



# INNER LUMINANCE NEWSLETTER

## Volume 8, January 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.

## THE LIES WE TELL OURSELVES...

I spent most of my life lying to myself to stay comfortable in my misery. It wasn't until I was willing to face myself and the lies I told myself that I was able to find my inner peace, unconditional self-love, and safety, all things that no one can take away, only I can choose to sacrifice pieces of myself and give them away.

While my childhood was filled with trauma and abuse that was out of my control, I then continued the patterns and behaviors into adulthood and abused & traumatized myself. It was like an unknown broken record of the same results, myself sabotaging while pointing fingers at everyone and everything to blame.

Courage isn't taking action in the absence of fear. It's when you face the fear and take action anyway. Facing ourselves is not the norm of humanity today and escapisms are more accessible than ever. Disconnecting from ourselves isn't only the way but it is highly encouraged because even the healthiest of things become escapisms from facing ourselves.

Unconditional love is not the standard anymore. The world has become very conditional. "I will love you more if" or "I will love myself more if" are the famous last words of acceptance and unconditional love. From here, it becomes a slippery slope of chasing externally to fulfill us in so many ways, a chase that only ends in burnout or self-destruction fueled by comparison and anger.

From a young age, we are programmed or taught that we are labels and to define ourselves by them, disconnecting from ourselves while fragmenting ourselves into many pieces.

Wholeness is the cure for most things in the world today. It helps our discernment and intuition to be clear of programming so we will not attempt to fit into boxes we aren't meant to be in as limitless perfect beings.

We adopt a way of life like "growing forward," our term for perpetual growth and evolution while unconditionally loving ourselves in full acceptance. We naturally move towards living transparently, abandoning everything we thought we were supposed to be.

Our programs are my way of life and how I have healed while creating a toolbox of resources to stay growing forward daily, no matter the external situations or circumstances.

Authentically Yours,  
Mike



# THE POWER OF PERSPECTIVE...

Imagine you're sitting in a warm, cozy room during winter. The heater hums softly, the blankets are piled high, and you're perfectly comfortable. However, what you don't realize is that the room has no ventilation, and over time, the air quality is deteriorating. Staying put feels safe because it's what you know, but if you step outside—even though it's cold at first—you find fresh air that energizes you and gives you a new perspective.

This parallels how we cling to what feels normal or comfortable, even if it's quietly stifling us. Sometimes stepping into the unknown is what truly allows us to thrive. Remaining comfortable is a conundrum. I'm sure it served our ancestors well, helping them to survive...but it's 2024... most (sadly, not all) have the means for survival accessible. Comfort then becomes itself almost a matter of individual perspective.

Being comfortable feels good—but is it good for us? I'm not talking about the physical comforts of life. I am not raining on your vacation/downtime/self-care regime/splurge on yourself. I'm talking about your mental, emotional, social, and even spiritual comfort.

Pushing beyond the boundaries of our comfort lies an amazing expanse of possibilities (on all fronts). It's where you'll find an innovative idea, your creative flow, and your increased IDGAF-ness. It's where you'll find your answers. I say it that way because that's what they are—your answers. I can tell you my answers, but they only work for me. All I can do is show you the way.

The first step sounds easy in theory, but probably the hardest. Learn to trust yourself. This means a variety of things. It requires a bit of confidence—but builds more as you go. It thrives on honesty. Brutal, deep self-reflection. But the journey is short compared to the time you've already spent in the trenches.

Calling yourself out on yourself is key. Negative thought patterns? Cut it off and remind yourself of what you're grateful for instead. How about your reactions? Are they something you can be proud of or could they perhaps use some work? Take a deep breath and start over. And remember, that is an option at any point in time and as often as you may need to.

Now you're ready to get uncomfortable. You're going to try something new—and love it. You might also try stuff you don't like, but at least you'll know. You're going to push beyond your self-imposed limits to be more authentic, to find what truly makes your heart sing. And in doing so, you will inspire others.

