



INNER LUMINANCE NEWSLETTER

Volume 9, February 2025

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.

KEEPING MY INNER PEACE IN A WORLD OF FEAR

For most of my life, finding inner peace never felt possible but I have done the inner work. I heal daily through my new way of life, it has become my state of being. As I was doing the work, I would find moments of peace inside a world of chaos while being in a permanent state of inner chaos.

Through the program exercises (that were used way before it was a program) and deep healing by facing parts of myself that I had not previously, it shifted to where it is now, a baseline of inner peace while feeling safe to experience all extremes of the emotional spectrum.

I have been homeless with my kids since August 25, 2024. I've found that because I don't operate from fear the world has no clue how to interact with me, as I am not the squeaky wheel I always was.

I am truly living presently in each day. The beautiful miracle each one is, while living in implicit trust and faith in a divine plan, living in flow, and only taking inspired action without chasing.

My circumstances are a view of the global chaos and fear that the world is drowning in but on a micro level. I have had nights of sinking into fear and insecurities, losing my mind and wanting to quit, so do I call child services, ask them to take my kids, or get arrested and the same result? Obviously, not. But when it's below 30 degrees and we have been in the car for hours with no clue where warmth will come, as my car's heater broke and the kids are hungry and crying, so I experience all the emotions, allow them to consume me, then grow through them. Or, do I close the company and get any job to live like so many in the world, numb and stagnant but appearing successful?

It is a harsh truth and embarrassing to admit but I live transparently. My kids are taken care of, clean, and fed (not limitlessly as they were used to), they go to doctors and therapy weekly, go to school, and have not spent a single night in the car. Still, my head gets in the way and gets the best of me in moments, but unlike the past where I would spiral and go catatonic, now I use the tools I live by and grow through it.

I return to my inner peace, and the world doesn't take it from me. I don't give it away to the world. It isn't about strength or courage. It comes down to compassionate self-awareness and unconditional self-love, embodying it, and having a way of life built around the tools.

OVERCOMING EXTERNAL FEARS TO FIND INNER PEACE

What is the freedom of your reality? That's a big question, right? One that almost gets bigger the more you examine it. For starters, what's your idea of freedom? Where does your mind jump immediately? What about that next part? What's your reality? Is it a place that makes you feel happy, safe, and content?

Our external environments will always be a factor to some extent. The trick is, it's only to the extent in which we allow. What do you hold space for? Why do you hold space for it? How does it serve you? What is your perception? Misery loves company and it's easy to get dragged down by fear, pain, and trauma. But overcoming these things and finding a reason to shift what you perceive is a superpower.

It's cognitive restructuring, it's real, and it works. You know how all your devices get updates? Think of it like that. You've been running on you operating system forever. And it's time to update those thought processes.

Negative Self-Talk

It's too radical a change.

No one bothers to communicate with me.

I'm not going to get any better at this.

I've never done it before.

It's too complicated.

I don't have the resources.

Positive Thinking

Let's give it a try!

I'll see if I can open the channels of communication

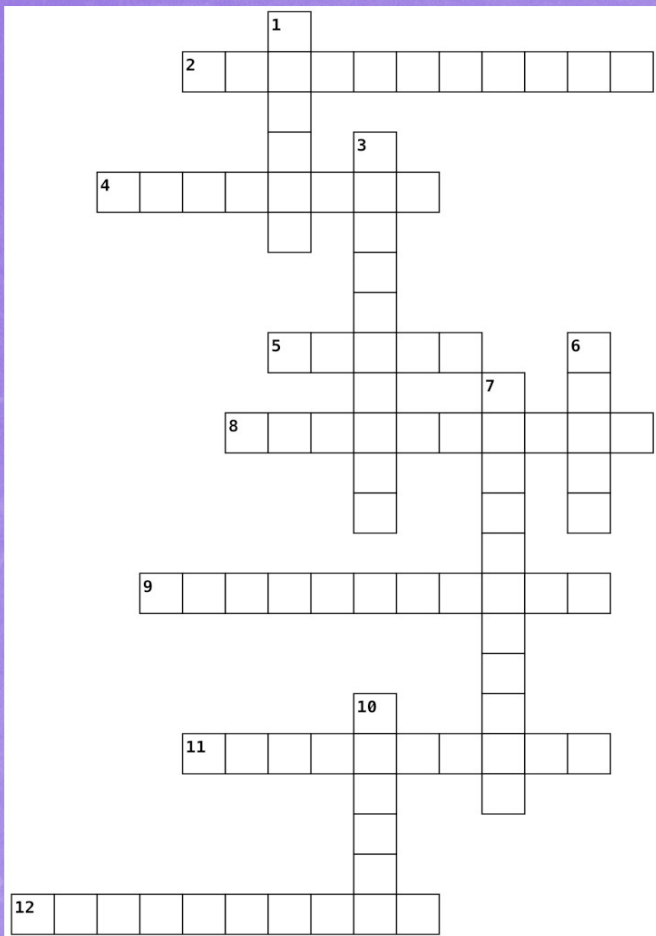
I'll give it another try.

