

# JK Article



## The Universal Law of Intuition.

It's hard to go through life feeling like you're not good enough. Do you nag yourself or others with questions about the way you look or how good/bad you are doing? Do you often seek other people's opinion to confirm if you are doing it correctly or heading in the right direction? Do you compare yourself constantly with other people as a measure of your own self-worth? If you answered "yes" it's time to have a look at what's really going on here.

You are focused on the outside of self to gain a sense of who you are. You are trying to discover your identity through opinions. When we ask someone something we are asking for an opinion. It's an opinion because you might ask two people the same question and get two totally different answers. They are giving you what they believe is right for you based on their own beliefs, values and judgements. It's still just their opinion, and because of different beliefs systems and values the same question can have many different answers. So how can you truly know if their opinion is really the right answer for you?

It can be helpful at times to compare ourselves and to seek another's opinion or to gain another perspective as we grow and learn by not closing our conscious mind to new possibilities and evolvment. Sometimes in our life we may need a bit of help and guidance.

It becomes an issue when we use the opinions of others as a measure to judge ourselves and our lives, or when we believe so much in the opinion of others that our own doesn't have any value or worth. This kind of searching will have you going from one opinion to another until you're totally lost and confused.

It can also become an issue when our own powerful opinions start judging others as good or bad or right and wrong and we feel the need to defend them in an aggressive manner or reaction. We can easily fall into the trap of trying to control and manipulate others with our opinions and not allow them to follow their own direction and process.

My opinion tells me that inside of everyone at the heart level lies a consciousness that every soul is connected to both here and gone. A centre of pure love and wisdom that knows all and accepts all. It knows that everything that is part of its creation has its own place and own process to discover. It knows you and it knows your individual process and it knows all the answers to the questions that you seek.

This connection is to a wisdom that is eternal and has always been. You have the same connection as every other soul and the same ability as the ancient cultures before you such as the Mayans and Egyptians. Nothing has changed over time other than the opinions of man that have allowed us and even forced us to forget this natural instinct.

It may be time for you to connect to your intuition and discover this connection. When you stop asking for everyone's opinion and you stop shouting at everyone yours, you will find it becomes silent and peaceful. You find you don't actually have much to say. You can now start to hear the wisdom and guidance from the heart of you. You have always had access to this wisdom that you feel in your being and hear through words of wisdom in your mind.

You can ask yourself a question and while you are silent and with no opinion you will find your heart will give you the answer. You can't trick your heart, it's your soul connection to all, and while we can be misled through the mind thinking, you can't deceive the wisdom of the heart.

Correct answers and guidance will always have an inner feeling of knowing. If the mind would allow us to listen and accept the answer, even when it's not what we want to hear, we would find it's always correct for us and our journey at that time. You will know what you need to do, you will be shown the answers to your questions. You will just know things with a vibration of knowing, which is hard to describe and can really only be truly understood once it's experienced.

This article is my opinion and so I don't want you to take it as gospel. I want you to try and discover this truth for yourself. Just like all my teachings, I will never force anyone to come and listen to what I have to say and I will not force my opinion or teachings on anyone.

I know what it's like to have others' beliefs thrust at me. In my past it has made me question and doubt my own abilities and stopped me being who I truly am for many years. This only made me a very unhappy person as I struggled to find my identity through opinions. One day the penny dropped and I realised everyone is entitled to have their own belief, their own opinions and follow their own process and journey, including me. When I realised this it felt like a weight had been lifted off my shoulders. The inner and outer struggle released. I could accept who I was and peacefully follow my own journey without trying to prove anything to anyone. This helped me connect even further to my intuitiveness and follow my journey with a lot more confidence.

If this is resonating with you I ask you give this a try. Try and identify how much you rely on opinions or you give yours without being asked. I ask that you don't seek out the opinions of others to feel confident or self-assured. Sit in silence and listen to your inner voice and feelings and allow the guidance of wisdom to lead you to where you need to be. Remember, you can't trick the soul, so the feeling must vibrate at the same level as the thinking. Wisdom offers no judgement, just acceptance to a process of being and evolving.

**I found I had less and less to say, until finally I became silent,  
I discovered in the silence the voice of God. — Soren Kierkegaard**

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# JK Article



## The Universal Law of Action

Some time ago I read a story\*, a simple story with a powerful message, and it went something like this:

There once lived a kind-hearted man who was a very good Christian. He prayed to God every day. He was a bit down on his luck so he prayed that he would win the lottery. He promised God he would use the money to get back on his feet and then he would set about helping the street people in his city. He prayed and prayed for his prayers to be answered.

