

# Shine the Light Events

*“Healing, Inspiring & Empowering all Humanity  
towards Inner Peace and Personal Life Direction”*

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Sensitive  
souls can be  
confident and  
happy too!

*Author, Psychic Medium, Healer, Teacher, Speaker & Soul Development Coach*

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By requesting and participating in this program you agree to the following:

I understand that information contained and presented in this program is useful in creating lasting changes in my life and do hereby agree to use this information solely for the purpose of self-improvement and personal development.

I acknowledge that my participation in this program is of my own free will and I accept complete responsibility for my emotional and physical wellbeing at all times.

I acknowledge that I am a healthy individual and I am physically and psychologically fit to participate in this program. I know of no reason, nor have I been informed by my doctor or psychologist of any reason, why participation in this program would do me harm of any nature.

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## **Sensitive Souls can be confident and happy too!**

What is a sensitive soul?

Sensitive souls are very loving people! They care about others and they generally care about what others think of them. They usually have the gift of intuition and other creative gifts, but often don't see their own or true potential. Sensitive souls can take everything to heart and can be quite judgemental when it comes to themselves and others.

Sensitive souls can lack confidence and often suffer from anxiety, depression and being overwhelmed when it comes to fitting in. They can often feel very different and isolated from others and the world around them. Because of this heightened sensitivity, sensitive souls can feel unloved, unappreciated and undervalued. Life can become one full of fear, worry, self-doubt and anxiety.

Sensitive souls often do things out of obligation because they don't want to hurt other people's feelings. They can fear being yelled at or made the centre of attention and can become embarrassed easily. They are very giving souls and usually give to others without thinking of themselves, and this is often to the disadvantage of self.

If this sounds like you, don't despair, you can find self-confidence, peace and happiness by making a few changes in your life. This program has been designed to help you with the following;

- Learn to manage fear and anxiety
- Find and believe in yourself to become a happier person
- Find your inner strength
- Find self-acceptance and confidence

This is a step-by-step program. Each step must be worked on for a minimum of two weeks to install each step into your awareness so that you can start to create your new life, full of confidence and happiness. You will need to request the next step when you are ready. By requesting the next step and not having it automatically sent out to you is giving you the opportunity to take control of your own growth and change. This is your opportunity to take control of your life and to be responsible for your own happiness from this day on...well done!

I ask that you buy a journal or notebook or set up a folder on your computer that you can save and use to complete the exercises that you will be given throughout the program. I can't keep you on track or make you do the work, whatever you choose to do or not to do is totally up to you.

If you're not happy with your life it means something needs to change.

**Confucius says - The meaning of insanity is doing the same things over and over and expecting a different outcome.**

If you want change you have to make changes. You will have to do some things differently to what you are presently doing. Sometimes this will feel alien to you as change isn't always comfortable, that's why we stay so long in misery before we do something about it. The choice is yours, stay where you are and nothing will change, or take a chance, do some work and change your life.

An athlete will not win a gold medal by going to the gym a couple of times a week, he has to focus and he has to keep to the schedule. Think of yourself as an athlete and you are going for Gold! Your gold is a life that allows you to be confident and happy and to have the courage to achieve all that you want in your life...**is that something you are willing to work for?**

**“Whether you think you can or think you can’t, you’re right.” Henry Ford**

Let me share with you. You will start this program and you will probably feel a lot better after a month or so and you may even feel so good that you think you don’t need it any more. This is when you need to keep going. You need to allow this to integrate into your being and become your way of thinking, your way of life, and that doesn’t happen overnight. As soon as you get off path I guarantee your old habits will return without you even noticing. It takes time to enforce a new way of being.

It is also absolutely OK to have a bad day here and there. Sometimes we need a break and a bit of release from the work that we do. Have a poor me day, a good cry or wallow in some self-pity if you need to. Just remember the gold is in the getting back up and never giving up. Athletes and successful people never give up, they keep trying until they make it.

**“The greatest accomplishment in life is not in never falling, but in rising again after you fall.” Vince Lombardi**

So let’s get started in this module. We are going to have a look at two key areas that sensitives often find challenging:

1. Acceptance of self
2. Constantly thinking and worrying

### **Acceptance of self.**

If you don’t have self-acceptance and self-love then you will be trying to find this through other sources. Your life will then be at the mercy of others and you will live in constant fear and doubt, and never feel good enough. You will be constantly fighting an internal battle as you try and get from others what you cannot give yourself.

Do you often compare yourself with others?

