



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.

May I Discuss Faith Through Fear?

Fear is a self-fulfilling prophecy. The more we allow it to engulf us, the more it creates.

The solution for my inner peace and implicit Faith in the divine plan, beyond any structural religion, is in my direct connection to my higher power. As a human being, I believe never experiencing fear is impossible, but the key is what we do with it. Do we choose to be consumed with it and allow it to control us and shrink our light? Or, do we face it, embody it, and alchemize it through faith?

How is it said? Courage is seeing hard things but doing them anyway even though we perceive them to be hard. At the end of the day, it is a choice and how we choose to live our lives daily. The choice is to exercise our free will or to live in our personal freedom.

For so long, I didn't believe I had a choice. I sabotaged my life at every turn, constantly giving every circumstance and/or person power over me, blaming everything outside of myself, and being opposed to being accountable and owning things that once owned me.

Today, I realize everything in my world is about my perception of it and a reflection of how I feel about myself internally. The key to life is alchemizing each facet of my life to find balance and embodiment of all things.

Faith in my direct connection to my higher power returns to my connection to myself, and from there, my faith builds and grows.

May I Discuss Serenity?

What comes to mind at the mention of the word serene? Some may say perfect weather at a sandy beach, or a warm mug by a cozy fire. Those days where you don't have to get out of bed. And they wouldn't be wrong. All those things exude sereneness in spades.

The capacity at which you can receive serenity lies within you. Your capacity for how you receive anything will always denote how much of something you do (or don't) allow and (therefore) ultimately receive. What in the world does that mean, you ask? What is a capacity to receive? Your capacity to receive depends on what you feel you deserve consciously and subconsciously. Even if you consciously believe you're deserving, any subconscious junk that hasn't been properly faced and worked through can hinder literally everything. Because deep down, you don't think you deserve it. That leads to self-sabotage and self-fulfilling prophecies. Those lead to stress and feelings of defeat—and that becomes a perfect recipe for falling into victim mode. Why me?

Self-sabotage is a pattern of behaviors or thoughts that intentionally interfere with one's goals, well-being, or progress. It involves acting in ways that contradict what a person genuinely wants, often resulting in negative outcomes. A self-fulfilling prophecy is a prediction that indirectly causes itself to become true because a person's expectations about a situation influence their behavior in a way that leads to the expected outcome. In essence, the belief that something will happen becomes reality due to actions taken based on that belief. It took me months of work to break these patterns, and it also took me months of practice to finally understand meditation. What connects these two things enough for me to mention it? The most serene place in this universe exists within you, not outside of you. It is a place you can go (with some practice) anytime because your peace is always in your power. The more of your junk you work through and the more tools you apply that work for you (journaling, affirmations, meditation, exercise, and more), the more you increase your capacity to receive. It takes work. It doesn't just occur. But one day, things seem different. And you realize, it's not everything else. It's you.

May I Discuss: Adrenaline to Fear; A Father's Journey

It is a truism that parents fear the death of their children every day. Should we be so lucky to escape such a fate, most parents are unaware of another ailment. One that we should be attentive to, which also can be insurmountable.

No matter the reason or cause, it can live inside you undiagnosed prevent you from working, experiencing joy or getting out of bed.

Nearly 20 years ago, my daughter Eleanor escaped death before she was born. For reasons we never understood and never will, she was born at 26 weeks weighing less than one pound. While both me and my wife Cheryl were rocked to the core, seven months after her birth, I was stricken with what was later diagnosed as Post Traumatic Stress Disorder.

Prior to this, our lives were entering a high point. We were recently married, expecting our first child, and 6 weeks into a job living and working in Shanghai, China. That was until an ultrasound revealed our 24-week baby was in peril. We were instructed to go to Hong Kong, where medical infrastructure was better and the information was available in English.

Eleanor Katherine was born 2 weeks later. For the next 7 months, we were managing multiple disruptions: new parenting, caring for a baby in intensive care, and navigating the complexities of life in two countries.

I'm not proud to admit but as a rural Michigan boy, living part time in Shanghai and Hong Kong was exotic and wonderful. High on adrenaline and caffeine, I existed in each moment one day at a time doing everything I could with my wife to care for this child.

Eleanor began recovering and returned home near her original due date by all accounts a healthy baby girl.

It was at this point that the adrenaline and caffeine began wearing off. My work started suffering, my marriage began crumbling, I was drinking too much, and I was enjoying too many jiaozi (Chinese dumplings). Not knowing what else to do, I found an English-speaking therapist who diagnosed my situation as PTSD. This confused me as I didn't know it was possible for civilians to get PTSD. I thought it was something only military people got.

Over the course of many months working with the therapist, I began to sort out the condition and get it into a recovery state. It is never really cured, but it can be made manageable.

It's important to ask yourself: is there an emptiness inside that is causing some kind of pain? Is that emptiness something solvable? In my case, it was ...but I was unaware PTSD was something that I could get, or that it could be generated by non-military non-combat.

Should you find yourself in such a situation, there is support such as this one from the NIMH: Traumatic Events and Post-Traumatic Stress Disorder (PTSD) - National Institute of Mental Health (NIMH)

And of course, Inner Luminance has tools one might need to manage this most despicable ailment. From understanding your pain's source, to working through permanent coping strategies, Michael at Inner Luminance can take you step by step through the activities you might need to emerge from a PTSD diagnosis more strongly.

As for me, I am happy to report that the little kid born in Hong Kong all those years ago is about to graduate from high school and be born again into the world. From the Hong Kong NICU to a graduate of Centennial High School in Franklin, TN to attending Sewanee: the University of the South in the fall. To all parents and PTSD-afflicted, please understand there is hope above and beyond what you may be feeling. Please reach out should you need additional support.



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

