



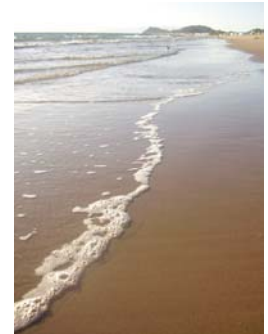
The Guided Gypsy

October 2009



The Divine Self

Well the next gypsy journey has begun and I am writing this from my Motel 6 room in Coos Bay Oregon with no idea why I am in Coos Bay other than I was guided to come here. I didn't arrive until after dark, so will meditate and see if I can find out what if anything I need to do here.



I always find these interesting adventures as I often do not have any idea why I am directed to these places, sometimes I am told to visit a particular area or leave a rock or do some energy work. Mostly I have no idea what effect it has or whether it is of benefit in some way, but I do it as I truly do trust my guides and am happy to help where I can, as I have been helped so many times by them.

I do have a very strong feeling that the work I am doing is very important even if I do not know with my logic why I am doing it. Coos Bay was about a two hour drive each direction out of my way from where I am going next, I expect it might be quite beautiful here in the morning and am curious to meditate tonight and tomorrow morning to see what comes in. What an adventure, I love that part of it and all that I get to see.

I realized as I was driving today, that I do truly love adventure and am easily bored when things are the same, although a part of me still does love the feeling of security and routine. I find the more I connect with myself, the more interesting my life is getting. I feel so much stronger and loved, when I am in alignment with who I am. This is not an easy place to get to, as we are taught so many ways of how we need to be in society, I have learned that life is much better, fuller, tastier and fun when I can let go of how I think I need to be and fully embrace the rebel that I am. People may think I am weird and they definitely think I am different but I remember telling some one, that I would be much more offended if you called me normal than if you called me weird. By being weird, I am more true to me and just different from the norm, which I believe is a good thing as we are all truly unique beings that have come here to weave a part of a beautiful tapestry and when we are not true to our divine self, we are not providing the colour and design that is needed for the tapestry.

So connect to that divine part of yourself, let go of the rules, the shoulds and the how tos, everything you need to know to be successful is inside of you. Take time to find out who you truly are underneath all that you have learned, who knows you might fall in love with that delightful being deep inside of you, I know that being will fall in love with you as you give him or her space to grow.

Here's to discovering and connecting to that magical, powerful, sexy being within you.

Happy Thanksgiving, if you can give your self one gift, do something that is truly who you are.

Love, light, magic and new discoveries, Hugs, The Guided Gypsy

Believing

True to Our Selves

*It is time to discover
Truly who we are.
Our world is not outside of us,
But inside of us.
Our outer world
Is only a reflection
Of our inner world.
Yet
We are constantly
Trying to change our outer world
In order to find happiness.
It doesn't work that way.
In order to be truly happy,
We need to connect
To our inside selves.
We need to be
The individuals that we are.
We are all different
Even though we are much
The same too.
In order to fly,
Take a moment
To connect to your inner you.
What are your dreams and desires?
Do you believe they are possible?
Or
Are you sure they are not?
We are our world
Yet we are constantly
Denying who we are.
Get quiet and listen
What is your inner you telling you?*

Creating Vision

Trusting the Divine Self

What is it to trust in who we are? I find that it is often about trusting our own messages even when the logic says we are wrong or that is not the correct way to go or thing to do. I have returned from my adventure in Coos Bay, logically no wiser as to why I went there, I am just trusting that it was a good investment of my time and money as I was very clearly told I needed to visit there. I may never logically know why and that is ok. Connecting more to our divine selves is often a lesson in letting go of our logic's need to know. This is not always easy. It takes practice.

Exercise

Start today to practice releasing your need to know. When someone tells you something and you want to know why, instead of asking why, check in with yourself and see what it feels like to you. Does it feel right or wrong for you personally. That is all that is important, you don't have to decide whether it is right or wrong in general but just what it is for you. In doing this on a feeling level more than a thinking level, you can begin to trust your own inner knowing rather than always trusting your logic. See how many times you can shut your logic off and feel what is right or wrong. You may not feel anything at first, as it takes practice to open this other side of you. But if you keep trying, you will begin to feel your answers rather than think them.

