



The Guided Gypsy

February 2010



Movement



We are in a state of real flux at the moment, the energies are moving all over the place.

I keep getting the word patience, there is a great deal going on at the energetic level, a lot of reorganizing and upgrading of information.

This seems to be causing headaches, computer issues and things generally out of sync. These upgrades and changes will continue for the month of Feb with March heralding in a very new energy and the beginning of some amazing creations. If you have been working on visualizing and not yet achieved it, March will be the month.

I have also had the message that the light workers will be very busy by March with their work highly recognized, appreciated and supported. Many light workers have been working for years on their own without a great deal of recognition, pay or support for the work they have been doing, this is all about to change, the world will suddenly seem to recognize the work they have all been doing.

As February is also the month of love, I would be remiss not to mention it and I am sure you would all be very disappointed if I missed it.

Self love will be most important this month, take time to give to you, it will be very beneficial to meditate, do body work as well as taking the time to love yourself.

You are a divine expression of the universe and it is important to recognize this with yourself. It is this divine piece of each of us that is going to take us to the next level, so please take time to be with this part of yourself and to recognize the importance of it.

The more you do, the quicker you will move forward. Our thoughts are very important at this time as we will be manifesting very quickly, so it is a good idea to be conscious of your thoughts and to know what it is you wish to create or you may be in for some unpleasant surprises and it won't do you any good to whine or be a victim, those times are over now, we are each responsible for what we create whether we like it or not.

Be conscious, be clear, you are the creator, own it!

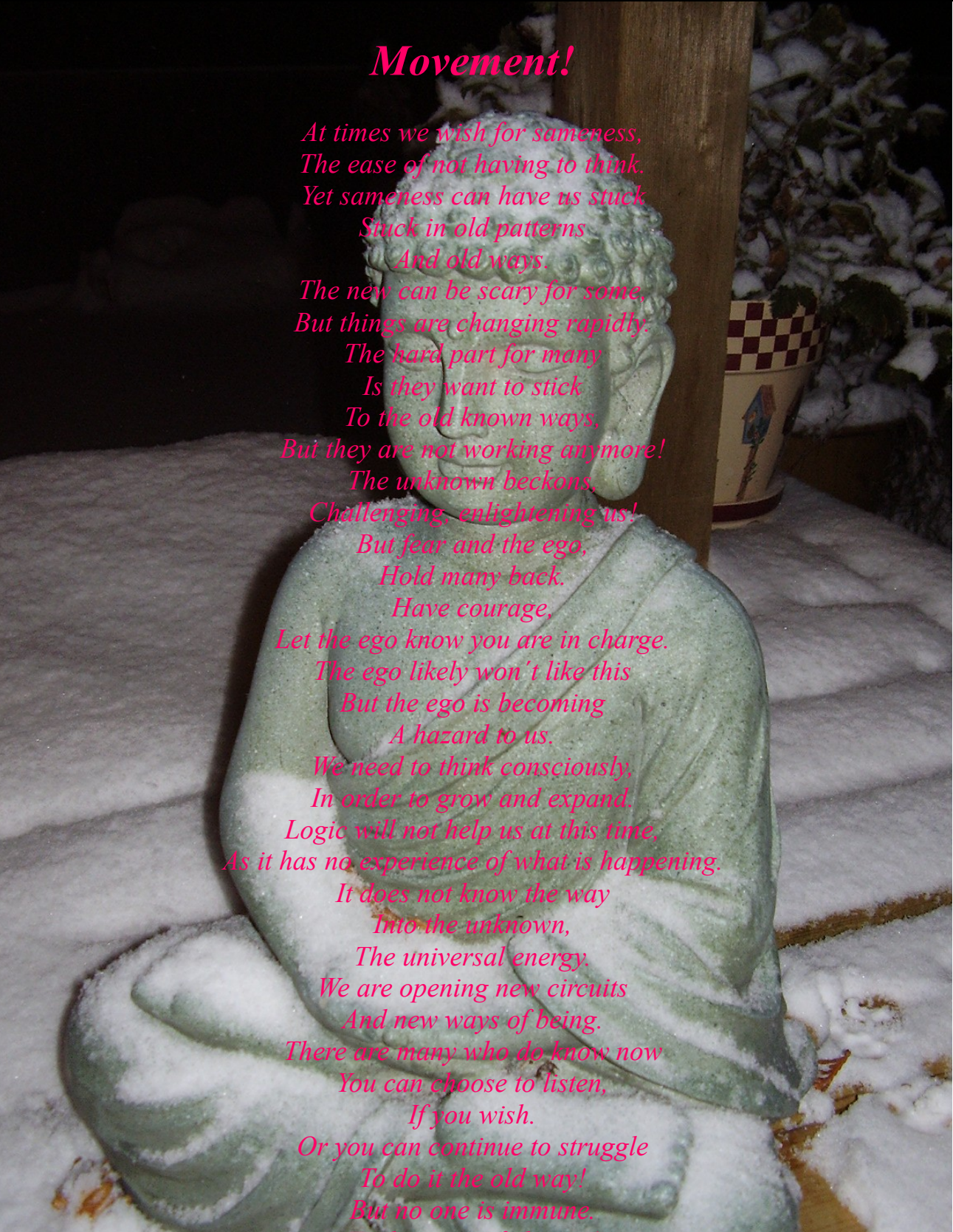
Yes times are changing and you will need to keep up or get out of the game unless you can stand a great deal of pain. I am not saying you need to as there is another way, but you need to consciously choose the new way in order to create a magnificent live.