He visualised and imagined with gratitude and joy in his heart the phone call that would tell him he was a winner and rich enough to continue with his dream to help others. That weekend he waited with pure faith in his heart that he would receive the call, surely God had heard his prayers? Unfortunately he didn't win the lottery that weekend.

The man's faith was strong and for the next month he prayed religiously asking God to please allow him to win the lottery. Each weekend his hopes were dashed as he waited for the phone call that never came. Six months past and the man was starting to feel a little frustrated as his circumstances remained the same and he was still praying and visualising with all the faith he could muster.

After 12 months passed the good Christian man couldn't take it any longer and screamed at God "I can't believe you would do this to me". "How could you treat me like this?" "My faith is strong and I am a good Christian". "I help those less fortunate than me and all I ask is to win the lottery so that I can help more people". "Why, God, are you punishing me?" "Why, God, won't you answer my prayers and allow me to win the lottery?"

All of sudden there was a big clap of thunder and lightning filled the air. A huge voice boomed down on him from the heavens. "Come on man, give me a break! You need to meet me halfway and buy a damn lottery ticket!"

The man may have shown wonderful faith, but he forgot his part in it, to connect to the law of action.

In last month's article I talked about the law of faith. The next step after we listen to the yearning and desires of our heart is to put them into action. Easier said than done! You may want success, but can't find the courage to put yourself out there. You may want a relationship, but don't go anywhere or do anything to meet a suitable partner. You might feel your job is no longer for you, but find it's easier to stay put than to make the contacts required for a new one. If you have the desire but can't move forward you are suffering from procrastination and the law of action is needed. If you continue to do nothing about it the physical and mental anguish and unhappiness will soon make it impossible for you to feel joyful and happy staying where you are.

So let's look at what stops us from taking the action required. There are lots of reasons;

- excuses
- insecurity
- self-doubt
- lethargy
- apathy
- fear
- inertia

(cont...2)

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## The Universal Law of Action

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Your mind and emotions are awesome in coming up with all the reasons and feelings as to why you shouldn't do something. We find we are constantly waiting for the right moment when we will be ready, where we feel inspired, motivated and confident enough to act with strength and courage.

The voices of your past will often come in to haunt your thoughts. Telling you "you're not good enough", "you will fail", "you will make a fool of yourself" or "people are going to judge you".

**Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. — Barack Obama**

To put the changes into action it will require you to step into your faith and out of your comfort zone. It's a natural state of being to feel uncomfortable because you are stepping into the unknown and you are relying on trust and faith in yourself.

Scary stuff, it's going to take a good deal of energy and effort to connect to this law of action.

So how do you do it???????

The answer can best be described in the Nike sportswear ad "Just Do It!" Stop thinking about it and just do it. If it inspires your heart, your heart is telling you "this is what I am wanting" and you will need to take the action required to get it. Get out of your head and thoughts, put yourself on autopilot and "Just Do It"!

Just for a moment allow your mind to wander back into the past and picture yourself when you did something for the very first time. Maybe you bungee jumped, your first driving lesson, the first time you spoke in public or your first school play. Now take yourself back to the feelings and thoughts running rampant in your head and body. You probably had sweaty palms, shaky legs, felt like you were going to vomit or maybe you actually did. Your head was probably doing you in with all the chatter about what could and would surely go wrong. Then all of a sudden some power within forced you to move and you just did it. Now picture the feeling after the event. Still feeling a bit shaky, with a huge sense of relief, but there is an added feeling and emotion — a pure sense of accomplishment and joy. You did it, you have evolved!

So it's time to stop procrastinating and listening to the mind chatter, listen to your heart and go for it! Amplify this with the Law of Faith and the Law of Attraction and its universal law that you will get what your heart is wanting.

\* This message of this story was taken from a bulk email that was distributed some time ago and did not contain its origin or author. If someone does know the author or origin please let me know so I may publish credit to them.



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# JK Article



## The Universal Law of Discipline.

The Oxford English Dictionary states the meaning of discipline as;

*The practice of training people to obey rules or a code of behaviour, controlled behaviour resulting from such training or a branch of knowledge, especially one studied in higher education.*

No wonder the thought of discipline brings such a negative reaction in so many. For those who value freedom and individuality the thought of repetitive tasks and controlled behaviour would seem to rob us of our options, liberty and happiness.

The universal law of discipline states that it is in the discipline that we find the key to our freedom.

