



The Guided Gypsy

December 2009



Magnificence and Miracles



Hard to believe another year is almost over! What have you created this year? I always find it a time to take stock of all that has happened over the year and where I would like to go from here!

We are in a time of such great change that December will be the month of miracles! What kind of miracle would you like to receive this holiday season! Get clear, open your heart, believe it is possible and see what happens. There is so much angelic assistance at the moment to assist us in moving forward that when we can let ourselves trust and believe in the unseen, we can create miracles like never before!

In order to create these miracles we must stand in our magnificence and truly believe they are possible and we are worthy. I have realized this past month, that there truly is only one choice and that is that we are magnificent. I received information this past month that we all lie to ourselves in order to keep ourselves small. We tell ourselves things such as we are not enough, it is not possible, we are not loved or loveable, we are victims, etc, etc,..... and on the list goes.

When all we need do is tell ourselves that we are magnificent and learn to keep moving ourselves out of our old believe systems, they are no longer working and in order for us to move forward with love and joy we need to believe in our magnificence.

The best gift you can give yourself this Christmas is to embrace your magnificence and let go of all old beliefs that do not fit with that thought. I find it is important to be as conscious as you can, so you recognize when you are not in your magnificence and then to remind yourself that it is your choice to embrace it.

I find that my old ways of thinking sneak up on me and grab me quickly around the ankles and pull me back into my smallness. I find my logic and ego to be very crafty, they sneak up on me when I am not looking and then whamo! I am back to my old thinking. With awareness though I am starting to make some progress and enjoying the game of catching them in the act of catching me and yanking me back!

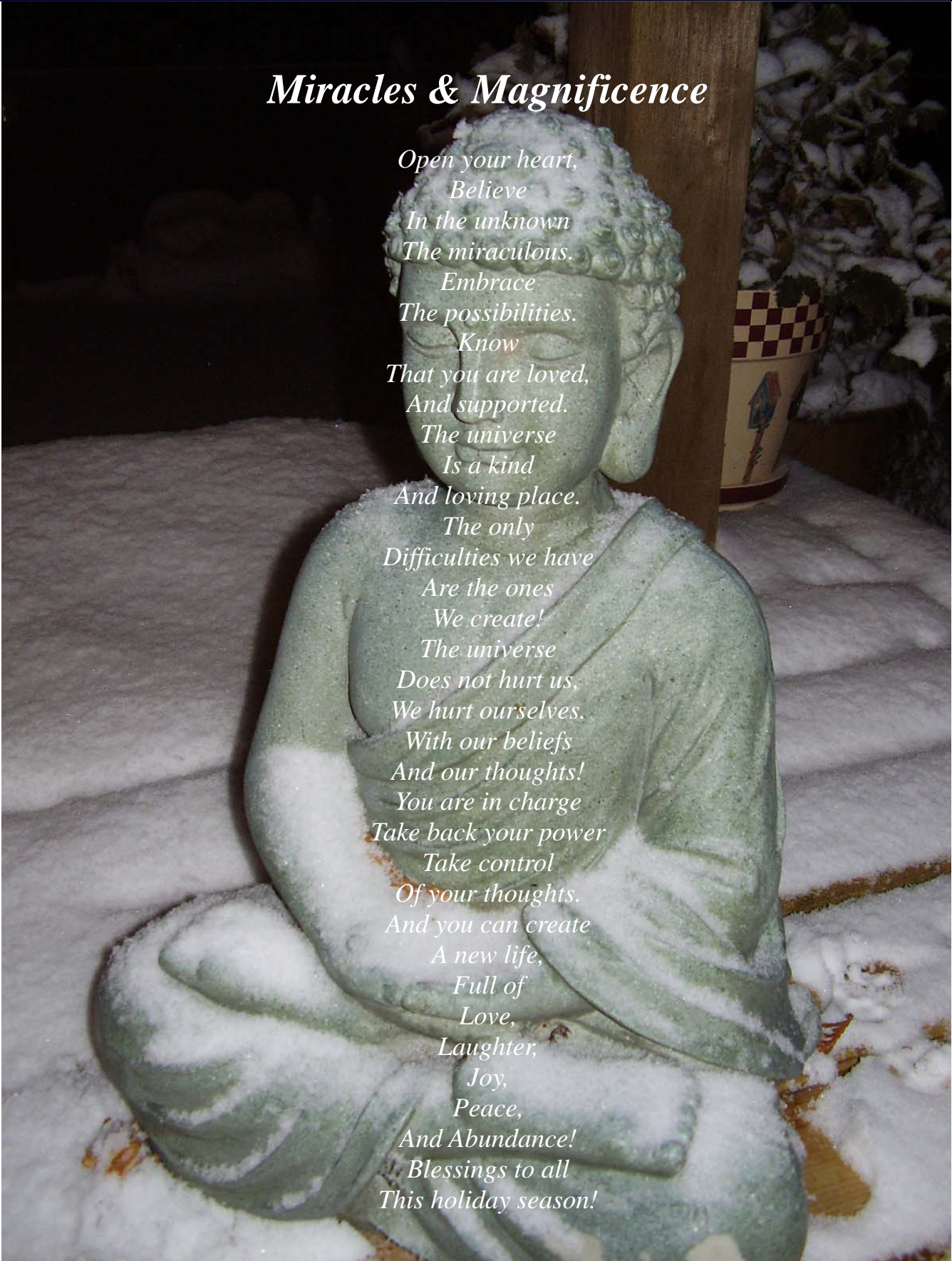
As we progress into 2010, know this will be a year, of much happiness, joy and abundance when one embraces their magnificence.

