



The Guided Gypsy

August 2009



Attractions and Love

You ever been attracted to someone or something that you know is not good for you, but the attraction is still there anyways. I am very curious about this phenomenon, what is the attraction about, why when logically one can see it is not the right thing.

I believe it is like everything else in life, there is something for us to learn, it is in the trusting that there is something here for us even though it might not be easy to figure out or to see.

I have learned to just embrace these situations, to shower them with love and see what happens. One thing that I keep being told by the powers above is to love everything and everyone. There is nothing bad in our lives, only lessons to learn.

One of the biggest lessons I have been learning is to love, openly and honestly, to not shut my heart but to love and see what happens.

I find this unusual as I learned to only love what felt good, if it didn't feel good, I wasn't to love it. This left a whole portion of life in the unloved category.

Now if one believes as I do that I create everything in my life, why would I want to create something that appears to hurt me. Well of course I wouldn't, yet I have felt much pain in my life. I have learned that the pain is only a choice I make about how I see things, I feel pain when I judge someone as not loving me or their actions not being what I like. The same with situations, when they are not as I like, I chose to feel pain around them.

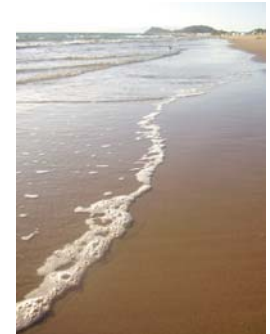
I realize now I don't have to feel the pain, it is a choice, I can make a new choice, I can realize this is not what I wanted but I created it for some reason. I am choosing to love everything that I create while holding a clear vision of my intentions.

I realize that I have not perfected conscious creating yet, but I am no longer going to beat myself up for getting it a little off, I am going to love my creation and make an adjustment. Soon I will be creating just what I want and when I err in my creations, I will love them anyways, knowing that I can make an adjustment and re-create it.

I am learning to love me, who I am and all of my creations.
This way I get to feel more joy and love which is what I want in life.

As to the unusual attractions, I know I am trying to guide myself in a direction that I do not yet understand. I will embrace the unknown, love it and live in joy and I am sure I will find the answer when I least expect it!

Love, light, laughter, joy and amusement in all of your creations!



Believing

Believing in my Creations

*Creating my life,
I am in charge
I don't always
Want to own this.
Especially
When my creating
Does not come out
Like I want it to.
I then want to rail
At the universe,
Thinking it has not heard
Me correctly.
It has made a mistake.
I believe though
That I am always
Teaching myself
I am learning to relax
Around my creations.
I can create something different
I just need to first love
What I have created
And then
Make adjustments.
This way of thinking
Is much gentler on me
And I am sure
Those around me.*

Creating Vision

Loving my Creations

Here it is, a new day and I still have not created what I say I want, what am I going to do about it. I can rail and cry and be in pain around it, or I can embrace it, love it, look for the parts I wish to keep and get back to my drawing board. I find in loving my creation, I am telling myself that it is ok, this is only a small mistake and I can recreate it with some adjustments.

I am beginning to realize I have the complete power around how I choose to see my life and how I choose to live it. I don't have to feel anger or sadness, they are only choices I make for how I see things, they are once again learned behaviours. In relationships I can just as easily choose to love someone even when they are not behaving as I want them to, it is really me choosing the choice of pain, when I truly know that I am loved inside of me, I am not affected by what the other person is doing. I am free to make my choices around how I see things and how I choose to feel in any situation. There is great freedom here for me.

Exercise

Begin today to make new choices, realize everything in your life is a choice, even your emotional responses to something or someone.

Practice being more conscious, becoming aware of the choices you are making.

We truly are the ones in charge of our lives.

Think about what it is you want to create, don't beat yourself up when you don't quite get it right, re-evaluate your creation, keep what you want to and set your intention to the universe to create the changes.

Most importantly though love what you have created, knowing that it is wonderful and magical that you created what you did. It is ok that you missed the mark a little or a lot, in loving your creation, you are acknowledging your ability to create and can then more easily make the adjustments.

We are each a divine being of the light, the more we can acknowledge our abilities, the quicker we can create new things here on earth. As we move through this ascension process, we will come to see much of what we have been missing around what powerful creators we are.

Just imagine that once we harness our powers to create, we will be able to create some pretty amazing stuff.

