



# INNER LUMINANCE NEWSLETTER

## Volume 2, July 2024

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.

# AWARENESS

Awareness, to me, is the act of living an embodied way of life while being aware of myself and others and how it ripples throughout life as interdependent beings. As I see all things I see it as transitional as we grow through periods spanning from unaware to compassionately self-aware.

I choose not to use levels, as that suggests chasing them as opposed to being and growing forward through all phases as in flow it's fluid and not a level to achieve and be stuck.

For me, my self-awareness is directly tied to my depth of self-understanding and self-love:

When I lived in self-hatred I chose to be completely unaware as I didn't want to see myself or be responsible or accountable for the way I lived my life. I was a person who was extremely miserable by choice as I didn't think peace, joy, or love on any level was possible, so being unaware allowed me to live in misery while having many behaviors that were harmful toward others. Now, I also acknowledge moments of life that I allowed light in long enough to live authentically, but they were not sustainable due to refusing to heal as I didn't believe I was worth it.

In February of 2020 when I went to save my children, in turn, I started a journey to accidentally save myself and truly start rigorous self-work, expanding my depth of self-understanding.

As I did continuous work, in August of 2020, for the first time in my life at 41 years old I said I love myself, through the work I started to become more and more aware of my patterns and behaviors and how they impacted those and the world around me.

As I was fighting for my children pretty much crying hourly/ daily, I learned and created tools to understand many different facets of myself at depths I was never willing to journey into previously. During this period it was excruciating and soul-wrenching, to see who I became and the depth of understanding and self-forgiveness it took to heal through as I continued to harm others but I started to become accountable and forgive myself.

By August of 2021, I fell in love with myself. I became unaware of my flaws and ignored them as I healed and journeyed deeper. This was a very egocentric state believing that my way was the only way and I knew best for everyone. In hindsight, it was a time that I realized how much healing I was doing and so I flew into my ego and decided that everyone deserved the magic it created internally.

As I continued on my journey of self-understanding and self-awareness, I continued the daily practices of digging deeper and growing forward daily. The ego settled and I stopped fighting for external validation and appreciation and started embodying self-love.

On November 22, 2022, I had a major triple stroke, with an 86% chance of being a vegetable for the rest of my life. Instead, it was another miracle. Another chance to go deeper, and in the aftermath of the physical healing journey, I transitioned to unconditional self-love and compassionate self-awareness, embodying my new way of life living in gratitude purely for being alive each day, within the miracle to impact others daily passively by being a living example of what is possible when we decide to face ourselves.

This is obviously a condensed version of my awareness journey, which continues daily, because a day without is a day without growth.

Authentically yours,  
Michael Padurano

# SQUARE... TWO?

How often do you feel your feels? Really embrace them, dive into them, and explore them? Through no fault of our own, the majority of us do not even take the time to recognize what emotions we are feeling, much less acknowledge them.

In our last issue, we learned that there are 27 different emotions and what they are. Now, let's see if we can find emotions that are similar to one another. The idea is that if we can group them, perhaps in the moment, it'll make it easier to sift through and decipher.

Here's the list of emotions again:

Admiration - a feeling of strong approval or delight  
Adoration - profound love or regard  
Aesthetic appreciation - the admiration of beauty  
Amusement - the state or experience of finding something funny  
Anxiety - a feeling of worry, nervousness, or unease  
Awe - a feeling of reverential respect mixed with fear or wonder  
Awkwardness - causing difficulty; hard to do or deal with  
Boredom - feeling weary because one is unoccupied or lacks interest in one's current activity  
Calmness - the state or quality of being free from agitation or strong emotion  
Confusion - lack of understanding; uncertainty  
Craving - a powerful desire for something  
Disgust - a feeling of revulsion or strong disapproval  
Empathetic pain - the capacity to resonate with, relate to, and share others' pain  
Entrancement - a feeling of delight at being filled with wonder  
Envy - painful or resentful awareness of an advantage or possession enjoyed by another and the desire to possess the same thing  
Excitement - a feeling of great enthusiasm and eagerness  
Fear - an unpleasant emotion caused by the belief that someone or something is dangerous  
Horror - an intense feeling of fear, shock, or disgust  
Interest - the state of wanting to know or learn about something  
Joy - a feeling of great pleasure and happiness  
Nostalgia - a sentimental longing or wistful affection for the past  
Romance - a feeling of excitement and mystery associated with love  
Sadness - unhappiness; a state characterized by emotions ranging from mild discontentment to deep grief  
Satisfaction - fulfillment of one's wishes, expectations, or needs, or the pleasure derived from this  
Sexual desire - an emotion and motivational state characterized by an interest in sexual objects or activities  
Sympathy - feelings of pity and sorrow for someone else's misfortune  
Triumph - achieve a victory; be successful

Let's get the not-so-great emotions out of the way first. What emotions from our list don't feel that great? We can try to list them by intensity from least to most unpleasant: Boredom, Awkwardness, Confusion, Envy, Disgust, Craving, Anxiety, Sadness, Fear, and Horror. Okay, that's 10. 10 bad feelings out of 27 aren't so awful. It's only about 1/3 of all the things we feel. And now, when we aren't feeling happy things, we have a much shorter list to work with to sort it all out.