Through the mind we experience discipline in controlling our thoughts, worries and negative thinking habits. We use meditation, positive affirmation and intention to explore our beliefs and train our mind to focus on the positive to find inner peace. With focus and discipline we can change a negative, unhappy mind to one of acceptance and calm, and thus through this discipline we find freedom. Anyone who has made changes in the way they think will tell you it wasn't easy, it took discipline to make it happen. Discipline is also a major part of training for the monks and Taoists.

**If we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently.** — Anthony Robbins

Through the physical we find discipline in controlling our weight and health. You may think you have more freedom and choice when you don't watch what you eat, don't exercise and don't bother to choose healthy options. The outcome for those who choose this lifestyle is far from one of freedom. Health issues, mobility issues and self-image issues take away any freedom gained from not having the discipline it takes to keep fit and healthy. If you want confirmation of this just watch the TV show *The Biggest Loser*.

In the external world we can have financial freedom by applying discipline to our work lives and business. Most people who live a luxurious lifestyle had to apply focus, commitment, discipline and hard work to obtain the status that finally bought them financial freedom.

For an athlete to reach the level of gold medallist is nothing short of a painful existence living with the discipline it takes to train and focus on their goal. They have only one focus, to win gold, and so they apply the obedience and will that require this. They swap the comfortable perks of enjoying a normal social life for a training and diet schedule that takes over their life. Ask any gold medallist after standing on the podium "was all that discipline worth the feeling of accomplishment and financial benefit that comes with winning gold"? Of course it is, it's why they are in the elite.

Ask a mother after the birth of her child was all the discipline and pain it took to deliver her healthy newborn baby worth it. Pain and discipline required is all but forgotten when the goal is reached.

Discipline is a necessary experience of life that allows us to find our freedom. If we can view it in a way that it's not a chore we can enjoy the natural order and flow with acceptance and move swiftly towards our goals.

**Discipline is nothing more than the distance between what we want and the freedom that comes with getting it.**— Julie Kay

Take some time to view the areas of your life in which you would like to see more freedom. Then ask yourself what discipline and focus do I need to apply to achieve this?

Here are some areas you may want to start with:

Your mind – are your thoughts keeping you chained to unhappiness?

Your body – are you firing on all cylinders with a healthy fitness and eating plan?

Your life – are you living your full potential and creating the life you want to live?

Your finances – are your finances supporting the life you want to live?

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# JK Article



## The Universal Law of Faith

Do you truly trust yourself? What do you really trust? Is your belief system something that comes from an internal source or is it knowledge that is formed from other people's theories and beliefs? Sit with these questions for a moment.

Do you look for external confirmation? Are you running around in circles trying to find the answer? If you answered yes to either of these questions then you are searching outwardly for something you already have within. Trust is faith.

It's a discovery of self, it's self-belief and the link to the spirit that exists within our soul. It's a trust in the wisdom of the universe and the laws contained within it. It's a trust in the process of the universe and all that resides with in it. It's a trust that allows us to make mistakes and thus learn by them while allowing others to do the same without judgement.

It does not require you to place your trust and faith in an external god. You make up the universe and are part of the creative energy. If you have trust in yourself and your own connection you automatically feel everything you are connected to, including the creator, and that none of it is external.

We are all connected to a knowing. You feel this in your heart, you feel this in your being. It doesn't come from someone telling you something, it comes from the understanding of your own truth. This knowing is often enough to give you goose bumps. You just know something because it just is. There is no doubt because it is your connection to all that ever was and all that ever will be, ancient knowledge and wisdom. If you have experienced this you will know what I mean. It's hard to explain, but you feel it through your three energetic systems of mind, body and soul. Again the knowing doesn't come from outside of you, it comes from within.

Faith acknowledges that the flow of life has its ups and downs and contains synchronicity and mystery. It acknowledges that not everything needs an explanation. Understanding this can help you find acceptance and thus release your fear and stress by trusting in yourself and a higher universal process and order.

Faith trusts that many different pathways are intertwined and connected to one. If we find this peace and acceptance in our soul we will intuitively know that with each step we take a stepping stone will appear underfoot. True faith can't be found through the thinking mind. It's not knowledge you can read about, it's knowledge that you are already connected to and can only come through your intuition (subconscious mind) bringing it forth into your own reality and felt deep within your being. It can't be found following other people's philosophies or direction. Other people, teachers and philosophers still serve a purpose to provide information that can connect you to your inner truth, but only through the experience, feeling and knowing of this truth will it then become your truth.

Faith and fear cannot live in the same place at the same time.