Get ready for a fabulous 2010, be conscious and be aware of your thoughts, embrace your magnificence and let the miracles begin!

Joy, love and peace to you and your family and friends this holiday season!

Believing

Miracles & Magnificence



*Open your heart,
Believe
In the unknown
The miraculous.
Embrace
The possibilities.
Know
That you are loved,
And supported.
The universe
Is a kind
And loving place.
The only
Difficulties we have
Are the ones
We create!
The universe
Does not hurt us,
We hurt ourselves.
With our beliefs
And our thoughts!
You are in charge
Take back your power
Take control
Of your thoughts.
And you can create
A new life,
Full of
Love,
Laughter,
Joy,
Peace,
And Abundance!
Blessings to all
This holiday season!*

Creating Vision

Creating Miracles

A miracle to me is just something we don't understand or know how it happened. As we move more into a time of not knowing with our logical mind but expanding into our universal mind, we will be able to create all kinds of miracles as we allow the universe to assist us in so many ways. We will find that we move into more ease and less stress and receive easily and effortlessly from the universe.

Exercise

Start to day by opening your heart on a daily basis, reminding your self that you are loved and allow your magnificence to shine.

Declare: I exist in the unknown and I am safe. I embrace the all that is and I trust that my needs are taken care of and that I am loved. I open my heart and allow my love to shine out into the world, trusting that love is what I will receive back. As I trust in myself, I trust in others and they trust in me.

It is important at this time to give up any victim thinking and to take back your power even if you don't like what you see. At least when you take back your power, you are in a place to make change. If you are unhappy with anything in your life, admit to yourself that you have created it, you don't need to know how or why and then forgive yourself as you do not like this creation and then affirm what it is you would rather create. This is a very powerful gift to give yourself. Don't let your logic have the control, you are so much more than your logic!

In taking back the control, you put yourself in a position to create new and wonderful things, what better gift can you receive but to have the power to create your life and to make changes.

You can tell me it doesn't work for what ever reason, but these thoughts will only keep you small and keep you from what it is you want.

So be brave, own your life and what is happening, forgive yourself if you are not happy with it and create positive in the moment thoughts as if what you are wanting is already happening. Don't use the word want as you will always be wanting it, instead use, I am or I have.

The universe is a very literal place.

Affirmation: *I am in charge of my life, I forgive anything I do not like and use my brain to create new thoughts and ideas that are more appealing to me. I stand in my power, knowing this is my place and I create with light and love, respecting myself and others and the earth that provides so lovingly for all of us. I am a divine being of the light, I am magnificent and I allow my magnificence to shine forth from me out into the world, for others to enjoy.*

Know that believing you are magnificent is not being conceited, it only comes across that way when you have a need to tell others, which means you do not truly believe it but you are still trying to convince yourself, when you truly own it, there is no need to tell others, it just becomes a part of who we are, much like our breathing.

May you all embrace the journey of evolution, becoming a magnificent expression of the divine light. wholeness and love, Janice, the Guided Gypsy



Creating Conscious Living

On the Fore Front!

