



INNER LUMINANCE NEWSLETTER

Volume 3, August 2024

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.

ACKNOWLEDGMENT

I hope this message finds you well and inspires a moment of reflection on your own journeys of personal growth and healing. Today, I share a chapter from my life that, while deeply challenging, has led me to profound self-discovery and forgiveness.

For sixteen years, I was married to a partner who dominated our family dynamics with controlling and narcissistic behavior, creating an environment that was mentally, emotionally, and at times, physically abusive. Living under such conditions, not only did I endure this abuse, but so did our two children, who often witnessed more than any child should.

The decision to leave was not made lightly, and the road to raising two children alone was fraught with challenges. However, this path also led me to the gates of transformative healing. By choosing to step away, I embarked on a journey of self-forgiveness, learning to heal the wounds of my past and gradually releasing the heavy burden of guilt for the suffering we experienced as a family.

One of the most transformative aspects of my healing has been the practice of becoming acutely aware of my inner self. Awareness, the conscious acknowledgment of our feelings, thoughts, and experiences, is a powerful tool. It has allowed me to revisit the dark parts of my marriage not with resentment, but with a healing intention. Through this practice, I've learned to forgive not only those around me but also myself.

Forgiving myself was perhaps the hardest part. It meant delving into my younger self, understanding her choices, fears, and hopes, and reassuring her that she did the best she could with the knowledge and resources available to her at the time. This process involved recognizing the survival mechanisms that once served me, and gently releasing them with gratitude as they no longer serve my current self.

This journey of self-forgiveness and awareness has not only been about healing past traumas but also about empowering myself and my children. We have learned that our past does not define us and that with awareness and compassion, we can overcome and grow from even the most painful experiences.

I share this story not to dwell on the past, but to highlight the incredible strength and resilience that each of us holds within. My hope is that in sharing my journey, you may find encouragement and insights that resonate with your own paths of healing and self-discovery.

Thank you for allowing me the space to share my story. Here's to continuing our journeys with courage, awareness, and an open heart.

With Love,
Val

SQUARE... THREE

We have learned a LOT about emotions in the past couple of issues..but what do we do with them? I mean, we feel them—but how do we handle what we are feeling? And—why is how we manage it important?

Let's start with the latter before delving into the former. Why is it important that we manage how we feel?

"Stress affects all systems of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems."
(<https://www.apa.org/topics/stress/body>)

While it may seem easier in the moment to quell down those feels, the hard truth is that doing so really messes you up on a physical level. In a nutshell, the quoted article (above) from The American Psychological Association explains how stress causes our muscles to tense. When muscles all tense for prolonged periods over time, it can lead to issues such as headaches and back pain. Stress can hinder our breathing, resulting in less oxygen in our systems. A prolonged state of stress can cause your circulatory system to become inflamed or worse. That's your heart and blood vessels. They're kind of important.

It doesn't stop there, either. Your endocrine system is what controls your hormones. It's supposed to work like an automatic feeder, shelling out what's necessary at the right time. But—you guessed it—stress messes that all up too. Basically, your brain senses the tension in you and invokes its fight or flight response. That raises cortisol levels and nothing good comes from that. It also disorients communication in your nervous system, wreaking havoc on things like chronic fatigue, metabolic disorders (e.g., diabetes, obesity), depression, and immune disorders. We didn't touch on the gut or reproductive organs—but I don't want to give the whole article away. It's a worthy one-minute read and explains things much better than I just did.

So, stress is bad for us. Proven facts. Our bodies don't like it, rejecting it even. Yet, we find ourselves surrounded by it constantly and even overwhelmed by it occasionally. It seems grossly unfair. It would be impossible to remove all stressors from your life.

Where does that leave us then?

The secret isn't to remove the stress. The secret is to change how you handle the stress, how you react to it, and what you do about it.

First, let's deal with the initial reaction, the front lines. Stress is here—and it wants to tussle. What do you do? The following method works well in conquering many undesirable feels: Box Breathing. I know, I know. You're about to lose your @#!, and here I am, telling you to breathe. But I am serious af. Take a pause and take some breaths. This is how:

How to do Box Breathing

Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.

Did you try it? I hope so. This method was taught to me during a customer service training seminar provided by an employer to handle difficult callers. It is proven to slow your heart rate.

Think about what we've learned since our first issue and how we can apply these tools and this knowledge to our daily lives. Besides taking a pause and doing some breathing, consider your perspective. Consider your outlook, in general. I'll end with a personal favorite to give you more of an example, titled The Wolf You Feed:

One evening an old Cherokee told his grandson about a battle that goes on inside people.

