



The Guided Gypsy

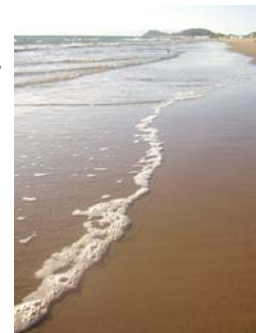
September 2009



The New Masculine

You might think by the title that I am talking about the men in our society, this is not correct, I am talking about the masculine energy that resides in all of us whether we are in a male or a female body.

Our masculine energy is our doing energy, it is made up of our logic and our reasoning. It is the part of us that most of us have been guided to trust and live by. Change is happening though and what used to work for us is no longer working, times are changing. The feminine energy has gone through a huge shift over the past 10 years and now it is the masculine energies turn. In order to support the changes in the feminine energy, the masculine has to change in order to support her and work with her. The feminine energy is no longer willing to take a back seat and be unimportant, the feminine which is our intuition and creative energy, is a very wise energy, connecting to all that is. She guides us in a very different way than our old masculine energy. The old masculine led us with our logic, what we could store in our brain and understand. The new feminine guides us with our intuition and higher information, this information is often not understood by our logic. She does not reason but is decisive and sure of herself and moves us forward with grace and love. In order to let her do this, the masculine energy needs to let go of the old ways and trust in her wisdom.



Our inner masculine needs to work as a team with our inner feminine, to support the wisdom and direction that she brings in. I believe what needs to be developed is a great deal of trust for our inner masculine, this part of us will have to trust that our feminine is correct even though she does not explain herself or why she gives particular guidance. The masculine has to fully stand in its power, knowing that he has value and worth, especially as it may look like he is losing his power.

The only real loss though is in the need for proof of everything, the old system. I find the old system is much too slow for what is happening, it is like an old computer that has to run through a lot of memory banks to find data to support the decision. When the masculine is able to just trust, then the action can be taken and life can move onto the next phase. By trusting this method, one has a great deal less stress as there is a lot less work to do and life moves along with a greater sense of ease.

Check out the next pages to find out ways to move into the new masculine energy, assisting you to create more ease in your life.

09/09/09 was another large energy shifting date, the next will be on 11/11/09, we are moving into some pretty wonderful times if we allow ourselves to move with the energy rather than resisting it.

Much love, light and laughter to you on your journey to wholeness
Blessings to all.

Believing

Building Trust in the Masculine

*Open your heart,
Be willing to connect
To your inner self.
Take time to be quiet,
And reflect.
The inner male
Can not be found by doing.
Give yourself
The gift of time.
Keep your heart open
At all times.
Even when you feel pain.
We have been
Controlled by our pain
For far too long.
As we keep
The heart open,
The pain will disappear.
We will be flooded with love.
A love so strong
You can not imagine.
This is our connection
To our inner selves.
A connection that
Is deep and magical.
An unbelievable place
Where love and peace
Reside inside of us.
We are not out
To hurt ourselves
Only to learn
To connect
To our greater being!*

Creating Vision

Building Masculine Energy Trust

Wow, life is ready to take an amazing turn here. We have been a patriarchal society for many years now, and we are getting ready to move into a time when the masculine and feminine unite to create together.

In order to do this our masculine energy must let go of the old ways, this means letting go of our need to be right, it means knowing there are many ways to arrive some where, it means listening and hearing our feminine voice and then acting upon it. There will no longer need to be power over ourselves or others, when we each stand in our own power, we do just that and allow others to stand in theirs, it is possible. In standing in our own power, we can allow our authentic or true selves to shine.

Exercise

Practice keeping your heart open, especially when you are in pain or upset about something. Part of what we want to do here is to create new patterns. In keeping your heart open, you are acknowledging that you are willing to love this part of yourself that appears to be causing you pain. In keeping your heart open, you begin to heal this part of yourself.

To keep your heart open, do just that, imagine your heart being open. Picture your heart in your chest and see it open, to giving and receiving love. You can imagine a beautiful golden light shining into it and out of it.

