



# INNER LUMINANCE NEWSLETTER

## Volume 5, October 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.

# ALLOWANCE

Allowance is allowing ourselves to create a new way of life. It is the differentiating part of our program vs other programs.

The tools used throughout this process fill the toolbox we can use to grow through any part of life. My life is always my muse for all I share with the world. With everything going on in my life currently, I explain it as I am in the eye of the chaos storm, monitoring my observations and living free of attachments and expectations.

I am living in flow and at peace with everything as I know everything will align on its designated timeline. The new phrase I embody is, "My life is an enchanted journey of misunderstood miracles."

There is a reason I say that. It is because it is stated in hindsight—when I have found that things are usually clearer. Due to my current circumstances of being homeless with my kids and battling my son's school district to protect him from them, I am forced to be present each moment of the day.

In turn, I am so grateful and blessed to live and embody the miracles as they come. Life is so beautiful when we allow ourselves to witness it.

For example, I have joined Systemic Diversity and Inclusion Group. It is a non-profit that globally promotes DEI, as a free role but also as an alliance to bring our programs to them.  
to them.

I believe taking DEI deeper with our programs can guide others to become aware and release their unconscious/ subconscious beliefs and biases so true DEI can focus not on Diversity but actually Inclusion, because diversity without inclusion is manipulation and empty promise, just like love without actions to back it up.

After all, we are our actions, not our words. I spent so much of my life talking without aligned actions and truly believed I was my words, now I see I was manipulating and lying to myself first and foremost.

The allowance phase is a gift. It's the gift of creating a foundation internally that no longer seeks external sources for validation. Instead, you relearn to trust yourself again while knowing you have the tools to grow through life and all the misunderstood miracles you experience.

The question is: are you ready to see your authentic self and release the people, places, and things that do not align? Anything that was for the version of yourself living into what you thought you were supposed to be based on imposed generational, societal, and cultural beliefs?

I truly believe we all do the best we can in each moment and until we learn we can be and do different, we don't. At the end of the day, we need to allow ourselves to be free and true to ourselves.

Authentically Yours,  
Mike





# THE FIFTH ELEMENT...

Let's face it—it's easy to be hard on yourself. In today's times, it's probably easier than ever before. We have societal 'norms' we are expected to conform to, decisions to make, goals to orientate... We have people expecting us to reach milestones we are largely unprepared for, yet we soldier on smiles pasted firmly in place, and play the game. When we can't be what we think we should be, we beat ourselves up over it.

Why, though?

**"We do this, you and I — we believe the work and the fault lie within us, rather than in the people and institutions that convinced us we're broken. Then, when we realize we're stuck in these thought patterns, we punish ourselves for punishing ourselves. Like using fire to quell fire; it doesn't work."** (<https://www.thegoodtrade.com/features/why-am-i-so-hard-on-myself/>)

My next questions are my biggest questions yet:

How do you treat yourself?

On a day-to-day basis, are you your biggest supporter or your biggest obstacle?

Do you inadvertently set yourself up to fail because you lack faith in yourself?

At some point, everyone does all these things. It's normal and okay. What's not okay is when these things become habits that become a way of life. Remember our pal, accountability? He goes together with our homeboy, honesty. And before you can be honest with anyone else, you must start by being honest with yourself.

