



INNER LUMINANCE NEWSLETTER

Volume 11, April 2025

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.

GROWING FORWARD

To me, “growing forward” is a perpetual state of being, a state of daily growth, learning, and evolving—no levels or video games, just perpetual life a day at a time.

As I have grown through my journey and the many phases it has encompassed, which again is not linear but continuous as long as I wake up, the one thing that has stood true, even through pauses and hesitations, is that I continue to grow forward daily.

To me, it is a level of peace and acceptance that I never thought was ever possible. Even in my current circumstances of being homeless with my kids for almost 8 months, there have been many gifts and miracles along the way.

Staying true to myself this whole phase has been the most complex part of it, as the world says give up, leave your purpose, and find the illusion of stability that so many strive for.

The problem with that is, when seeking stability externally in any way it can be taken away or disappear, the solution for me was to live and embody the tools/ exercises in the program as a way of life and nothing can take away my inner peace and pure focus on impact.

Most with the best of intentions desire me to fit into this extremely broken world and fit into the systems that rip us of our connection to self. I refuse to deplete my connection to self for anyone or anything and stand in my life in implicit trust and faith in the divine plan.

Find your inner peace and anything that costs it to limit is too expensive.

GROWING THROUGH IT

Each day for part of my spiritual practice, I ask for something specific. It's not a tangible object but I find it priceless.

I ask to be my best self. If I can't be my best self, please give me 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.

I can't tell you what growing forward means to someone else. I can only tell you what it means to me. We all know the gist of going forward. It's something we strive for, to attain forward movement in our lives...but it doesn't really get us anywhere. Sure, materially it can. Or it can fuel clout...but is it beneficial or just something to stoke our egos?

Growing forward is a different perception from an old notion. We want that forward momentum because stagnancy is akin to apathy and is low vibrational. We are meant to experience not exist. But in that forward movement, evolution is expected, not encouraged.

"No man ever steps in the same river twice, for it's not the same river and he's not the same man."

- Heraclitus

Think of you a decade ago. Remember your hairstyle? Those clothes? Now, five years ago. How did you handle yourself then? A year ago, did you have the same habits? Even since you've begun reading this, you've changed. You've grown.

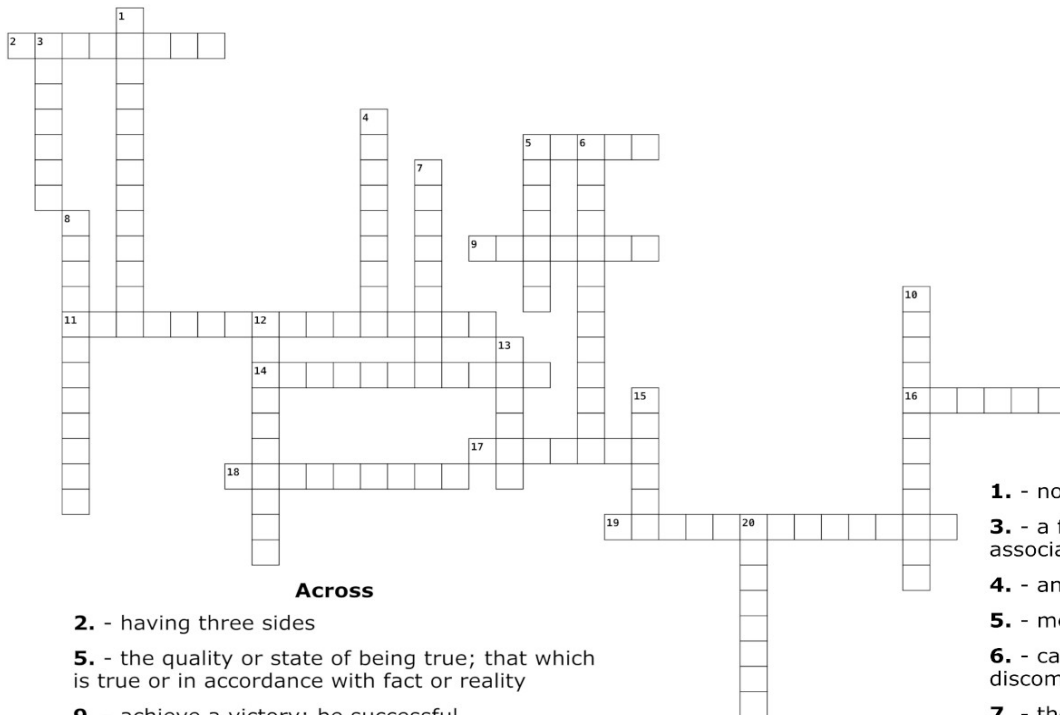
You've grown forward.

Growing forward is a way of life that frees you through being accountable to yourself by opening yourself up to all of life's experiences (good and bad) and knowing you possess the ability to grow and adapt through anything you need to while living authentically.

Read that again, I'll wait.

It's a promise you make to yourself that you always have your back, about how you will learn and grow, and that even when it isn't fun, you know you'll be better for it in the end.

It's easy to start. Just do your best, no matter what your best may look like at any given time. And don't forget to nurture yourself while you do so you can thrive.



Across

- 2.** - having three sides
- 5.** - the quality or state of being true; that which is true or in accordance with fact or reality
- 9.** - achieve a victory; be successful
- 11.** - a strategy that involved repairing damage done to yourself to resolve guilt, shame, & disappointment
- 14.** - how you feel about yourself and your abilities; believing in your own worth
- 16.** - a state of mental or emotional strain resulting from adverse or very demanding circumstances
- 17.** - unhappiness; a state characterized by emotions ranging from mild discomfort to deep grief
- 18.** - a piece of writing constructed by writing revisions
- 19.** - interpret or view (something) in a particular way

Down

- 1.** - not conditional or limited, absolute
- 3.** - a feeling of excitement and mystery associated with love
- 4.** - an appreciation of one's own worth or value
- 5.** - mental or emotional strain
- 6.** - causing or feeling slight pain or physical discomfort
- 7.** - the state of forming a complete and harmonious whole; unity
- 8.** - fulfillment of one's wishes, expectations, or needs, or the pleasure derived from this
- 10.** - being free from pretense or deceit
- 12.** - the ability to bounce back from setbacks and keep going, even when things get tough
- 13.** desire - an emotion and motivational state characterized by an interest in sexual objects or activities
- 15.** - a clear idea of what you want to achieve to the future you're working toward
- 20.** - feelings of pity and sorrow for someone else's misfortune

S L Z T N O V H E V O L F L E S W I U B G M Q
 Y U Y S S W R U N D E R S T A N D I N G A D D
 M N N X I B N E S M C H N E H V L E Z E L W W
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 Q L I D T S S E N E V I G R O F F L E S C A N

Self-forgiveness
 Self-esteem
 Tension
 Uncomfortable
 Rewriting
 Triumph
 Unconditional
 Wellness
 Stress
 Understanding
 Self-love
 Truth
 Satisfaction
 Vision
 Sympathy
 Sexual Desire
 Triangle
 Transparency
 Romance
 Resilience
 Sadness

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