It's an opportunity to learn something new.

I'll tackle it from a different angle.

Necessity is the mother of invention.

The more you take action, the more it works. Are you going to quell every negative thought from the start? No. But each day you try, you will become more successful at it until one day, it's second nature. You don't think about it, you just do it. Your system update has been successful.

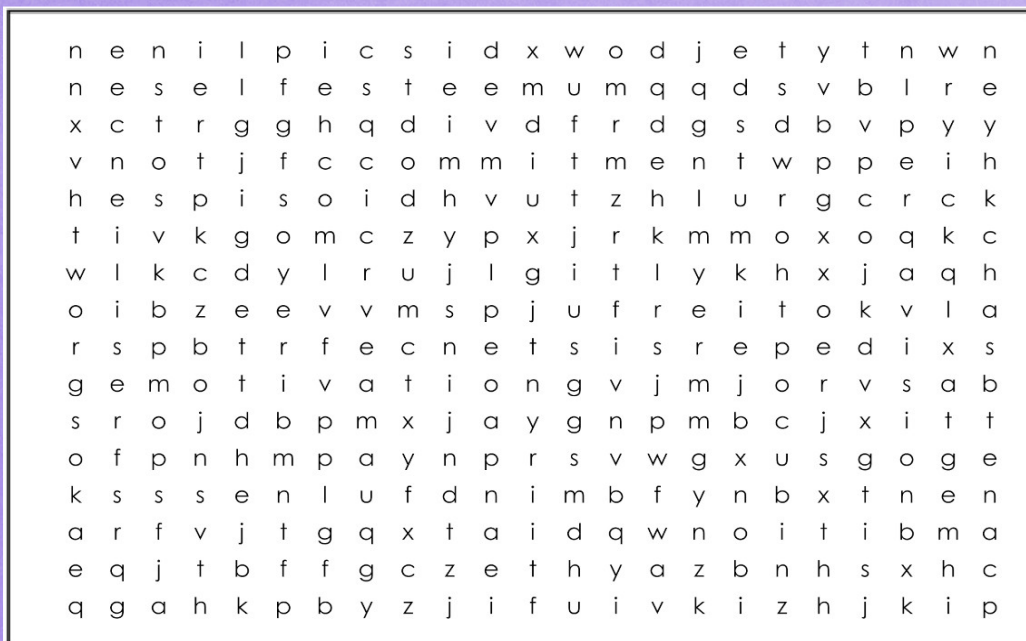


Across

- 2.** continue to work towards goals despite obstacles or difficulties
- 4.** a strong desire to achieve something, like reaching a career milestone or personal goal
- 5.** specific objectives you aim to achieve, whether short-term or long-term
- 8.** the ability to bounce back from setbacks and keep going, even when things get tough
- 9.** being fully present and aware in the moment, which helps in making thoughtful decisions
- 11.** a dedication to sticking with your goals and responsibilities over time
- 12.** sticking to your plans and routines even when you don't feel like it

Down

- 1.** the process of improving yourself, learning new skills, or developing new habits
- 3.** the drive or reason behind your actions to achieve your goals
- 6.** concentrating your attention on what matters most to achieve your goals
- 7.** how you feel about yourself and your abilities; believing in your own worth
- 10.** a clear idea of what you want to achieve to the future you're working towards



Find the following words in the puzzle.

Words are hidden and .

mindfulness
persistence
resilience
motivation
discipline

commitment
self-esteem
ambition
growth
vision

goals
focus

START HERE

We can understand that many people are facing challenging times, 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.**

Learn more here: <https://inner-luminance.com/our-gift-program>