The other thing you can practice is to become conscious of when you are in a controlling mode with yourself, how are you telling yourself you need to be? Accept yourself as you are and acknowledge how you would like to be doing things, start being aware of your inner desires. You may not be ready to act upon them yet, but take time to acknowledge them so they know they are being recognized as important.

See yourself as a strong and beautiful light, you are a gift to this world and have a great deal to share with it. Even if you are not yet sure what that is, acknowledge that you are seeking it and trusting and believing you have value here.

One more thing you can do is to centre your energy and ground it, take up space energetically, this is another great way to say to yourself that I am important.

To do this imagine bringing all of your energy into your spine, then see this energy going down into the earth, taking up more and more space where it is connecting.

Affirmation: I am a strong and beautiful being. I trust in my masculine and my feminine energies and I allow them to work together to create my world. I release my old ways and embrace the new energies.

The Sacred Masculine

I have been reading a very enlightening book that I recommend to all, the title is “ The Hidden Spirituality of Men” Ten Metaphors to Awaken the Sacred Masculine. The book is written by Matthew Fox.

I find this book very enlightening as it gives some history of how humanity has arrived at the place it has at this time. Mr. Fox speaks of honouring the Sacred Feminine and the Sacred Masculine.

Here is an excerpt from the Chapter, The Sacred Marriage of Masculine and Feminine. (Remember it matters not whether you are currently residing in a male or a female body, we all carry inner Masculine and Feminine energy)

If men are not aware or in touch with their masculine spirituality, then it's easy to see why they might fear being feminized by the Divine Feminine, since they have no spiritual masculine counterpart to offer. In some ways, patriarchal ideologies and hypermascho attitudes are spiritually bankrupt over compensations for this sense of loss. Men fear losing power, control, or authority, and so they refuse to recognize the rights of women or the wisdom of the feminine. Men have passed these attitudes and beliefs down for generations, and yet men can “wake from the dominator trance. Part of being a healthy male, a male liberated from hiding his spirituality or his depth, is a recognition and respect for the Divine Feminine.

I think this is important for all of us to consider, are we in touch with our masculine spirituality, or are we hiding behind our logic and our shoulds of how we should be?

When we embrace our sense of male spirituality, we gain a greater understanding of who we are and what our needs are as a human being. How many of us are bankrupt inside ourselves, constantly giving ourselves away for money, love, sex, acceptance and recognition?

In connecting with our healthy masculine energy, we recognize the value of who we are and are willing to do what it takes to bring our true inner self to the fore front and to live our lives from this place.

It is not an easy task, if we have been ignoring ourselves for years and years and doing what we thought we should be doing or living for others.

It takes a great deal of courage to step out of the money game we all play and to believe there is more and that we will have value in this world expressing ourselves as we are.

What a lovely world it will be though, full of happy, content, expressive, loving, magnificent human beings.

The time has come for us to let go of the old and embrace the new. To stop playing the old games with ourselves. We do have the power to live the way we want to and yes it takes courage to believe something different than the masses. The wonderful thing I have been seeing of late though is how many people are starting to embrace their divine selves and to let go of the old ways.

My heart is very happy to see this and I welcome each and everyone of you that are ready to this new path way!

To assist you on making further progress, I highly recommend this book by Matthew Fox.

The masculine energy is in a time of great change and I found this book was helpful in understanding where we have come from and where we are going in this masculine energy shift.

If you are in a male body this life time, you may find this an interesting read to better understand what is happening at this time in your life. If you are in a female body at this time, this will give you awareness into what is happening for you at this time too.

So grab a cup of tea and sit down for an interesting and enlightening read.

Blessings to all on this journey of enlightenment.

If you wish more assistance in understanding what is happening at this time, you can Email me to book a session at janice@universalenergycoaching.com.





Creating Conscious Living

On the Fore Front!

Sept 9th saw another big shift, all that we have been working towards is now manifesting. As I have said before, be clear on what it is you are wishing to create. I have been working with a very powerful golden light in the last few weeks, the message is to continue to shine this light wherever I feel disempowered. So for me these are places where I am still falling back into my old ways of thinking, be it around abundance, love or my own personal power and truly believing in me.

