



INNER LUMINANCE NEWSLETTER

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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.

Alignment is a Moving Target

As I embraced my healing journey deeply, I initially kept wanting to set goals or places to plateau, like to rest or a finish line. It didn't take me long to go into over-achieving mode and be the best at self healing, I laugh daily at that concept now, as there is no comparison as we all have our own unique journeys.

Over time I also have released the concept of a finish line or the laughable concept of goals, especially around healing, because to me it's egoically celebrating to show the world how I am investing in myself, very laughable if you think about it.

I say all this for context, I honor myself by having a new way of life that embodies healing and evolving daily as things arise, so when I look at alignment it has to shift as we shift. Who I was days ago can't align with who I am today or tomorrow or so on.

Alignment to me is embracing unconditional self love and compassionate self awareness, to a point that I am so open for the unknown shift that I am excited to discover it daily and accept that I am out of alignment until it reveals itself.

The only definite outcome of one's healing journey is that it will never be perfect and we won't be perfect within it, but over time we will learn to embrace and embody the perfection in the imperfection.

I have also found that attachments are the root of all suffering and choosing to suffer is a choice, that I am accountable for daily, so as I acknowledge attachments and release them, daily alignment becomes more of a state of being.

We are vibrational beings and being stagnant isn't possible, no matter how stagnant we might appear there is always a vibrational force within us, aligning and attuning it to the life we desire is key to finding our peace, personal freedom and joy, it has zero to do with anything external of us and actually our perception of the external shifts as we do.

Love
Michael

Aligning Your Internal Systems

You know that feeling when you're about to lose your shit? We've all been there, at one time or another. It's human nature. Think about that time for a moment. Remember that completely overwhelming feeling of not being in control?

Those are your emotions. I know, you probably already knew that. But let's dive deeper. What led to that swell of emotion within you? And, what's more, what did you do with it? I want to let everyone in on something I learned not too long ago. Emotions have a beginning, a middle, and an end. That means, if you don't like how you feel in any given moment, just hang in there. It won't be that way forever.

Many people have never learned about their emotions. Even people who have learned may not have the coping mechanisms necessary to deal with them properly. And that's okay! That's what we're here for.

It doesn't matter how you learn, if you try. It's not always easy, but it is necessary. Emotions belong to us—not the other way around. To align them, we need to learn about what we feel, what triggered that emotion, and why that trigger provokes that response (the root of the cause) within us. Some of this can get downright ugly—but at the end, you get a recipe to manage your emotions.

It's also important to consider throughout this process that emotions stack up. Your reactions to things vary by your mindset. This is why having a positive mindset is important for our mental, physical, and social well-being. It keeps our head in a good place and our nervous systems calm so we can function optimally, feel comfortable to explore new things, and interact with others positively.

If you feel called to receive more information, need to talk, or would like to learn more about any of our program offerings, you can find us anytime at inner-luminance.com and the complete backlog of our informative newsletters!

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!