

Colors of Our Perspective

Rev. Lupe Carter

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“The Universe is conspiring in every moment to bring me happiness and peace.” *Au: Marianne Williamson*

I love this quote because it focuses my mind on a positive path. Knowing that I’m not alone and that the Universe, if I allow it, will support me in a space of happiness and peace. It’s our perspective that guides how we visualize our year, months or days ahead. Let’s think for a minute and take inventory of our surroundings, what are your thoughts on what you see? Do you see just a chair or do you think, “I’m so lucky to have this chair” or do you remember how happy and thankful you felt when you got the chair? Try this with everything you see around you. Regarding material things, some have more and some have less, that is not our focus, what matters is how we value and appreciate what we are given. We can find joy in the smallest of things because the Universe is always putting that in front of us, but it’s our perspective that will color our vision towards happiness or not. I remember my son’s artist gift, from pre-school, which had his hand print on it. I remember the smile on his face, how proud he was of it and how happy he was to share his gift. I remember how my heart felt so full of love standing in his joy. How about you? Are there any memories that come to mind?

Our perspective on life colors our thoughts, words, and actions. It’s true, our last year has been a challenge and our collective struggle is not over, but how are **you** allowing that to paint your view? Are the colors you use vibrant, warm, cool, supportive to you and those around you? Or are they transparent allowing the color of others to influence you? Are your colors pale and lifeless? How we start our day or plan our list of “things to do” for the year is influenced by our perspective. If you turn on the television, read the newspaper or read social media, there are a lot of opinions and perspectives being shared, which has the ability to influence our Spirit, if we are not grounded first with our own perspective.

I remember, years ago at Harmony Grove, we had a healing teacher named Nita. To see her and be around her was the most nurturing and loving feeling ever felt. She reflected such a warmth glow and loving energy, she just had to look your way with a smile, and you could feel it in the depths of your soul. Nita had taught us a technique called the ‘burrito wrap’, or... maybe because I’m Latina I remembered it as a burrito wrap. She taught us this technique to protect our beautiful glowing light that shines within us and taught us how important it was to be aware of our surroundings, and what we allowed into our auric field. The ‘burrito wrap’ technique allowed us to be in the world but protected in our own shell. Oh yeah, it was also described like being in an ‘egg shell’. In essence, here is how she taught us:

Bring your attention to your inner Being. Focus on the energy in and around you. Extend your arms out and allow your aura to come to the tip of your fingers. If it feels like your energy is extended beyond the tip of your fingers, you are allowing too much of yourself to be involved with all that is around you in the world, if it doesn't reach your fingers tips, you are too restricted. For this moment, imagine your aura/energy to extend just to your fingertips, resembling a feeling of soft silk material hanging from your arms. Now, fold one arm toward your body and then the other. Next, imagine a zipper below your feet. In your mind's eye, reach down and zip yourself up starting below your feet, and continue all the way up above your head. Now imagine that you are enclosed and supported in this space and nothing will penetrate this hard "shell" of protection.

Next is my addition and "the fun part". Bring your awareness to the wonderful energy inside your shell. What colors do you see: Bright yellow? Loving pink or emerald green? Empowering blue? Warm glowing orange? Grounding red? Harmonious indigo? Rich violet or Golden white? Where does your attention go first? Consider that this may be a space that requires a little bit more of your attention right now to bring about balance. Sit with the color calling to you right now and maybe turn up or down the volume of color. These colors and the sensations they invoke are in your essence, with you all the time, and can be accessed in all situations.

Let's take a moment, while seated in a relaxed posture, and explore the different colors and how they resonate in our body. As you reach each color, take a few seconds to balance them by imagining them swirling as a balanced ball of energy within you. In your mind's eye and by using your imagination:

Start at the base of your spine with the grounding ruby red color. A color which helps us feel safe and secure in our home, our environment, and thoughts. Bring your awareness up to the lower abdomen, imagining the warmth of orange which encourages our creative and playful side. Glide your attention to the mid-section, where bright yellow resonates to validate the great person that we are and how we represent in the world. Continue upward to the center of your chest-the heart space- which carries the loving emerald green or pink color to sooth our loving heart. When we heal and balance the first three colors and marinate them in love, we are then empowered to share our 'truth' through our voice.

Now bring your attention up to the empowering blue, in the throat area, that guides our words with truth, positive discussion, and courage to ask for what we want. As we bring our attention a little higher, between our eyebrows, we find the harmonious color of indigo. Here we are allowed to look into the infinity of our mind's eye to witness the support of our master guides, spirit helpers, or love ones who have passed on. Here is where we develop the **knowing** that **they** are always there waiting for us to call on them. Glide your awareness just above your head, to the rich violet or golden white light that reminds us that we are all one and connected by a thread that consists of all of

humanity; a reminder that all that we send into the world, returns to us, per universal law. Allow yourself time to sit and feel the balance of these colors and the calmness that now resonates within you. In this space, set your intention for your hearts desires. Continue your day by sharing your balanced Being with the rest of the world in your most unique way.

Connecting with and balancing these colors or chakras daily, helps us understand what we need, and it can also encourage a positive influence on our daily awareness. Just by tapping into these colors, feelings, emotions, and connection, we can share peace and joy with the world. As Spiritualist, we have the understanding of the concept that **our thoughts dictate our words and our words dictate our actions**. Start your day with positive thoughts, say affirming things about others or situations and express yourself in a peaceful unifying way. Support and validate one another and watch the Blessings come back to you. Remembering that all great things **begin** with our thoughts, our intentions, and focus.

The more we identify with our beautiful essence and Being, we identify with our hidden talents and gifts that we can share with others. Do your gifts resemble: a listening ear?, a warm smile as you greet others?, or does it involve sending a blessing of “Namaste” when you think about or interact with others? We all have gifts and talents that can benefit those around us, unique to our own person and mission in life. Asking the questions **“How can I help?” “How can I serve?”** to the universe, and listening to the response, will reveal our gifts to us. When we are walking the path of our mission, our actions are effortless. By asking these questions and following spiritual guidance while supporting others, allows us to have access to unlimited abundance. Our connection with Spirit is our beacon of light that will always guide us and support us on our journey in life.

Shine in your light this year, my friends. Connect with the beautiful vibrant colors that resonate within you. Surround yourself with this wonderful energy so that you can freely share the **goodness that you are** with the rest of the world. Let your intention or goal for this year, be to connect with your guidance team, (we all have one), and ask for help when our colors are not shining as bright or when we need some direction to place our next step. Remember... **The Universe is conspiring in every moment to bring us happiness and peace.**

Blessings to you all,
Rev. Lupe Carter

Bio: Rev. Lupe Carter began communicating with Spirit at the young age of 7 when she observed her first apparition, who was her father. She has followed

Spiritual guidance throughout her life and diligently worked to strengthen her Spiritual connection. Rev. Lupe has been a member of HGSA since 2005 and has served the spiritual community for years as a healer and medium, during services, monthly psychic fairs and then as an instructor of classes. Lupe was ordained in December 2018 and her life mission has been to help others grow in their spiritual development and help bring clarity to their lives. She is an influential speaker, author, and teacher.