



# The Guided Gypsy

January 2011



## Change



I am sure I have likely written about change before but I find as I have moved into the new year, that I am feeling more change for myself. I meditated through the transition of the calendar and felt the old releasing and felt myself stepping through a door way into the new.

These are new times, in many ways, many of the beliefs we have held around reality are no longer true but as I said to a friend the other day, if you believe the sky is blue, you will always see it as blue even if many people have realized it is purple. We see what ever we believe, so if we want to change our world, we have to choose to believe something different. For many people this is difficult as they are so embedded in their beliefs. 2011 though is our year to realize we are in control of creation and to start creating something different. Some pretty amazing things are going to happen this year, as more and more people understand that we have a part in creation and we can therefore effect great change. It will be an amazing year of new ideas and new ways of seeing and doing things!

Open your mind and prepare for the previously unimaginable!

My thought is to keep my mind open and believe anything is possible, I am excited to see new things and experience new ideas! If my mind is closed or locked into an old pattern, I will be left behind and for those who know me, that is not a place I like to be, my birth sign is Aries and I prefer to be a leader! So my mind is open, anything is possible!

What are you doing with your mind?

Are you ready to join the adventure and see what is possible or do you want to stay where it feels safe?

Just a warning to you if you have chosen to stay safe, it may no longer feel safe there soon as so many of our old systems and ways will be collapsing! Just thought I'd let you know in case you were wondering what the heck is going wrong with your life.

Become conscious of your mind and take back the control. You are a divine creator in every way, nothing or no one is doing it to us!

Welcome 2011 with open arms, open your mind to new possibilities and 2011 will be the most awesome year yet!

Blessings and warm wishes to all of you for an amazing and inspired 2011!

With joy in my heart and love and abundance surrounding me, I invite you all to be part of this wondrous experience.

# Believing

## Wonder

*I open my heart  
And I open my mind,  
I see possibility!  
I embrace change  
And delight in the unknown.  
I am a divine creator.  
I bask in love  
And abundance,  
I know that I am  
Valuable and worth while,  
That I have a purpose  
Here on earth,  
Or I wouldn't be here!  
I stand fully in my  
Divine essence!  
I am not afraid  
Or ashamed to be me!  
I am exactly as I need to be.  
I value myself  
And express  
Who I am  
Knowing that  
What I share has value.  
I am a divine being  
Of the light!*



# Creating Vision

## 2011

What can I do to connect more fully?

Take time to be with you, to really listen to your inner voice, even when your logical mind thinks this may not be the best idea. I can't tell you how many times my inner voice has told me things that my logical mind has gone, I don't think so. I know now to follow that inner voice, I have practiced for many years to hear it and believe in it! I trust that voice within me, it has never led me wrong even when my logical mind has questioned it. I am a product of my inner mind, to connect more with your inner voice and wisdom, start practicing quietness with yourself, some do it through meditation, others do it through running or journaling. There is not a correct way to learn to listen, it just takes a willingness to give it value and to be quiet, so you can hear it. It is getting easier and easier to do this as we evolve into more enlightened beings.

I have written many times about this and feel at times like I am harping at you but I keep receiving the message to keep telling you, so I do. Pardon me if you get it already, I guess there are still some that don't.

Prepare yourself for the changes of 2011 by creating some kind of quietness for yourself or a space to listen.

I also encourage you to become more more conscious, this can be done by listening to or feeling the energy that beats your heart and moves your lungs. This is your universal energy flow, this is where it is at now!

To have the most awesome 2011, open your mind and try out new things, the world is a spectacular place if you open your mind and receive the miracles that abound.

***2011, a time of amazing miracles and great change. We will be able to do the previously unimaginable this year if we open our minds! Make time for a mindful practice of peacefulness!***

## Exercise

Get quiet and go within, imagine that you are in the most beautiful garden and it is peaceful, let your self feel the joy and beauty of being there. Now imagine that you are not alone in this garden but there is a light being there with you. Sit quietly and allow this light being to come to you. Ask it quietly if it is here to help you, keep your mind open! Let the light being work on your energy field, this will likely consist of the being shining light on you.

Let the light being know that you are ready to change and to embrace the new.

Let yourself relax and be peaceful and trust the light being to do the job it is here to do. Relax your mind, you don't need to know how it all works, just trust the process and know that you are allowing yourself to open to something new, to trust in something you may not understand.

This is the way of 2011, the new world! You will be challenged and challenged again to let go of your old ideas of needing to know and be willing not to understand but to trust that you will find your way!

