



The Guided Gypsy

January 2012



Growing Into You!



Be Open To Receive!

2012 is here and yes it is awesome, if you choose it to be!

This year, we have choice like never before, we are unlimited beings! We just have to believe it to make it happen! That is the trick though, to believe it, not an easy task when one has been taught to believe otherwise all of their life.

Reach deep inside your heart and open to your deepest desires and wants, this is part of who you are, it is time to create them! You are a magnificent being of the universe, do not shy away from this, open yourself to your magnificence and the magic within you!

Trust your body and learn to feel the energy moving through it, your body has the ability to guide you! The energy within you will assist you in creating your new world, take time to connect with it.

Believe in your worthiness and deservingness! You are here to live your wildest dreams and to embrace your most outrageous self! Do not be small, live large but within your means. This is not about creating a great deal of debt but about creating your outrageous life from within you! All that you need can be created from within!

Know that you are free, it is a feeling inside of you, when you learn to feel this freedom and embrace it, you are then truly free to let go of the old shackles created by society! When you know that who you are is the most valuable asset you have, you can then let go of the rest and create in new ways!

It is ok to be who you are, yes much will be rearranged in this process but all will be as it is meant to be. Release the word should from your life, it does not serve your authentic self, it springs from old rules!

Move inside of yourself, learn to connect with who you truly are and set yourself free! All is changing, the wonderful thing is we get to be who we truly are, man I am so stoked on that thought! A world where we are all being authentic with ourselves and the world, it will be magnificent, awe inspiring, mind blowing, magical, beyond our wildest imaginations! I am so looking forward to this year and what will transpire!

Wishing you all your wildest dreams and deepest desires, full of magic, love, joy and happiness!

Let 2012 be the magnificence that it holds, fully embrace you and the magical energy! Let go of the old and step fully into the new you!

If you need help, let me know!

Love, light, laughter and stardust on your 2012 journey!

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

Believe!

Believing is a choice! Be conscious around what you choose to believe in! Be conscious about who you choose to hang out with! Energy is more important than ever this year, be aware of it! Do you enjoy the energy of where you work and who you hang out with, be aware! Yes, you can change the energy by changing your energy but sometimes you just need to let go and release the energies you are not enjoying, especially if you are aware of your own energy and know that you are vibrating with love! It is like they say in the real estate market, the higher price houses in the neighborhood will bring up the price of the most downtrodden one or if you are in a neighbourhood where the houses aren't so nice, and you are the nicest one, your value will be brought down. So think about which area you want to be in, around people who have positive higher vibrating energy or do you want to be the one bringing the rest of them up. Either choice is fine but one is definitely more work than the other. Personally I would prefer to surround myself with people that are vibrating at a higher frequency than me, so I can be brought up to a higher frequency within me!

Be choosy about where and with who you hang out! It is much easier to believe in yourself and the new ways, when you are hanging out with others who believe!

This year is about change and getting comfortable with it! Embrace the changing you! Surround yourself with others who are changing in a positive way! People who have a great deal of drama in their lives, or always complaining about their life are not people who are embracing change, in fact, they are resisting it!

Find people who are open to new ideas and curious about what is happening!

It is all your choice of whether you choose to believe in the new or not!

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! I surround myself with other believers!

Exercise

Take time for you this year, let yourself be the most important person in your life! I hear you, that you have lots of commitments and things to get done. Take an honest look and see what you can let go of or turn over to someone else. Busyness is our greatest addiction at the moment, we keep busy so we don't have to face what is going on within ourselves! Make 2012 the year you release your busyness addiction! There is time for you, believe it and you will create it!

Schedule in your me time if need be to start with, listen to the voice inside your head, what is it telling you, as you do this?

Gently let that inner voice know that you are making changes this year and you are committed to you!

Give yourself time to meditate and feel, this will be of the utmost importance this year. I know I have been harping on about it for months now but the guides say if there is one gift you can give yourself this year, this is it! Time for you to listen to yourself and move into your authentic self! Stop running from you by being busy!

You are valuable and so important! Give to you! Love you! Honour you!