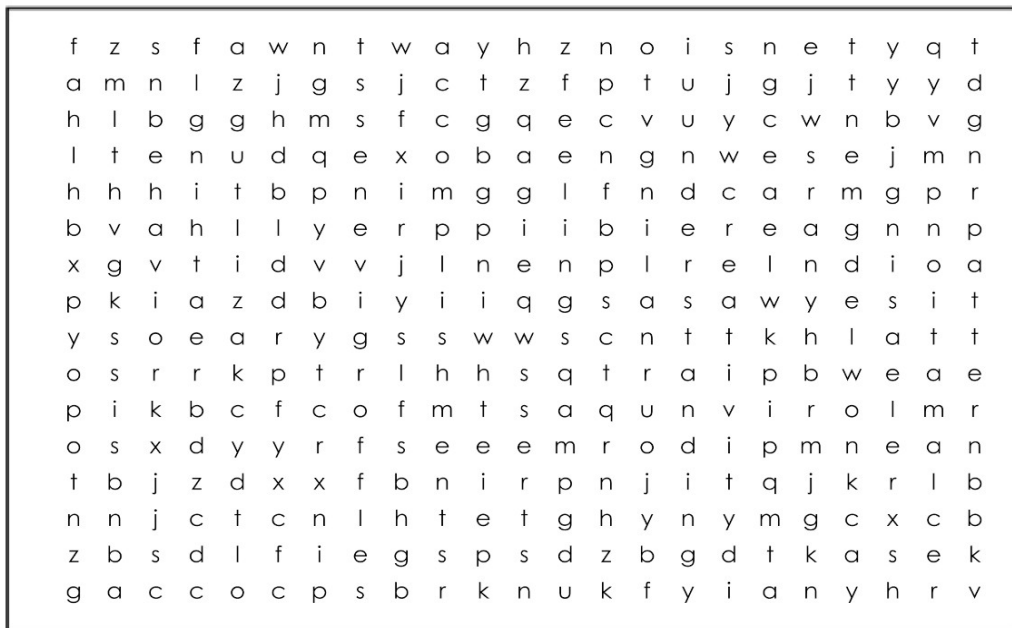
He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."



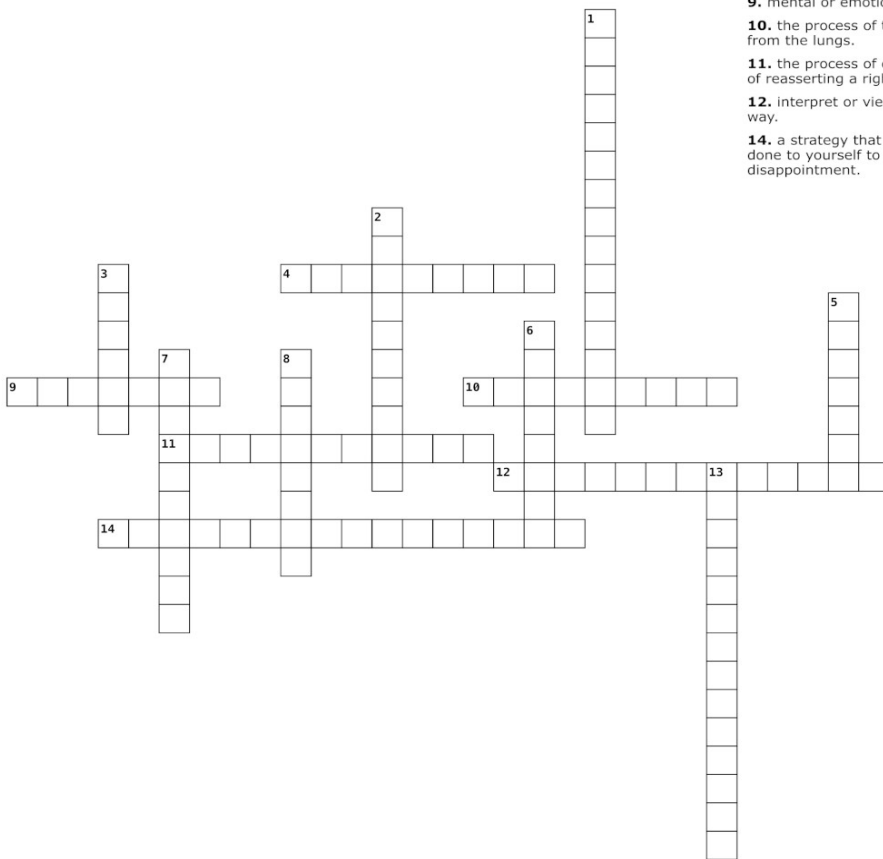
Find the following words in the puzzle.
 Words are hidden and .