You are either in faith or in fear. If you live in fear then you are not trusting or haven't connected to your inner knowing or your faith. You can't make yourself have faith. You discover it by its experience and grow into it, by discovering your trust in self and in your inner guidance and truth. When you trust and have faith in something you have the knowing that all will be as it is meant to be.

It is faith that is the key that ignites the universal law of attraction to create and draw to you what you believe you can. You can try through the mind to attract something to you, but if your feeling in your heart doesn't resonate the same energy it becomes wishful thinking. You head and heart must vibrate at the same level of complete trust.

When we have trust we don't dwell on things, we accept that this is the way it is and release it to trust and faith. An example of this is trying to attract a million dollars when you are in serious financial dept. and your head says you can do it and your heart vibration is doubtful. You would know it was doubtful when your mind keeps bringing in doubtful thoughts it's not accepting and releasing and therefore it is not faith. You would be able to feel the doubt if you sat with it. Faith connects intuitive mind with feeling heart. (cont...2)

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You will find this truth by aligning to it and testing it. So don't trust my words, experience them for yourself.

Try little things to have faith in, that way you're less likely to be fearful. Get to know what you want in your heart, not in your head. Trust your instinct and the direction it leads you on. Does it feel right? If it ignites passion and desire it's a pretty good indication that you are meant to have this experience.

Take the experience along with the ups and downs as part of your evolution and not as though you are being punished. Sometimes we are even guided to what we judge as a mistake only to discover that through the mistake the right pathway was found.

If you come across an obstacle on your pathway to your passion and feel you are being punished, you are not connected to the faith in your soul that you can achieve or deserve to achieve your dreams. Trust the pathway you are shown, even if it's not the direction you think you need to take. Faith and trust contain a high vibration of peace, not so much felt as excitement,, but peace.

It feels right; it's an inner knowing that it is right and therefore there is no doubt. This is your soul talking and your faith kicking in.

**Trust your instinct to the end, though you can render no reason. — Ralph Waldo Emerson**



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# JK Article



## The Universal Law of Honesty.

As the energy of the universe shifts and the light shines brighter, it would appear that the darkness is getting worse. I believe it's not any worse than history has shown us, only that it can no longer hide as the light shines brighter. If our inner lights shine with love and humanity the darkness cannot exist. It's the same as shining a torch in the dark — wherever you point the torch the darkness disappears. You only need to watch the news and you will see that those who are not being honest in their deeds are now more than ever being bought out into the open where they can no longer hide.

So what does this have to do with the universal law of honesty? The light within contains our integrity and our honesty and this will be what really keeps us in the dark or the light. You may justify to yourself many reasons why you did something or said something that wasn't honest. Maybe you didn't make right on a promise, you couldn't admit that you made a mistake or didn't say what you really felt. Think about it, how did it really make you feel? You can't escape the karma of the soul and the negative vibration that dishonesty to self and others leaves you with.

You may believe that there are many bad people out there living the high life just like the characters that play out in the Australian hit series of *Underbelly* and that these rule-breaking murderers are escaping punishment. The universal law of honesty says bad people don't go to hell, they are already living in it. That's why they do what they do. That kind of notoriousness comes with a price – always looking over your shoulder to see who is coming after you and always living in a state of unrest!

You may not be a drug pusher or a murderer and you may not even think of ripping people off for millions, so how could your little white lie really hurt? It hurts you, you cannot escape it, and it's just like the law of gravity, it just is. We don't need to be punished for breaking spiritual laws, the "act" itself is the punishment. The act will set in motion subtle forces whose natural consequences will attract to us what we need to show us that our inner light is not shining. How do we know our inner light is not shining? Because we do not feel at peace and we do not feel happy and content with what we have said or done. As your inner heart and mind conflict with each other you lose your sense of spirit and inspiration and you feel unhappy, alone and in a state of constant unrest.

We can also deceive ourselves with justifications and reasons. It takes courage to have a good, long, hard look at yourself with pure honesty and see the part you are playing in keeping yourself in a very unhappy place. You might say to yourself that I am so unhappy because I don't enjoy my job and then justify this with all the reasons of why your job is making you so unhappy. If you could be truthful with yourself you may find that you are actually frustrated because you are not doing anything about it. This kind of self-dishonesty will also keep us in a state of unrest and turmoil.

You can change your life considerably when you connect to the law of honesty. You will free yourself of your nagging inner conscience telling you that you're out of alignment with yourself and others. You will feel more at peace and attract more peace to you as your subconscious doesn't have to worry about the consequences of your actions. You release the need to attract lessons and karma and you allow your inspiration and your inner light to shine. This light will attract more light and the universal law of attraction states whatever you are vibrating at you are attracting to you.

