



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.

RENEWAL OR ALLOWANCE?

As spring has sprung and rebirths are all over for me, I correlate to Allowance, the final phase of the programs, and to me, it is a daily discovery of reflection and utilizing the tools to allow myself to create a new way of life.

So, when I reflect on my 45 years, I have had many and way too many renewals, but they were always through resistance. As I live and embody today, it is through inner peace and personal freedom.

While today I embody compassionate self-awareness and unconditional self-love, each day is a renewal and a choice to live into it, through Allowance, I embrace creating my life and way of life daily.

For decades, I thought I had to be stuck in what everyone thought or expected me to be. Today, I realized that now it is all about me being authentically me and loving each phase of this journey I call life.

It is not perfect, but it is from a place of inner peace while living in a world that's in a state of chaos. As I like to say, I live in the eye of my life which is a Chaos Storm it allows me to be the observer of my own life and live with as minimal amount of attachments as possible.

As we step into this time of Renewal, what will you allow yourself to create with your life?

SPRING INTO RENEWAL

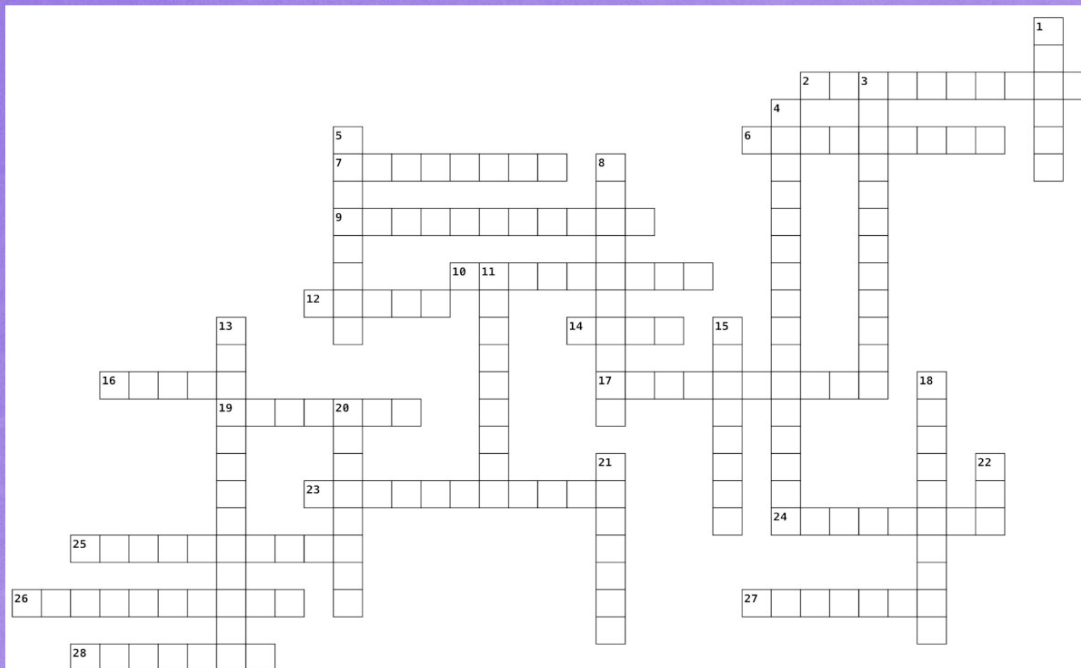
In this little corner of the world, Spring is here, mostly. With it comes a renewal of the world around us. Trees sprout buds that will soon form leaves. The colors muted by winter for months begin to spark their vibrancy once more. The seasons are cyclic. They have a natural pattern they adhere to. We know when one passes that another will follow AND that they will all return eventually.

When considering our individual healing journeys, wherever you find yourself within it currently, there are patterns, sure, but they don't follow a set pattern. Nothing organic grows in a straight line. So, if your healing journey looks like it was mapped out by an over-sugared toddler, fret not. It's like that for everyone.

There are many variations of definitions for the word renewal. "To give new life or vigor to", is a favorite. This perception of it, healing journeys, and life itself can be useful when applied because it takes some pressure off. It's a re-do button, a chance to try again (perhaps differently), and the permission to do so all in one nifty package.

It's easy to cut ourselves down. Far easier than it is to pull ourselves up. Take a moment and deeply reflect on the beginning of your journey. Now, think about things before that journey started. Look at how far you've come! It is so easy to feel stuck or to neglect to notice the progress we make, especially as we're making it. We hit walls that feel impenetrable and scale them anyway. We get stuck in our heads and have to yank ourselves back out to the present moment. We have doubts. So. Many. Doubts. But that's okay. More than those doubts, we have faith in ourselves.

Consider yourself your very own world, complete with seasons of change that ebb and flow. Know that as long as you do your best through each season, you're doing all you can. Some days, your best astounds even you. On other days, your best may be just getting through your day. There is no right or wrong besides what is right or wrong to you. Remember to give yourself grace. Remember you can always 'give new life or vigor to' your healing journey. And always, always remember how far you've come. You've got this.