The light is a very deep golden colour and you can use it to shine on places that you feel need love, or pieces of yourself that are not feeling loving or loved. Every time I have an old believe, I get clear about what it is I wish to create and bring in this beautiful golden light. Try it and see what begins to happen in your life. I have found it to be very beneficial in assisting me to release the old and embrace the new.

Heaven is here, step into it by believing in your value!



Gypsy Guidance

This month's guidance.

I have been working on making changes in my thinking and my life. I find often that I still seem to be working on what I thought I had already worked on and completed. I get frustrated because of this at times.

Working on ourselves can definitely be challenging. We are much like an onion with many layers to us, and yes we may have worked on some issue previously and then find ourselves confronted with it again. This is just a deeper level of the issue, I often find them to be more intense but much shorter in the time it takes me to move through it. Be patient with yourself, you are a complex being and this working on ourselves, is I believe a life time project. I find it helps to acknowledge what I have already done so I can remember that I am making progress.

It is in enjoying the journey that we create untold riches in our lives.

May your journey be full of wonderment and excitement as you learn to detach and not take yourself so seriously you can see the humour in it.

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



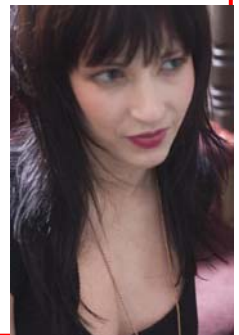
As has been the theme throughout the newsletters of the past year, the world is in a constant state of change and flux. Never has this change been more prevalent and in our faces than it has been recently, things are being sped up beyond belief and that which once seemed impossible is now possible and happening in ways we never expected. A large part of these changes had originally begun with women, I found at first as our feminine energy is of course more dominant than it is for most men. These days though, there has been a huge push with the men in my life towards change. It started to appear slowly, with some of the more forward thinking men in my life but now I am beginning to see these changes catch on like wildfire even with the most chauvinistic men around me. I am seeing men who dealt with life from a linear, logical and tangible place now looking at more abstract ways of seeing and doing things and beginning to trust in things that they cannot explain. This is a wonderful sign of the marriage that is beginning to take place between the masculine and feminine energies in all of us. The divide between sexes is shrinking all the time now and I can feel it in the men and women that surround me daily. As I've said before, it is such an exciting time right now and I feel so blessed to be a part of this amazing transformation the world is undergoing.

I have also been in a really interesting and cool place of being able to personally assist some of these men in my life in their growth and understanding of many things considered of the "feminine". Things like learning to trust their intuition, being honest with themselves and others, trying new ways of doing and approaching things, taking time to enjoy themselves and loving openly and honestly without ego. Watching the transformation and the enjoyment in their eyes as they experience these new feelings and ideas is such a wonderful experience for me in my own growth as well. I am seeing a side of men and of my masculine that is beautiful, raw and vulnerable and I am embracing it and trying to help it grow into something like I have never seen before. It still scares me sometimes as it is not 100% comfortable yet to have the men around me think and act this way and I feel wary at times as there is still an unbelievable foreignness to it. My personal process in this is to begin to trust my masculine energy and that it is there to support me not fight against me. It is there to support me on the days when I am feeling tired and alone and also on the days when I am excited and surrounded by friends. It still loves me regardless of my faults and sees only the beauty in them all of the time. In return I support it with love and respect as well and try to compliment the qualities my masculine represents with all of my opposing feminine traits. I am finding that this approach is creating a very harmonious relationship, with both myself and the men around me and I am seeing great growth in many areas in my life. In working together with these energies and finding a balance with them, I am able to express my ideas both physically and mentally and I do not feel the same insecurities around many things that I once did when I was allowing my opposing energies to collide.

These theories are most noticeable in my current relationship, I can see the harmony that is being created in physical form by the energies this man and I are putting out and it is both scary for me and intriguing. I have never experienced this type of harmony in a relationship previously and it is bringing me into new ways of understanding both myself and the inner feelings I have around men, relationships and the relationship I am normally comfortable with around my masculine energy. I am realizing that although I am a woman physically, I have a very strong masculine energy within me that I was previously using as somewhat of a defense mechanism for my uncomfortableness with my feminine. I am working on this now as I am in a place that feels safe to do so, it is very liberating and scary at the same time. Many of my feelings around this are formed of habit more than belief and so recognizing them has been the first step for me and I can only go up with it from here.