Test this theory by taking some time to go back over times in your life where you feel you weren't honest with people in your life. You may have taken something that was not yours, you may have hidden information from someone to save their feelings or borrowed money that you did not pay back. Now sit with this memory and see how it makes you feel. This is the law of honesty and the only person who is truly suffering is you.

Integrate truth into your life from this day forth and make it a habit to be truthful and honest to yourself so you can be truthful and honest with others. Catch yourself when you are about to tell a fib or a little white lie and connect to your inner power and light and just be honest with compassion and love. Tell it how it is and you will feel empowered and free and thus release an empowered and free energy to the universe to attract a similar vibration back to you.

**Integrity is telling myself the truth and honesty is telling the truth to other people.**— *Spencer Johnson*

**Honesty is the best policy. If I lose mine honour, I lose myself.**— *William Shakespeare*

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# JK Article



## The Universal Law of Judgement.

**Good judgement comes from experience. Experience comes from bad judgement.** — Jim Horning

Have you ever made a mistake? Of course you have, we all do. It's part of life and learning and yet we continue to judge ourselves and others by some internal invisible list of standards and perfection. We constantly criticise ourselves and others for falling short of our own visions and ideals. While we are busy criticising and judging ourselves we attract others like a magnet to also criticise and judge us. All this criticising and judging makes us feel so bad about self that we start to turn our attention to criticising and judging others, because this helps us feel the effects of our own judgements a lot less.

Our universal god and creator vibrates at the highest vibration of unconditional love and when this creator gave us free will to experience and evolve through it, it, was given unconditionally. Our free will on the earth plane was given to us as an opportunity to learn and evolve through experiences and to develop through our mistakes as well as our triumphs. Releasing our judgements liberates our soul by releasing the internal defences holding us back and freeing our self-esteem. We no longer worry about what others may think or that we might fail. We are free to experience life the way we choose to experience life.

Think about this...

Next time you go to the beach and you see an overweight person in a tiny swimsuit consider the following. If the universal creator was looking down at this situation what do you think it would be thinking? Would it be something like? "Oh my! That person is way too fat to be wearing that swimsuit" or do you think that the universal creator would be more likely to be thinking. "Go, girl! Look at you totally comfortable in the body that I gave you; you're not worried about what others are thinking and you are exercising the free will I gave you to experience life the way you want to". If you were to judge this person what part of yourself do you think you could be judging? Maybe secretly deep down you wish you had the confidence to put yourself out into the world without worrying about what others think.

Many of us carry around past blame and judgements of ourselves. I could've been a better partner, friend, sister or mother, if only I hadn't done this or that. We constantly beat ourselves up and compare ourselves to others and make ourselves completely miserable by our mistakes of the past. Ask yourself did you learn anything by your mistake? Were you doing the best you could at the time? Yes? Then it's time to accept that you are completely normal and only those who have never made a mistake in their lives really have any right to judge you. I guess that only leaves the creator and it gave you free will so I guess there really is no place for this kind of judgement.

So stop beating yourself up for your past mistakes. Try this meditation...

I want you to go back over all your mistakes and imagine you are putting them into a backpack and then place it on your back. Feel how heavy the backpack feels. All those mistakes feel like huge rocks. Feel how tired you are from lugging this backpack around, see how you have no energy to do what you want to do because all your energy is used in carrying this backpack. Now take off the backpack and take out each mistake one at a time. Hold it in your hand and acknowledge the lesson that this mistake has taught you. Forgive yourself by stating "I was doing the best I could at the time so I forgive myself". Throw the mistake into the trash. When all your mistakes are finished throw the backpack into the trash and acknowledge "I will learn from mistakes and not carry them around any longer, I am free of self-judgement and the judgement of others".

**Once we accept our limits, we go beyond them.** — Brendan Francis

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# JK Article



## The Universal Law of Process.

Having goals and dreams is healthy. It gives us purpose and a way to evolve and grow. It doesn't matter how large or small these dreams and goals are, they are the motivation and passion that ignites a flame inside your heart. Your goals and dreams may be to have your own business, write a book, get a university degree, quit smoking, lose weight, win your next game, make some new friends or pass an assignment. It doesn't matter what the goals and dreams are, they are what you desire to achieve. The biggest mistake people make when setting these goals is focusing on result. When we do this we tend to want instant gratification and look for short cuts to get there. What happens when we take short cuts is that we can often get lost or fail.