Now, what about the emotions that aren't super great or super not-great? Those in the middle, I'm vibing type vibes: Nostalgia, Empathetic Pain, Sympathy, Interest, Aesthetic Appreciation, Amusement, and Admiration. They can get intense, but they're not so all-consuming that they're overwhelming. It's almost like they're "safe" feelings.

What about the good feels—those flying-on-top-of-the-world moments? How does that group look: Joy, Excitement, Awe, Adoration, Calmness, Romance, Entrancement, Sexual Desire, Triumph, and Satisfaction. They feel pretty good. And there's just enough of them to counteract their not-so-great counterparts. That's encouraging af.

Think about what we just accomplished! We broke down feelings into categories to make them more discernible and that is pretty epic. It may seem trivial, but as you utilize your new knowledge, you will have more power to understand what you're feeling—and that's the first step to figuring out why you're feeling it. Please feel free to screenshot/download the chart below and use it to help you navigate:

## Not-So-Great Feels:

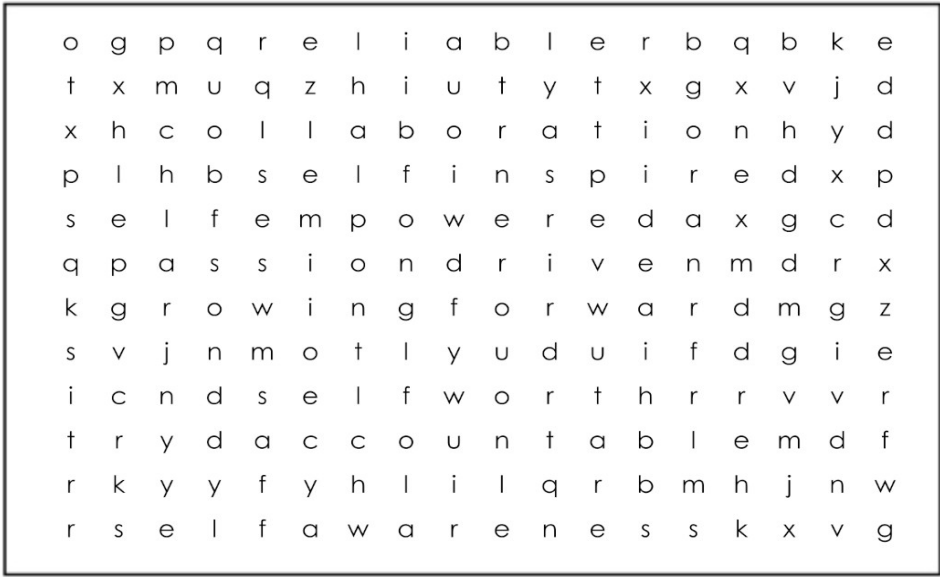
Boredom  
Awkwardness  
Confusion  
Envy  
Disgust  
Craving  
Anxiety  
Sadness  
Fear  
Horror

## "Safe" Feels :

Nostalgia  
Empathetic Pain  
Sympathy  
Interest  
Aesthetic Appreciation  
Amusement  
Admiration

## Good Feels:

Joy  
Excitement  
Awe  
Adoration  
Calmness  
Romance  
Entrancement  
Sexual Desire  
Triumph  
Satisfaction



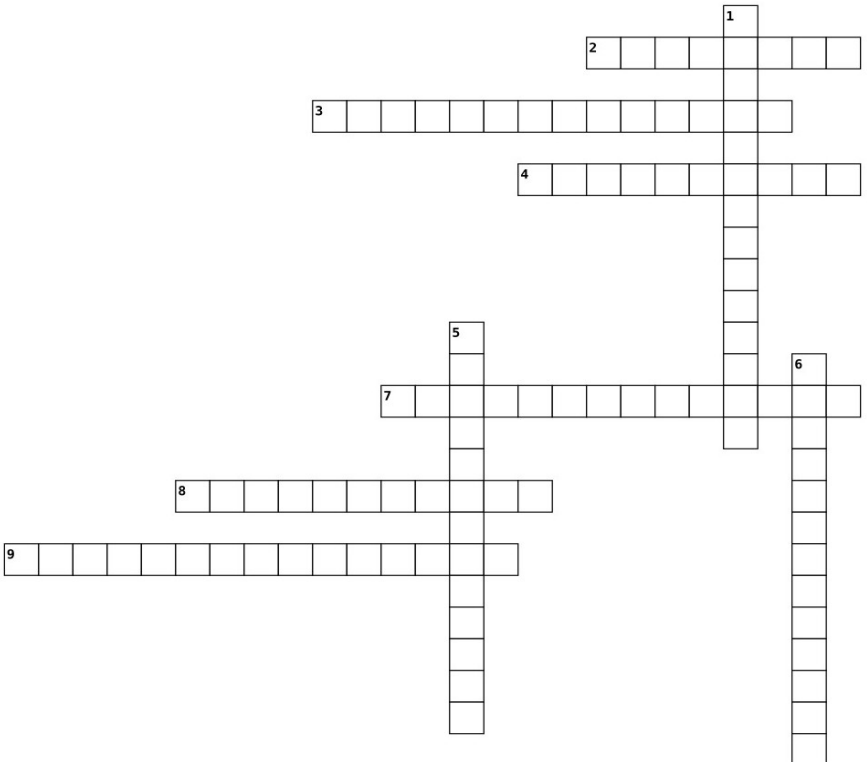
Find the following words in the puzzle.  
 Words are hidden → ↓ and ↘ .