Down

1. the process of improving yourself, learning new skills, or developing new habits
3. being free from pretense or deceit
4. a strategy that involved repairing damage done to yourself to resolve guilt, shame, & disappointment
5. the way one acts or conducts oneself, especially towards others
8. the ability to bounce back from setbacks and keep going, even when things get tough
11. the tendency to seek distraction and relief from unpleasant realities, especially by seeking entertainment or engaging in fantasy

13. a lack of or break in connection, consistency, or agreement
15. the state of wanting to know or learn about something
18. a dedication to sticking with your goals and responsibilities over time
20. of or situated inside
21. the capacity to resonate with, relate to, and share others' pain
22. a feeling of great pleasure and happiness

Across

2. the reason or reasons one has for acting or behaving in a particular way
6. allow or enable to escape from confinement; set free
7. coming or derived from a source outside of the subject affected
9. causing difficulty, hard to do or deal with
10. an appreciation of one's own worth or value
12. specific objectives you aim to achieve, whether short-term or long-term
14. an unpleasant emotion caused by the belief that someone or something is dangerous
16. concentrating your attention on what matters most to achieve your goals
17. the use of imagination or original ideas, especially in the production of an artistic work
19. a powerful desire for something
23. how you feel about yourself and your abilities; believing in your own worth
24. feelings of pity and sorrow for someone else's misfortune
25. serious thought or consideration
26. sticking to your plans and routines even when you don't feel like it
27. mental or emotional strain
28. the ability to do something that tightens one; strength in the face of pain or grief

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

VOCABULARY

Acceptance - the act of accepting something or someone, the act of being accepted, approval, acceptance of responsibility
Accomplishments - something that has been achieved successfully
Accountability - the quality or state of being accountable. especially an obligation or willingness to accept responsibility or to account for one's actions
Acknowledgment - acceptance of the truth or existence of something
Admiration - a feeling of strong approval or delight
Adoration - profound love or regard
Alignment - the proper positioning or state of adjustment of parts in relation to each other
Ambition - a strong desire to achieve something, like reaching a career milestone or personal goal
Amusement - the state or experience of finding something funny
Anxiety - a feeling of worry, nervousness, or unease
Appreciation - the admiration of beauty
Authenticity - the quality of being genuine or real
Awareness - the quality or state of being aware, knowledge or understanding that something is happening or exists
Awe - a feeling of reverential respect mixed with fear or wonder
Awkwardness - causing difficulty, hard to do or deal with
Behavior - the way one acts or conducts oneself, especially towards others
Breathing - the process of taking air into and expelling it from the lungs
Boredom - feeling weary because one is unoccupied or lacks interest in one's current activity
Boundaries - something that points out or shows a limit or the end
Calmness - The state or quality of being free from agitation or strong emotion
Confidence - the state of feeling certain about the truth of something; the feeling or belief that one can rely on someone or something; firm trust
Confusion - lack of understanding; uncertainty
Comfortable - providing physical ease and relaxation
Commitment - a dedication to sticking with your goals and responsibilities over time
Courage - the ability to do something that tightens one; strength in the face of pain or grief
Craving - a powerful desire for something
Creativity - the use of imagination or original ideas, especially in the production of an artistic work
Discipline - sticking to your plans and routines even when you don't feel like it
Disconnecting - a lack of or break in connection, consistency, or agreement
Disgust - a feeling of revulsion or strong disapproval
Empathy - the capacity to resonate with, relate to, and share others' pain
Enactment - a process of acting something out
Entrancement - a feeling of delight at being filled with wonder
Envy - painful or resentful awareness of an advantage or possession enjoyed
Escapisms - the tendency to seek distraction and relief from unpleasant realities, especially by seeking entertainment or engaging in fantasy
External - coming or derived from a source outside of the subject affected
Fear - an unpleasant emotion caused by the belief that someone or something is dangerous
Feelings - an emotional state or reaction
Focus - concentrating your attention on what matters most to achieve your goals
Goals - specific objectives you aim to achieve, whether short-term or long-term
Growth - the process of improving yourself, learning new skills, or developing new habits
Horror - an intense feeling of fear, shock, or disgust
Internal - of or situated inside
Interest - the state of wanting to know or learn about something
Joy - a feeling of great pleasure and happiness
Journaling - write in a journal or diary
Lies - an intentionally false statement
Love - a great interest or pleasure in something; an intense feeling of deep affection
Mindfulness - being fully present and aware in the moment, which helps you make thoughtful decisions
Motivation - the reason or reasons one has for acting or behaving in a particular way; the general desire or willingness of someone to do something
Nostalgia - a sentimental longing or wistful affection for the past
Objectivity - the quality or character of being objective, lack of favoritism toward one side or another; freedom from bias
Pattern - a recurrent way of acting by an individual or group toward a given object or in a given situation
Persistence - continuing to work toward goals despite obstacles or difficulties
Perspective - a particular attitude toward or way of regarding something; point of view
Presence - the fact or condition of being present, one that is present
Reclamation - the process of claiming something back or reasserting a right
Reflection - serious thought or consideration
Releasing - allow or enable to escape from confinement; set free
Resilience - the ability to bounce back from setbacks and keep going, even when things get tough
Rewriting - a piece of writing constructed by writing revisions
Romance - a feeling of excitement and mystery associated with love
Sadness - unhappiness; a state characterized by emotions ranging from mild discomfort to deep grief
Satisfaction - fulfillment of one's wishes, expectations, or needs, or the pleasure derived from this
Self-esteem - how you feel about yourself and your abilities; believing in your own worth
Self-forgiveness - a strategy that involved repairing damage done to yourself to resolve guilt, shame, & disappointment
Self-love - an appreciation of one's own worth or value
Sexual desire - an emotion and motivational state characterized by an interest in sexual objects or activities
Stress - a state of mental or emotional strain resulting from adverse or very demanding circumstances
Sympathy - feelings of pity and sorrow for someone else's misfortune
Tension - mental or emotional strain
Transparency - being free from pretense or deceit
Triangle - having three sides
Triumph - achieve a victory; be successful
Truth - the quality or state of being true; that which is true or in accordance with fact or reality
Uncomfortable - causing or feeling slight pain or physical discomfort
Unconditional - not conditional or limited, absolute
Understanding - interpret or view (something) in a particular way
Vision - a clear idea of what you want to achieve to the future you're working toward
Wholeness - the state of forming a complete and harmonious whole; unity