Those of you who have tried to lose weight with fad diets will know what I mean. They will seem like they are working and may even give you results for a short period of time, and then before long you have gained the weight back some more. Professionals have been telling us for years that weight loss comes with consistent and long-term lifestyle changes. A healthy diet and regular exercise is the best way to lose weight and keep it off.

Those of us in small business know by experience that it is very rare to have instant success. That it is in the process of taking one step at a time that we build our success. Business coaches, speakers and other professionals will all agree that success comes with planning and setting goals.

The universal law of process connects us to the gifts of patience and persistence by breaking things down into small, manageable steps that take us closer to our goals and dreams. Imagine you are on a pathway made of big, round stepping stones. If you start to jump ahead trying to miss some of the stepping stones you might just slip and fall. Taking short cuts towards your goals and dreams can result in you losing your footing and failure.

Any goal or dream can be achieved when we break it down in to less imposing and manageable steps. This pathway and the process are also going to give you the gift of growth and experience. You have probably heard a thousand times that the journey is just as important as the destination. It is because it is in the journey that we grow and evolve and makes us who we are and the destination is just the prize. When we are so focused on the end result we often get frustrated with the journey. This frustration can make us grumpy, disillusioned and even force us to give up. The trick is to enjoy the journey and each little step as that will make time pass and connect us to the law of attraction to create less problems and issues.

I experienced this when I worked for a computer store when starting my business back in 2006. My wonderful friend gave me this job for three days a week so I could start my business and work in it the other four days. I didn't like this job. It was long days serving customers and computers are definitely not my passion. All I wanted was to go full time in my business so I could get out of this job. While this was my focus the days dragged by making me grumpy and frustrated. I sat down one day and gave my attitude some adjusting. I thought if my friend was good enough to allow me to work the days I needed to get to where I needed to go I shouldn't be repaying him by being frustrated and ungrateful. I connected to the process that I needed to be there for at least six months to build my business up enough to support me. I decided I could enjoy the journey or resent it. I chose to enjoy it and by changing my attitude I started to interact with customers and staff on a more positive level. This made my days enjoyable, time stopped dragging and the six months went by in a flash. By working at the store I learnt a lot about attitude, customers and selling, all which have helped me in my own business. Looking back I am very grateful to my friend and for this experience.

What is it that you want to achieve? Start with your first step towards your goal by writing it out and discovering the process you will need to take to get there.

It could be just to find some inner and personal peace. Write out the steps you need to take towards your goal. It might be to read some self-help books, get some personal guidance, change a habit or attitude, make some changes in your work life.

What is it that you want to achieve? Start with your first step towards your goal by writing it out and discovering the process you will need to take to get there.

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# JK Article



## The Universal Law of Responsibility.

Have you ever watched the Walt Disney Movie the Lion King? It is an awesome movie to enjoy for both adults and children alike. This movie also shows the law of responsibility in all its glory.

It is the story of the lion cub Simba whose destiny is to become the next lion King after his father Mufasa. His uncle Scar has other ideas and plots to kill Simba and Mufasa and take the crown for himself. Scar's plot leaves Simba believing he is responsible for the death of his father and he runs for his life, banished to the desert forever.

In the desert he is saved by a warthog called Pumbaa and a meerkat called Timon. Simba starts a new life and takes on their carefree and worry free philosophy of Hakuna Matata. But Simba has an inner feeling that there is something missing and this feeling and his past haunts his thoughts and dreams.

We all have a destiny and responsibility in this life time to live up to our full potential and connect to our joy and gifts we have been given and chosen. Just like Simba there may be circumstances that are out of our control that have left us with deep emotional scars and hurts and that we try to ignore or have been running from. We can tell ourselves that we are fine and happy and we can use addictions like drugs, alcohol to numb and forget as we try and find happiness in our life. These inner feelings and thoughts of our true potential, destiny and the past keep haunting our dreams and keep our true happiness away.

Returning to the lion king, Scar has taken over the pride as king and is destroying it, Nala, Simba's childhood friend leaves the pride to try and find food and instead finds Simba. She tries to get Simba to return and take his place as the rightful king. Simba still carries the fears of the past and believes his carefree days are happier and doesn't want to take on his responsibilities any longer. He tells himself and Nala his new life is easier as he shrinks away into the jungle to think.

Just then the spiritual leader monkey named Rafiki appears telling Simba to follow him as he has something to show him. Simba follows him through the jungle to a hidden water hole, looking deep into the waterhole the clouds part and the spirit of his dead father appears to him and tells him – "he is more than he has become and it is time"! He tells him that he is always with him and to remember who he really is...remember...remember who you really are...

