EVOLVE Newsletter

MARCH 2026

SECOND EDITION ISSUE FIVE

Editorial

It has been quite a journey already this year. We are heading into uncertain times, and this will naturally trigger stress and worry. The truth is, we are always in uncertain times. Your tomorrow is not guaranteed, nothing is. What I know for certain is that you will create your own heaven or hell here on earth by the way you accept, perceive, and mentalise things.

My belief is that we create our reality, our peace, and our happiness. You may not be able to control the external world, but you can control your reaction to it. You can choose to live your life in fear or in joy. If you live in fear, you will attract and call-in things to be fearful of. If you saturate your mind with fearful things, you will trigger your anxiety and call in even more fear. Unless you have a severe mental health issue, you can choose more peace.

This is not about living in denial either, that can be dangerous. It is about being able to discern your battles, look for solutions, and centre yourself into peaceful alignment, through healthy emotional acceptance and healing, rather than the focus and reaction to problems. What we perceive, we achieve. What we believe, we receive. I am sure you would have heard these statements before and in my view, they are 100 % correct. Yes, the problem is there, but so is the solution. Sometimes that solution is in the hands of your Creator, and if you are not aligned with your spirit and your divine Creator, then how will you ever receive it?

If you can't find the solution then work on aligning your energy with a solution showing up, put it in the hands of the divine, god, universe and work on aligning your energy more to peace than worry. You won't hear the solution if you are not aligned enough to witness it. Why worry when you have surrendered and given it to the creator of all.

This month's article is on letting go, and I share a simple exercise to help you release what no longer serves you. Letting go can be as simple as releasing the doom and gloom of life so you can regain your sense of peace. That may include becoming aware of where you are saturating and marinating in your own doom and gloom.

Happy March.

Love, Julie Kay

When Your Next Level Requires Letting Go

When we feel stuck, it can be the universe's signpost that, in order to move forward, we need to learn or let go of what is keeping us stuck. If something isn't happening, then there is still something this opportunity is teaching you.

Let me use an example. I have been incredibly good at manifesting over the past 10 years–manifesting my first motorhome, manifesting my dream home on the beach, and finally manifesting the sale of it and a new motorhome. However, there was a period of stuckness that was not allowing my manifestation of selling my house to move. I felt stuck. What was I doing wrong? What was this teaching me?

The longer the sale dragged out, the more frustrated I became, and it pulled me deeper into the stuck hole. I was not used to not being able to manifest. I finally realised, through sheer frustration, that I was no longer in alignment with selling my home and was more in alignment with the problems of not selling. I had to become aware of this, learn what was keeping it stuck, shift my energy into making peace with letting go, and raise my energy and bring myself back into alignment with a sale. When issues where happening externally, I had to ensure I was working on my own light and keeping my focus on staying in alignment and not on the external things I could not control.

When we reach the ending of something familiar, something loved, it can bring up doubt and anxiety about moving forward. The intellectual side of our thinking cannot see the future, so it will overthink problems and potential outcomes. It is our heart, soul, and subconscious inner being that knows whether letting go and moving on is right for us. If change offers more freedom and peace, and less chaos and struggle, then that is a pretty good indicator that change is needed and you need to let go.

Honour the difficulty, the fear, and the anxiety. Sit with it. Unpack it. Examine what it is teaching and telling you. It is okay to feel unsettled about change, you are stepping outside your comfort zone. Just don't sit in it for too long, or you run the risk of it shifting your vibration into being more aligned with fear and problems instead of the change you know you need to make.

A simple little exercise to symbolically let go of what you no longer need to carry is the Leaf Drop Visualisation, it is perfect for people who struggle to let go mentally.

- Get yourself a leaf, one that has fallen and is easy to write on.
- On the leaf, write your goodbye to what you wish to let go of.
- Go out into nature and set the leaf free. Allow the wind, river, lake, or ocean to carry it away.
- Watch it drift as you feel the weight of it leaving your body with each breath.
- Whisper: "I don't have to hold this anymore."
- Give thanks to the universe and fill yourself with light.
- When you are ready, and you feel the release, turn your back and walk away with gratitude.

This exercise is gentle, symbolic, and doesn't force release. It is a beautiful way to show the Divine, God, the Universe that you are ready to rise into new beginnings.

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Monthly Practice

The One-Word Anchor

Choose one word that represents how you want to feel today.

Examples: steady, soft, clear, brave, spacious, grounded.

Say it out loud or write it on a small piece of paper.

This becomes your emotional compass for the day or week.

Why this matters

Choosing a single word is powerful because it gives your mind and nervous system a clear direction. When life becomes noisy or overwhelming, the brain will default to old patterns, fear, overthinking, people-pleasing, or survival mode.

A one-word anchor interrupts that pattern and gently guides you back to the energy you want to embody.

Your word becomes:

- a reminder of who you are becoming, not what you are escaping
- a stabiliser when emotions rise
- a filter for decisions, boundaries, and reactions
- a simple way to realign when you drift off-centre

Instead of trying to control everything around you, you return to the feeling you want to cultivate within you. Over time, this practice rewires your emotional habits and strengthens your inner leadership.

Your word is not a goal. it's a frequency.
A vibration you choose to hold.
A gentle promise you make to yourself.

Upcoming Julie Kay Dates

Julie Kay upcoming 2026 Tour dates and workshops

BRISBANE 21ST of March
There are still March appointments available via zoom, or phone.
I will be travelling during March so no workshops other than my weekly Women Who Rise - online workshops every Monday eveing.
Bookings 0418813109

South Australia MOUNT GAMBIER - I will be back from the 20th April Bookings are open now.
The Salon 87233448
Blue Sky Jasper Yoga Studio
0418813109

Easter Closure **- I will be closed for Easter from Wednesday 1st April until Friday 10th April. No Women Who Rise weekly workshop on Easter Monday.**

Community Notice Board

SOUTH AUSTRALIA

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

MOUNT GAMBIER
YOGA WITH JO
phone 0438 239 497

QUEENSLAND

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

Want to be featured on the free notice board email info@juliekayinternational.com to find out how.