



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.

What Experience Do I Create for Myself?

As I sit here knowing it took extra time to flow out, I am at peace because I have implicit faith and trust in divine timing.

This shift in my life was very layered and complicated to grow into. It meant embracing being in the world, not of it.

I had to release my attachments to all the programming, beliefs, and understandings I previously held so dear. The belief that the harder I worked the more it would return, but never realizing the cost of the pieces of me I would sacrifice just to fit in, or assimilate to the way of the world, that I knew I was here to shift.

It came down to the core belief that I had to fit in to make my impact. Today, I know my impact starts when I wake up and simply impacting the souls I come across daily.

I don't want to fit into a world built on manipulation and corruption. I am an eternal light within the darkness.

I choose daily not to sacrifice who I am but to shine bright exactly as I am.

I have always had my best ways to sacrifice myself and fit in but with brilliant ways to bounce back in worldly ways, today I choose to trust my soul and inner light to guide me and implicitly create space for divine timing to align around me.

No more self-sacrifice, no more fitting in, it's time to stand out.

I know how to get what I want in this world built on manipulation and fear, but today I choose to do things differently and embody a new way. I choose to live transparently and allow this phase to attract all the solutions needed to make my impact on humanity.

It wasn't simple to get here but it is truly a much more simplified way of being while embodying a frequency of being at peace and truly being me.

For each individual on this planet, there is a way of being or a way of doing.

Today, I choose to be and allow the world I am creating for myself to show up for me.

We have tools, we have a way, and we have a path to emulate... but it is up to each individual to take it on for themselves or not.

A true test of faith and trust in the divine plan but I am all in, I am excited for others to join us.

What's Really My Reality?

It's not your experiences that shape you. It's your perception of them that does.

I know that's a hell of an intro. But I figure, if we're going to go there, we're really going to go for it. Dive right in, headfirst, with zero trepidation.

Take a moment to realize the impact of that first statement. Everyone's perspective varies, and it varies as they move throughout their day and interact with others. Your perspective is based on your outlook. It creates the reality in which you live.

If you're having a bad day, you'll likely be in a bad mood, right? And it's understandable, but does it really help anything? It's like a snowball effect if you're not careful. One small thing rolls into something larger and larger until you are smothered by it.

The good news is that it works both ways. Your good days and good moods can snowball too. It all depends on which snowballs you decide to make.

Why is it so much easier to snowball the bad rather than the good? "According to research, the average person has approximately 60,000 thoughts per day. But what is truly concerning is that 75% of these thoughts are negative, and 95% are repetitive. Many of our negative thoughts are driven by the flight or fight part of our brain." (<https://insights.peak-dynamics.net/post/102ia4i/the-impact-of-45-000-negative-thoughts>)

Is it any wonder why we're always stressed out? Why we become grumpy folks who just can't even? It's not our fault we do it—but we'll be sure to beat ourselves up over that too.

The Four Agreements (Don Miguel Ruiz) tells us that our perspective can be changed by cultivating agreements within ourselves. It's an incredible read I highly recommend (along with its sequel) that brings four agreements to have with yourself to the table: 1) Be Impeccable With Your Word, 2) Don't Take Anything Personally, 3) Don't Make Assumptions, 4) Always Do Your Best.

The Power of Now (Eckhart Tolle) discusses how our interactions with our thoughts impact us and those around us. It guides the reader through tactics to first notice when our thoughts try to run away from us and how to reel them back in. Ultimately, living presently and not giving any energy to your "fear body" to thrive without adding stress to your plate.

There are so many more books I could go on about, but these two were a catalyst for me. By applying their principles to my daily life (this is not an overnight thing, fair warning), everything became lighter...more feasible. I took all the stress I put on myself and kicked it to the curb. My perspective of myself and my reality shifted. I changed my own reality. You can too—promise.

What kind of Friendship Experiences do you Create for Yourself?

Have you heard about the epidemic of Loneliness in America. According to a recent article in the NY Times:

- Americans now spend more time alone than with others
- One in two adults report experiencing loneliness
- Have fewer close friendships and feel more socially detached from their communities than they did 20 years ago

Apparently, the long hours that we work and the time we spend on our phones have come at the expense of our friendships.

We as a society have also had a front row seat witnessing the birth, growth, decline and apparent collapse of a very public bromance. So, we may all be a little confused about friendships at work and need some reflection on creating friendships experiences.

However, in a book I am working called *Fugly Leadership*, I am observing a world where people are becoming friendlier with their co-workers. This concerns me greatly in ways I'd like to share with the Inner Luminance newsletter readers.

There are several problems here:

- Ultimately, co-workers are united by a workplace which has specific objectives which could conflict with friendship.
- Within an organization context, roles will change over time. A friend could become a boss tomorrow. Or worse, a boss could become a subordinate next year.

It would appear that we are making friendships out of convenience rather than other criteria.

Let me share a few pointers for you I am learning that are practical guidelines here:

- In general, we do not have enough friends and we have become a lonely society
- However, making friends at work can conflict with an organization's mission. Generally, this happens slowly over time but is imperceptible day to day.

- Accordingly, rely on boundaries to balance workplace friendships.

Actively communicate with work friends about these boundaries early on so you aren't surprised later. Examples might include:

- o I would like to discuss that with you, but after hours only
- o It's difficult to chat about that when we have this deadline / priority / objective
- o I fear this conversation is bordering on personal gossip, let's hone it in and bring it back to workplace discussion
- o Perhaps we separate our conversations into personal and professional buckets

In principle, friendship experiences inside of work can be meaningful and are encouraged especially in light of our collective loneliness. However, know that workplace friendships require boundaries when you create experiences for yourself in a life of inner luminance.

May We Present:

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