Yes, the change continues! There is a great deal of energy being put into place at the moment in order to create love and harmony here on earth. Many light workers are assisting in holding the energy so that it is easier for others to step into it at this time. If you have been wondering more about life or feel something is missing, seek out people who are making change internally. It is not so much about an external shift at this time but about an internal energetic realignment. 2010 can be the most fabulous year yet if you are ready to let go of old ideas and embrace the new. If it starts out as not your most fabulous year ever, then be willing to take charge asking the people who seem to be having a fabulous life, what they heck they are doing. Be willing to change and let go! We can all create the most fabulous year ever, we just have to let go of the old and embrace the new, this can be scary but there are enough people doing it now that you do not need to do it on your own. Lots of help is available.

So let go of the old as 2009 ends and embrace the new!

We have the power, capability and knowledge to create a splendid world!



Gypsy Guidance

This month's guidance.

I am tired of others constantly judging me and my actions, why can't they accept me as I am?

The first question I would ask you is how and where are you judging yourself? What is that small voice inside of you saying to you? Is it supportive and loving of what you are doing or are you telling yourself you should be different? We often don't realize that we are our own worst critics, constantly judging ourselves inside of us. Pay attention and listen to this side of yourself. Then take action and start acknowledging your self for who you are and what you are doing. Remember, you are a divine being and your ideas and thoughts are wonderful, give yourself love and compassion.

If you have a question please write to me at janice@guidedgypsy.com.

I will answer it in the newsletter, without any reference to you.



Youth Speak

Shauna



Change is Happening.....

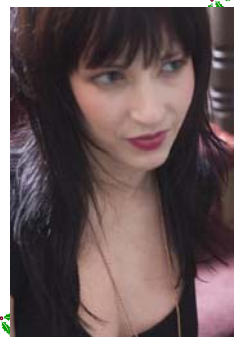
Hi everyone,

I just wanted to close the year with a final update on where I am at and what my plans for the year are. As of right now, I will be heading to London, England by the end of January for an indefinite amount of time to continue my dance career! I am both nervous and excited with this new adventure at hand and am looking forward to expanding my thoughts and ideas around dance and travel through being there. I have a couple of other friend who are joining me on this adventure and I can't wait to see how it turns out. 2010 is definitely the year of adventure and I think more and more people are going to be giving up the "mundane" in their lives and focusing on what they truly desire and going for it! Since the shift on the 11th of November, I have noticed that creating has never been easier for me personally and I am more aware than ever of the creation in my life. I am seeing more immediate results than ever and I hope others are experiencing this as well as it is very new and exciting.

For now, I will be taking a short break from the newsletter, until I get more settled in London and see where I am at. I hope to eventually be able to continue sharing my thoughts and ideas with all of you, from the other side of the world, as I'm sure much learning is going to take place this year for me and all of us.

I wish you all a very Merry Christmas and happy holidays with your family and friends and best of luck for 2010!!!

Love
Shauna



Youth Speak

Contributing Writer & Coach - Ann Sullivan



This newsletter is my farewell.

Thank you so much to you all for the space and form to write about my process. Doing so every month has given me perspective and understanding on so many things in my life.

I have gone through so much since starting this monthly practice and it amazes me how putting into words every month the things I was creating in my life and my work helped me to walk through them openly, with dignity and grace.

Thank you....thank you.

I hope that along the way I may have affected someone positively, I may have been going through something that someone could relate with, I may have unknowingly understood your joy or your pain.

I am not going far, just on to new projects and I encourage any of you to contact me should you want coaching or just to connect.

You can reach me at ann@blissflow.ca anytime.

I believe in community, and I want to acknowledge Janice for her endless commitment to community and to creating a venue for people to grow and learn.

May you create wonderful things in the New Year, and I would like to leave you with this thought.

As you set a vision for the New Year and for your future, remember that each journey begins with one step. That today, all you need to do is what you can today.

In the world of personal development we hear so much talk about how our limited thinking holds us back from creating the life we desire, but remember, we have no limits to what we can do, but we do have a process and a journey to get there...enjoy that journey and trust that you are doing everything you can today to be on your path.

Acknowledge how far you have come this year, the subtle shifts you have made in consciousness and give yourself a pat on the back for staying in your truth.

My love and well wishes to you all.

Be well, or if you aren't, then really be in your experience, because isn't that what this life is all about?

Happy Holidays!

Ann Sullivan

BlissFlow Coaching