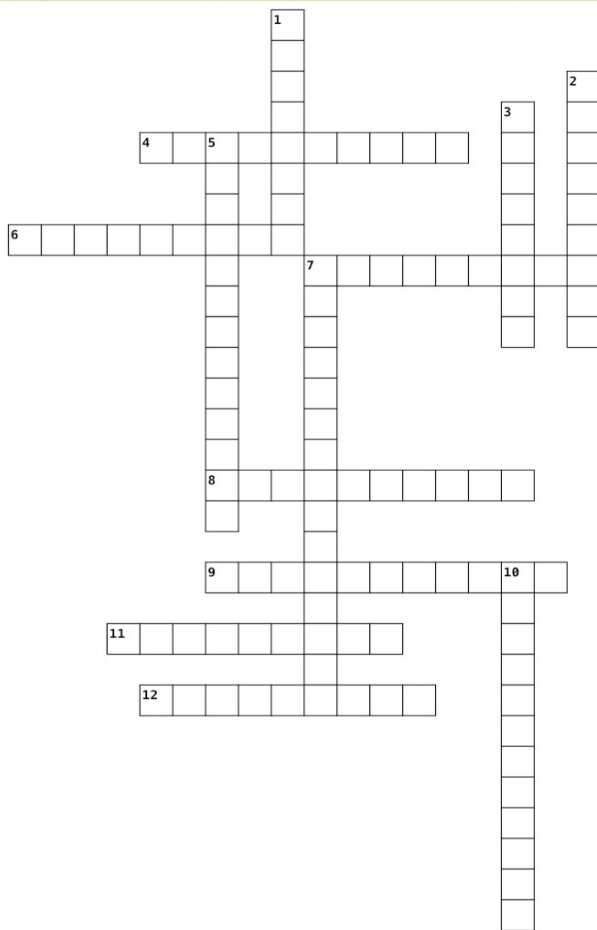
What's more important still, is to have that honesty come from a place of self-love and self-compassion. How do you speak to yourself? How you do establishes your perception of the world you encounter, so it matters more than just a little.

Self-love isn't about being perfect. It's about loving yourself despite imperfections. Remember when we talked about owning your mistakes? This is owning your imperfections. They are the tiny details that make you so wonderfully unique and special. Some may be things you want to work on, but despite that, you should hold space for love for those things regardless.

Self-compassion is where we forgive ourselves for messing up and treating ourselves with kindness when it happens. It doesn't condemn, it supports. And it tells us that it's okay to try again.

Here's a good gauge: Would you treat your best friend at their lowest the way you treat yourself? Why or why not? Why should you show more compassion to others than yourself? And—what's more—if you don't truly show yourself compassion, are you ever able to be truly compassionate to others? **"Our hearts don't just beat; they dance to the rhythm of our emotions. The happier and more self-loving tunes we play, the more our heart grooves in healthy rhythms."** (<https://boxedcommunity.com/personal-development/science-and-self-love/>)



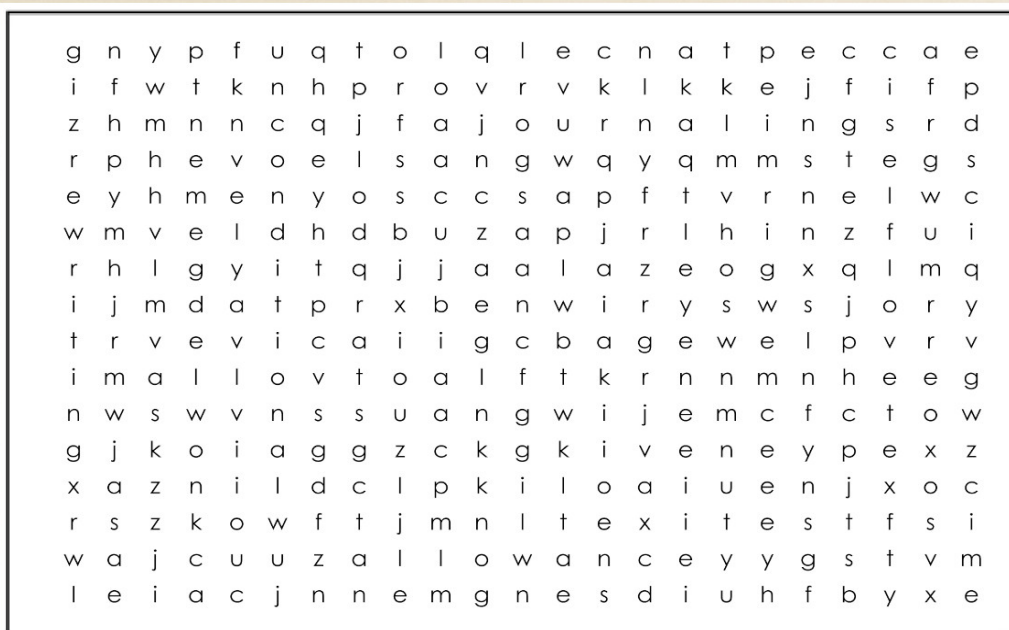


#### Across

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.

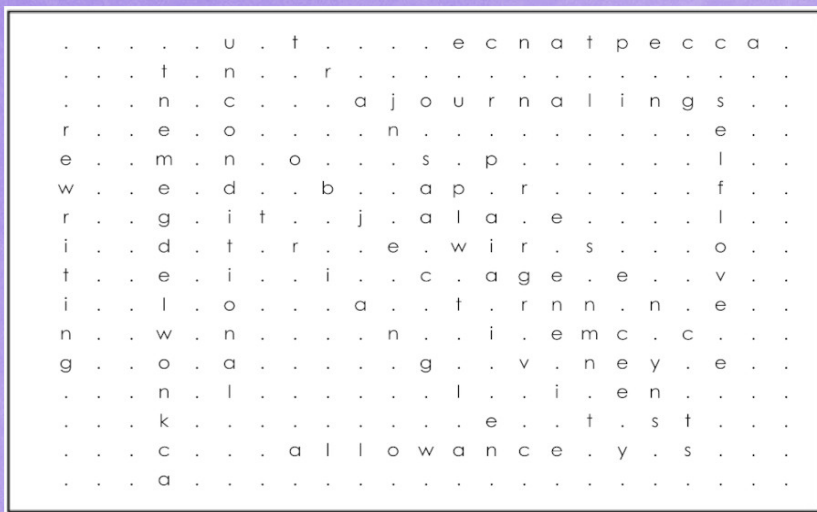
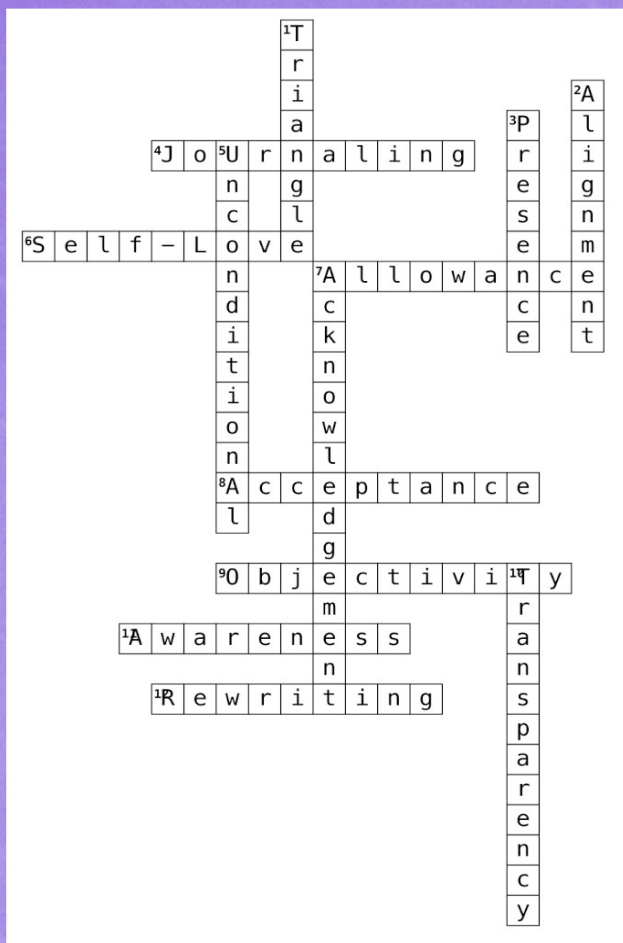
Words are hidden     and .

acknowledgement  
unconditional  
transparency  
objectivity  
acceptance

journaling  
awareness  
alignment  
allowance  
rewriting

self-love  
triangle  
presence





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

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