



# INNER LUMINANCE NEWSLETTER

## Volume 4, September 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.

# ACCEPTANCE

Acceptance, for our use, is the act of accepting things as they really are while shifting into unconditional self-love.

My current circumstances and how I embody the experience are a perfect testament to how this section and its work specifically shifted how I react and interact with the world.

At this time, my kids and I have been homeless, since August 25, and living at a hotel day-to-day, sometimes a few days at a time. In the past, I would've had shame and fear engulfing my every thought and action. I would have created a GoFundMe and pushed it, not that there is anything wrong with that, and I would have chased and begged for solutions or pressured potential clients to move forward immediately.

This is different. I am fully at peace and operate from that baseline in implicit trust and faith that all will work out for the best. I am present each moment to witness and embrace the gifts.

I carry no shame for growing through a rough time. I fully see and can relate to and understand the opinions of others about me and my circumstances, but I have also seen those I directly communicate with rally around me.

Situational journaling in this section is the key exercise in this phase. It helps us to remove ourselves from the trauma/ drama triangle and operate from a role we defined as the integrator, to function as an observer of the triangle without participating in it. I see myself running through this in my head throughout most of my daily interactions now and I empathize with those stuck in it as I was for most of my life.

The gifts of being present and slowing down, being forced to live day to day, and being able to have been a blessing and calming force throughout this so far.

Whether it is coming to terms with potentially suing my son's school district again to ensure he gets the services he is legally entitled to, to feel safe, heard, valued, and seen. Or how their lack of support has triggered him and consumed our days, endangering him and others or reversing all the progress he has made. Or the two child services cases that have been opened so far while being transparent and living in my truth within it all.

The key is everything I have learned over the last bunch of years. I now have an army of support for all of us and they are rallying around us to fight on our behalf. I truly believe it is my state of inner peace that is enabling all things to align around us with minimal effort.

There are big things in the works for Inner Luminance and I feel and am secure that all things will be when they are supposed to be.

Accepting things as they are and having my way of life in compassionate self-awareness and unconditional self-love is a new way of being for me through these types of extremes, but it is an amazing gift to me, my kids, and all around me to feel it through me as we grow through this season or lessons.

Authentically Yours,  
Mike

# SQUARE... FOUR

One of my favorite words is accountability. What is it, you ask? According to Merriam-Webster, it's the act of being accountable; especially, **an obligation or willingness to accept responsibility or to account for one's actions.**

Why is it one of my favorite words? It's that important. What's more, utilizing it is imperative. Now, can you guess who is the most important person in the world to deserve your accountability? It's you. YOU deserve to be accountable to yourself. Once you are, it's easy to be accountable to others, too.

"Accountability in relationships is necessary for building healthy relationships, which can work as evidence that you can be trusted. Taking responsibility for your actions in a relationship and acknowledging the effects of your behavior and choices shows you have a sense of control over your life." (<https://www.marriage.com/advice/relationship/accountability-in-relationships/>)

If you lived through the '90s (or watched Breaking Bad), you may have heard the phrase, "my word is (my) bond," and it's kind of like that. It's being true to yourself, your values, your authenticity. When you adopt an accountability mindset, you become liable for the promises you make to yourself and others. Even if it starts small, starting is what matters. Build upon your accountability daily—and discover how it gets easier every time. Eventually, it becomes the way things are instead of something you just practice.

What is being accountable to myself, you may wonder? It's keeping your promises to yourself, even in small ways. It's f#\$#ing up, owning it, learning from it, and correcting it... or taking steps to fix it.

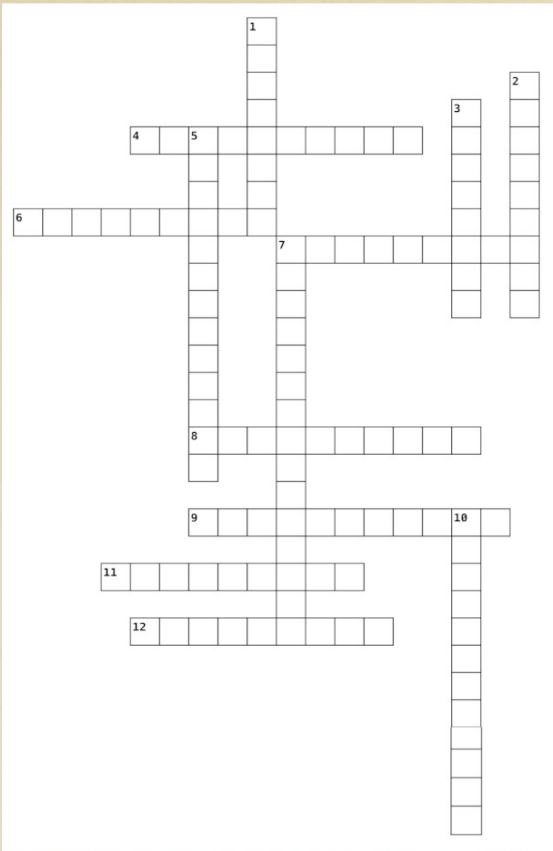
"Accountability matters when we're building self-esteem. We do not like to do things wrong. As children, many of us are taught that wrongdoing results in punishment. We learn to deny mistakes, to avoid the "bad" experiences that result from being blamed. Yet though we may learn to avoid culpability, we never stop making mistakes—they are a natural part of life." (<https://www.healthyplace.com/blogs/buildingselfesteem/2019/5/how-accountability-builds-self-esteem>)

