



The Guided Gypsy

December 2010



Baby Steps



I find things all over the place these days, I never seem to know which direction I am going. Just when I think I have it figured out, things change again! These are the times we are in at the moment, change here is the operative word, we have to be willing to flow with it or else we will be very unhappy. It is not about attaching to anything at the moment, for as soon as we attach, it may be taken away or change

form. There has never been a time where change is happening so rapidly.

When we are able to let go and flow with it, life is good. I find I feel the joy and the love when I let go and am willing to be satisfied with baby steps at the moment.

My cast is still on my leg, and I am in the process of working my way out of it, not as easy as I thought it may be. My leg is speaking to me, letting me know when I have done too much. I am learning to take baby steps and for this to be enough. For a girl who was a large strider, always on the go and trying new things, this could feel like a step backwards but I am getting the message that it is actually a step forward. I believe in order to move through these times of great change in the next couple of years, we will have to take small steps in order to move effectively through the change. The important thing to know is that many small steps add up the bigger step.

I believe I am being shown this in order that we may move more effectively at this time. A big step may put us where we don't want to be or into something that may collapse where as the smaller baby steps give us more time to turn or make a change. In essence, they will be keeping us safe and pain free!

So in order to move most effectively through life in the next couple of years, be willing to take smaller steps than you ever have before and be willing to be satisfied with them. Not an easy task for us big striders but it is easier to turn and change direction in order to keep up with the constant changes!

As 2010 draws to a close with the month of December, I bless all of you to be willing to move through change and let go of the past. Our pasts are not serving us, it is time for all of us to move forward and let go. This is a new world we are now living in, holding onto old believes and old ways will not take us where we need to go.

It is possible for us to be happy and for our life to flow with ease but to do this, we have to let go of old painful memories and believes. We can no longer harbor anger and resentments, we have to clear our space within in order to create a loving world outside of us.

In the past, we could create a world outside of ourselves that fooled us into thinking everything was ok, we all learned to buy stuff that filled the hole inside us, temporarily.

Those times are over, we have to learn to fill that hole inside from within us now, and in doing so we create a awesome world outside of ourselves.

We can see the destruction our other method has created, it is time to do it differently.

As you move into 2011, let go of the past and embrace the new! A wonderful life is possible!

If you need help please contact me, I have a great deal of information available when you are ready!

Believing

Baby Steps

*Each small step
Takes me another step closer
To my intent.
As times are changing
So rapidly,
I need to take baby steps
In order to keep in touch
With the change..
If I take too big of a step,
I miss the subtle
Messages I need
To be aware of
In order to
Navigate these times
With ease!*



Creating Vision

Baby Steps

I am so used to stepping forward with big strides, to making things happen, that baby steps seem like I am doing nothing. I hear the message in my mind, I **should** be doing more! Yes there is the big should word, in hearing this word, I know that it is my logic and not my guidance system that is speaking to me.

At this time, baby steps are important, change is so rapid at the moment that if I take too large of a step, I miss out on my directional sign. It is kind of like arriving in Ottawa from Vancouver and finding I should have turned off in Calgary and gone south. Whereas if I had taken a smaller step to Calgary, I would just have to make the change and go south, whereas from Ottawa, now I have to catch a different flight and head south west. It is not impossible to do, just more work and time than I need to spend.

So in life at the moment, be content with the small steps, they will get you to where you want to go and actually much faster than the bigger steps that we have all become used to.

Be happy with your small steps and take time to listen, if we are always busy or our mind is always chattering away, it is impossible for us to listen or to hear. This is why quiet time or meditation is so important. If we spend time being quiet, then we can hear our guidance system and we will be assisted in what to do and where to go next. We will hear these messages from our higher self, that has a much bigger vantage point than our smaller logic system.

I have found my higher being is very effective at leading and guiding me. Sometimes when my logic gets the reigns and thinks it knows the correct direction, my higher self will cut in and let me know I am listening to the wrong part of me.

Just like I thought I was going to Mexico in Oct but my higher self knew I needed to stay home and work on some other things so I created my leg in a cast!

All of this has purpose to guide me in a different direction. It has definitely slowed me down to baby steps!

Baby steps, may they be blessed by all, as we move through this great time of change.

Take a small step and listen, what do you hear? Are you to change direction or stay moving forward!

