



INNER LUMINANCE NEWSLETTER

Volume 18, November 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.

ATTITUDE OF GRATITUDE

WHAT IS GRATITUDE?

One thing I've discovered in my time on this earth is to ensure that I know what things mean to me, on a personal level. Why does this matter? Because everyone's perspective varies, including your own. Let's start with basic terminology. Words hold different meanings to different people. Gratitude, for example, means feeling grateful. But what does that mean to you versus someone else?

Maybe a better question is, what is the depth of your gratitude? It's easy to maintain a surface-level of it (of anything, if you really think about it), but what about when you start to dig in? One way I've found to discern my own intrinsic values and morals from the things I was taught is to dig into them. Go deeper. Ask yourself, why? Some of the answers may surprise you.

I'm not here to tell you that you must be grateful. That's not my responsibility. I CAN tell you that having a positive mindset (like practicing gratitude) will enhance your life and the lives of those you interact with. It can change your entire perspective and, with enough work, your entire way of life.

You know how when you're stressing over something, how you go into doom mode and completely overthink every possible awful outcome? Yeah, we've all been there. The next time this occurs, I challenge you to flip the script on it. Start to think of things you're grateful for instead.

There is no right or wrong thing to be grateful for. If it matters to you, impacts you positively or supports you, and fills your soul, you're grateful for it. Start a list, write it down, and refer to it when you need to. Remember that there will always be stressful times, but there will also always be so very much to be grateful for.

Your perspective is the most powerful tool that you have. It determines your mindset, mood, and how you interact with the world around you. Think of gratitude as fuel for positivity. In the U.S., November is the celebration for Thanksgiving. It's the day of the year everyone gives thanks—expresses gratitude—for what's important to them. Rather than focusing on it for one day, imagine incorporating it into your everyday. Throughout this (or any) process, remember that to err is human. There's no such thing as perfect. All that really matters is that you go out every day and do your best. It doesn't matter what your best looks like at any given moment, either, as long as you're trying. You got this. Now, go around, sprinkle that gratitude all over, and watch everything around you blossom from it.

THE STROKE OF GRATITUDE

November 16, 2022 around 10:30 am I was driving home with my son as he asked me to stay at his new school with him for a little then decided that he couldn't do it, it happened. As I was pulling up to a red light, I looked at him and said, "Thomas I do not feel right, something is wrong." As I pulled up and stopped at the red light I felt all energy zap from means passed out.

The initial feeling was a tremendous amount of fear and not understanding what was going on or what to do.

Now, my kids know my history of unusual events and I guess I stayed calm, the light turned green, he tapped me on the shoulder and said dad the light is green you have to drive home. It felt like an eternity of not being there, but being somewhere I have been way too many times. Driving home was surreal because I felt foggy and off in a way I have never felt before, I thought sugar, BP, and a slew of other things but noticed I was exhausted and my left side of my body was dragging.

When we got home, all I wanted was to sleep, but I noticed I had a painting delivered that I was waiting a long time for, I left the painting outside in the box, came inside made the living room as dark as possible, I was lead to the YouTube app on my tv and put on plain frequencies and took a nap. I woke up around 1230pm brought in the painting, ate, then back to sleep until my youngest got home at 330pm. Then I made sure my kids ate dinner and were settled upstairs, then I went to sleep for the night by 730.

Ignoring all the strange physical signs of the evening, all I wanted was sleep. I found more frequencies and slept through till 530 when I started my day. At this time I was driving Thomas to his new school and his sisters took the buses and were out of the house by 830. This is when the true fear kicked in and all the old patterns showed up of the "what ifs" but I also had to disconnect and disassociate from it to focus on the present.

So I started my day and realized something was really wrong, my left leg and arm had no mobility, they were like dead weight, my balance was off and my kids couldn't understand me speaking. So I texted a friend and tried to explain what was going on, he barely understood me and said he would be there to drive Thomas with me and take me to the ER.

We dropped Thomas off at school and went straight to the ER, they didn't believe me until they did the scan, my BP and sugar were off the charts. They did the scan and admitted me before telling me what happened. My friend agreed to be there for my kids till the next day and I paid there not having a clue what happened but clearing my schedule and went to sleep.

Later that evening the Dr came in and said I had a major triple stroke and I should be a vegetable but I was healing in ways they didn't understand, my BP and sugar were still through the roof but mostly slept. I also got the Dr to understand that I was leaving tomorrow as I had to be there for my kids and it was a weekend.