Imagine yourself as a divine creator, what will you create, keep practicing until you are able to create exactly what it is you want with ease, in the mean time love yourself and your magnificent creations.



Creating Conscious Living

On the Fore Front!

Well, we all survived that massive shift and change. I for one found it to be quite interesting, I could actually feel my energy shifting and was guided to rest and meditate a fair bit. I am happy to say though that I am feeling quite different, more appreciative, more loving of myself and definitely more relaxed and trusting of what is to come.

Expect to gain new clarity and awareness around your own growth, the energy is wide open at the moment, there has never been a time before where we are so able to step into the new realms, it is all a choice and if you wish to you can step into this new space where you will find life to be quite different, there will be ease and trust and abundance. One has to be willing to open to it all though, one has to have let go of the old ways and embrace deservingness and trust. It really is a beautiful time in history. If you are not feeling these things, then quick, find some help and get yourself moving so that you can step into heaven on earth!

Heaven has arrived, be willing to embrace the ease and let go of the old!



Gypsy Guidance

This month's guidance.

I want to make changes, I am tired of my job and my life, any ideas on how to do this? I have all kinds of excuses to why I can't.

This is sometimes a difficult position to be in, you know you want to make changes but keep giving yourself all the reasons why you can't.

Take control here and start telling yourself all the reasons why you can!

It is about changing the focus once more so that you feel the power of your inner self. In focusing on the reasons why you can, you start a whole energy in motion that will assist you in making these changes. In fact in focusing on why you can, you will start to see possibilities that you likely didn't even see before.

You are a very powerful being, connected to a very powerful universe. Let yourself harness the power of the universe by knowing that you can and watch what happens!

If you have a question please write to me at janice@universalenergycoaching.com. I will answer it in the newsletter, without any reference to you.

Youth Speak

Shauna



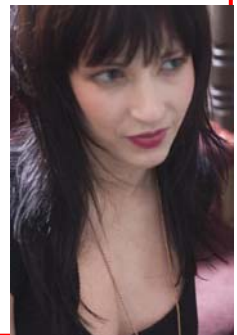
Love and Attraction

This is an interesting topic for me, it is something that I have been working around a lot lately and have been learning about in leaps and bounds. I feel like recently I have been surrounded by so many different and varied, sometimes surprising examples of this. I have been seeing so many people who were previously content in their scenarios with their boyfriends or girlfriends, finding themselves attracted to things and people they never even contemplated previously. People are experimenting with new types of relationships and trying out new ways of loving one another, some of them healthy some extremely unhealthy.

In my own personal experiences with this, I have definitely been opening my eyes to new ways of approaching love and looking deeper into attraction and what it means to me. There are so many different levels to both of these things, that it can be confusing at times and far from clear, as far as what is going on between your heart and your head. I have realized and become clear on my judgments around certain types of men and have also been working to push past them and to enjoy individual situations for what they are and to really be in the moment with them. I have been trying to approach relationships as more of an exchange of positive energy and less as a regimented, guide-lined entity. There are so many societal expectations and limitations on a relationship and on attraction in general that sometimes we tend to lose sight of what is ultimately important to us and love is rarely found where you expect it. I have been looking for the beauty in people's differences and finding it in ways I never expected and have been building some very strong and meaningful relationships from it. I have also been practicing letting go and understanding when I am being selfish and that honesty is the most important factor in all communication, especially with matters of the heart. I have also learnt that it is possible to care for more than one person at once and that love is less of a box to give to one person and more of a never ending entity that should encompass all relationships that you choose to take part in and when approached this way, nothing can touch these relationships. It is like you are in a bubble and all of the negativity and confusion in the world around you just falls away, as you are sitting in a place of love and understanding with those around you and all that can come of it is positivity and more love. It is a very exciting and beautiful place to be and has opened my eyes to so much both about myself and the people around me.

In this, I have also been attracting people into my life who are in a place of being ready to move to the next level of love and understanding in their lives and I have been able to re-clarify my position on who I am and what is most important to me, with regards to my values and beliefs. I have been in a place of being able to help give them tools to move into a new space and in this process have gained a deeper connection with them and a greater understanding and love for them as human beings. To see people around you grow and flourish is one of the best feelings I can think of and again, the love grows.