You are completely at choice, just be aware that everything in your life is a choice you made and if you are not happy with your life, it is time to learn how to create consciously.

Love, light, magic and miracles, Hugs, The Guided Gypsy

Believing

Movement!



*At times we wish for sameness,
The ease of not having to think.
Yet sameness can have us stuck
Stuck in old patterns
And old ways.
The new can be scary for some,
But things are changing rapidly:
The hard part for many
Is they want to stick
To the old known ways,
But they are not working anymore!
The unknown beckons,
Challenging, enlightening us!
But fear and the ego,
Hold many back.
Have courage,
Let the ego know you are in charge.
The ego likely won't like this
But the ego is becoming
A hazard to us.
We need to think consciously,
In order to grow and expand.
Logic will not help us at this time,
As it has no experience of what is happening.
It does not know the way
Into the unknown,
The universal energy.
We are opening new circuits
And new ways of being.
There are many who do know now
You can choose to listen,
If you wish.
Or you can continue to struggle
To do it the old way!
But no one is immune,
To this time of change!*

Creating Vision

Conscious Creating

Why is this so important right now?

We are in a time of great change, with a greater than ever opportunity to create what we want. It is as if we have a clean sheet of paper and the chance to decide what we are putting on that paper. If we are not conscious, then we will create what is in our unconscious, and as it is unconscious we may not like it until we see the results. Many of us when we see the results complain about what we got as if someone else was in charge of our results. We will be creating faster than ever before and may wonder why so many “bad” things are happening to us. We are unconsciously creating, we can become conscious and begin to create what it is we want and yes it does take time and energy, but I do believe it is well worth the effort, at least I find it to be.

Exercise

Take time to be quiet and really give yourself time to think about what you want. Run different options through your mind, what feels the best. Where are the should's and the limitations.

Think more as to what makes your heart sing, what gives you energy!

This is not about the should's, or the have to's, this is about your dreams, the essence of who you are!

This is your time, I know we all have responsibilities but let the universe help you with how that is going to work. I don't mean that you jump in your car and leave your responsibilities but that you dream and think consciously of what you want and let the universe open the doors.

Our thinking is so much more limited than the universes.

Don't limit yourself by trying to figure out how, when or where.

Let yourself be free, imagine as large as you can and then see what happens.

Take a clean sheet of paper or a piece of Bristol board and start out lining what it is you want in your life.

Be bold, be brave, truly go for what you want, not what you believe you can have or should have but what you truly want!

The best method is to get some magazines and cut out pictures or put some of your own on it.

The pictures will help your mind to truly see what it is you want.

Put your vision board up where you will see it regularly

It will also help to write out what it is you want, get as clear as you can be and don't worry how, when or where it is going to happen, the universe takes care of that part. It just needs to know what you want, it is literal and doesn't make adjustments for you.

Declare: I am a powerful creator and I create the life I dream of. I create my thoughts and allow the universe to assist with the rest. I trust in the universe's guidance and know I am supported.

I now create the life of my dreams!

We each have the power to create our lives just as we want them, it takes trust in the universe and letting go of the ego or logic being the boss or the know it all. If your logic gets in the way with thoughts of lack or reasons why not, just ask it to let you try this, to see what it is you can create.

So be brave, own your life and what is happening, forgive yourself if you are not happy with it and open to the possibilities! The universe is bountiful and vast, nothing is impossible, only our mind is limited in its ability to think and expand.

Affirmation: *I create the life I dream of. I am the creator and I do this consciously. I step into my power of creation by taking control of my logic and allowing myself to dream and dream big.*

I am an awesome creator and I deserve the very best!

