



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.

THE FEAR EDITION:

Comfortable Being Uncomfortable

Once something is brought to my attention, I notice it everywhere. I'm not sure if everyone works like that, but I do. Most recently, it was learning the expression, "can't see the forest through the trees." I hadn't heard it before, liked it, and took a mental note, and now I encounter the phrase more regularly. Before that, it was a burl (a condensed overgrowth of wood a tree grows when it's injured), which I also now see everywhere.

In this issue, there's an additional bonus information section. While it's somewhat dull, it is informative. Knowledge is power, and once you utilize the information within it, you can, well, start to call yourself out on your shit.

Step one is to recognize being fearful or uncomfortable. Once you do that, ask yourself why? Why does this invoke this feeling within me? Dig deep, be honest, and try to find the root cause. If you can't find it, don't worry. It doesn't always happen right away. But with every confrontation with your own inner workings, it gets easier. You get more information, more puzzle pieces.

That's where real healing begins.

When you begin to understand the root of your fears, they become less scary and more uncomfortable, which is way more manageable than fear or anxiety. That's when you can begin to push those limits, little by little. And, little by little, you will make progress.

If you don't like how you feel, you have the power to change it. Sometimes, it may not seem like you do, but in truth, you're the only one who can. That's your superpower. It isn't easy. It takes work, practice, and sometimes anger and tears. Give yourself the gift of learning yourself, the gift of deep self-appreciation and understanding.

If at any point during your healing journey, you would like support, you can reach us anytime at inner-luminance.com

How Does Fear Work?

Google says, “Fear is a primal emotion that serves as a protective mechanism against potential threats. It is triggered by the brain’s perception of danger and involves a complex interplay between different brain structures and physiological responses.”

It goes on to list the process of fear:

- **Sensory Input:** The senses (e.g., sight, sound, smell) detect a potential threat.
- **Amygdala Activation:** The amygdala, a part of the limbic system, receives this sensory information and processes it as a potential threat.
- **Hypothalamus Activation:** The amygdala sends signals to the hypothalamus, which releases hormones such as adrenaline and cortisol.
- **Fight-or-Flight Response:** The release of these hormones triggers the body’s fight-or-flight response, preparing it to either confront the threat or escape.
- **Physiological Changes:** This response includes increased heart rate, blood pressure, breathing rate, sweating, and muscle tension.
- **Behavioral Reactions:** The body may also exhibit behaviors such as freezing, running away, or attacking the perceived threat.

What does fear feel like?

- **Increased heart rate and blood pressure:** The body prepares to expend energy by pumping more blood to the muscles.
- **Rapid breathing:** To take in more oxygen for the increased activity.
- **Sweating:** To cool the body down as it exerts itself.
- **Muscle tension:** The body gets ready to fight or run away.
- **Nausea or stomach upset:** Blood flow is diverted from the digestive system.
- **Dilated pupils:** To improve vision in dim or dangerous situations.
- **Dry mouth:** The body conserves saliva for potential emergencies.
- **Chills or goosebumps:** The body may experience a sense of coldness or tingling.
- **Confusion or difficulty concentrating:** The brain may become less focused as the body prioritizes the immediate threat.

What to do about fear?

- **Acknowledge and Accept:** Recognize that you are feeling fear and allow yourself to experience it without judgment.
- **Identify the Source:** Try to determine what is causing your fear. This can help you address it more effectively.
- **Challenge Irrational Thoughts:** Question negative thoughts that contribute to your fear. For example, if you fear public speaking, ask yourself if it’s really likely that everyone will laugh at you.
- **Use Relaxation Techniques:** Engage in activities that promote relaxation, such as deep breathing exercises, meditation, or yoga.
- **Gradual Exposure:** Gradually expose yourself to the things that you fear in small, manageable steps. For example, if you fear heights, start by standing on a low balcony and gradually work your way up.
- **Seek Support:** Talk to a trusted friend, family member, or therapist about your fears. They can provide emotional support and guidance.

Additional Tips:

- **Take Care of Yourself:** Get enough sleep, eat a healthy diet, and exercise regularly.
- **Focus on the Present:** Avoid dwelling on past experiences or worrying about the future.
- **Challenge Negative Self-Talk:** Replace negative thoughts with positive affirmations about your abilities.
- **Develop Resilience:** Build up your coping skills so that you can better handle future challenges.

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 innerluminancelc@gmail.com with your info and your friend's info to get started!