Your higher self sees the way of least resistance at this time. When you choose to listen you will be guided through these times with ease, joy and love! The choice is yours!

Exercise

Stop what you are doing and listen. Learn to be quiet and you will begin to hear your higher self speaking to you. It takes practice but it is well worth the effort.

Take time each day to have listening time. You can write whatever comes into your mind, just don't judge it or try to figure it out. This is not about using your logic but about listening to your higher self.

Do not critique it, as you know how you feel when someone critiques you, it basically stops the flow.

Just let it be, let your inner self flow! Be kind and gentle to it, be encouraging and before you know it you will be hearing its messages! When you learn to hear its messages, you will be guided through this minefield called life at the moment. You will be led with ease and joy!

Life is beautiful once we learn to quiet our logic and be guided by our higher being.

This is our evolution at the moment, to realize our logic is not our best guide but that we have another system that is much more effective, if we are willing to let go and trust it.

Affirmation: I choose to trust in my higher being. I listen and hear with ease what it is telling me. I trust the information I receive and choose to act upon it. I am a unique being of divine light! I am, I am, I am. I am love and I am light. I trust in this belief and know that I am safe and the universe loves me!

I am light and I am love. I listen and trust in who I am. I express my uniqueness with love and joy.

I believe in me. I love me and I trust me! I am me, divine light, divine love, divine knowingness!

I am, and so it is!



On the Fore Front!

The change is constant now, in order to move through it with ease and grace we need to take small steps and listen. Just imagine you were in a collapsed building and you were trying to find your way out. You would take a small step to the next opening you felt was safe and then you would listen to try and get a sense of what direction you should move next. These times are much like that, there are many steps you can take that make life difficult and no fun but if you take your time, move slowly and listen, you will find your way. Your intuition is there to guide you through this maze of change. Learn to trust it and you will be led into a stunningly beautiful life. These are amazing and awesome times, if we are willing to evolve and let go of the past. If we are not and we keep clinging to our old ways, we are in for a painful and frustrating time. We do have choice though and can create the most amazing experiences that we may never have imagined possible. Nothing is as it used to be, we are in a new time and space, be willing to let go and change and you will truly enjoy this new time and space, while if you hang on to the past, you will not!

You have choice, if you are feeling pain, it may be time to listen to new ideas! The choice is yours!



Gypsy Guidance

This month's guidance.

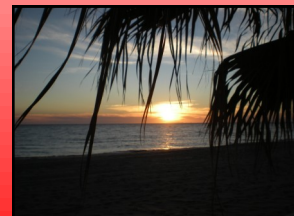
I want to make change but I don't know where to begin, any ideas.

I have mentioned mediation and learning to listen in previous guided messages.

If you are having trouble doing this, it may be time to seek the help of a trained intuitive coach, there are many people available that have a great deal of information at this time. I have been training for years now in learning to trust my higher guidance in order that I may help or lead others through this quagmire of life that we are experiencing at this time. And trust me things are only going to get worse if we don't listen to our guidance. We have come to a time where we have to listen now. This is not always an easy transition, as we have been doing it the old way for many, many years now. This is why the guidance from an intuitive coach is invaluable as this person has learned to trust the flow and can assist you to do the same. It is not something that a school of logic could have taught anyone, as it is not a logical process, in fact one has to release the logic's control in order to be successful at it.

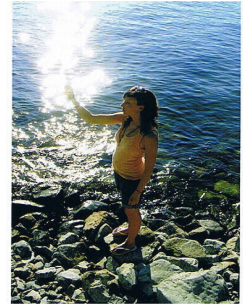
So if you are truly ready to change and connect to your own guidance system, then contact me for assistance.

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



Youth Speak

Shauna



Baby Steps

Lately, I have been going through so many changes in my life. I have been becoming much more clear on a lot of my old and sometimes ugly patterns and trying to focus on maintaining a sense of positivity, strength and gentleness for myself in making changes. I have had many, many days of crying and feeling alone over the past month and at times things seemed insurmountable to say the least. As I write this today though, I feel I am through the worst of this pain and fear and aloneness and I am ready to move forward inch by inch to a new, more happy reality for myself and I am looking forward to seeing where this takes me. I have been realizing that each person who is coming into my life now is serving me a positive purpose, if I am open to it and that the people around me are just guiding me on my own inner journey. There have been so many scenarios happening for me lately, which remind me that I am only part of a greater universe and that we are indeed all connected and if we listen we can hear each other and respond. The potential for this as a tool both scares and excites me as used inappropriately it can be very hurtful but with positive intentions, it can create relationships and situations that are so full of love and beauty.