And so it is!

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.



Creating Conscious Living

On the Fore Front!

I have never felt better about change and all that is happening. I am excited as to where we are going and what we are creating, the possibilities are endless and with enough light we can make tremendous changes here on earth. It just takes one person at a time embracing their light, allowing themselves to be truly who they are, truly standing in their power, their love and their universal light. I can feel the energy beginning to shift as more and more people embrace the light and I give thanks to all that are willing to do this and to the many light workers who for years now have been working to assist with these changes, thank you.

Embracing your light means being true to who you are, not who you think you should be, or who you think will be loved or successful, but true to the inner you, living the life of your dreams, doing the job that makes your heart sing and sharing all of this joy and love with the world around you.

It still may be difficult for some of you but it is getting easier, I see it all the time with the people I am working with, we are well on our way to new and exciting times!

Welcome the coming of 2012!



Gypsy Guidance

This month's guidance.

I want to make changes in my life but I am so busy, I just don't get around to doing it, any suggestions.

Yes we are all busy, in fact busy ness is the biggest addiction at this moment in our world. We think we have some many important things to get done, we think the world would fall apart if it wasn't full, if we didn't have every minute filled with things to do.

The only way to create more time is to stop and decide what is most important to you, are you happy with your life at the moment? If not take time to see it differently, take time to meditate and to visualize. Tell yourself it is ok, the world will survive if you take time to do this. I found as I took time for myself and my visualizations, my time some how expanded to be enough and eventually I realized what I thought was so important really wasn't and I was able to let go of more and give more to me.

So just begin, make yourself and your time important, schedule yourself into your appointment book, it may take a little practice but if you keep working on it, you will create time for you.

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.

Español



Y llegó Febrero, mes del Amor!

Que maravilloso es tener un mes enterito para celebrar al amor!

Nos lo anuncian desde enero “Ya viene Febrero, mes del Amor!”.

Pero ¿Qué entendemos por amor? Si ponemos atención a la publicidad, ofertas en los comercios, restaurantes y eventos especiales que se realizan en este mes, seguramente lo relacionamos con el amor romántico, el amor de pareja.

¿Y qué pasa si no tenemos pareja? Fácil, celebramos a los amigos, porque la cuestión es comprar algo para alguien más y sentirnos menos mal por estar “solos”. No digo que todo esto sea malo, se siente bonito recibir o intercambiar “detallitos”. Simplemente se trata de hacer consciencia de que el amor va más allá, me refiero al amor verdadero e incondicional, al amor por uno mismo.

El Amor es esa energía que está dentro de nosotros y se manifiesta cuando expresamos entusiasmo, alegría, felicidad y todas esas emociones con las que nos sentimos bien sin necesidad de que “alguien o algo” nos haga sentir así. Recuerda, cuando estás en tu Poder, tú eliges como sentirte y como vivir tu vida sin importar quien está en ella o cuales son tus circunstancias.

Nuestro entorno es un reflejo de nuestro interior, entonces analiza honestamente tus relaciones con todas las personas que interactúas, ahí tienes la oportunidad de darte cuenta cuanto te amas. Si encuentras una relación con la cual no te sientes satisfecho, reconócelo y agradécelo, pues te está enseñando que parte de ti necesitas sanar, aceptar y amar.

Pon atención en cómo te tratas, desde tus pensamientos hasta tus acciones. ¿Qué cosas haces o aceptas hacer para alguien más “por amor”? ¿Qué cosas no te atreves a hacer o decir cuando el beneficio es únicamente ti? Algo tan sencillo como decirle “no” a alguien por cuidar ti y de tu bienestar. Puedes practicarlo viéndote al espejo y hablarte como si le estuvieras hablando a tu mejor amigo, dándote palabras de aliento, de comprensión, de perdón y porque no, échate porras y piropos.

El amor propio se puede confundir con egoísmo, y tal vez al principio puede ser así, si de esa manera aprendes a amarte y a cuidar de ti, se vale! Si empiezas amarte realmente, a ponerte en primer lugar, a ser la persona más importante en tu vida, no pasará mucho tiempo para que te enamores de ti. Entonces podrás disfrutar y fluir en el amor verdadero. Prepárate, porque entre más te amas, más amor tienes para dar, más amor recibes y se manifiestan los milagros.

Así que te invito a mantenerte en ese estado de enamoramiento, entusiasmo y alegría, generando amor por ti y por los demás, celebrando al amor y a ese ser maravilloso, divino y lleno de luz que eres durante todo el año!