Ask for support in committing to you, let a friend know what you are working on and ask him or her to check in with you as to whether you are doing it or not! Support each other in this process!

You are a divine being of the light, believe it, own it, stand in it!

Stand up and say to yourself, I am a divine being of the light, I stand in my power and then just be aware of the energy in your body. It may take you many tries before you notice the energy, keep at it! You want to gain as much awareness around your energy as you can! The more awareness of it, the more you will be able to work with it in creating an awe inspiring life!

Affirmations

I feel the energy of who I am!

I take time to know me!

I am the most important being in my life!

I make choices that love and support me!

I know I deserve the life I dream of!



On the Fore Front!

2012, the year we have all been hearing about, the gift in it is you can make it whatever you want it to be! You have the power once you learn to harness it! I am so excited about this and to see what I can create with knowing this. I am working diligently on connecting my creative energy with my deepest desires and wants. I will let you know what comes of it, in fact I am sure I will be very delighted to let you know!

Believe in you and your dreams, like never before! Hold the belief and the energy that all is possible! Know that you are a dynamic creator of your universe! Be clear on what it is you want to create! Feel the energy, love who you are, forgive with ease, know that we are all trying our best in changing times! Love your neighbor as he or she may be struggling to deal with the change. Be the change you want to see! Shine your radiant love out when you are able to feel it, share it with the world! Be gentle with yourself and others as we all move through this process!

May love be your guiding force on this amazing journey!



Gypsy Guidance

This month's guidance.

I am trying to be open and to make changes in my life but it is not easy, I am an emotional wreck a great deal of the time, what do you suggest.

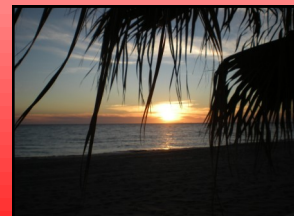
Congratulations on being willing to change! Yes it is not always easy, especially as we all have a great deal of rules that we have learned to live by but know you are a courageous being, capable of creating amazing change. I often liken it to being in a storm on Christopher Columbus' ship, not knowing whether you would fall off the edge of the world or not, but believing all would work out! Stand in that amazing courage you possess and believe what you can not see at this time! You will come out the other side! As to your emotions, dive into them, do not resist them, they are part of the process! The more you dive into them, the quicker you will move past them!

Embrace them, enjoy them, they are all part of you!

Find other like minded people you can talk with, who understand where you are on your journey, I have always found this helps.

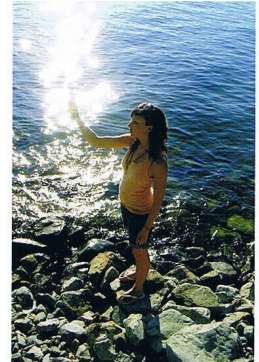
Love and light to you, hang in there, wonderful things are on your horizon!

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



Happy 2012!! I feel like this is truly the gateway to a new era for us all, one where even our wildest dreams are possible!

When I look back at my life so far, I realize there is not much that I have truly focused on that I have not achieved or received. This has allowed me many amazing experiences, as well as much heartache but both have been mine when I am deeply honest with myself and for that, I am grateful. The concept of creation has been a constant discussion for quite some time now but for me, its depth and beauty, has only recently begun to settle in and root itself as part of my deeper understanding of life. Since returning from the UK, I have slowly shed myself of negative surroundings and baggage. I am more open than ever regarding the “ease” that surrounds my own positive creations. Next time something feels frustrating or “like I’m bashing my head against the wall” I now know that is my cue to walk away and open that space for that which is right for me and flows to me with ease! There are signs everywhere for all of us all the time which are “lighting the right path” for us, it is our choice whether we choose to listen or continue pretending we don’t hear them and being miserable.