Do you feel you can’t live up to other people’s expectations?

Do you often do things you don’t like just to please others, to get attention or to fit in?

Do you often find it difficult to make decisions?

Do you think you are fat, ugly or stupid?

Do you have an addiction to shopping, alcohol, drugs, food, chocolate, sex?

Do you find you listen more to other people’s opinion?

Do you want others to approve of you?

Do you feel like you don’t fit in? (family, community, friends)

Do you hide away from the world because it feels safer to be alone?

If you answered yes to any of these statements then you could use some work on self-acceptance and self-love.

There is nothing or no-one outside of yourself that can make you truly happy. It isn't somebody else's responsibility to make you happy anyway, it is yours. We feel great when we buy something new or enter a new relationship, it's exciting and we are overjoyed and happy. After a while the novelty wears off and you start looking for the next thing to make you happy or at your relationship trying to find the reasons why you aren't happy any more. This is searching for your happiness outside of self or relying on someone else or something to make you happy.

It feels great when everyone likes us, accepts us and is supporting us, but that isn't reality. There is always someone who isn't going to like and accept you, just like you are not going to like and accept some others. You cannot expect your family or partner to fulfil your need to be happy. Your family or partner is probably trying to fulfil their own need to be happy. If they are not happy in themselves how can they then provide you with happiness? Even if your family and partner are completely happy, it still isn't their job to make you happy.

If you are trying to find acceptance, happiness and fulfilment outside of self you could be doing the following;

- You may do things that you really don't want to do to please others because you want them to accept you and like you.
- You undersell your own values just to fit in.
- You don't speak up for yourself for fear of embarrassment or you don't want to hurt the other person's feelings, so you say nothing, but afterwards get angry or upset.
- You feel good or bad depending on how you feel at the time, based on what you think people are thinking of you at the time.
- You may not like the way you look, you think you are ugly or fat and that everyone else is much smarter than you. Your opinion is that because you think you're dumb, ugly or fat everyone else must be thinking the same.
- You feel unloved, unappreciated and you constantly look for evidence of this through the people around you and how you perceive they are treating you.
- You can be jealous of others and judgemental of others, usually because you are trying to justify these terrible inner feelings. What you are really saying and thinking is "I don't feel good enough".

How can we change this programming? There are many steps to changing this program and if you take it step-by-step you will start to see results. This is not something you can fix with a magic pill, it is a series of changes in your understanding, thinking, doing and being. That is what this program is all about. So let's take it one step at time.

**Step 1** - You will need to understand that you are no better or worse than anybody else and it's time to stop using others to compare/judge your worth and abilities against.

**There will always be someone who is better (more superior) than you**

**There will always be someone who is worse (more inferior) than you**

While you look outward and wish you had the life of someone else, there is always someone looking at you and wishing they had your life.

You may be thinking how wonderful to be the local doctor - a very smart and intelligent person who is successful and rich and drives an awesome car.

The local doctor may look at the Athlete next-door and think how wonderful it would be to be him, healthy, toned and fit, looking a million dollars with muscles that you could bounce balls off.

The athlete living next-door to you may look at you hanging with family and friends and think how wonderful it would be to have time to relax and the freedom to do and eat whatever you want.

We are programmed to look outwards at others and judge how well we are doing or not doing on what we see. Have a look at what is going on in some Third World countries at the moment and think about how these people would view your life. I would say they would feel pretty inferior to you and the opportunities that you have in this country compared to their own.

**You are an individual with your own gifts and journey and you cannot compare your individual journey with anybody else's, unless you use it motivate yourself to grow.**

**You need to accept that, right here, right now, you are all you have and that is perfectly OK.**

**You were born the way you are and so it is time to accept this is the real you, warts and all. You can't be something that you are not! If you have done things you're not proud of or made some mistakes, so what! You're human just like the rest of us. There is not one person who walks the earth plane that hasn't made a mistake, it is how we grow and learn.**

**You can make changes to improve your life, but you are still going to have to accept that what you have and who you are is all that there is for now. Right now is the only place you can start, so stop fighting it and just accept it.**

**SAY OUT LOUD – I ACCEPT - I AM WHERE I AM AND WHO I AM RIGHT NOW AND I AM OK!**

This statement doesn't mean you can't make changes. We will be making changes, but you have to accept that for now you are you and it doesn't matter what you look like or where you are in life, you are going to have to start here!

**SAY IT OUT LOUD AGAIN – I ACCEPT - I AM WHERE I AM AND WHO I AM RIGHT NOW AND I AM OK!** - Say it out loud whenever you find yourself comparing yourself to someone else from this day on.