As I said, I am very excited for the changes that are happening in our world right now, this is no exception. I believe that at some point there will not be a necessity to refer to us so much as man and woman but more just as people as a whole, as our energies start to balance in both sexes, which is going to be very interesting and will create many new scenarios for us overall.

Life is all a process and it is just what we choose to do with this process that is important. I am choosing to be very aware in mine recently and to try my best to share my knowledge with those that come into my life, in as many ways as I can. This is kind of my small way of helping change the world, one person at a time. As your individual process with all of the things that come up in these newsletters and just in life in general, start to share it with those around you and help assist them in theirs as well. In explaining mine I am always becoming more clear with it and it helps move me forward to a new place, yet again.



Youth Speak



Contributing Writer & Coach - Ann Sullivan

Normally, I attempt to talk about the inner experience, my internal process, I try to bring it back to myself as I only have my experience to share, but recently a shift has been happening in my life- from the inner to the outer. I do this, like a tide, in and out; in and out...recently I have been experiencing a new kind of masculine manifest in my physical life. In many facets: meeting new friends, finding camaraderie with men in a way I have never experienced before, creating art with men, trying to listen to them more. I AM going to talk about the men in the world

I have spent most of my life fighting men, carving out a place for myself in a world I saw as a 'man's world', standing up for my sisters, astonished by the treatment of the feminine within most systems of the world. I have written before about my discovery of my internal masculine and feminine, and it was shocking. When I discovered my male energy it was locked behind a door somewhere at the tip of my right pinky finger and my feminine energy was running rampant, angry, hurt, but most importantly feeling abandoned. She was thinking, "why would I give *you* space? The masculine already has so much space in this world." Yet terribly hurt that the male didn't pay attention to her, didn't understand her. I have done a lot of healing work with my male/female energy. Dialogues, ceremonies, deep discovery work with incredible guides both male and female. I have been trying to apply it to my relationships with men, but in that way, it has been a slow journey. Recently though, this is changing. Men are, for once in my life, not doing what I expect them to do. They are acting in ways that shock me and I realize I have not given them the credit they deserve. I could write a lot about the ideas of the new masculine from an energetic perspective...but I want to talk about something very important that I learned for myself throughout the last week.

I have been talking about the new masculine without actually talking *to* the new masculine. I, as usual, spent several days with writers block for this article. Reflecting on the new experiences I was having with men in my life, and how that reflects the feelings within and the work I have done. The gentle dance I see occurring towards true respect, harmony and collaboration between the genders in society and the yin and yang within each person, but I just couldn't find my way with this article. And then I talked to a man about it. And low and behold, he had a lot to say about the new masculine, and a dialogue started, the flow came, I felt inspired, excited, engaged. We started sending each other information and ideas, and it hit me...that's the new masculine, and THAT'S the new feminine, they don't work alone, they need each other to really create the world that we all want. How can you talk about harmony and togetherness without actually doing it? And I am not speaking in a romantic sense, although it applies there for sure...I am talking about finding new ways of dealing with each other, and therefore within ourselves.

Instead of learning about each other as a way to manipulate the other into doing our will, what would happen if we began to serve each other? I know that my approach with it has always been to uplift the feminine and resist the male, but I did begin to try new things when I realized I needed to make peace within. I began a dialogue, but because it was within me, both parties listened to each other. What would that be like on the outside? Instead of seeing the empowerment of the other as a threat, begin to serve the other's empowerment because that will in turn empower you. Give to receive. I feel like the feminine can really lend a hand here to the emerging masculine...I feel that we can make spaces for them, acknowledge them, and hold a place for their doubts, their fears, and their resistance and in order to do that we have to be willing to trust them and also want their trust.

I understand that this process begins within...it must, we cannot give anything we do not have, but once we understand that by helping each other, honestly and fearlessly, we can we truly come into our own power, I believe we will stop fighting and start serving.

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