



INNER LUMINANCE NEWSLETTER

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Unlocking your ability to become self-inspired & self-empowered from compassionate self-awareness & unconditional self-love. At Inner Luminance, our goal is to guide each person to know that they have all their solutions within them to uncover their inner light. We take our participants on as a whole individual to give them an in-depth understanding of themselves which leads to a deeper understanding of others and the world around them.

Inner Luminance offers programs on individual (or corporate) levels specifically designed to end with its contributors no longer needing it because they live by it—and share its joy with others. Through our Individual Human Recovery Program (HRP), every active participant will find their purpose within themselves. They will find their passion and discover their infinite capacity for self-forgiveness. They will experience such an impactful shift that it will ripple positivity throughout all of their interactions.

LOVE IS LOVE

Every day, I say a prayer/mantra. It's long, so I won't put the whole thing in here, but there's one specific part I think everyone can benefit from:

"I ask to always be my best self. If I can't be my best self, I ask for the grace to forgive myself and let it go, the courage to let it go and grow forward, and the strength to grow forward and instead be my best self as often as possible."

In a lot of ways, this coincides with the fourth of The Four Agreements, Always Do Your Best. It sounds kind of daunting, doesn't it—always do your best? The trick is to remind yourself your best varies moment by moment while remembering that you deserve as much grace as you bestow upon others.

Take a moment to think about the pressure you put on yourself. Now, imagine instead if you removed that pressure and allowed yourself to just be—to flow. To co-exist naturally with your surroundings. It sounds difficult and foreign. Maybe even unbelievable to some. But it's all a matter of perspective. That perspective shapes your entire reality, including and perhaps especially your relationship with yourself.

"You yourself, as much as anybody in the entire universe, deserve your love and affection" — Buddha.

When was the last time you told yourself that you love yourself? Not from a space of ego, not in a self-absorbed way, but from a place of understanding and empowerment? Not to break down or take away from others, but to build yourself up?

There's a misnomer that we shouldn't love ourselves out loud. That we should be humble. That being brave enough to love yourself regardless of your surroundings makes you selfish... but it's the opposite. By loving yourself authentically, by accepting yourself fully and living that truth, you show up for yourself and others. You become a walking, talking testament to possibilities others may not have otherwise realized. And that is just beautiful af.

UNCONDITIONAL LOVE

I always thought it was a myth and unattainable. Everywhere I was told it should have been, it wasn't until I was so disconnected and shut down that it never would have been noticed.

I was raised by parents who did the best they could, but it was extremely chaotic, abusive, and manipulative. Every adult has their own baggage; for my parents, it was a perfect combination, plus the timing of when I was adopted at birth, for the powder keg it became. Once I firmly believed that pain and hate were love, I found every way to push for it and amplified it to cover my abandonment issues and anxious attachment style. Please keep in mind that this was never realized at the time, but decades later, as I finally began my healing journey. So, I decided I was going to save my kids, and I accidentally saved myself. So, after being estranged from my kids for almost 2 years and destroying myself daily over it, I got evidence of the abuse against my kids and went to save them, and as it was the end of February 2020 and had no clue what was coming.

So, I got emergency custody on March 6, 2020, and within 2 weeks, the whole world shut down, and I knew I was stuck in the middle of nowhere with 3 kids just removed from their trauma and extremely reactive, which triggered me with almost every breath. It was at this moment I realized I couldn't hide from myself anymore and if I was going to make it through for them, then I learned for myself I needed to face myself for the first time in my life at 40 years old.

I was terrified but by August 2020 I said I loved myself for the first time, by August of 2021 I was finally leaving my cage and with my kids and fell in love with myself, extremely blind and ego based and ignored anything that wasn't positive, then in November 2022 I had my Stroke of Gratitude, a triple major stroke that was an 86% chance of me being a vegetable for life. So, the stroke came with so many gifts, truly embodying gratitude for each day and breath, while releasing any and all attachments, the first time in my life I dipped into unconditional self-love.

It doesn't mean I learn and grow each day; it means I accept and love myself completely and build from the foundation of unconditional love. It's a different experience. Unconditional love seemed so mythical for most of my life; I was now fully embodying and even more misunderstood by others. I unconditionally love every human being, and it's limitless. I don't believe in boundaries, but as they are too rigid, I prefer proximity as a way to protect my unconditional self-love first.

So, anyone can be close, and if they attempt to impose their beliefs or values upon me, then I create more space; if they intentionally hurt my kids or me, I create more space. Keep in mind, anyone can come back in through accountability and changed behavior. Unconditional love is such a magical place to be and live in, but in a conditional world, it is very complex, and the way that love has been weaponized. It's a journey worth taking, and it doesn't change one thing; it changes everything.

~Mike

GROWING FORWARD

Rediscover your inner purpose with our four phases:
Awareness, Acknowledgment, Acceptance, and Allowance.

Call, message, or email for your free consultation today! We offer a variety of program size options to fit any budget because our ultimate mission is to help guide you back to yourself.

Start today! We're ready—are you?

inner-luminance.com



Refer a Friend Program

Sometimes, it's easier to face things as a team. Our program is designed for individuals, but we get it. That's why we are offering a 10% discount (one per person) on all friends who decide to take this journey together!

It's super easy! Just email us at innerluminancecellc@gmail.com with your info and your friend's info to get started!