

# EVOLVE

# Newsletter

JANUARY 2026

SECOND EDITION ISSUE THREE

## Editorial

Happy New Year to you and your family. 2026 is a 10/1 year. The past nine years are complete, and the 0 indicates that we should have finished something in our lives that, if we've truly done the work, will not need to be repeated.

I know last year was heavy for many people. For me personally, I had to make sure I practiced what I preached to release the heaviness I carried after politics. Everything we experience teaches us something, and we are meant to use those teachings to grow. In these times, your mind can be your greatest asset or your biggest challenge.

Under pressure, we often turn to the mind to find answers. But if you've tried that and discovered your thinking does not give you sustainable solutions or certainty, then you are not aligning with the only part of you that truly knows what you need in the here and now, your spirit and your connection to the Divine/God/Universe.

In my article this month, I will explore this in more depth. When you live outside of yourself, you are left at the mercy of a world that can only ever offer short-term gratification and lessons that reflect what you still need to learn. Everyone needs more light in their life, and there is only one true source for that. The question I feel we will be asked on a much deeper level over the next nine years is: What will you align with, the shadow of the ego or the light of who you really are behind it?

If you align with the light, you will be pushed to grow and be true to who you came here to be. It is sometimes easier to remain in the shadows of ego, but eventually you wake up and find living this way is like being in hell on earth. It is harder to work on yourself, to practice every day, and to face your own shadows, but the benefits far outweigh the pain. If you have ever stepped off your path of growth and becoming, you will know exactly what I mean.

Make 2026 your year. Invite more of the light into your life, and allow it to illuminate the cracks in the armor of your ego, cracks that are quietly calling for transformation.

Love JK



## Let the Light In

Let the Light in, it is the only force that can truly transform darkness.

You know when you enter a dark room and turn on the light, the darkness disappears, the shadows are illuminated, and what was hidden is revealed. You are no different. The Light, the essence of who you are, has been trying to show you this all along. Unfortunately, we have been programmed from birth to disconnect from the power of our eternal essence, the source that can only be found within.

The first place most people go is the intellectual mind to find answers. But this part of you has no intuition, which is why your thoughts loop. You cannot find certainty in your future when you rely on intellect, because it cannot see the future. I call this "loopy thinking" your mind tries to give you an answer, but because it cannot see ahead, it doubts, questions, and circles back again. Doing the same thing and expecting a different outcome is loopy.

Choose your king: your mind, with its limiting beliefs and the shadow of ego, or your divine knowing and Light. This question is not only personal; it is what humanity is being called to answer as well.

Living in the ego, and in a world full of ego, offers instant gratification that never lasts. It demands more and more to feel happy and peaceful. More things, more relationships, more holidays, more therapy, more alcohol, more drugs. It relies on everyone else's acceptance and opinion, and when that is not forthcoming, the self feels injured and seeks to fill the void externally. The Light is overtaken by the darkness and shadow of the ego. **Living in spirit offers a world governed by Light, where peace becomes a priority and love is an energy not sourced but sustained. Where striving is replaced by practice, external validation by internal acceptance. Where the darkness of a broken sense of self and ego is revealed, healed, and held by the Light.**

The ego in humans is strong because we were raised in an ego-driven world. It was programmed into us through environment and upbringing. This is not to blame our parents, it is simply truth. Most were never taught to connect to the essence of who they are, to heal, or to understand that happiness and peace are our individual responsibility and cannot be sustainably sourced from others or things.

We were not taught that what shows up in our lives reveals what needs to be healed or changed. We were not taught to listen to instinct or how to manifest. Instead, we were taught to react to what is happening in front of us and to just survive instead of thrive.

I know many people who have stepped off the spiritual path because at the time it felt too hard. But it is not something you try for a month and then give up if it doesn't "work." It is a practice. In this energy of heaviness, it is not only a daily practice, it is a constant awareness. At first, it may feel exhausting. There is no promise of instant success or a magic pill. It requires commitment, stamina, and the attitude that you will never give up on yourself or your purpose.

