



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.

SELF-ACCOUNTABILITY

In a world where it seems to be absent, or we are encouraged to shift the responsibility onto others, self-accountability is the key to wholeness and genuine self-love.

When we follow, admire, or enter a power dynamic, we often shift accountability to others, saying we were just following them.

It took me quite a bit of time to see, understand, and even step into self-accountability, mostly because it is so uncommon in today's world.

Our subconscious's only role is to protect us/ ego, and it will go to extreme lengths to do so, most of all keep us small and safe and push off accountability.

To me, the true test of self-love and self-worth is to hold oneself accountable.

To own one's life and embody the duality is to be accountable for all the extremes. At the end of the day, we can only look at ourselves and impact ourselves first.

Love & Light,
Mike

"I AM DISCIPLINED IN MY DEDICATION TO MYSELF."

This is one of my daily affirmations. I try to say it three times each day because I believe in the power of words and the power of three. We, humans, are a weird sort—in the most beautiful ways. And we're all different, with different needs. What's that mean? It means throw convention out the window. Disregard what you think you know.

Try something new.

Personally, I have what I refer to as my inner toddler. Mostly made of intrusive thoughts, my inner toddler can be loud. It can throw temper tantrums. It can be the world's biggest victim. Nothing against actual toddlers—but my inner toddler does not have my best interests at heart.

So, how do I deal with my inner toddler? First, I try to give her some grace. Like most toddlers who start to lose it, I naturally assume she's probably hungry, tired, and therefore cranky. Fair enough, right? Every time I do something I don't want to do, somewhere deep inside a corner of my psyche, my inner toddler pitches a fit. And that's okay. I allow it to happen. I treat my inner toddler like I treated my kids when they were actual toddlers—patience, love, and the occasional bribe.

In my humble opinion, the first step in self-accountability is to be honest with yourself while remaining in control. If you can't be honest with yourself, you'll never be able to be fully accountable. If you can't control your actions because of your emotions, it's the same deal. Accountability is taking responsibility for your words and actions. Self-accountability is taking responsibility for yourself, for your own sake. And, ironically enough, avoiding it hurts you more than anyone else.

It's that habit you promised yourself you'd change but still haven't. The project you began that sits half-done, waiting for your motivation to return. It's the promise you made to your friend or family member that you couldn't bring yourself to follow through with and beat yourself up about after. It's all that, and more.

When I say, "I am disciplined," I don't mean it negatively. I don't scold myself. My idea of discipline is keeping my promises to myself, even when I don't feel like it. It's knowing that my self-accountability is like a muscle that I need to stretch and build if I want it to grow. The bigger it grows, the easier it gets. Saying, "I am disciplined in my dedication to myself," daily reminds me to stay true even when my inner toddler tries to talk me out of doing something. I didn't start with a huge life overhaul, either. I'm not even sure that's feasible, TBH. I started small, with tiny habits, and built from there. Today, my self-accountability is pretty top-tier, and I'm fully here for it. Being fully accountable to myself has bolstered my confidence across the board. I cut through all the BS, know my capabilities, know areas in which I need to put in more work, and know when (and how) to show up. It gave me the ability to pause and reflect on the why of any situation. X, Y, & Z are already known factors allowing me to dig deeper and giving me more insight (and control) of my emotional state. So, I react less and think more.

Don't try self-accountability for me. Try it for you. You won't regret it.

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