Simba tells Rafiki the monkey that he can't go back, Rafiki hits Simba over the head with his stick, Simba asks "what was that for?", Rafiki replies "it doesn't matter it is in the past...I think you can either learn from it or run from it". Rafiki swipes at Simba again and this time Simba ducks and now knows he must face his past and take responsibility for his destiny. Yes it would be easier to stay but his true authentic self would always nag him.

He returns to the pride lands to take on Scar, and face the consequences of being held responsible for Mufasa's death. During the fight he learns that Mufasa's death wasn't his fault, fighting for his destiny he defeats Scar and returns to his rightful place on the throne as the lion king.

Just like Simba we will need to accept our past and learn from it by taking responsibility for our own direction and happiness and not allowing the past to destroy our future. We alone are responsible for connecting to our true gifts and destiny and sometimes taking the harder longer road to fulfil our inner direction and gifts. We can't use our past or stories as an excuse any longer.

If we make mistakes we must learn from them, not run from them or allow them to destroy us.

The only person who truly has the right to judge another's mistakes is someone that has never made one.

**ASK YOURSELF – ARE YOU MORE THAN YOU HAVE BECOME?**

If you believe there is more to you then maybe it's time you to find your inner Simba and strength and connect to the universal law of responsibility.

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# JK Article



## The Universal Law of Responsibility.

The universal Law of responsibility states;  
 You alone are responsible for every choice, consequence, action or reaction in your life  
 You are responsible for your happiness – You are not responsible for the happiness of others nor are they responsible for yours as this is called co-dependency.

We are legally and morally responsible for children until the age of 18. What they learn and experience through us, they are then responsible for. They become responsible for the choices they make – good and bad. If their experience was negative they have a choice to repeat or heal.

You are responsible for where you place your soul when you pass over in the realm of evolution.

You are responsible for where you are right now.

### **Responsibility empowers – not taking responsibility empowers others.**

If you don't like your job it is your responsibility to change it...your boss would probably tell you, you are free to leave at any time.  
 If you're over weight it is your responsibility to change it...no one is forcing you to eat the things you know are not good for you or stopping you from exercising.  
 If you are unhappy in life, it is not up to someone else to make you happy; you must find your happiness by taking responsibility for your own joy and happiness.

### **Excuses, blame and justifications are not taking responsibility for your life they are just giving your pain an excuse to exist.**

If you were abused as a child you must be responsible – you may choose to heal, evolve and grow or you may choose to repeat the abuse – either way you are responsible for the choice you decide to make. You can empower yourself by taking responsibility for your happiness and becoming a survivor or empower your abuser by living as their victim.

Are you being responsible for your life?

Do you often feel the need to explain and justify yourself to others?

When something goes wrong do you instantly look for the outside source that caused it or do you instantly look for a solution to fix it?

Do you excel in telling others your sad stories about your life and how hard it has been or do you excel in telling others about your passions and dreams.

When confronted by someone do you often look for an excuse or justification to explain yourself or do you stand in your power and deal promptly with fact and finding the solution to the confrontation?

Just like Simba you can release pain, the past and find forgiveness when you take 100% responsibility for your life. Your energy changes from allowing others to dictate your happiness and direction to empowering yourself and moving forward – doors magically start to open and you start to connect to the real authentic you and your gifts to experience in this life time as this is a universal law.

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This law keeps us in the reality that nothing stays the same. We are spiritual beings living a physical existence in a constant state of change and evolution. Everything is evolving and changing and if it isn't growing it's dying.

Mother Nature is in tune with this vibration - in the wild the animals and vegetation must adapt to their environment or perish. Nature is bound by survival in the present moment and the animals and plants don't offer any resistance to what is, they just live moment by moment adapting to whatever life presents to them. A lioness doesn't sit pondering and stressing about the possibility of not finding any food to feed her cubs tomorrow. She will get up tomorrow and she will hunt and adapt her hunting until she finds food, she will not give up until the food is found or she dies in the process of finding it.

The universal law of flexibility and adaptability asks us to connect to our natural instincts and to not dwell on the negativity of a situation but to embrace it and master it to the best of our ability. This law is not asking that we ignore injustices or tolerate things that we don't like, it just connects us to a deeper acceptance to things that we can't control and how we can master the problems they present. It gives us a deeper spiritual connection to be able to view life as the animals do naturally and allow us to respond instead of resist.