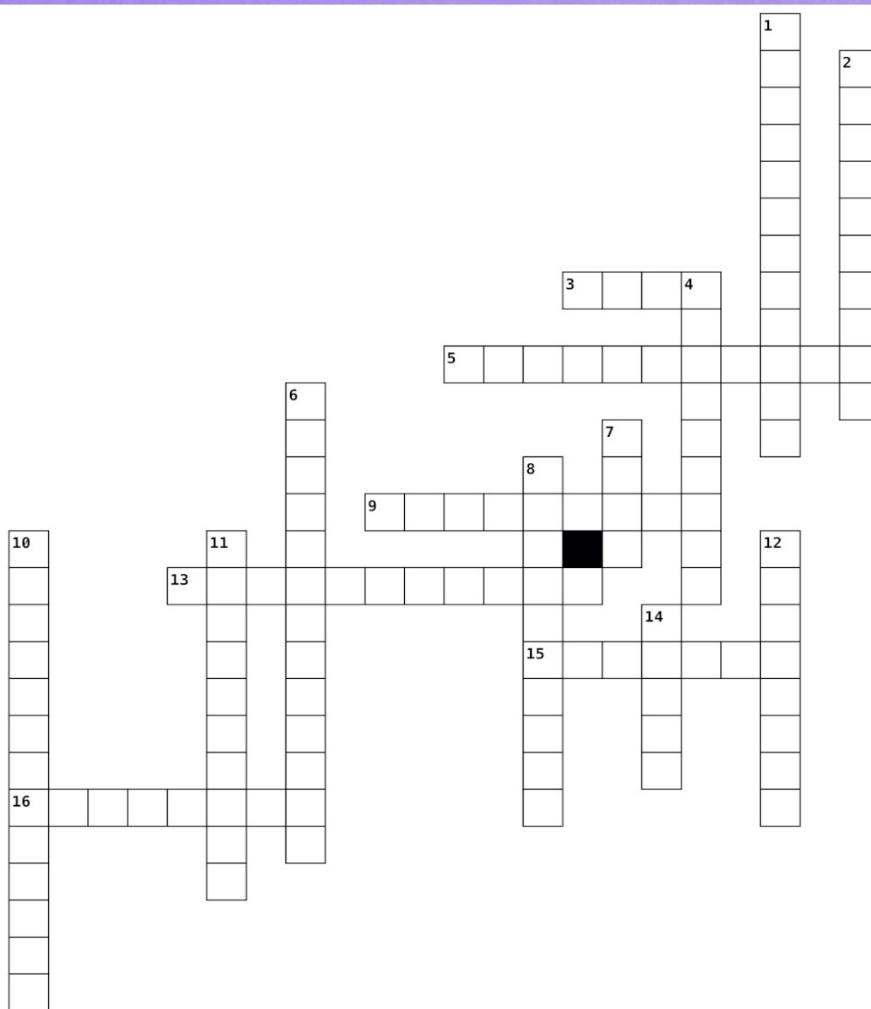


# Across

3. a great interest and pleasure in something; an intense feeling of deep affection.  
5. a particular attitude toward or way of regarding something; a point of view.  
9. the state of forming a complete and harmonious whole; unity.  
13. providing physical ease and relaxation.  
15. the ability to do something that frightens one; strength in the face of pain or grief.  
16. coming or derived from a source outside the subject affected.

# Down

1. the quality of being genuine or real.  
2. something that points out or shows a limit or end : dividing line.  
4. the tendency to seek distraction and relief from unpleasant realities, especially by seeking entertainment or engaging in fantasy.  
6. causing or feeling slight pain or physical discomfort.  
7. an intentionally false statement.  
8. serious thought or consideration.  
10. a lack of or a break in connection, consistency, or agreement.  
11. the state of feeling certain about the truth of something; the feeling or belief that one can rely on someone or something; firm trust.  
12. of or situated on the inside.  
14. the quality or state of being true; that which is true or in accordance with fact or reality.



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

Find the following words in the puzzle.

Words are hidden     and .

uncomfortable  
disconnecting  
authenticity  
comfortable  
perspective  
boundaries

confidence  
reflection  
escapisms  
wholeness  
internal  
external

courage  
truth  
lies  
love