I have been able to more quickly realize my fears and self deprecating behaviors lately and feel like I am finally moving through them rather than sitting in them and feeling like a victim to them. Not to say that there aren't days of feeling alone and sad still but I am more readily allowing myself those as well, knowing that they are all just part of a greater process which is helping me to heal and grow. I am still struggling with allowing life to just flow and not getting so involved in every step of my journey and how it should look but I feel like that is being forced on me slightly in being here, on the other side of the world. Being in a new environment and hitting the ground running forces you into a place of trust and commitment to yourself and what you are doing, which is I suppose why I had to come here ultimately. It would have been impossible for me to feel this uncomfortable ever in my own home and I would not be becoming so clear on all that is truly important to me and how to maintain it without this journey. Both with dance and with spirituality, I have been realizing that it is in me on its own whether I am in a studio or a place of spirituality or not, it is still there regardless. I used to think that I needed a specific space or specific people around to take part in either of these things but now I know they are within me at all times and all I have to do is access them. This is a big step for me and one I am still working to fully embody but the realization itself was huge for me, as it took away so many excuses and fears with regards to these two things. Having said all of this, I am feeling motivated, curious and excited about what 2011 will hold for me and for all of us and I can't wait to see what is created. I know there will always be ups and downs but at least I feel one step closer to understanding all that life has to offer. I definitely feel stronger from my recent experiences and I can't wait to apply this strength to all that I am doing.



I wish all of you an exciting, beautiful 2011 full of love and abundance! We joke here where I live in Brixton that "Jah will provide" and I've learnt that he indeed does, if only you let him!

Español



CeCi Heredia

la versión en español estará disponible la próxima semana

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Creando Visión

la versión en español estará disponible la próxima semana

Seasons Greetings



Holiday Message

As 2010 draws to a close, I encourage all of you to take a look at how far you have come and where you wish to go next. 2011 will be an awesome year if we allow it to be! We all have to let go of the past and what we have believed the truth is, there is so much new energy arriving and with it new ways of doing things. I received information yesterday that I am to be downloading a new language that we will soon be using. Our current language is too one dimensional for us and all that we will need to express, we will be moving into a multi dimensional language! Yes it is weird and new for me too but I know there are many new things happening and that we must be willing to let go of the old ways. We are moving way beyond them, it is time to open your mind, if you have not already and learn to let go of what you thought to be true, times are changing and we will see so much more change in 2011. If you try to hang onto the old you will only make your life difficult, these are new times we are in and if you let go and embrace them, you will have the most awesome experiences!

I bless all of you to experience, ease, abundance, joy and laughter as we move into 2011.
Love, light and magic on your journey,
Janice

If you are having trouble letting go and adjusting, please contact me, I can help!
I have been being trained for years now to assist others through this transition.
You can reach me at janice@guidedgypsy.com



The Guided Gypsy



December 2010

Holiday Specials



<http://www.utopiagifts.ca/>

Utopia books and gifts on Lonsdale avenue, North Vancouver BC is now carrying the OH cards, I know many of my clients had said they had trouble finding them in stores. There are many other wonderful gifts available through Utopia, they carry clothes, books, calendars, crystals, jewellery, art and many other exciting items. I would have to go on forever to list them all.

The staff is wonderful there and very helpful.

If you take a copy of this page in with you, you will receive a 10% discount till close on Dec 24th, 2010.

You must have this page with you though to receive the discount.

Happy shopping and enjoy your wonderful experience in the shop!

I am offering a couple of Christmas Specials this year!

As of January 1st my prices will be going up to \$125 per hour for new clients. Packages will be \$600 for six sessions.

You may purchase time at the old rates till Dec 31st and use them in the new year. Packages are \$500 for six sessions.

I am also offering reading specials that may be used in the new year. Gift certificates are available for \$45 for a half hour session.

Have an awesome holiday season and if you need guidance into the new year or would like a reading to better understand what is happening for you contact me at Janice@guidedgypsy.com.