As the light being completes the necessary adjustments, let yourself relax even further and feel your new energy. Feel the awesomeness that is you! Feel the joy that is you! Feel the love that is you!

You are a divine being of the light, let yourself fully feel this! It is an awesome feeling.

When you feel ready, allow yourself to come back to consciousness, bringing this wonderful energy and feeling with you!

Now breathe, you are now ready to create heaven here on earth! Welcome to 2011!

***Affirmation:*** *I trust in my divine knowingness. I release the need for my logical brain to know everything. I know that I am a divine being of the light, and I trust in this. My higher self is guiding me with love and acceptance and I choose to trust this process! I know I am the creator of my world and all is well. I am now consciously creating my world as I want it to be. I create with love, joy and compassion with goodness for all including mother Earth! I give love and light to all around me! I am a joyful and loving creator! And so it is!*



### On the Fore Front!

Wow, what can I say 2011, it has started off with a bang for me! I have been told by my guides that if we can let go of our old ideas and be open to whatever, then we will experience the most awesome things. Our logical minds at this time don't comprehend where we are going and what is happening! The best thing we can do to embrace these changes is to let go of what we think to be true and be open to new ideas and new ways! If we can stay open and forget what we "know" is true, then we can flow much easier with this new energy. If we try to hang onto the old, thinking we know everything, then we will find ourselves getting stuck.

If your life is feeling chaotic and not flowing, then you are hanging onto the old and need to let go! Universal love is flowing very strongly around us at this time and the more we can let it in, the more joy and love we will experience.

2011 is about letting go and enjoying the ride! If you are not enjoying 2011, then let go, know that your beliefs are getting you stuck. If you are having trouble with this, contact me and I can assist you to understand how to let go!

***Let go and flow, we know very little at this time of what is possible.***

***What will seem like miracles will be plentiful this year! Grand change is upon us!***



### Gypsy Guidance

This month's guidance.

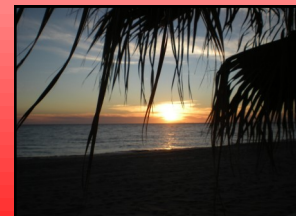
I have been practicing and working on change but I am not seeing the results I would like.

*Some things take longer to change, it depends how deep the roots are of the belief! Keep looking at what you have created in your life, then keep fine tuning your beliefs. Patience is important here, I know it can be frustrating when we are regularly putting in new information and still getting the same exterior picture. I have had some difficult ones to transition, some I have been working on for a very long time, but am now seeing some results. Never give up hope, as it only takes a moment to receive something new and we never know when that moment will be! Love, money, or whatever we are working on can be just around the corner, we never really know when it is our time! This is the faith part. It is easy to have faith when all is going well but much more difficult when we are not seeing the results that we want! True faith though is when we can believe it is happening, even when our five senses are telling us a different story or showing us a different picture. When we can master having faith, we can create anything we like!*

*Keep working at it, keep believing and before you know it and when you least expect it, you will have created what it is you want!*

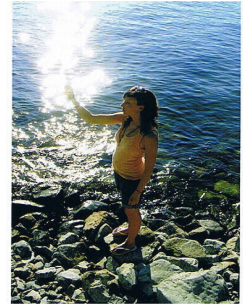
If you have a question please write to me at [janice@guidedgypsy.com](mailto:janice@guidedgypsy.com).

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



# Youth Speak

*Shauna*



## *Change*

Change seems to be one of the only constants these days in this crazy world we live in. I feel sometimes like my whole life has been spent becoming accustomed to and desensitized to change. At times changes seem overwhelming, as they happen so fast and some days I just wish for times to “be like they used to be” or for my life to feel in order like it once was. Big emphasis though on “some days” as I have also been learning to appreciate change more and more and somehow find comfort in it at times lately. In times when situations have seemed overwhelming or confusing the one thing I could rely on was that it would change and so would my attachment to it, which is a soothing thought when you are down and out or feeling hurt.

