

Editorial

Hi there,

August was a big month, with bookings fully booked out in both Coonamble, and Hamilton. I am so grateful to everyone who supported my latest tour through NSW and Victoria. A huge thank you to Kasey and Kristi in Dubbo (Dubbo was a private booking, but I will be back in the New Year), Rach in Coonamble, Jane and Allyson in Forster, and Tracy in Hamilton. And a heartfelt thank you to all my clients who choose to put their trust in me, it is both a blessing and an honour to serve you.

This week I'm heading overseas for a quick bit of R&R before beginning my South Australia tour. Adelaide is almost booked out for September, and Mount Gambier still has appointments available in October. You'll find all dates listed below in the upcoming section.

I'm also trying to fit Ballarat into the schedule, but I need to find a new suitable venue, and that's proving a little challenging at the moment. If anyone has suggestions, I would be truly grateful.

This month's article is embracing the parts of ourselves we often try to hide, a great time after winter to once again focus on growing and evolving.

Have a great September and October and enjoy the spring weather.

Love and light
Julie



Embracing the Parts of Ourselves We Often Try to Hide

This month, I want to talk about something every human being experiences: the tendency to deny our darker, ego-driven side. This part of us isn't a flaw, it's a natural structure within the psyche. It includes both the persona we show the world and the shadow self, described by Swiss psychiatrist Carl Jung. The shadow holds the emotions, habits, and beliefs we repress or avoid, often unconsciously without even realising it.

As we learn to unmask these layers so our authentic self can shine more freely, it's important to remember that the ego and shadow are not mistakes. They are essential aspects of our human experience. Yet many of us resist acknowledging them because they are the source of frustration, shame, guilt, judgement, and fear. We want to feel good, not sit with uncomfortable emotions, so we push them away. But denial doesn't dissolve them, it amplifies them. What we refuse to face eventually demands our attention.

Shifting our mindset helps. When we begin to see the ego as a teacher rather than an enemy, the unmasking process becomes gentler. You cannot recognise happiness without having known sadness. You cannot understand your authentic self without first navigating the ego's patterns. It is completely normal to feel angry, frustrated, guilty, fearful, or unhappy at times. These emotions are not signs of failure, they are invitations. Honor them, and when you're ready, explore what they are trying to show you.

We are not here to be perfect. We are here to evolve. The ego and its emotional traits play a significant role in that evolution. Expecting constant happiness is unrealistic, so embrace the moments when you're not. Own your behaviour, take responsibility, and if an apology is needed, offer it sincerely. Then let it go.

For example, when I'm tired, I get snappy and my family knows this well. I make it clear that I'm not upset with anyone; I'm simply exhausted. I allow myself to feel that grumpiness for a short time, then I take myself off to bed early or meditate. Giving myself permission to be human removes the pressure to be cheerful all the time.

We need balance. Denying our darker side only strengthens it. Acknowledging it brings us back into wholeness.

I'd love to hear your reflections, insights, and experiences.



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SEPTEMBER OCTOBER 2026

SECON EDITION -ISSUE EIGHT

Daily Practice: Don't hide, acknowledge.

This month, we're focusing on acknowledging the parts of ourselves we often hide, the emotions, reactions, and patterns that arise from our ego and shadow. Instead of denying them, we're learning to meet them with honesty, curiosity, and compassion. This daily practice keeps it simple, steady, and supportive.

1. Notice one feeling. Name the strongest emotion you feel today, without judging it.

2. Acknowledge it. Say quietly: "This feeling is valid. It's here to teach me."

3. Identify the need. Ask: "What do I need right now?" Rest? Space? Support? Breath? Clarity?

4. Reset gently. Do one small thing that brings you back into balance, a sip of water, a stretch, a breath, a moment of stillness.

Add an evening reflection in as little as just one sentence

"Today my ego taught me..." Keep it short. Keep it kind.



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

Dates and appointments available are correct at publishing.

Adelaide September Bookings

I have limited appointments left in Adelaide

Friday 25th of September 4pm and 5.30pm

Sunday 27th of September 9am and 5pm

Mount Gambier October Bookings

Wednesday 7th Monday 12th

Tuesday 13th Monday 19th

Tuesday 20th at The Salon

please phone 87233448 for availability and bookings.

Thursday 8th Friday 9th

Thursday 15th Friday 16th

Saturday 17th Thursday 22nd at

Blue Sky Jasper Yoga Studio

Phone 0418813109 for

availability and bookings.

Ballarat – 24th 25th October



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.