

You are a Divine Bright Light

Rev. Lupe Carter

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Your light is the brightest light you will ever find. Often we compare ourselves to others and how bright their light shines, but nothing compares to what you have to offer. Everything that God has created has a bright light that shines for others to see and enjoy. For example, now that it's Spring, everything is green and full of life. Notice the flowers blooming, and the birds singing their songs, this is how they share their bright light. They serve as a reminder that even when so much could be going on around us, our light is the beacon to guide us through all of it. My last sermon, in January, suggested getting grounded to help guide your attention, intention and direction. I want to continue that thought and include, when we are grounded and listening to the nudges of spirit, then we are walking our mission. It can be displayed in big ways or small, like a beautiful sunset or a hummingbird. But the important thing to know, is that, when we are walking our mission, our actions are effortless and there is pure joy in our heart... and ***this is when our light shines the brightest.***

There's this little book that keeps popping into my mind, "I've Been Thinking" by Maria Shriver, that shares reflections, prayers and meditations for a meaningful life. The different stories connect me back to my heart space. The stories are examples of how others are being of service, using their bright light to positively impact the lives of others. I remember, years ago, working as a Reader for the psychic fairs, and the joy I experienced from the time I started to the time I ended the day. I would meet with person after person and sometimes I didn't want to stop for lunch. On those days, I knew I was on my mission, being of service, and supporting others. When we follow the nudges or signs from spirit, we will find our way to share our gifts, anchored with our Divine Light, with others.

I would guess that many of you can think of a time when you lost track of time, you were having fun, you were helping someone else and your heart was full of pure joy. Take a moment to bring that thought into your awareness. What do you see... what do you smell... what does it feel like to be in that moment... can you feel the overflow of love and joy in your heart? This memory is your reward for being of service and sharing your bright light with others. You can relive this experience over and over again, especially in the times when you need reminders of what you have to offer.

I know, sometimes it's difficult to hear the nudges from spirit, especially when our life may be turned upside down or not going as planned. One of my spiritual teachers, Sonia Choquette, taught us an easy tool to clear the 'stinkin thinkin' that blocks us from connecting with our heart. And believe me, this tool has been helpful many times over the last year, reconnecting me with my heart when I sometimes struggled. What about you? Do you have thoughts that keep you from connecting with your heart? Or thoughts that stop you from realizing the divine gifts you possess that can be shared with others?

Here's a tool by Sonia Choquette that I hope you will find useful. Think to yourself:

“My brain says [fill in the blank] on the subject.” Then pause and follow with: “My heart and inner guide say [fill in the blank] on the subject.”

“This exercise will help you change the channel of your awareness from your mind chatter to the higher frequencies of spirit.”

I invite you to enjoy in the light of Springtime, the joy of the birds singing and the beautiful hues the flowers are offering. Look around... You are never alone. Your Spiritual Helpers are always presenting opportunities to connect...

Take the moments to connect with nature, sit quiet and listen to your breath, connect with your higher Spiritual self, be one with your beautiful light...and share your divine gifts with everyone you can... we are all waiting.

My prayer for us this week is that we connect with our Divine Healer when we are hurting, connect with our Divine Creator when we lack direction, take quiet moments to speak with our ‘true higher self’ and connect with our hearts more than our thoughts. And so it is.

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, providing hope and clarity to their lives.