

Every problem we face carries a deeper message that often triggers overthinking instead of problem solving.

It's rarely the situation itself that causes the most tension, but the thinking and the belief sitting quietly underneath it.

This simple daily practice is designed to help you pause, look beneath the surface, and meet the thinking and belief that's shaping your experience. When you see the belief clearly, the problem begins to soften, and a new way forward opens.

1. Name the problem. Just one sentence. No story, no overthinking. "What feels hard today?"
2. Ask what belief sits underneath. Let it rise. "What am I thinking and believing for this to feel like a problem?"
3. Notice the consequence. "How is this thinking and belief affecting me?" (energy, behaviour, emotion)
4. Choose a truer belief. Something kinder. "What thinking and belief supports me instead?"
5. Take one aligned action. A small step that matches the new belief.

live
your
dream.

Upcoming Julie Kay In-Person Appointment Dates for August, September and October 2026

Coonamble NSW 21st 22nd 23rd of August.

Forster NSW 28th 29th 30th of August.

Hamilton Vic 4th 5th 6th September.

Mount Gambier SA starting 5th of October

Adelaide and Ballarat details are still being confirmed on release of this newsletter,

please contact 0418813109 for further details or to make a booking.



At Julie Kay Mentoring, we understand how frustrating it can be to feel stuck, unable to make sense of why life keeps unfolding the way it does. Whether it's the pain of attracting the wrong relationships, the disappointment of being overlooked for that promotion, the cycle of self-sabotage, or the struggle to move forward in business or life, there are deeper patterns at play.

Spiritual Profiling helps you uncover the subconscious beliefs and energies that are shaping your experiences, empowering you to shift them and create the life you truly desire.

Through our mentoring programs, tailored packages, and one-on-one sessions, Julie Kay provides compassionate guidance that fits every need and budget.

Mentoring is a transformative journey, and with spiritual profiling it has the power to change lives. If you're ready to break free and step into the life you were meant to live, I am here to walk with you every step of the way.

I'm currently offering a free 30-minute introductory phone or zoom session to help you explore whether my mentoring is the right fit for you. There's absolutely no pressure or obligation, just a genuine opportunity to connect, ask questions, and see if Julie Kay Mentoring feels aligned for you.

To book your session, simply text or call 0418 813 109.