



The Guided Gypsy

December 2011



Are You Too Busy?



Yes it is that time of the year again, when we never seem to have enough time but I am going to talk about being busy in general. Many of us are constantly busy, feeling as though we are on a quick moving treadmill and can't keep up.

I want you to take a moment and look at it all from a different view point. I believe busyness is our biggest addiction at the moment! It keeps us from connecting with ourselves, which keeps us stuck in the same cycle. Most of us have become bizaholics! Stop today and think about how much of this do I truly need to get done? Start dropping some of the have to do's off your list and see what happens.

Give yourself the best new year gift you can, by creating time for yourself each and every day. By this I mean take a few minutes to meditate which means to take the time to listen to your inner self. Your inner world is a very rich and bountiful place, when you start to make time to listen, your life will change in unimaginable ways! First and most importantly, you will begin to feel less stressed. We feel stressed, as we are trying to do it all from our physical self. With technology and change, we are unable to keep up.

Now imagine having the most amazing assistant in the world, when you tune into your higher self and listen to its guidance and learn to share your needs with this part of yourself, the universe begins to help you create. I have had many, many experiences of this, such as things or people showing up in my life just when I need them. In trusting and working with my higher self, I have been able to relax more in this physical world. Stress is a thing of my past, I rarely feel it anymore. In fact to feel stressed is such a rare experience for me, I go, weird I am feeling stressed, guess I had better check in with myself and see what is up.

You too can live like this by learning to create time for you. I know you feel as if you have no time to do this but it creates such an amazing change in life, that you don't have time not to do it! Time is a very funny thing, I find as I relax into it, it seems to expand and there is plenty of it. When I am stressed, it seems to shrink and I get more stressed!

If there is just one gift you can give yourself this season, make it time to connect to your inner world. Things are only going to get crazier if you don't! We are in a time of massive change and we have the choice, change and create a better life and a better world or choose not to and head directly to what feels like hell! The time is up for resistance and trying to cling to the old! 2012 is a going to be a whole new world, full of joy, love, laughter, abundance and happiness when we learn how to create it from within!

Love, light and magic to all of my readers this holiday season!

May you be blessed with feeling the love within!

If you need help with this contact me and we can see how I can be of assistance.

Believing

Connecting to You!

**The time has come!
To connect to the inner you.
You are a magnificent
Being of the light.
Honour this gift of who you are.
Make time this year
To explore your inner world.
Help is there!
You are not alone!
You are loved and treasured.
The most magnificent love,
Lives within you!
Create time to find it.
Take time to be quiet
And connect!
The universe loves you,
And supports you!**

Creating Vision

Make time for you!

You are a magnificent being of the light but only you can recognize this fact and make it your reality here on earth! We are greatly assisted at all times, we are not alone, we have not been forgotten, we are loved. The road to finding these riches lays inside of you. In order to access this amazing energy, we have to learn to shut off the logical mind and get quiet. I can't hear anything if I am constantly chattering. Yes it is difficult at first to quiet the logical monkey mind but with a little practice anyone can learn to do it.

Give yourself this amazing gift this year, you deserve all the love and the support that the universe has to offer and believe me, it is offering it, you just have to reach out and grab it.

This holiday season, feel the love and then allow it to continue all year, it is always there for the feeling! Life is amazing and wonderful, we just have to learn how to engage with it, stop fighting it by thinking we know what to do in our logical mind. Shift into your higher mind and you will be amazed at what will happen. Love, flow, ease, assistance, miracles, you name it, it is all there.

To get there though we have to be willing to change and let go of our old ideas of how to do things, what is real and what isn't. Open your mind and embrace the newness, the challenges and the changes. You will be so glad you did.

I open my mind! I embrace the new! I release my old ways and willingly learn new ways to connect to my inner world! I am a believer in the new!

Exercise

All is changing, be willing to change!

Take time each day to listen and learn and by this I don't mean necessarily to listen with your ears, but to listen with your heart, your body and your cells. This is why meditation is so important as it teaches us to listen in new ways.

Our body and our cells are amazing in what they can interpret energetically when we learn to listen to them.

Now sit and relax and just listen to the world around you, feel with your body. What are you feeling? Don't worry if you don't understand it at first, just keep practicing. This will develop a new awareness. It is like anything you will have to practice before you get good at it, as you have not used your body before to listen. Know this exercise will have incredible value, knowing that you are doing something as you relax, you may have to let the brain know this, so it will allow you do to what appears to be nothing but is in fact one of the most valuable things you can be doing at this time.

If you have children, start making time with them to just be quiet. You can start by listening to really relaxing music if it is too difficult just to sit there, do nothing and listen.

May this year be your most magnificent year yet! If you are struggling, feeling stressed, sick or generally unhappy, you may wish to book some coaching time.

