

# Human Recovery Program

The Act of Being Aware:  
Understanding Core Values  
Brain Dump Journaling  
Understanding Self-Connection



The Act of Understanding  
Patterns & Behaviors Journaling  
Acknowledgment Journaling  
Understanding Self-Forgiveness

The Act of Accepting Things as They Are:  
Release Journaling  
Understanding Imposed Beliefs & Values  
Situational Journaling

Re-Writing Patterns & Behaviors to Allow New  
Ways of Being:  
Nonreactive Journaling  
Understanding Personal Freedom  
Understanding True Core Values

## Addiction Recovery—why us?

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 healing the old trauma while transitioning to compassionate self-awareness and unconditional self-love. We are a team of individuals who have grown through the process directly and shifted their whole way of being.

Our goal is for participants to cultivate our tools to custom-suit your needs and evolve beyond needing us. To leave you so self-complete that each interaction you are a part of leaves others with more compassion than they began with.

We look at the addiction recovery community as a perfect group for our program, as the Founder and creator of our program, Michael Padurano, has been sober for over 18 years. Created directly from his real-life experiences, the program leads participants through all the modalities he learned and actively uses. Michael talks about the first decade of being sober. He was dry but miserable as he was still running from levels of self-awareness as he never had the tools to process or willingness to face himself or his past.

The Human Recovery Program gives this opportunity to anyone willing and able to grow through the process. Each phase devotes itself to guiding each individual to embody accountability while healing what they have grown through.

This is a 1-year program with minimal weekly time commitments. With additional time dedicated weekly, we can customize it down to as little as 4 months, but the integration will be for the rest of their lives as they live their new way of life.

Let's schedule a call to discuss further!!!

Schedule a 30 Min Info Call with QR Code

inner-luminance.com  
info@inner-luminance.com  
(561) 251 4332



Inner Luminance  
<https://inner-luminance.com/>