



# INNER LUMINANCE NEWSLETTER

## Volume 20, January 2026

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.

### LESS BECOMING, MORE RETURNING

From my perspective, it's impossible to become what we always have been. So, it's simple; it's a matter of returning or remembering. When we are born, we are pure, not jaded, and filled with joy and love, but life has other plans. As we begin our journey, the lessons start revealing themselves, and it's our free will, or choice, how we embrace them. For me, it was decades of self-betrayal and self-abandonment, before I was willing/forced by something powerful enough to face myself. I always say I went to save my kids and accidentally saved myself, lol.

In my case, it goes back to Shrek (in paraphrasing), we are like onions, and we have lots of layers to grow through. Through each layer we face, we discover more courage and strength to go deeper. While I believe it's a lifelong journey, the process gets quicker with each layer. Easier wouldn't make sense to me, but quicker does, as our tools become innate skills.

As we return to who we always were, we grow through/heal through layers. Then we apply experiential wisdom as well, and our life is never the same because we can't unknow what we now know. I call my life "An Enchanted Journey of Misunderstood Miracles" because I find in real time, in the moment, we usually miss the miracles and/or gifts, but in hindsight, we can easily identify them.

My daily ambition is to be so present I don't miss the miracles as they come: waking up, each breath, genuine connections, tapping into my innate gift, and impacting souls with each interaction.

~Mike

If at any point during your healing journey, you would like support, you can reach us anytime at [inner-luminance.com](http://inner-luminance.com)

# NEW YEAR, TRUER YOU

It's that time of year. The time when everything feels fresh and full of possibilities. The time when you make promises and resolutions to improve yourself. And it all lasts for a short time before life returns to its typical cycle. Maybe not always, and I'm not throwing shade at making self-improvements—not one bit.

The way we perceive it, though, and the impact that perception has DOES matter. Every single part of you is already wonderful and whole. There's no need to become a 'New You' because you are already perfect, even if you can't always see it.

You're capable of achieving anything. The important part is to do it for the right reasons. It's time to deprogram learned patterns and behaviors and try a different way. That frustration you feel every time you set a goal and give up? That's not due to lack of desire or even a lack of dedication. It's because you're trying to fit into something that isn't yours at that time.

Instead of reinventing a new you, what if you tried to rediscover the actual you? Rather than adding, start stripping things away and find out what lies beneath. Besides, you can't build on something without a solid foundation. And that requires some undoing.

There comes a time when it's necessary to reflect on the whys, the way you act and react, and your behavioral patterns. After all, the definition of insanity is to repeat the same thing and expect a different outcome. Figuring out your whys gives you power over them. It digs into the root cause that is the catalyst for real change, growth, and evolution.

Don't get caught up in the hype. Don't think that you need to change your external to feed your internal. It's when you focus on inner understanding, when you put the work in and enhance your own inner world, that the world around you must develop to fit. Don't be a resolution. Be the evolution.

# 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](http://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](mailto:innerluminancellc@gmail.com) with your info and your friend's info to get started!