We can assess a situation more openly and deal with it more productively when we offer no resistance.

If we embrace all situations as a way to evolve and grow we will become stronger and wiser and have the ability to move forward.

There will be certain situations that we will find hard to view as an opportunity to grow at the time. Losing a substantial amount of money or a loved one is a true test of our spirit and strength. This law doesn't negate the feelings and emotions that loss brings but helps us to connect to our inner strength so that we don't allow these situations to destroy us.

There are many who have lost everything only to learn by their mistakes and do much better the next time. There are those who have lost loved ones and used this loss to bring about changes that make an incredible difference to others. The Morcombe family lost their beloved son Daniel back in 2003 yet through their pain and loss they have done wonders in spreading the message of child protection and safety. Through their work they are ensuring that their son will never be forgotten or his death be in vain. The Morcombes still work tirelessly spreading their message on child safety and helping to prevent others from having to go through the same experience.

We can be the tree of life and stand in the storm of existence and we can choose to bend and yield with the gale force winds or we can resist them and allow them to snap us and break us like a twig.

We can resist life or we can respond to it. If life hands you lemons, don't just tolerate them make lemonade. There is always a solution to a problem. Have you ever wondered why some business's boom in financial uncertainty and others don't survive? It's because those who do survive never stop adapting and evolving, they change what isn't working; their mind set is not one of failure but one of

abundance and flexibility. There is opportunity in every problem and the law of flexibility will allow you to connect to it.

Sit with your problem and instead of allowing it to defeat you, make it your intention to find a solution. Meditate on it, and ask the solution be shown to you and then wait for the answer to appear. Your subconscious and soul guidance system is your connection to the bigger picture and it knows exactly where to take you. Thomas Edison and Albert Einstein both used their subconscious to find solutions to their problems and the great thing is...YOU CAN TOO!

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change. **Charles Darwin**

The way you choose to think today and/or react today is a choice, which you as an individual will make. In every situation that you find yourself in, you will have to choose how you will view this situation and thus how you will react to it.

In life, you may have been conditioned or felt that your choices were not your own, for example, as children we often have our choices made for us by adults who usually have our best interest at heart, and as adults our choices may be limited by social expectations and rules.

If you have suffered a physical disability or mental disability then you may also feel that your choices have been severely limited. Imagine being born with no arms and no legs, I am sure you would feel that your choices in life are severely limited when comparing yourself to others.

The universal law of choices gives us power in our responsibility to choose how we will respond to our circumstances. Everyone will have challenges as part of their evolution of life and soul growth but not everyone will choose to view these challenges in the same way. If we connect to the power of the universal law of choice we will understand that it is our own responsibility to choose an easier way or a harder way.

In your community you will find inspirational people that have taken the worst possible challenges the universe and life has thrown at them and turned them into a positive situation. You will also find people in your community that have experienced the same situations and it has destroyed them. What is the difference between these two groups of people? The universal law of Choice is the answer.

One will choose to view their situation as a challenge to be conquered and one will view their situation as already being conquered by it. In the duality of life we can use choose negative or positive, we can create or destruct, we can be happy or sad, good or bad, light or dark. We can choose to lie or tell the truth, make donations or steal, give life or take a life. All are choices that we ultimately make and thus the outcome is what we will be responsible for.

As I said earlier imagine being born with no arms and no legs...how would you cope with life? Would you dwell on the fact that you had no arms and legs and choose to live life as a victim? Would you choose to take drugs and use alcohol to numb the pain of your disabled affliction? Would you choose to affect others with your misery and bad behaviour because it's not fair that you were born this way? Or would you choose to become a world famous motivational speaker, that lives life to the fullest just like Nick Vujicic?

Nick chose to go from no limbs to no limits and lives a happy and successful life. Just Google Nick Vujicic and you will be as inspired as myself and millions of others as to what a remarkable man he is, all because he made a choice to make the most of his situation.

We all have creative choice, it lies within every one of us, we all have the ability to choose the creative path when we connect to this power within. We all have the ability to make better choices that will enhance our own lives and the lives of those around us. Even if you feel you don't have a choice as to your circumstances, you do have a choice as to how you will respond to them. It will then be in the response that you will be creating a life of joy or a life of misery.

Spend some time and think about the choices you are making...how are you responding to life?

However you are responding to life gives you a pretty good indication to the choices you are making and happiness that is showing up in your life.

"All good men are happy when they choose to be their own authors. Those who choose to have others edit their pathways, must live on the edge of another man's sword." **Julie Arabi**