Clarity itself seems so important right now, as creating is aimless without clarity of intention. I’m noticing that this is a huge challenge for me! I am amazing at making vague life goals that are hard to actually measure or gauge their success but somehow making extremely specific goals never seemed important to me previously??? Umm, duh!? How are you to achieve your dreams when they are loose ideas without specific attachments to names, places or things?? I think this lack of clarity stemmed from a fear that as much as I could tell if these more definite goals were achieved, I would also feel a greater sense of failure if they were not! I now choose to let go of this idea though and to be clearer than ever about what I want my life to look like with regards to love, career, money, family, friends, you name it! Even in the first few weeks of this year, I have already seen great success with this and I trust I will continue to do so as the year progresses.]

If you have been following the path of many others and have been working on trusting your own powers of creation. Take it this one step further! Set your sights on things that you never even dreamed would be options for you and watch them flow towards you with seeming effortless ease! I know this sounds corny but if you truly believe that anything is possible, than it is right!!



Thank you all for continuing to follow my Mom, Ceci and I in our respective journeys and I look forward to seeing what 2012 has in store for us all!! Xx S



Creer

Recuerdo que hace tiempo me preguntaron si era “creyente”. En ese entonces, yo estaba en mi adolescencia e inmediatamente relacioné la pregunta con la religión, con “creer en Dios” o en algún santo. Ahora sé que no entendía que tan amplia puede ser la palabra “creer” o que tanto podía creer yo. Ahora sé que creo en tantas cosas, personas o energía como yo desee.

Todos tenemos grandes dones, virtudes y pasión, y cuando estamos determinados a hacer algo o queremos algo, seguramente todos lo podemos lograr.

El punto aquí es que para lograr nuestras metas necesitamos creer en nosotros mismos y para eso necesitamos trabajar nuestra autoestima, nuestro amor propio.

Mucha gente podrá decir que no tiene problemas de autoestima porque se sienten confiados por su apariencia atractiva y tal vez de alguna manera tengan gran carisma o se sientan “bien” como es su vida ahora. Pero eso es en otras personas. Pregúntate tú cómo te sientes, cómo estás, y qué te gustaría en tu vida. Ejemplos de respuestas que me dan cuando hago estas preguntas con el afán de ayudar a crear conciencia son: “Estoy cansado, harto” “Quiero ser libre de tal o cual situación” “Quiero poder dormir en la noche” “Quisiera no ser tan complaciente o poder decir que No”, “Quiero hacer tal cosa pero me da miedo lo que vayan a decir o pensar de mí” “Quisiera mejorar mi relación con mi familia” “Quisiera estar sano” “Quisiera no sentir tanto stress” y la lista puede continuar.

Creo que muchos nos podemos identificar con estas respuestas. Conozco personas que han hecho grandes cambios en su vida, solamente cambiando su forma de pensar acerca de si mismos. Creyendo en quien son y honrando su ser. Hay gente que tiene miedo de quedarse sola y prefiere no cambiar. Créeme, quien realmente te quiere, siempre estará gustoso de tu bienestar, tal vez te apoye y te vea como un ejemplo a seguir.

Una de las herramientas más efectivas desde mi punto de vista, es trabajar las afirmaciones.

En algún libro que leí, decía que en lo que te enfocas le das energía y eso crece, para bien o para mal. Me considero una “fiel creyente” del poder de las afirmaciones. Yo misma he visto y siento los cambios en mí al trabajar con ellas, al enfocarme en creer lo que yo quiero crear.

En las sesiones de coaching, siempre les recomiendo que trabajen las afirmaciones y las repitan aún cuando en el fondo sientan que se están engañando porque todavía no creen en el ser maravilloso que son. Repítelas, y cuando menos pienses, te darás cuenta de la autoconfianza que has creado. Recuerda, lo que crees es. “Si lo creo, lo creo!”.

¡Cree en ti! Si algo en tu corazón te dice que este mensaje que estás leyendo te motiva a hacer algún cambio en tu vida pero no sabes cómo... pide ayuda! Puede ser algún coach, algún grupo de estudio o desarrollo personal, algún terapeuta, algún amigo que te refiera a alguien que te pueda ayudar. Incluso, si realmente crees... Pídeselo a tu Poder Superior, el Universo, Dios, ángeles, seres de luz... en quien tu creas, pídeles que te manifiesten la ayuda y pon atención y escucha a tu corazón, seguramente la ayuda se te manifiesta ya!.