The next day, which was Friday, the Dr came in and said there are a lot more tests to do and I had to stay the weekend because they didn't figure out why it happened. I told him I couldn't as my kids had no one but me and he said child services would handle them, I emphatically said absolutely not and I would check myself out, so I did, when I got home I found drs and started that journey. The problem was because I released myself, they set nothing up for me at all.

I learned the system doesn't care where you are at, you are at their mercy of them wanting to know why. I was forced once again to look within and tap into the limitless abilities to heal myself, fyi we all have them, the key is to clear the channel through a new way of being.

The Healing and the Gifts:

As I grew forward, basically half paralyzed or without full functionality and coordination, I was forced to learn the value of rest. First I canceled all clients and stopped working completely, I was so blessed to be in a position to do so, as I never thought I could. My days looked like getting up at 5 to wake my son at 530, wake my oldest at 6, then get my son on his van at 630ish, then wake my youngest at 7 and get her in the bath, my oldest would get her bus around 730, get my youngest out of the bath, fed and on her bus by 830, then spend 30-40 minutes slowly showering as I had little coordination and balance with minimal mobility for the left side of my body for a couple months as it slowly came back. Then I would eat and sleep to intuitively lead to frequencies on my tv until 330 when my kids got home.

At this time my emotions were completely detached and I was numb and had no capacity to feel. It wasn't until my dad's birthday, May 1, my first without him that I opened up to my flood of emotions again and was able to feel them. It was another surreal emotional experience where everything flooded through me and it was a ton of voice note journaling as typing on my phone was still a struggle. (Continued on Page 3)

THE STROKE OF GRATITUDE

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Please keep in mind I started going to all the drs and specialists during this time as well and those were a chore but mostly seamless. As they ruled out reason after reason and found minimal long term impact, what I realized was my daily routine became my physical therapy as it was up and down the stairs many times a day. Once my kids were home it was get them settled, fed and upstairs by 7pm so I could go to sleep by 8, obviously my body needed a ton of rest and continued the frequencies and started understanding what a gift my intuition was.

3 things I noticed about myself: my hormones and chemicals internally were way out of alignment and that took 6-8 months to balance and still have more prevalent waves than normal, I lost my spark in my mind to think rapidly and express myself fluidly, which took about 10 months to come back, and I had a complete observation of all extremes of my emotions but was truly detached from the until May 1, 2023. Once I started to feel again it has been and still is more objective and a healthy detachment from them.

The hidden gifts

The side effects from my hormones forced me to redefine what being a man was to me, as I let go of the stigmas and expectations I realized what a gift it was to lose certain functionality for a while.

I was a horrific snorer and had horrendous sleep apnea but I did the sleep study and it was gone. Now I don't even snore unless I am in a strange sleeping position that hurts my neck tremendously.

I became so aware of my body that my intuition sent me messages on what to observe and when.

Meditation and intentional breathing became a daily staple in my life and I am able to consciously be aware of existing in all dimensions at once.

I started to understand oneness in a completely different way and notice the small ways we are constantly separating ourselves.

I slowed down enough to acknowledge my healing journey objectively and think through my ways of doing so.

I realized my attachment to people, places and things distracted me from embodying gratitude and being present in the miracle it is to be alive.

I was truly forced to Be and not able to Chase anything at all, truthfully I didn't have the capacity to do so.

Through these realizations I naturally healed deeper and started to unconditionally love myself as I am perfect exactly as I was/am, and creating "Growing Forward".

As I continued to go to my drs my general started calling me the living miracle as I have allowed myself to be the healthiest I have ever been and daily continuing that journey.

Through this time and facing it mostly alone I realized the strength each of us has within as ways to inspire that in others.

Since I felt like I lost my spark, I started to realize what a gift it was to be me and learned ways to bring it out in myself and in turn others. They lead to the creation of Inner Luminance, with a purpose of guiding others to rediscover the light that is within them

At the end of the day the unbelievable gift of The Stroke of Gratitude has become and how it has impacted every facet of my being while I continue to heal and grow forward daily is amazing and truly impactful to me and those around me.

GROWING FORWARD

Rediscover your inner purpose with our four phases:
Awareness, Acknowledgment, Acceptance, and Allowance.

Call, message, or email for your free consultation today! We offer a variety of program size options to fit any budget because our ultimate mission is to help guide you back to yourself.

Start today! We're ready—are you?

inner-luminance.com



Refer a Friend Program

Sometimes, it's easier to face things as a team. Our program is designed for individuals, but we get it. That's why we are offering a 10% discount (one per person) on all friends who decide to take this journey together!

It's super easy! Just email us at innerluminancelc@gmail.com with your info and your friend's info to get started!