growing forward  
 collaboration  
 self-empowered  
 passion driven

self-awareness  
 self-inspired  
 accountable  
 self-worth

reliable

### Awareness



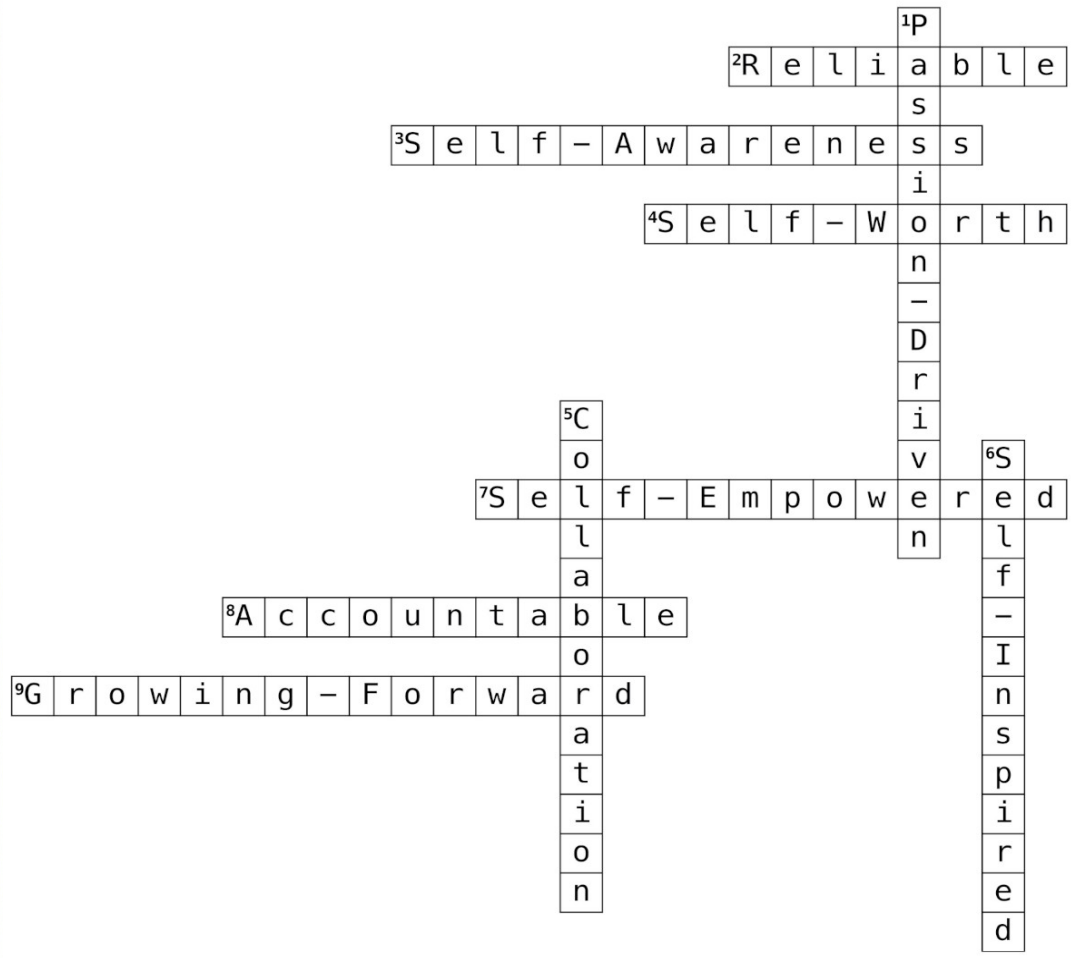
**Across**

- 2. consistently trustworthy
- 3. conscious knowledge of one's own character
- 4. sense of one's own value
- 7. trusts oneself
- 8. take responsibility for actions
- 9. to learn as you grow and go forward

**Down**

- 1. meaningful because we care about it
- 5. working well with others
- 6. driven by one's own ambitions

# Awareness



We ARE here to help.  
Reach us anytime: [inner-luminance.com](https://inner-luminance.com)

Monthly Podcast



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