self-forgiveness
 accomplishments
 acknowledgment
 understanding
 reclamation

journaling
 creativity
 breathing
 releasing
 feelings

behavior
 tension
 pattern
 stress

Acknowledgment

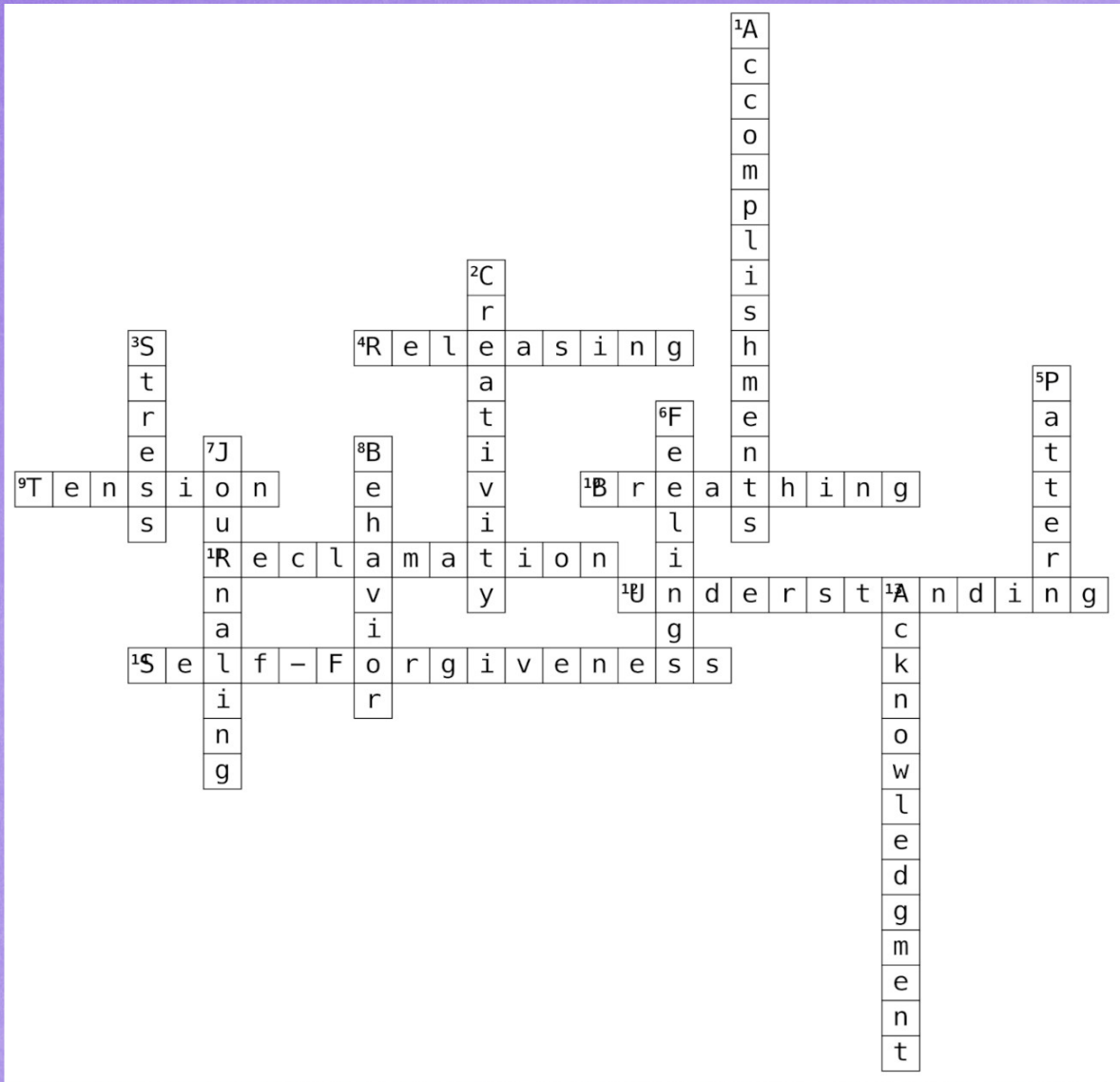


Across

- 4. allow or enable to escape from confinement; set free.
- 9. mental or emotional strain.
- 10. the process of taking air into and expelling it from the lungs.
- 11. the process of claiming something back or of reasserting a right.
- 12. interpret or view (something) in a particular way.
- 14. a strategy that involves repairing damage done to yourself to resolve guilt, shame, & disappointment.

Down

- 1. something that has been achieved successfully.
- 2. the use of the imagination or original ideas, especially in the production of an artistic work.
- 3. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- 5. a recurrent way of acting by an individual or group toward a given object or in a given situation.
- 6. an emotional state or reaction.
- 7. write in a journal or diary.
- 8. the way in which one acts or conducts oneself, especially toward others.
- 13. acceptance of the truth or existence of something.



We ARE here to help.
 Reach us anytime: inner-luminance.com

Monthly Podcast



Inner Luminance Website



Inner Luminance Program Info:

