



INNER LUMINANCE NEWSLETTER

Volume 7, December 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.

GIVE THE GIFT OF INNER LUMINANCE!

We can understand that many are having challenging times during this holiday season, so we created these offerings so individuals or organizations can give a gift that has the potential to impact someone's life profoundly. This is an opportunity for the receiver to have an objective, compassionate guide to unconditionally support them and provide clarity while going deeper into self-understanding and self-awareness.

Inner Luminance LLC, at its core, has a mission to guide each person back toward their inner light that has always been part of them. We go through the conditioning that our worldly experiences have created. We go back to where we started and heal through the past to create a new way of life.

We crafted our programs for anyone who desires to shift their lives into a new way of being. Through this process, we guide through 4 phases: Awareness, Acknowledgment, Acceptance, and Allowance.

The key to what we offer is a customized side-by-side guided approach through unconditional support, meeting each individual where they are while leveraging our personal experiences to provide hope and encouragement.

The Offerings:

- 1 90-minute Coaching call - \$150
- 2 90-minute Coaching calls - \$275
- 4 90-minute Coaching calls - \$500
- 5 60-minute Coaching calls - \$500
- Payable through Venmo or Square and will receive the receiver template to the person gifted this.

Dear (Receiver),

A guardian angel is looking over you.

At what can be a difficult time of year, a donation has been made in your honor from (ANONYMOUS, or INSERT NAME) to receive INNER LUMINANCE.

What is Inner Luminance, you ask? You can see our work attached here, but for now, please know that it is a comprehensive life improvement and coaching program. Persons in difficult situations receive step-by-step instructions on how to get back on their feet.

Maybe you've lost a job, are going through a life change, or are just not feeling like you used to. Whatever your specifics, you will receive kind, gentle, confidential, and step-by-step instructions from experienced professionals and life coaches.

You are entitled to receive:

- 1 90-minute Coaching call
- 2 90-minute Coaching calls
- 4 90-minute Coaching calls
- 5 60-minute Coaching calls

Please contact Michael Padurano for more information
Mike526@gmail.com
c: 561-251-4332

Always find more information on our programs and offerings at
inner-luminance.com



LET'S GET REAL...

We can talk a good talk all day long. We can submerge ourselves in information. But, when push comes to shove, what do we do with it all? How do we apply it? Do we hold ourselves accountable?

Holidays can be difficult for some. Seasonal depression can happen to anyone at any time, but for many, the imposed societal beliefs can be overwhelming. Loneliness can feel lonelier. Or the impending visits/dinners/shopping/preparation may feel overwhelming. Putting together a family holiday is a daunting task... and sometimes, merely just attending one is.

I encourage you to Practice the Pause whenever needed. Just take a few seconds, take a few deep breaths, and find your authentic self before moving forward. Many of us weren't taught how to handle emotions as a child. But they are skills we can learn.

"...We didn't learn how to feel our feelings productively. We didn't learn that emotions are temporary and fleeting, that they have a predictable beginning, middle, and end, and that we will survive. When we don't learn how to feel our feelings, we may start to interpret all emotions as terrifying. As children, we can't distinguish our feelings and our "self." We think we are our feelings. If our feelings aren't treated as acceptable in a certain situation, we may decide that we aren't acceptable...."

(<https://www.psychologytoday.com/us/blog/mindful-anger/201804/9-steps-healing-childhood-trauma-adult#:~:text=When%20we%20don't%20learn,that%20we%20aren't%20acceptable.>)

If none of the tools in your toolbox work this holiday season, help is available. You can always reach us free of cost at inner-luminance.com or reach out to any of these free resources:

- 988 Suicide & Crisis Lifeline: Call or text 988 to reach a trained crisis counselor 24/7. You can also chat with a counselor at 988lifeline.org.
- Crisis Text Line: Text NAMI to 741-741 to receive free, confidential crisis support 24/7.
- NAMI Helpline: Call 1-800-950-NAMI (6264) Monday through Friday, 7 AM to 3 PM PT for free mental health information, referrals, and support.
- Anxiety and Depression Association of America (ADAA): Offers an online peer-to-peer support group for anxiety and depression.
- Mental Health America: Offers resources for mental health during the holidays, including Hope For The Holidays.

Here are some tips for managing your mental health during the holidays:

- Prioritize your well-being
- Minimize stress
- Connect with loved ones
- Focus on the positive aspects of the season
- Avoid overspending
- Celebrate together and show affection
- Consider homemade or handmade gifts
- Do something with friends and family

Have a safe and happy holiday season filled with love and light!

Your friends at Inner Luminance

~See you in 2025!~

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ENACTMENT

Healing Near and Far

One cannot heal from any of life's adversities until one understands their life's mission. It is as essential as breathing, eating, and sleeping. This is what we believe at Inner Luminance.

However, many of us have sadly learned to turn that mission off. Maybe a loved one shut it down. Perhaps a teacher said you weren't smart enough. No Talent. Too fat. Too thin. No money.

Whatever it is for you, I need you to know that you cannot heal yourself without the active awareness of and pursuit of your life's mission.

Do you know what your life's mission is? It is a simple, deceptively simple question.

It took me half a century to figure mine out. Oh, sure there were inklings. All the clues were there. Some of my friends and family would probably laugh at me for even saying I didn't know. But it wasn't until recently that I truly made peace with and live by my life's mission.

Are you ready for it? Here it is TRAVEL!

That's right. Travel. Simple as that.

I need to take a short detour in the English and German languages to explain this more fully so bear with me.

Firstly, the word travel is not poetic at all. That hard A sound in the back of the mouth (traaaaaavel) and dissonant V in the middle just isn't musical. Words like lollipop, destiny, veranda. These words have magic and poetry that befit their meaning. The word travel does not.

And I fear the word probably conjured images of crowded airports, long lines at TSA, and crappy rental cars in your mind. How could that be anyone's life mission?

So, for purposes of Inner Luminance, I shall instead refer to my life's mission by the more apt and more meaningful terms Wanderlust and Fernweh. Let's start with Wanderlust.

Travel connotes a specific place. But wanderlust implies wandering: a journey, an adventure, an experience. And lust is also clear: the feeling of romance, deep wanting, and sexiness. Put them together and you think a stroll down along the ocean in a hot tropical climate with someone you are aching to feel ... wait a moment, Inner Luminance is supposed to be strictly PG. But I think I've made my point.

And then there is the German word Fernweh.

This word combines the German words fern, meaning distance, with wehe meaning ache or sickness. One source described it as "distance sickening" or "far woe", or a pain to see far-flung places beyond your doorstep.

As the young kids today might text or tweet: LYKYK. And I know.

An ache, something you don't want to do but you MUST do. When I was first introduced to this word by some friends, I had a visceral but positive reaction. It's the word I never knew I needed.

Travel may not be your thing. I know plenty of people who hate it. And that's fine. For those of you in this camp, I beg you to find your version of your life mission. Music, leadership, writing, decorating, starting companies, singing, pickling vegetables, animals, church, gardening, caregiving, cooking, race car driving, helping others. There is no limit, but you've got to be honest with yourself.

For the travel-curious, a few points. Studies have shown that simply scheduling a trip can improve your mood. It can give you an invitation to set a limit on your day-to-day. The research further showed that this pre-trip joy bomb is more satisfying than the trip itself.

Let me also assuage those of you who think travel is expensive. Of course that can be true, but it need not be. One of my most favorite trips ever was taking my son to a nearby park where we shot BB guns into soda cans and old loaves of bread. Another was taking my daughter to a convenience store (I'm an unashamed Buc-ee's fan). One more, this time for the Lux-inclined: when a trip to Switzerland was unexpectedly canceled for my wife, we had a staycation involving Swiss wines-and-cheeses-in-bed (think breakfast in bed, but later and with tastier food).

A walk in the park, a long breath at a body of water, a trip to a mall where you don't buy anything, smelling the flowers or the coffee. Any of these I would argue are sufficient wanderlust to combat Fernweh.

But that's what works for me. That's my mental spine that everything else hangs on and is supported by. I can center myself and centralize my life knowing that my mission can be completed. The healing starts when the mission is met.

If I'm ever off, if I need to heal from something, anything: I can always find it while traveling.

Let me conclude with a recent extravagant travel experience, which was very on-point of my mission. I just returned home from a place called The Museum of the Future.

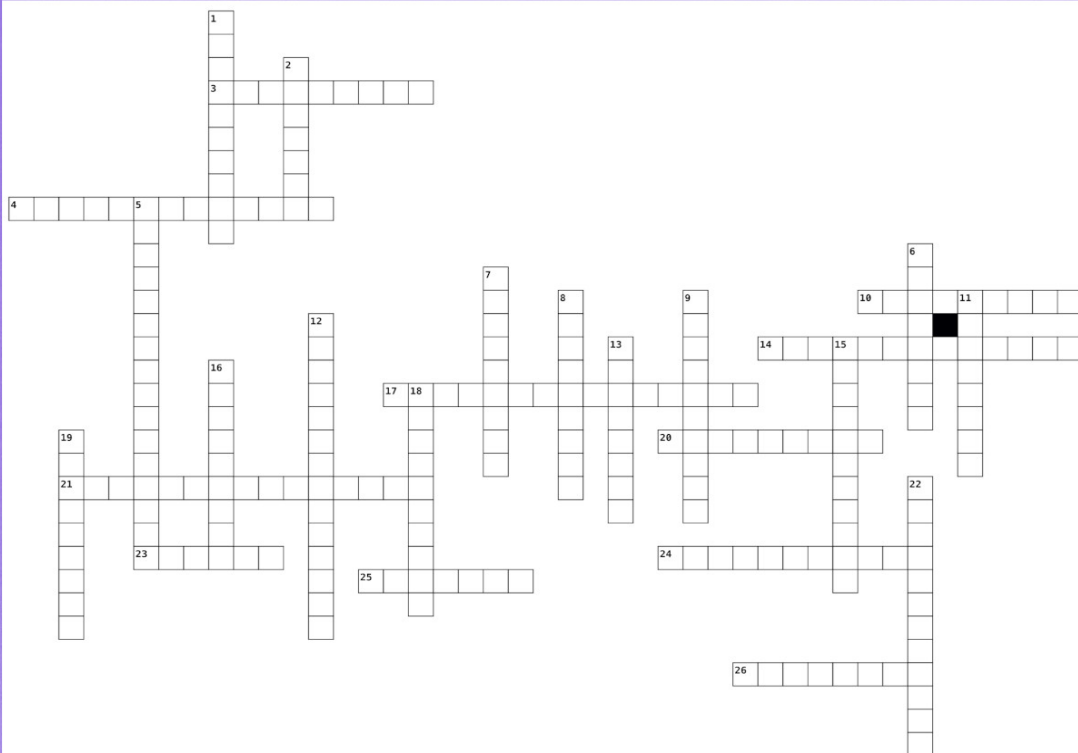
Let me stop and let that sink in.

The. Museum. Of. The. Future. Talk about poetic labels.

This is a photo of it with me next to it and another of me inside it. Just standing in its presence was enough to fill this boy's soul mission. But wait there's more: I actually went inside it to give a speech.

Again, if the concepts in this article are appealing to you but are not clear to you, I strongly encourage you to contact Michael Padurano. He can help you find your soul mission. Whatever ails you, however it happened, whatever you'd like to undo ... all of it is possible so long as you embrace what's inside.





Across

3. allow or enable to escape from confinement; set free.
4. interpret or view (something) in a particular way.
10. the process of taking air into and expelling it from the lungs.
14. not conditional or limited, absolute
17. something that has been achieved successfully.
20. the act of allowing something, permission
21. the act of acknowledging something or someone
23. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
24. the process of claiming something back or of reasserting a right. Acceptance the act of accepting something or someone, the fact of being accepted, approval, acceptance of responsibility
25. a recurrent way of acting by an individual or group toward a given object or in a given situation.
26. the fact or condition of being present, one that is present

Down

1. a record of experiences, ideas, or reflections kept regularly for private use
2. mental or emotional strain.
5. a strategy that involves repairing damage done to yourself to resolve guilt, shame, & disappointment.
6. an emotional state or reaction.
7. the proper positioning or state of adjustment of parts (as of a mechanical or electronic device) in relation to each other
8. a piece of writing (such as a news story) constructed by writing revisions
9. write in a journal or diary.
11. having three sides
12. acceptance of the truth or existence of something.
13. the way in which one acts or conducts oneself, especially toward others.
15. the quality or character of being objective, lack of favoritism toward one side or another, freedom from bias
16. an appreciation of one's own worth or virtue
18. the use of the imagination or original ideas, especially in the production of an artistic work
19. the quality or state of being aware, knowledge and understanding that something is happening or exists
22. being free from pretense or deceit

x l i s u l j r w r y t i v i t c e j b o u s
g e z a b i z y j n j o u r n a l i n g a a k
i c n z c d l y t r a n s p a r e n c y l e b
f n h d v b e c n e s e r p v f c z s i i k q
e a g y r a r o f v n a s e d v k b t f g b t
c t t n e m e g d e l w o n k c a m r g n e e
c p b p w m b a h p w e i u x r j f e x m h c
e e r p r g y q j q s g n i l e e f s y e a n
l c b n i g q v h g n i h t a e r b s s n v a
g c j n t p a t t e r n s b l c t k b w t i w
n a h o i i c c l a n o i t i d n o c n u o o
a o z i n y s e e m o s e l f l o v e h r r l
i f e s g v l s s e n e r a w a f j a b g e l
r x n n x q y t n e m t c a n e i e o b y u a
t t c e c b s f o u g n i d n a t s r e d n u
z u t t l t g t g b i k s n e y l p n w c i j

Find the following words in the puzzle.

Words are hidden and .

acknowledgement
unconditional
understanding
transparency
objectivity
acceptance
journaling
awareness

alignment
allowance
rewriting
breathing
enactment
self-love
triangle
presence

feelings
behavior
tension
pattern
stress