As I'm nearing my thirtieth birthday in a couple months, I become more and more aware of changes and their importance to me but strangely my attachment to the fear around them slowly seems to be diminishing as well. I am more clear than ever on my belief that I create my own reality and only what I believe becomes possible, both good and bad. There have been many evenings and days spent recently contemplating what it is I am putting out in the world and what I wish to get back and clarity slowly seems to be creeping my way. I am near the end of a dark tunnel at the moment and I can see the infinite possibilities laid before me now, it is just a matter of choosing which is right for me and pushing my way toward it. I still have many of the same struggles I have spoken about before but without the lack of confidence in myself to push through them and come out on top. Lately I have been a magnet for giving and receiving love and positivity and I couldn't feel more blessed and honoured to have the people in my life that I do. This is a huge sign of growth and change for me as my past year here has been spent in a confused, upset state of self loathing and fear. I had very little regard for my own wants and needs and spent much of my time trying to find outward outlets for reassurance and respect rather than offering it to myself internally. This was definitely not a nice space to be in and I feel refreshed and fitted with a much cleaner and clearer headspace. I feel like I have so much to offer the world again right now and I am doing so bit by bit as opportunities arise. I think my mom summed up my force for this year best when she said “dear, it sounds like this year you are working towards building community” This is definitely my focus for this year and I hope to be able to instill a much stronger sense of love and community here in my adopted home, as well as abroad. I want to help unify passionate, talented, like minded people through dance and to make large sums of money for all of us while doing it! I have never desired to be famous for my talents (I wouldn't say no if it happened of course but...hahah) but I do want to be remembered for making a difference for years to come and I think I have the capabilities to do this, so we shall see.

Life is so interesting how it works, one day you feel like you are at the bottom and the next you can feel sky high. I suppose it is all just a matter of perception really and choice of mind, I am going to continue to choose love and positivity and see what heights it takes me to! May all of you fulfill your dreams this year and always. Thank you for reading

If you enjoy my articles,  
Check out my new blog at <http://shaunasdanceadventure.blogspot.com/>



# Español



**CeCi Heredia**

## **Cambio - 2011**

La gran constante, “cambios”. Muchas veces los buscamos porque ya no nos sentimos bien o estamos aburridos, tal vez no soportamos alguna situación personal o laboral, y a veces porque tenemos miedo del curso de nuestra vida. Otras veces solitos llegan de sorpresa y no deseados.

Algunos son tristes, dolorosos y hasta devastadores. Otros son maravillosos y los disfrutamos con gran alegría. El punto es que cuando nos mueven el tapete, si no estamos conscientes y preparados, podemos desde simplemente tropezar, hasta caer tan duramente que no nos podamos levantar.

En el 2010 tomé la decisión de hacer cambios más grandes en mi vida y eso me implicó identificar y romper patrones, lo cual requiere muchísimo valor, así como también atreverme a experimentar lo nuevo, lo que no siempre resulta fácil. El cierre del año fue muy intenso para mí, sentía que me llovía sobre mojado. Demasiados cambios de golpe en todas las áreas de mi vida traducidos a pérdidas; La más grande, dolorosa e importante, totalmente inesperada.

Como soy fiel creyente de que yo creo mi vida y gracias a todo el trabajo personal que hago en mí, es la única manera como me puedo explicar que el día de hoy me siento bien, agradecida y optimista, que valore mi crecimiento y tome mis experiencias como solo aprendizaje para que no me gane la víctima que todavía salta por ahí. Reconozco que sigo en duelo pero he aprendido a sentir el dolor y no sufrirlo. No sé cuánto tiempo me tome superarlo, lo que sí sé es que con el tiempo sanarán las heridas y que al día de hoy estoy viva, en la tierra, que tengo un propósito y que elijo vivir en amor, alegría y felicidad, tal como lo aprendí de mi Padre.

Para mí hasta el significado del año nuevo ha cambiado, al menos es mi sentir en este momento, pues en vez de hacer borrón y cuenta nueva, lo veo como la época de la cosecha, de recibir todo lo que he trabajado y los precios que he pagado. De llenar ese gran vacío de cosas y personas que creía me pertenecían y que dejé ir. Ahora veo que no todas mis pérdidas fueron malas. Entre ellas cuento la pérdida de muchos miedos. Miedos que me limitaban a manifestar la vida que quiero. Entonces acepto que las pérdidas tienen su propósito, aunque todavía no las termino de entender, pero confío y quiero creer que es para mi mayor beneficio. Que hay un Ser Superior que me protege e ilumina pues el plan de Dios es perfecto y aunque a veces no me gusten sus modos, confío en él.

Te invito a que sigas trabajando en ti, a soltar y perder miedos, a confiar y a darte la oportunidad de atreverte a ser y actuar diferente. A ser consciente y a agradecer cada día y bendición que se nos regala. Recuerda que necesitamos crear espacio limpio y amoroso para recibir lo nuevo.