We've learned a lot about our emotions and what to do with them so far. This is the importance of following through for yourself and changing your perspective of what's considered a mistake to a learning experience. It's knowing what you're capable of with confidence, being willing to try out new things to test the boundaries for those capabilities, and having enough discernment to know when it's time to ask for help—and not being ashamed that you need it! The world we live in is a huge, complicated, beautiful mess. Everyone has someone out there that they could learn a few things from and benefit from.

**A Powerful Accountability Exercise:**

(find the full article here: <https://www.lindagalindo.com/2019/03/20/a-powerful-personal-accountability-exercise/>) "Someone once said to me "Anger is the number one way to avoid personal responsibility." It stuck. Whenever I am angry I ask myself this question, "What is it I do not want to be responsible for right now?" In the privacy of my mind, I go exploring, willing for an answer to emerge even if the answer implicates me. Sometimes I get an answer, sometimes I don't. When I don't I move on. Either way, this powerful exercise in truth telling lowers my stress..immediately."

Where to start? Check out this how-to article for more information: <https://dreddieoconnor.com/blog/self-accountability/>

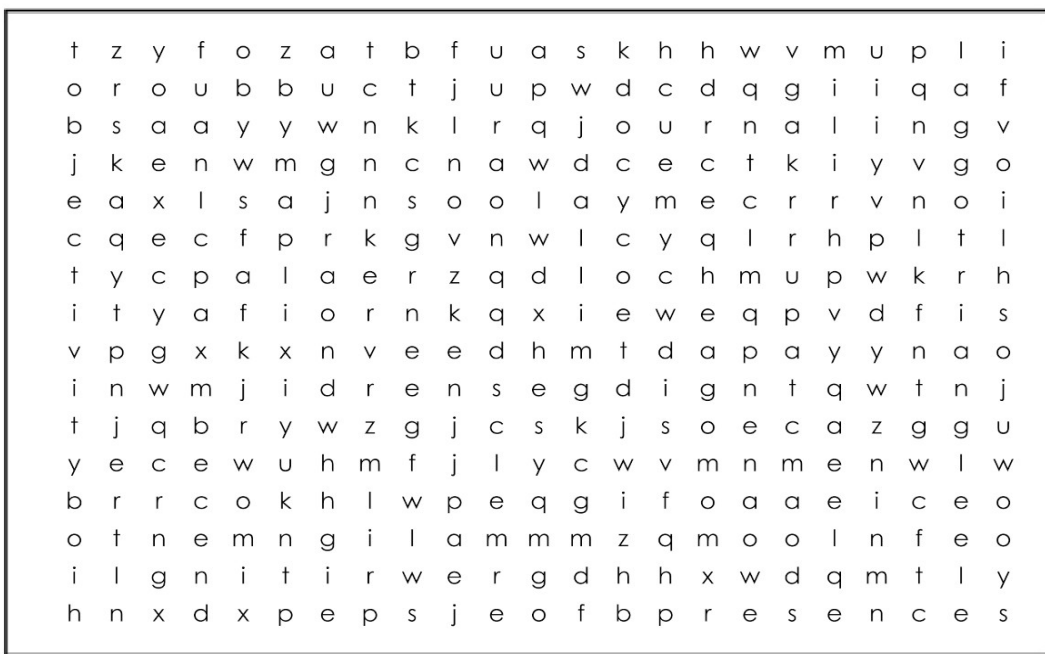


**Across**

- 4. a record of experiences, ideas, or reflections kept regularly for private use
- 6. an appreciation of one's own worth or virtue
- 7. the act of allowing something, permission
- 8. the act of accepting something or someone, the fact of being accepted, approval, acceptance of responsibility
- 9. the quality or character of being objective, lack of favoritism toward one side or another, freedom from bias
- 11. the quality or state of being aware, knowledge and understanding that something is happening or exists
- 12. a piece of writing (such as a news story) constructed by writing revisions