The ego is relentless when it feels it is losing its grip, and you will be challenged with self-sabotage. This is why many give up. Yet it is also why people learn that life is better when they stay on the path of becoming and doing the work. Because when they give up, the growth they have already achieved makes old habits and issues seem even darker and less appealing. This ultimately brings them back to the path and back to knowing they have no choice but to continue if they want to be happy and grow.

Developing a spiritual practice is something I encourage my clients to do daily. It is not something you skip because life gets busy or because you feel better today. It is a priority. You learn to love it because it brings guidance and peace.

Learning about yourself so you can heal what holds you stuck is also vital. You cannot change from the level of mind and knowledge that created the stuckness in the first place.

You may have already learned a lot, but perhaps you are not putting it into practice, or perhaps there is more to learn. Growth is constant. Like peeling an onion, each layer reveals another beneath it. You can only go as deep as you are ready for. If you stop healing, you stop evolving, and going deeper becomes difficult. -

### Suggestions for 2026

- Define a daily practice you never miss, and do it with intention and not rushed.
- Gather with like-minded people or find a friend to grow and learn with.
- Revisit what you have already learned and recommit to doing the work.
- Listen to the nudges of your spirit, if something keeps nagging you, it is probably your inner guidance.

- Seek support if you need help. I offer mentoring programs and sessions that can assist you. As we kick off 2026 remember this year sets the foundation for the next 9 years, start it with light and your life will feel brighter.

Wishing you and yours lots of love and Light for a wonderful 2026.

Love Julie Kay



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## January Spiritual Profiling

January is not only the month of the number 1, but 2026 is also a year of the 1.

January combines the 1 of the month with the 10/1 of the 2026 year. This energy is all about self and others in balance, new beginnings, standing and living in truth, and completion rather than repetition.

As we start any new cycle, we can experience a few teething problems. If you haven't quite finished off the last nine-year cycle, you will still have the opportunity to release what no longer serves you as we step into the new year.

If you thought 2025 was hard, it was meant to be. The prefix of any new nine-year cycle is to release what you have outgrown and no longer need. Hopefully, you were listening to the pain points in your life and worked on healing and change.

Now, as we begin this new nine-year cycle, we are being asked to lift and shift into a higher evolutionary consciousness. This will be challenging for those who are not receiving the memo and are still operating within the constraints of the ego. We are evolving individually and collectively, yet the ego resists change, it either dislikes it or prefers change that brings instant gratification or allows it to remain in control.

One thing the ego does teach us is that life will continue to feel hard until something changes. We don't usually make changes when life is wonderful and we are happy; we don't grow in our comfort zone. Often, we only change when we are forced to or when we must. If life is screaming at you to make a change because it isn't how you want it to be, then there is no better time than now to begin.

In the year 2026, the 2 is all about mediation, codependence, and others. The 1 is about independence, self, and new beginnings. Combine this with the 6, which represents commitment and community, and the 0, which symbolizes "completed not repeated" (or "repeated not completed"), and 2026 tells us a story of commitment and new cycles coming into the light between yourself and others.

This can play out in themes such as: Do you overcommit to others and give too much attention to them while abandoning yourself? Do you undercommit to yourself and your needs or consistently abandoning your direction for a new one hoping it will be better? Is there commitment happening this year where you take a relationship or goal to the next level?

January Spiritual Profiling Cont...In the yearly numbers, the 0 is perpetual for many decades to come, always reminding us that we have a choice: to repeat or to complete.

Given that we are in a whole new nine-year cycle, many will have completed relationships and hopefully learned from them, ending karmic cycles. Many will have completed jobs that taught them valuable lessons, now carrying more knowledge to move forward. In a year 1, you get to set the foundation and your boundaries for the next nine years. If you were ever going to do some work on yourself, heal, or start a new path, now is the time to set strong, lasting foundations, beginning with the commitment to do so.

Happy New Beginnings. Love, JK



## Upcoming Julie Kay Dates

### Julie Kay upcoming 2025/2026 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 13<sup>th</sup> and 14<sup>th</sup> February Cairns Spiritual Centre 15<sup>th</sup> February

Women Who Rise Workshop Cairns Spiritual Centre 15<sup>th</sup> February 9.30am - 12pm

Appointments are also available by zoom and phone at other times.

Bookings 0418813109



## 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.



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