2012 will be about choice and creating! You just need to learn how to create from within in order to reap the benefits!

Affirmations

I reach out for help!

I know the way!

I am my creator!

I create my world with love, compassion and abundance!

I believe in the value of my higher self and allow it to assist me!



On the Fore Front!

These are amazing times when we learn to embrace the change. As I connect with my higher self for a new year's message for you, I feel the love, the golden light, the joy and the assistance that is available to us.

Step into your light and trust in it, believe in who you are and the goodness of humanity, the world and the universe. You will create whatever you choose to believe! Trust in the goodness and the love, even when what your five senses see is other than loving. The only way to shift this world into the love, is to fully trust it and believe in it! Believe in miracles, they are amazing and plentiful when we learn to trust and believe in the goodness and the love.

Let your light shine out to others, let the love that you are embrace and wrap around this world. 2012 can be whatever you choose to believe it is! Be aware of your inner beliefs held in your unconscious mind. They are reflected out for you to see! If your world is not what you wish it to be, your beliefs are not what you think they are. Own them and make change.

Blessings to you, as you learn to consciously create your world!



Gypsy Guidance

This month's guidance.

I am changing this month's guidance format, I hear a different message being sent to me.

Love yourself! Be gentle with you! You are a valuable being of the light, believe this! Treat yourself as special, take time just to be with you, to enjoy who you are. The world is a crazy place at the moment and the only thing you have control over is you. Use this control to honour and respect you! You may find that you need to make a lot of changes in 2012, relationships will change, jobs will change, locations will change, there will be a rebalancing to what works, do not be afraid of this. If you have been hanging onto a job or a relationship that is not your passion, do not fear letting go! It is like a game board and all that is not for our higher purpose will be rearranged on the board, so it works better.

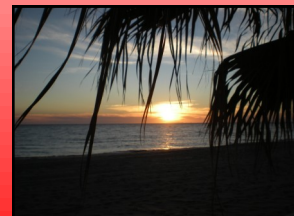
Let go and let yourself be guided to your highest good!

The universe has your back and is trying to guide you to a more optimum life!

Be brave enough to let it!

May your blessings be many and love shine brightly within you, as you journey into the new world!

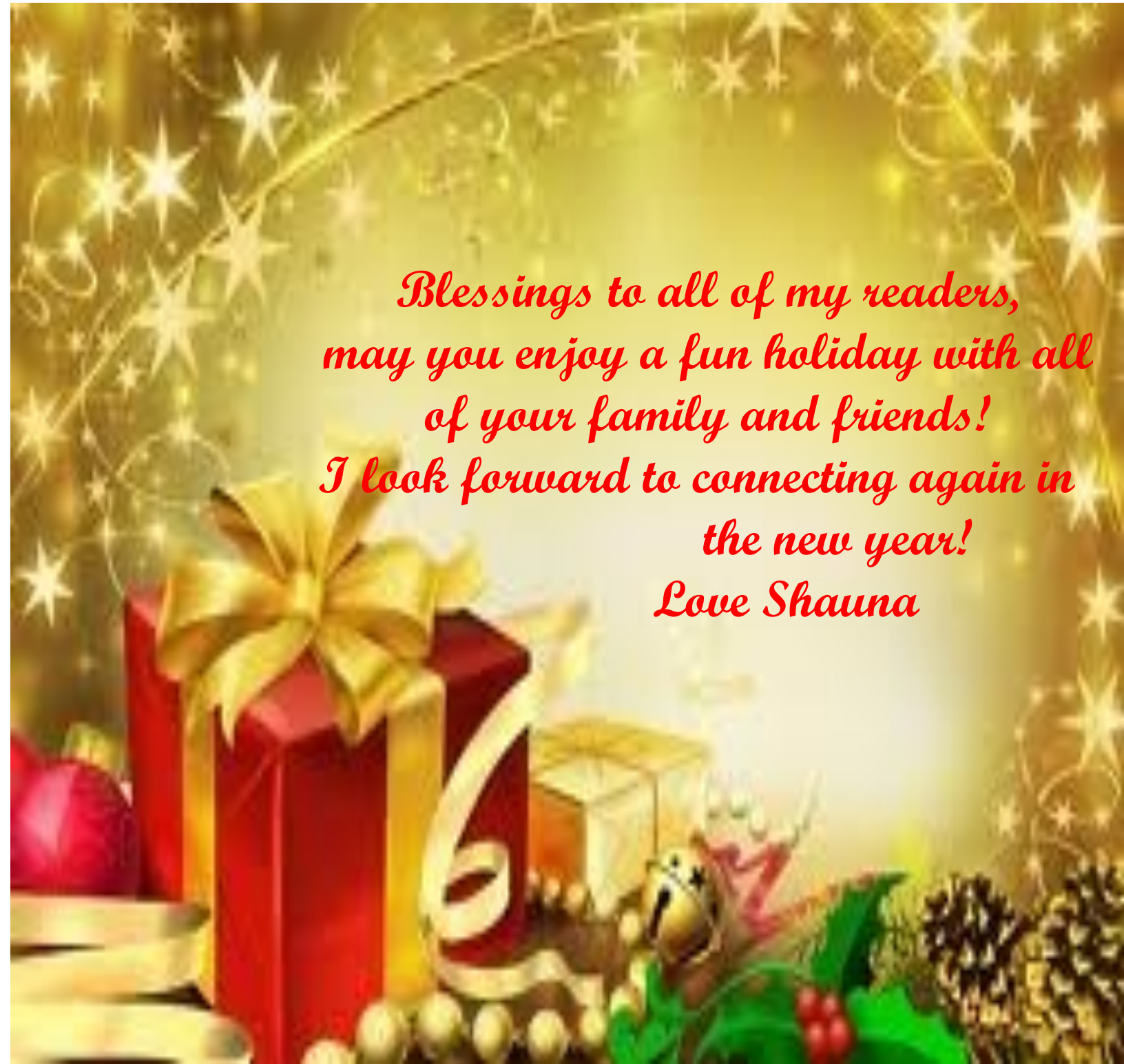
If you have a question please write to me at janice@guidedgypsy.com. I will answer it in the newsletter, without any reference to you.