**Down**

- 1. having three sides
- 2. the proper positioning or state of adjustment of parts (as of a mechanical or electronic device) in relation to each other
- 3. the fact or condition of being present, one that is present
- 5. not conditional or limited, absolute
- 7. the act of acknowledging something or someone
- 10. being free from pretense or deceit

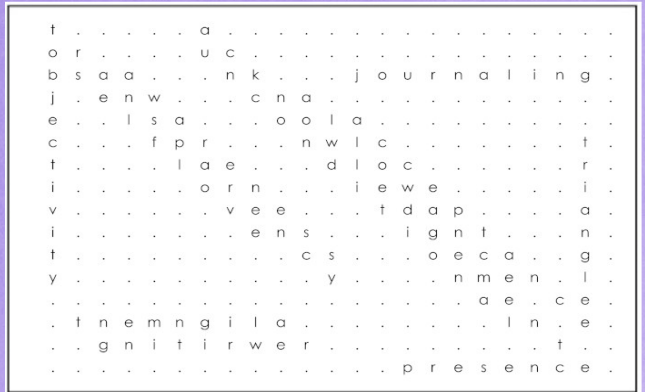
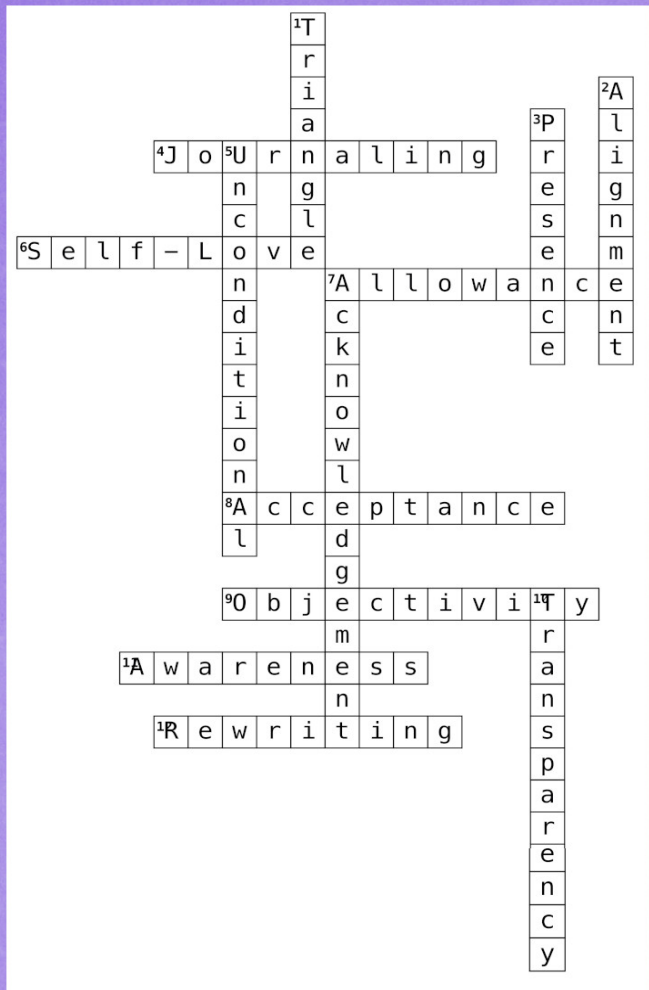


Find the following words in the puzzle.  
 Words are hidden and .

acknowledgement  
 unconditional  
 transparency  
 objectivity  
 acceptance

journaling  
 awareness  
 alignment  
 allowance  
 rewriting

self-love  
 triangle  
 presence



Word directions and start points are formatted: (Direction, X, Y)

acknowledgement (SE,7,1)	journaling (E,13,3)	self-love (SE,2,3)
unconditional (SE,7,2)	awareness (SE,4,3)	triangle (S,22,6)
transparency (SE,1,1)	alignment (W,10,14)	presence (E,15,16)
objectivity (S,1,2)	allowance (SE,11,4)	
acceptance (SE,13,5)	rewriting (W,11,15)	

We ARE here to help.  
Reach us anytime: [inner-luminance.com](http://inner-luminance.com)

Monthly Podcast



Inner Luminance Website



Inner Luminance Program Info:

