



INNER LUMINANCE NEWSLETTER

Volume 6, November 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.

IMPACT

HUMAN RECOVERY PROGRAM INNER LUMINANCE, LLC

Reactive VS Responsive Behaviors

SELF-SERVING	→	COLLABORATION
FEAR	→	SELF-EMPOWERED
SELF-BLAMING, SHAMING, & GUILTING	→	ACCOUNTABLE
FLAKY	→	RELIABLE
SEEKING EXTERNAL VALIDATION	→	SELF-INSPIRED
UNWORTHINESS	→	SELF-WORTH
LAZY	→	PASSION-DRIVEN
STUCK IN TRAUMA	→	GROWING FORWARD
TRIGGERED	→	SELF-AWARENESS


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INDIVIDUAL IMPACT

Through our program, 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.

A PRELUDE TO HEALING...

We've learned about our feelings...we've even learned tactics to handle our emotions when necessary—and why it's important. It's been a hell of a ride, let me tell you. And let me thank you for being here for it. It's been an honor to grow forward with you all.

Where do we go from here? What more could there possibly be after this?

The answer is mightier than you might first think.

All our emotions come from places, right? At the moment, an intense reaction to a given situation may feel justifiable when the reality is that it stems from someplace else where it's been deeply rooted in you (most likely through childhood trauma), leading us to refer to it as the 'root cause' of an emotion. Conversely, it's also possible to become worked up over something you see in another reflected at you that you don't want to deal with within yourself.

Read that last part again. I'll wait.

I'm not even saying you are the one who overreacts. You can be at the brunt of someone's adult temper tantrum and understand the scenario from a different perspective after this consideration. And sometimes, we react (or react to reactions) when someone hits a sore spot. We all have them. Source: Terrified of Possibly Trauma Bonding...Again.

Jokes or half-jokes aside, reflection is important. Brutally honest reflection if need be. Self-forgiveness—even if that wasn't your best moment, you are doing your best now. Look at how far you've come! I'd also like to introduce Affirmations to the mix. Affirmations are positive phrases you say to yourself, for yourself. If you can do them in a mirror, even better, but it's not required. It sounds silly or frivolous but think of it as reprogramming your hardware. You don't want outdated tech so why would you want outdated thought processes? Affirmations are small daily actions that, over time, help rebuild your confidence and help retrain negative thought processes.

Examples of affirmations:

I am enough.

I am capable.

I am proud of myself.

I believe in myself.

My best is enough.

I am at peace with myself.

You can write your own affirmations to suit your needs and you don't have to share them with anyone else...unless you'd like to.

This is merely the beginning of a long journey of healing and self-discovery. It requires determination, hard work, and an honest desire for change. It is for the person who knows deep in their hearts that something is off, neither knowing what nor how to begin to fix it, but still wants change with every fiber of their being because the way it has been doesn't work.

I see you.

The programs offered by Inner Luminance are crafted to take you through the healing gauntlet at your own pace. We begin with Awareness, understanding our Core Values, learning about Brain Dump Journaling, and learning about Self-Connection. The next section is Acknowledgment, where we learn Patterns & Behaviors Journaling, Acknowledgment Journaling, and how to understand Self-Forgiveness. The Acceptance stage follows, teaching Release Journaling, how to understand Imposed Beliefs & Values, and how to use Situational Journaling. Last (though certainly not least) is Allowance, which teaches us Nonreactive Journal methods and how to understand our Personal Freedoms and True Core Values.

It starts with you. And I believe in you implicitly.

You got this.

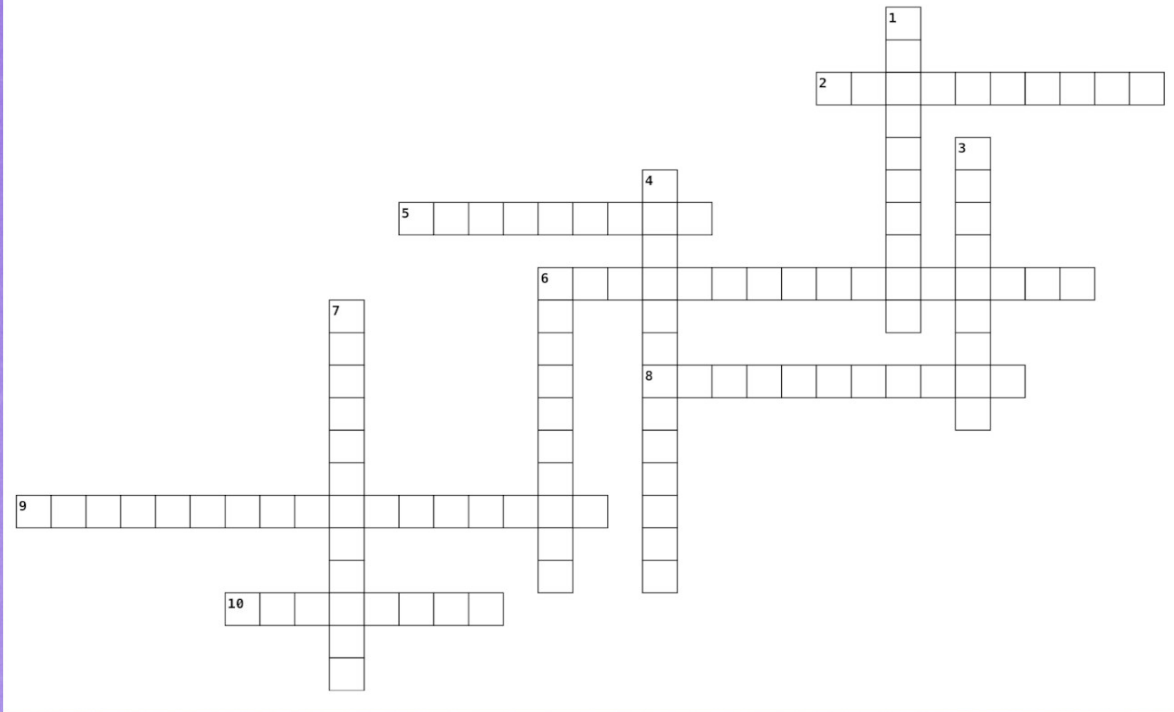
ADVISORS



DR. JOSEPH NWOYE is Chief Executive Officer at DiversityFrontier.com and SystemicDiversity.org. He Formerly served as Professor and Director of Multicultural Education and Urban Seminar at Illinois State U. The author of three books, he contributes articles in professional journals and speaks at conferences on the impact of cognitive theory in teaching, accommodating cultural differences, and fostering collaborative learning. He works in the area of culture and its implications for education, law enforcement, and the workplace. Following recent murders by police of African Americans, he focuses on police training and championing systemic change.

Rob Farmer has been working globally in corporate insights, analytics and research roles for 20+ years with a passion for using data-driven market insights to improve large companies' customer focus, generate revenue and accelerate go to market decision making. Increasingly, this has meant reaching far beyond traditional market research to include data science of all kinds including AI, social media, biometrics and geolocation sensors. Rob's latest mission is to fuse all of these disparate data sources to improve the most challenging aspects of our personal and professional lives. Rob spent 15 years living abroad in Shanghai, Paris, Hong Kong, and Tokyo in executive roles at Nissan and General Motors. Recent speaking assignments have included: TEDx, Harvard Business School and Nissan's DEI Council. His latest assignment is in the foreign (to him) land of Tennessee, where he resides in the Nashville suburbs with his wife and two children, with whom he has an abiding interest in traveling as often as possible.



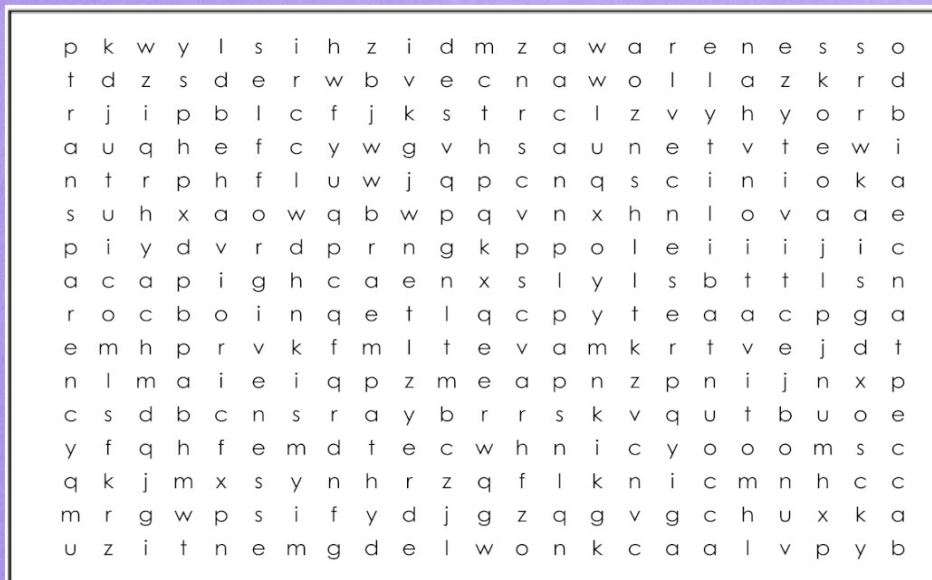


Across

2. allow or enable to escape from confinement;
set free
5. the way in which acts or conducts oneself, especially toward others
6. the act of acknowledging something or someone
8. the act of accepting something or someone, the fact of being accepted, approval, acceptance of responsibility
9. a strategy that involves repairing damage down to yourself to resolve guilt, shame, and disappointment
10. a recurrent way of acting by an individual or group towards a given object or in a given situation

Down

1. the act of allowing something, permission
3. the state of being somewhere; a person, especially of noteworthy appearance or compelling personality
4. being free from pretense or deceit
6. the quality or state of being aware, knowledge and understanding that something is happening or exists
7. the quality or character or being objective, lack of favoritism toward one side or another, freedom from bias



Find the following words in the puzzle.

Words are hidden and .

self-forgiveness
acknowledgment
accountability
transparency
objectivity

acceptance
motivation
awareness
allowance
releasing

behavior
presence
empathy
pattern