

# 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

Military Transition, 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 military-transitioning population as a group of individuals who were willing to make the ultimate sacrifice and protect and serve the ideals of our country. We are tremendously indebted to them for their willingness to do so, but we acknowledge the system is overwhelmed and resources are difficult to access. We believe we fill this gap, to support the healing of their trauma, before and during their service and create a new way of life.

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

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Inner Luminance  
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