*¡Recibamos pues el 2011 con los brazos abiertos llenos de entusiasmo y alegría; Preparémonos para los cambios que seguramente nos trae, pero sobretodo, preparémonos para recibir los milagros y manifestaciones maravillosas que tanto hemos trabajado por crear!*

**Besos y abrazos con mucha luz y mucho amor.**

**Ce Cihuatl Heredia**

**[ceci@universalenergycoaching.com](mailto:ceci@universalenergycoaching.com)**

# Creando Visión

**2011**

***¿Qué puedo hacer para hacer una conexión más profunda?***

Tómate el tiempo para estar contigo mismo y escuchar tu voz interior, aunque tu mente lógica piense que no sea lo mejor por hacer. No te puedo contar cuántas veces he recibido mensajes de mi voz interior que mi mente lógica no acepta. Ahora sé escuchar a mi voz interior y seguirla. Lo he practicado por muchos años y sobretodo he confiado en ella. Yo confío en mi voz interior y sé que me guiará al camino correcto aunque mi lógica me haga cuestionarlo.

Para conectar más con tu voz interior y tu sabiduría, comienza practicando estar en silencio contigo mismo. Algunos lo hace mediante la meditación, otros lo hacen escribiendo un diario de su vida. No hay una manera única que sirva para aprender a escuchar tu voz interior, simplemente requiere de tu disponibilidad, valorarlo y permanecer quieto y en silencio para que puedas escucharte. Cada vez se irá haciendo más fácil a medida que vayamos evolucionando como seres de luz.

Sé que he escrito muchas veces respecto a escuchar tu voz interior, podrá parecer que insisto demasiado pero sigo recibiendo el mensaje de que es importante repetirlo, al parecer hay personas que todavía no lo practican o entienden a lo que me refiero. Prepárate para los cambios del 2011 creando tiempos de silencio y quietud, date espacio para escucharte. También te invito a que te hagas mas consiente, esto puedes lograrlo escuchando o sintiendo la energía que late de tu corazón y que se mueve hacia tus pulmones. Esta es la energía universal fluyendo, ahí es donde se encuentra ahora.

Para tener el más maravilloso 2011, abre tu mente y prueba lo nuevo. ¡El mundo será un lugar espectacular si abres tu mente a recibir los milagros que abundan! El 2011, una época de milagros asombrosos y grandes cambios. ¡Seremos capaces de hacer lo inimaginable de este año si abrimos nuestras mentes!

## ***Ejercicio***

Ponte en silencio y ve a tu interior. Imagina que estás en un hermoso jardín lleno de paz. Deja a tu ser sentir la alegría y belleza de estar ahí. Ahora imagina que llega un ser de luz a este jardín. Siéntate en quietud y permítele que se te acerque. Pregúntale tranquilamente si está ahí para ayudarte (*mantén tu mente abierta*). Hazle saber a este ser de luz que estás listo para recibir lo nuevo. Relájate y mantente en paz. Confía que el ser de luz hará su trabajo. Relaja tu mente, no necesitas saber cómo funciona todo, simplemente confía en el proceso y sé consciente de que estás abierto a lo nuevo y que confías aunque no lo entiendas. *¡Así será el 2011, el nuevo mundo! Serás retado una y otra vez a dejar ir tus viejas ideas de necesitar saber los “como” y de estar dispuesto a no entender todo y sí confiar en que siempre todo se resolverá de la mejor manera.*

En lo que el ser de luz completa su trabajo, relájate un poco más y siente la nueva energía. ¡Siente lo maravilloso que eres, siente la alegría de ser tú, siente el amor que eres tú! ¡Eres un ser divino de luz, permítete sentirlo! Es un sentimiento maravilloso. Cuando estés listo, permítete regresar al estado consciente trayendo contigo el sentimiento de esa maravillosa energía! Ahora respira profundo. ¡Estás listo para crear el cielo en la tierra, Bienvenido sea el 2011!

***Afirmación:*** *Confío en mi sabiduría divina. Me libero de la necesidad de saber todo. Sé que soy un ser divino de luz y en eso confío. Mi Ser Superior me guía con amor y aceptación y yo confío en el proceso. Sé que soy el creador de mi mundo y que todo está bien. Ahora en conciencia creo mi mundo como yo lo quiero. Lo creo con amor, con alegría y compasión. Con bondad y bienestar para todos incluyendo a nuestra Madre Tierra. Doy amor y luz a todos los que me rodean. ¡Soy un Creador Alegre y Amoroso y así es!*