Youth Speak

Shauna

*Blessings to all of my readers,
may you enjoy a fun holiday with all
of your family and friends!
I look forward to connecting again in
the new year!
Love Shauna*



Español



CeCi Heredia

Una Navidad diferente...

Definitivamente el ambiente ya se respira diferente, dentro de los escenarios “normales” para unos empiezan las prisas de comprar regalos y lo necesario para la cena. Otros sueltan el cuerpo agradeciendo que dos semanas antes de que lo marque el calendario se les termina el año laboral; y hay quienes trabajan en ritmo normal aún con los desvelos de las posadas y reuniones sociales que aumentan en estos días, pues la temporada de “fiestas” es el pretexto ideal para la convivencia en todas partes, trabajo, familia y amigos.

La navidad del año pasado fue muy difícil en lo personal. Mi padre recién había fallecido y el humor de la familia en general no era muy festivo. Puedo presumir que todas, absolutamente todas las navidades anteriores las pasamos siempre de la misma forma, muy felices y en familia, agradeciendo estar sanos, en armonía y juntos. Este año será un poco diferente, pues él nos acompañará en espíritu, pero segura estoy que estaremos felices agradeciendo estar sanos, en armonía y juntos hasta el día que tenga que ser así.

A lo que voy con esto, es que sin importar qué haya pasado en nuestra vida, cada día al abrir los ojos se nos regala la oportunidad de vivir diferente, de darnos cuenta y crear conciencia de quien somos en esencia. Como seres humanos, es muy fácil caer en la melancolía y nostalgia al recordar todo aquello que tuvimos y a quienes amamos y ya no están. Pero en nuestra libertad de pensamiento, podemos elegir aún con la pena, estar bien y sentir alegría por el momento presente.

En esta época en la que nos ponemos reflexivos, evaluamos lo que hicimos o no hicimos en el año que termina, así como también nos hacemos propósitos para el año nuevo. Aquí es realmente donde podemos hacer uso de nuestro poder. Todos, absolutamente todos tenemos el Poder de crear la vida que queremos vivir. Y para eso necesitamos saber qué queremos. Aprovecha estos días, hazte ese regalo maravilloso de escribir tu carta a Santa o hacer tu lista de propósitos por más loca que parezca... te sugiero también pidas en tu lista que se te manifieste la ayuda para lograrlo... haz tu pedido con el corazón, aunque no lo creas totalmente que puede pasar. Sigue el ejemplo de los niños al hacer sus cartas, imprégname de su energía de entusiasmo por el solo hecho de pensar lo felices que estarán al recibir todos sus regalos. ¡Tú eres ese niño también! Ayúdale a hacer su carta con el corazón, y espera los milagros. Haz que esta Navidad, sea una Navidad diferente para ti también.

Desde lo más profundo de mi corazón agradezco la oportunidad de poder compartir contigo a través de este boletín. Gracias, gracias, gracias por permitirme expresar lo mucho o poco que tengo para dar, lo que sí es seguro, es que es dado con mucho Amor! Ambos estamos aprendiendo y somos compañeros de viaje, un maravilloso viaje! Mis mejores deseos para todos en estas fechas y las que están por venir. Que el 2012 sea un año maravilloso, que la luz ilumine su camino y el amor llene sus corazones.

Besos y abrazos con mucha luz y mucho amor y así es!

Ce Cihuatl Heredia Palomino.

Hermosillo, Sonora Diciembre 2011