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

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Creando Visión

Creer!

Creer es una elección. Se consiente de lo que eliges creer así como de lo que eliges aferrarte. La energía de este año es muy importante, date cuenta de esto!

¿Disfrutas de la energía de tu lugar de trabajo o de las personas con las que te encuentras? Pon atención a esa energía. Si, tu puedes cambiar la energía exterior cambiando tu propia energía, pero muchas veces solamente tienes que dejar ir esa energía que no te sienta bien, especialmente si estás consciente de tu vibración y si esa vibración es con amor.

Es como en el mercado de bienes raíces, una propiedad de alto valor subirá el valor de las demás en el vecindario, pero si estás en un vecindario donde las propiedades son baratas y tú representas la única propiedad bonita y cara, tu valor puede disminuir. Así que piensa en que área te gustaría estar, rodeado de personas de alta vibración y energía positiva, o quieres ser tú quien le tenga que dar valor a los demás? Cualquier opción es buena, pero definitivamente una es más trabajo que la otra. Personalmente prefiero rodearme de gente que vibran en mayor frecuencia que yo, así puedo elevar la frecuencia dentro de mí!

Sé exigente a la hora de escoger tu compañía, es más fácil creer en ti mismo cuando estás rodeado de personas que también creen! Este año es acerca de sentirse bien con el cambio, acepta que estás cambiando y rodéate de otros que también lo hacen de manera positiva. La gente que es muy dramática o que siempre se está quejando de su vida y de las personas que están cambiando, simplemente están en resistencia. Busca gente abierta a nuevas ideas y curiosa de los nuevos tiempos. Es tu elección si decides creer en lo nuevo o no.

¡Abro mi mente y cerebro lo nuevo. Me libero de mis antiguas formas de ser y estoy dispuesto a aprender nuevas maneras de conectar con mi ser interior. Yo creo en lo nuevo y me rodeo de quienes también creen!

Ejercicio

Permítete ser la persona más importante de tu vida este año. Sé que tienes muchos compromisos y responsabilidades. Obsérvate honestamente y ve que puedes delegar o soltar. Estar ocupado es la mayor adicción en este momento. Nos mantenemos ocupados para no enfrentar lo que pasa dentro de nosotros. Haz del 2102 el año en que te liberas de cargas y de estar siempre ocupado, Hay tiempo para ti, créelo y lo crearás!

Para empezar, agenda tiempo para ti, para escuchar la vocecita que está en tu cabeza. ¿Qué te dice? Hazle saber amorosamente a tu voz interior que estás haciendo cambios y que quieres comprometerte contigo mismo.

Date tiempo para meditar y sentir, esto será lo más importante este año. Sé que lo he dicho por mucho tiempo pero mis guías me dicen que es el regalo que te puedes hacer a ti mismo. Tiempo para escucharte y adentrarte en tu verdadero ser. ¡Deja de correr y estar ocupado! ¡Eres muy valioso e importante! ¡Date a ti mismo, ámate y hónrate!

Pide ayuda para comprometerte contigo mismo, hazle saber a alguien en lo que estás trabajando de ti y pídele que te ayude dándote seguimiento para saber si lo estás cumpliendo o no. Apóyense mutuamente en este proceso. ¡Eres un ser divino de luz, créelo, acéptalo y aduéñate de tu poder!

Ponte de pie, repite en voz alta “Soy un ser divino de luz, Yo estoy en mi Poder” y ahora hazte consciente de la energía en tu cuerpo. Puedes necesitar hacerlo varias veces para notar la energía, continua practicándolo lo más que puedas. Entre más consciente estés, más podrás trabajar en ti y en crear lo que la vida que quieres vivir!

Afirmaciones:

¡Siento la energía de mi Ser!

¡Me doy tiempo para conocerme a mí mismo!

¡Soy el ser más importante en mi vida!

¡Tomo decisiones que me ayuden a amarme a mí mismo y me apoyen en mi proceso!

¡Sé que merezco la vida que sueño tener! ¡Y así es!

-Janice Smith