Tonight I am in Weed, California at the base of Mt. Shasta which is a very spiritual place with a great deal of energy. The message I am receiving here to share with you, is to know how important you are as a being. Each and every one of your cells is able to respond to all that is happening to you in your life, you only need to learn to listen to them by feeling.

Take time each day to listen and feel with your cells. To do this get quiet, shut off the logic, this itself can take practice but everyone can do it, practice it on a daily basis and while quiet imagine that you can hear your cells talking to you, what do they have to say? If you are not sure, use your imagination, which is one of our great gifts, it is much more valuable than we have realized as it is the entry point to our inner selves. Do not be afraid to imagine, the logic may insist you are only making it up which you may feel but by using your imagination, you begin to open the door to who you truly are underneath all of your have to's and should's.

Be willing to learn and do things differently, we are in a time of rapid change and our logic is no longer going to be able to take us where we need to go. We have to learn to adapt to new ways of processing information. There is so much more coming at us and very rapidly, that we will not be able to keep up with it all if we are not willing to change and grow.

Affirmation: I am connected and trusting of my inner knowing. I feel with all of my cells and receive my messages with ease in this manner. I choose to grow and change, trusting that all is as it needs to be.



Creating Conscious Living

On the Fore Front!

I am now on Gypsy Adventure number 3 and am learning much as always. Since I have been travelling, I have been fed information on changes that are coming and reminders on letting go and expanding my energy. I visited the Agape Centre in Los Angeles and for you of those who haven't heard it is the centre of Rev. Michael Beckwith from the movie *The Secret*. The most profound messages I received there, were that we are always creating, in fact when you go in room and you don't like the energy, you can change it, we each have the ability to do this no matter who we are, so stop complaining about the things you don't like and get on with creating what you do want, you have the power, no one else can take it from you!

He also said we are not consumers but creators which means all that we need is ready for us to create so get going and using your creative powers.

Life is truly ours to create, what is it you want, create it now!

There is no need to be a victim, you have the power!



We are the creators, step into your creating powers!

Gypsy Guidance

This month's guidance.

I feel stuck, I want to do things differently but I seem to keep creating the same stuff over and over again. What am I doing wrong?

First off, you are doing nothing wrong, forgive yourself for thinking you are. We have all heard often enough in our lives that we are wrong or should be different.

You are perfect just as you are. Start listening to your thinking and the words that come out of your mouth, are they supportive and do they sound like they believe in you.

If not, change them, be conscious about what you are thinking and saying, those words are connected to your thoughts and beliefs and are creating what is happening for you. We have to talk control of our brains and stop letting them operate on their own, that is why becoming conscious is very important.

Take time to visualize what it is you want, get clear and ask the universe to assist you.

It is often easier to know what we don't want than what we do, it is important though to get clear on what it is you do want. It may not be the exact item you want but more the experience you are looking for, so if I wanted to red sports car, I may be looking for fun and freedom. The car will not give this to me but the universe may find unique and wonderful ways to assist in creating these experiences.

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

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

Youth Speak

Shauna



From a very early age, I could not understand the reasons why we as humans took things at face value. I questioned simple things like why we saw the letter 'a' looked the way it did or why we decided to call it 'a' at all. Why was a fork a fork? The moon called "moon"? Who gave someone the power to state these things and for human kind to embrace them and believe it was the unquestionable truth? I'm learning, as I get older and hopefully wiser that the answer is "we" did!

Historically people have been taught to and have been scared of the power of "free" thought and personal beliefs. The church and the government ruled everything for us and we were completely ok with that, it just was how it was done. In recent years however, due to many changes happening in the world, we have begun to question whether any one human is more important than the next, or whether we each have the ability to create our own individual destinies and all be successful at it. Many people who have been "rebels" and tried this new approach to things have found great success with it and have thus begun spreading the word to others who have been benefiting from it as well. No longer are many people willing to take what government leaders, heads of church or the system in general states as "right and wrong" without seeking their own answers and making their own judgments based on what is right for them. The real difficulty in this for most, is trusting that their own personal judgments that are right for them are just right and that they don't need to be justifiable to those around them, they are just right and that is ok. This is something I have found interesting in my own personal growth as well, as at first I wanted other people to understand where I was coming from and how I was thinking, I spent great amounts of time justifying my thoughts and beliefs and explaining why they worked for me. Recently though, I have discovered that when I am truly confident in what I am doing, I no longer need this reassurance from outside. I have finally found ways to give myself the pat on the back that I am looking for or to calm myself when I am feeling stressed or confused. It is liberating and so empowering to realize this. I no longer even read the newspaper or spend time deliberating over how to say something appropriately, or even things like what I am going to write for these articles. I use this and my day to day life as an exercise in trust, it is a way of daily understanding that whatever I say or do is right for that time and space and it is having the right effect on my surroundings and I do not need judgment on it good or bad from anyone else.