I think all of us need to practice finding the inner beauty in people and giving those around us the chance to realize their full capabilities, to support the people close to us in their dreams and endeavors and allow them the tools to be truly happy with themselves and their lives. When we give to others selflessly, with no expectation of return, the love given back is ten fold and just perpetuates more love around us. Right now is such an exciting time in the world of creation, growth and we really are moving into a place of love I understand that now and am so happy to be a part of its growth and evolution. We are all beautiful to someone, as long as we are beautiful to ourselves and there is much to be learnt from situations you least expect, learn to embrace these and you will be surprised by the outcome I think. The next time someone you think is not your type, or an old friend asks you out for coffee, don't make excuses why you shouldn't go or create a scenario and outcome in your head, just say yes, go and see what happens. Be open to learning from this person and the possibility of finding love in someone you never expected, it is exciting and refreshing and will open your life to all sorts of new possibilities!



Youth Speak



Contributing Writer & Coach - Ann Sullivan

I too have been thinking a lot about attractions and love recently. Since the end of my last relationship in January I have been exploring the choices that lead me to a painful breakup and taking it as an opportunity to grow.

I have always had fear that my 'picker' was broken, made lots of jokes about it but underneath the humour and sarcasm was an honest insecurity and lots of shame.

When I began to look at life differently, and use the theory of reflection and personal accountability, I started to feel as though I was empowered to make different choices. The more I loved myself the more I would attract people who treated me well. Ever the impatient perfectionist I figured I should get it the first time around....right? When I met my last partner, I really thought I had broken my unhealthy patterns. So, when it ended in pain I was very confused.

But looking at this issue and this breakup from an empowered place, a place of self love, has been extraordinary. I have actually been able to let my wounds that were triggered come up and really feel them, something that was far too painful before. I have been giving myself the time and permission to heal and explore this area of my life and development, something I haven't done in the past jumping from one relationship to the next.

I was challenged a few months back that I pick sick men, and that I am sick concerning relationships. This is something that has been thrown out to me a few times in my life and I have really questioned myself regarding relationships, going as far as exploring co-dependent groups and wondering if I was dealing with addiction. I have read a lot of books on relationships of all types and unhealthy patterns within them. When I was challenged recently my initial reaction was to submit. To feel that desperate shame around my relationship to men and how I interact with them, it was too easy to agree since another relationship had failed, so clearly, I was a failure. It only took me a few hours with myself and that feeling of shame to realize that I was not okay with that theory. I no longer think that shame and fear are feelings that I need to delve into, they don't serve me. I chose who I did and he was wonderful in his way and what happened did, I will pick someone even better next time. I have learned so much.

I think it's so easy for people to beat themselves up, it's almost fashionable, and we are so sure we are wrong; it's simple to turn on ourselves. The programming is so loud, if you aren't at a certain place with certain things by a certain age, there must be something wrong with you. Forget that we are all unique and have different tastes, needs, and life journeys, there is ONE way to do life, and if you aren't doing it- you are wrong.

Since I no longer believe something is wrong with me, there must be another reason that I have experienced so much pain in regards to love and attraction. The thing is, it's not simple, and it's not as easy as I am sick or I am healthy. We all have our lessons to learn, awareness to gain, and we just cannot know something we haven't learned yet. So that means that I am learning, on *my* path, and that I am getting better and better at having relationships, with everyone....men, women, children, myself, animals, the great spirit, nature...and by better I mean, less pain, more love. I am choosing healthier people; I am being treated better and I am treating people better.

Since the end of my last relationship I have begun to develop friendships with men, I have started to see them as human and not just as people who are supposed to fill a certain role in a certain way. That's daunting, and it takes patience to build relationships, time, and it takes looking at yourself every step of the way. Being an empowered woman means so many different things to me, but first of all I have to trust myself and trust my process. I have to, as Janice says, love my creation, my life- my relationships are all my creation and I honour that today. I don't need to be the same with each person, I can choose as I go, responding to each situation with instincts and intuition, wisdom, respect and trust. I know we are all connected and so I try and treat people with care, yet still have my boundaries. I own what is mine and let you have what is yours, or try to anyways.

It's not black and white: love, attraction, LIFE, this is a complex dance we have with the universe and each other...as I evolve I trust I will continue to attract what I need to develop. And, I now understand with a deep intuitive knowledge that not everything is meant for this life time, we are so expansive and eternal, often a relationship can only go so far this time around. That is MY truth and yours is beautiful and right for you- so trust it.

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