**Exercise One**

I want you to get out your notebook/computer and write/type everything that you are proud of in your life. It may be things you have achieved at school, academically or in sport. I want you to include happy times like graduation or special occasions and birthdays. Where have you earned some recognition in your life? Did you win an award? What have you done that has made you really proud to be you? You may have saved a puppy or stuck up for a friend. Write it all down.

If you can't think of anything ask your family and friends to help you.

Now I want you to write down everything that you like about yourself.

You may like your smile or that you're a loving person who wants to make a difference. You may think that you have good teeth, toned muscles or beautiful hair. We all have positive aspects when we start looking.

I want you to keep these lists open and add to them as we go along and as you build on your self-worth. When your mind wants to tell you how crap you are...give it a little bit of the awesome you and remind yourself about the good you have achieved thus far.

### **Step Two**

Learn to control your mind full of worry.

**FACT - What you think about becomes your focus. What you focus on becomes your perception of your life. What you perceive as your life is what you then create as your own reality.**

Let me explain this: You have three personalities and attitudes living inside your head. I like to give them names, positive Pam, dynamic Dan and negative Nellie. We are choosing which personality and attitude is going to rule our focus and thoughts. We do have control over these attitudes and personalities and whichever one is ruling you will be living the life it creates.

First let's look at how these personalities/attitudes can really affect our lives and our future and how we are actually creating our own reality.

Let's take these personalities out of our heads and give them all lives. They all work for Harvey Norman, they all earn the same amount of money and they all do the same job and hours. Gerry Harvey calls them into his office one day, sits them all down and tells them that "due to the tough economic times I have to make you all redundant and so you have all just lost your jobs".

How do they all react?

**Dynamic Dan** jumps out of his chair, shakes Gerry's hand and says, "Thank you for having me and for everything you have taught me, I am now ready to move onto bigger and better things". His thoughts and his focus are on bigger and better things and his perception of life is that he believes there are bigger and better things out there for him.

When an opportunity comes along because of this focus and perception he will see it and be able to take advantage of it and so he will create his own reality and move on to bigger and better things.

**Positive Pam** is not quite as confident as Dan. Pam sits back in her chair and says, "Oh my, I didn't see this coming, but not to worry, I will go home and put my resume together and I will get a new job". Her thoughts and focus are on putting together a resume and getting a new job, her perception is that she believes that there are jobs out there. So with her focus and perception on getting a new job she will be able to see and take advantages of the opportunities that come her way.

She will then create her own reality by putting a resume together and by getting a new job, it may take few tries, but she will find another job.

**Negative Nellie** on the other hand starts yelling and accusing Gerry Harvey, “I can’t believe you can do this to me, don’t you know there are no jobs out there. I don’t accept this, I want you to fix this, you can’t sack me as I can’t survive without a job”. Her thoughts and focus are unable to accept the reality of the situation or take responsibility for it. Her perception is that she is unable to get another job because in her thoughts and focus there are no jobs out there. If she believes there are no jobs out there how is she going to find one? She most probably won’t even look and so she creates her own reality of not being able to find another job.

One experience can have three different outcomes, depending on how positive your thoughts, focus and perception of life is.

Ask yourself which hat are you usually wearing and what kind of life are you currently creating for yourself?

It will take time to work on your thoughts and reprogram them. The first step is to acknowledge them and see them for what they really are. If you start to become aware of your thinking you can start to change it.

### **Exercise Two**

I want you to start to train your thoughts to think more positively and to be self-supportive. In your journal I want you to ask yourself daily the following questions.

What hat did I wear mostly today? Dynamic Dan, Positive Pam or Negative Nellie.

I then want you to examine your thoughts for the day and put them into different columns. What were your negative thoughts about? What were your positive thoughts about? What were your dynamic thoughts about? Just every day for two weeks!

We are going to use these lists as we go along to help you identify where you need to make changes and to connect to your passions in life.

That’s it for now. Please do the exercises because they are going to give you the insight into what is keeping happiness from you and the changes that need to be made.

Just a reminder that you cannot apply for the next step for a minimum of two weeks

To receive the next step just send me an email [info@juliekayinternational.com](mailto:info@juliekayinternational.com) Please cut and paste the following on to the email and answer this month’s question and I will send you the next step.

**Name:**

**Question:** Rate your commitment to your daily exercises from 1– 10

1 being not very good to 10 being excellent every day.