Some days I forget this and feel like a victim to other peoples thoughts but mostly it is a calming thought for me and helps me understand that in my own personal life, I am all powerful, no one else. I make decisions that are right for me whether they feel good or bad and it is my job to learn from them and take this learning into the next facet of my life and to share it with others when they ask or are in need and then it is theirs to do what they want with it. This is not an obligation, nor am I all powerful in their lives as I am in mine, I am just an accessory to their own personal thoughts and beliefs and a friend to help them along their path.

Im not sure exactly what prompted me to write about this today but I felt it was right for the time, so hopefully it resonates with some of youJ

Good luck in your journeys and in this time of massive change. I can feel the energy shifting daily and am always trying to maintain a positive headspace within this. Sometimes writing these articles feels like a struggle as I do not even know exactly what is happening to me in these crazy times of change and adjustment but thank you all for listening. I have found though that writing these really helps me to clarify things that are happening for me and around me and gives me insight into how I am feeling and thinking which is wonderful.

Much Love
Shauna



Youth Speak

Contributing Writer & Coach - Ann Sullivan



There is a poem by the Sufi poet Rumi that says,

Out beyond the
Idea of
Wrong doing
And
Right doing
There is a field
I'll meet you there.

This poem is my mantra right now, it keeps me grounded, and it helps me find the centre, the balance. It is the voice of my divine self.

The more I learn, the more I know, the more I wonder how to share it...

I don't know what your right and wrong are, but I am becoming more comfortable with what the moment is asking for. And that is pretty rich and intense, it can be scary, it can ask me to grow right there, in real time.

I spend a lot of my time giving my opinion, my thoughts, sharing my experience, my wisdom, my weaknesses, my mistakes, myself, and at times I can feel uncertain about whether what I am saying is right for a person, or whether I am projecting my own ideas onto them and leading them astray.

I am starting to think it doesn't matter in the end.

As long as my intentions are pure, and I act from a place of respect, it just is.

The outcome may be a result that hurts, or not what I want, but that doesn't mean it's wrong. And, it doesn't mean that down the road, it won't make perfect sense.

I think outcome is probably what keeps us from doing things that don't have an expected result. And, our culture tells us we should know all the possible outcomes, calculated risks. But maybe we don't have to calculate the *outcome*, we can calculate our internal process with things, where are we at with a process and how far do we want to go with it right now, how deep can we manage without losing ourselves? Or maybe we do need to lose ourselves?

I was talking with someone last night about artists who don't see their work appreciated in their lifetime and we wondered together what that meant...

We talked about how that just goes to show that success is not defined by recognition.

It made me look deeply at my life, at the choices I have made and at the way in which I am engaging with my present and creating my future. What am I doing here? What am I working for?

Acceptance, approval, money, people liking me? I probably won't do much of anything if those are my goals. That's not to say that those things are bad, I think we need to have some of that in our life.

We had been talking about a musician Nick Drake, who didn't sell a lot of albums in his life and died of an overdose at 26, but has become well known and influential in his death. I think balance is important here. The logic can't die completely; the rules are there, how can we navigate the world and the structures without becoming imprisoned by them? And, how can we be supported in creating?

I was reading something that talked about the balance between security and continuous transformation. That we don't have to choose, we aren't meant to. When I first "woke up" I thought the answer was to detach from the structures of life, from the activities I had been engaging in, in order to follow my flow, 24 hours a day. Basically, to do what I wanted with my time all the time. Unfortunately, this took me pretty far from reality, and also, pretty far from being able to sustain myself in the world, I couldn't reach as many people as I wanted to, and I couldn't feed myself- not that this time wasn't fundamental to my development. But, now, I am learning about how to be in my flow within the structure of my society. Work, relationships, play, entertainment, education, I just happen to find more and more of me through engaging with these structures. But, I can't hold onto an outcome, I have to just be with myself in the momentum.