Y por lo que queda de febrero, resplandece tu luz y regálate algo!
Estás enamorándote de ti :)

Besos, abrazos, luz y mucho amor!
Ce Cihuatl Heredia
ceci@universalenergycoaching.com

Español

Creando Conscientemente

¿Por qué es tan importante en éste momento?

Estamos en un momento de grandes cambios y con mayor oportunidad de crear lo que queremos en nuestra vida. Es como si tuviéramos una hoja de papel en blanco y la oportunidad de decidir que es lo que queremos poner en ella. Si no somos conscientes de lo que queremos crear, entonces se creará lo que está en nuestro inconsciente y seguramente no nos agrada el resultado.

Muchos de nosotros nos quejamos cuando obtenemos resultados que no nos gustan, como si alguien más estuviera a cargo de lo que creamos.

Estaremos creando y viendo los resultados más rápido que nunca. Entonces se preguntarán porque tantas desgracias nos están sucediendo; Y es que estamos creando desde nuestro inconsciente. Podemos hacernos conscientes y empezar a crear lo que queremos. Si, toma tiempo y energía, pero yo creo que bien vale la pena el esfuerzo. Al menos así lo creo.

Ejercicio:

Tómate un tiempo para estar tranquilo y que realmente puedas pensar en lo que quieres en tu vida. Imagina diferentes escenarios en tu mente, lo que mejor sientas para ti. Seguramente te vienen ciertos pensamientos. Identifica cuales son los "debería" y las limitaciones que te vienen a la mente. Sin embargo, enfócate en lo que hace a tu corazón cantar, a lo que te da energía! Esto no se trata de los "debería" o los "tengo que". Se trata de lo que tú sueñas, tus sueños y la esencia de quien tu eres.

Este es tu tiempo!. Sé que todos tenemos responsabilidades, pero el Universo está para ayudarte. No significa que saldrás corriendo a tu auto para tomar camino y dejar todas tus responsabilidades desatendidas. Se trata de que sueñes y pienses conscientemente en lo que tú quieres para ti y dejar que el Universo te ayude. Nuestros pensamientos son limitados. El Universo no lo es. No te limites tratando de averiguar cómo irá a suceder, cuándo o dónde. Siéntete libre y usa tu imaginación! Sueña en grande y luego, ve que pasa.

Toma una hoja de papel o una cartulina y empieza a plasmar lo que quieres en tu vida.

Se atrevido, valiente y honesto en lo que verdaderamente quieres para tí, no lo que creas que puedes tener o deberías tener... me refiero a lo que realmente quieres para tí!

La mejor forma de hacerlo es con recortes de revistas, fotografías o dibujos. Estas imágenes le ayudarán a tu mente a ver lo que tú quieres. Coloca tu pizarrón de visión en un lugar donde lo veas regularmente. También es de gran ayuda escribir lo que quieres, se tan claro como puedas y no te preocupes en cómo, cuándo y/o dónde sucederá. El Universo se encargará de crearlo. Sólo necesita saber que es lo que tú quieres. Recuerda, es muy literal y no hace adecuaciones por tí.

Declara:

Yo soy un Creador Poderoso y Creo la Vida que Sueño.

Yo creo mis pensamientos y le permito al Universo que me ayude y se encargue de los detalles.

Confío en la Guía que el Universo me da y sé que estoy siendo apoyado.

En este momento Yo creo la vida de mis sueños!

Todos tenemos el poder de crear la vida que queremos. Requiere de confianza en el Universo y en no permitir que el Ego o Lógica controle nuestros pensamientos. Si tu lógica te dice que lo que sueñas no tiene sentido, no pasará o no es razonable; simplemente pídele a tu lógica que te permita soñar e intentar ver que es lo que eres capaz de crear. Se valiente, aduéñate de tu vida y de lo que está pasando en ella. Perdónate si no estas feliz con lo que te sucede y ábrete a las posibilidades! El Universo es bondadoso y vasto! Nada es imposible. Solamente nuestras mentes limitan nuestra habilidad de pensar y de crecer.

Afirmación: *Yo creo la vida con la que sueño. Yo soy el creador y lo hago conscientemente. Yo estoy en Mi Poder de Creación cuando controlo mi lógica y me permito soñar y soñar en grande. Yo soy un Ser Maravilloso y Yo me merezco lo mejor. Y así es! Soy un Ser Divino de Luz, Soy Magnífico y permito que mi magnificencia brille y resplandezca desde dentro de mi hacia el mundo*