

Editorial

It has been quite a journey already this year. I have just wrapped up my visit to South Australia and want to thank everyone who booked appointments with me. A special thank you to Jo at Blue Sky Jasper Yoga and to Joyanne at The Salon for your beautiful hospitality.

Mount Gambier, Adelaide, Ballarat, and Hamilton are all on the schedule again for September and October. I'm looking forward to taking a couple of weeks off in June to celebrate my 60th birthday and enjoy some travel. I will still be offering Zoom and phone appointments throughout June, and in July I'll be working from the Gold Coast.

As we move toward the middle of the year and into the season of Winter, it's a reminder that we also experience our own inner winters, the cycles that feel cold, still, or stagnant. These are the times when nothing seems to move forward, when answers don't appear, and when life invites us inward to do the deeper work of evolving.

This month's article explores this beautifully: "The Quiet Season of Becoming: Why Your Life Feels Like Stalemate Before It Expands." I hope you enjoy it.

May this season remind you that even in the coldest moments, your inner light is still working, still guiding, still preparing you for the next chapter. Keep rising, keep listening, and keep trusting your path.

Love Julie Kay



The Quiet Season of Becoming: Why Your Life Feels Like Stalemate Before It Expands

There comes a moment on every woman's path when she feels life is at a stalemate and nothing is moving forward.

The momentum stops.
The clarity fades.

The things that once felt exciting no longer spark.

And the path ahead seems to blur into mist.

If you're in this space right now, take a breath.

You are not lost. You are in transition to your next becoming.

We are conditioned to believe that growth looks like movement, action, progress, and achievement. But spiritually, growth often begins in the quiet seasons. The seasons where nothing seems to be happening on the outside, yet everything is trying to rearrange on the inside.

This is the sacred pause before expansion and sometimes you need time to rest and restore before the next step in your journey appears.

Why the Slow Season Matters

When your soul is preparing you for a new chapter, it will often guide you into stillness. Not as punishment, not as delay, but as preparation.

In the quiet season:

- Old identities loosen their grip
- New desires begin to whisper
- Your nervous system recalibrates
- Your intuition becomes louder
- Your energy reorganises itself for what's next

It's the same way the earth rests before spring.

The same way the tide pulls back before a powerful wave.

The same way a woman breathes deeply before she rises.

You Are Not going backwards, You Are Aligning

If you've been feeling tired, unmotivated, emotional, or unsure of your next step, trust that your soul is clearing space. You are being guided inward so you can rise outward with intention, not urgency.

This is the season where:

- You learn to listen instead of rush
- You reconnect with what truly matters
- You release what no longer fits
- You remember who you are beneath the noise

Your expansion is already in motion, it's just happening beneath the surface.

How to Honour This Season

Instead of pushing, forcing, or trying to "fix" the stillness, try meeting it with curiosity.

- Sit with your heart each morning and ask, "What do you need today?"
- Let yourself rest without guilt
- Notice what feels heavy and what feels light
- Allow old dreams to fall away if they no longer feel true
- Trust the timing of your unfolding

Your soul is not late.

Your path is not wrong.

You are simply in the quiet season.

A Final Whisper for Your Journey

One day soon, you will look back and realise this was the moment everything shifted. Not because you pushed harder, but because you surrendered. You allowed the pause and you trusted the wisdom moving through you.

Your next chapter is already on its way.

Let this season prepare you for it.

Love JK

GIVE YOURSELF TIME

MAY JUNE 2026

SECON EDITION -ISSUE SIX

Daily Practice: The Winter Pause Ritual

This month, I invite you into a gentle daily practice designed to help you navigate your inner Winter, the seasons of stillness, stalemata, and quiet becoming.

1. Morning Check-In (2 minutes)
Before the day begins, place your hand on your heart and ask: "What part of me needs warmth today?"

Don't force an answer. Let whatever arises be enough, a feeling, a word, a sensation, or even silence.

2. The Winter Breath (1 minute)
Take three slow breaths, imagining you are breathing warmth into the cold, unmoving places within you.

On each exhale, soften your shoulders and release the need to have everything figured out.

3. One Small Act of Inner Care (5 minutes)
Choose one tiny action that brings comfort or clarity:

- journaling a single sentence
- stepping outside for fresh air
- drinking water mindfully
- sitting in stillness
- stretching your body
- lighting a candle
- placing your hand on your heart

This is not about productivity. it's about presence.

4. Evening Reflection (2 minutes)
Before bed, ask yourself: "Where did I feel a shift today, even the smallest one?"

Winter teaches us to notice the subtle movements, not the dramatic ones.

Why This Practice Matters
Daily rituals like this help you stay connected to your inner world when life feels paused or unclear. They remind you that even in the coldest seasons, your soul is still working, still healing, still preparing you for expansion.



Julie Kay Mentoring



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 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 what support feels aligned for you.

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

Community Notice Board

SOUTH AUSTRALIA

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



BLUE SKY JASPER YOGA

Yoga Class Times

	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.

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