



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.

HEALING THROUGH THE HOLIDAYS

RELEASE GIVES RELIEF

Have you ever thought of yourself as a bully? I know, right? It's a triggering question. Almost immediately, it raises the defenses. I'm not a bully. You could be mad enough to stop reading, even—but hear me out. I'm not talking about bullying externally to others. I mean internally. How kind are you to yourself?

Everyone is guilty of it at some point or another. We're all human. We have moments of great highs and lows. But on a consistent basis, are you more Lisa Simpson or Nelson Muntz to yourself? Are you compassionate or impatient with yourself? What standards do you hold yourself to that you wouldn't hold another to?

Particularly in the month of December in the United States, holidays arrive whether we're glad to see them or not. With them comes a smorgasbord of additional pressures that make it even easier to beat ourselves up than usual. Unfortunately, it brings out our literal inner bully, who serves no purpose other than to bolster itself.

Think about it. The last time something really bothered you and you held onto it, how did you feel during that time? Think about how much energy was spent in anger, wasted. About how you felt your vibration lower, seeping out and impacting those around you. All because it needed to be let go.

There comes a time when we need to stand up to our inner bully and learn to let go of it. It's time to stop feeding it and relearn tactics to not just manage your thoughts and emotions, but to understand them and know what to do with them...and to not judge them or yourself as you do.

If at any point during your healing journey, you would like support, you can reach us anytime at inner-luminance.com

BOUNDARIES AS A GIFT TO YOURSELF

The holiday season has a way of stretching us thin. Expectations rise, obligations multiply, and suddenly we're trying to hold more emotional weight than we were ever meant to carry. This is where boundaries become one of the most generous gifts we can offer ourselves—quiet acts of protection that preserve our energy, our clarity, and our capacity to show up in ways that feel true. A boundary isn't a wall or a rejection; it's a gentle way of saying, "My well-being matters too." It's choosing presence over pressure, authenticity over performance.

During the holidays, boundaries often need to become softer or firmer depending on what life is asking of us. Sometimes it looks like giving yourself permission to leave an event early, or declining one altogether without the spiral of guilt. Sometimes it's deciding not to engage in conversations that leave you depleted, or stepping away from dynamics that reignite old wounds. And sometimes it's simply protecting your own time—choosing an evening of rest, or a moment of solitude, instead of pouring into situations that drain the very energy you're working to heal.

What makes boundaries so healing this time of year is how deeply they honor your nervous system. When you allow yourself to say no, you're communicating safety to your body. When you let yourself prioritize your emotional needs, you're interrupting old patterns of overextending to keep the peace. Every boundary you set becomes a small affirmation: you are allowed to put yourself back at the center of your own care, even when the world around you feels loud or demanding.

Giving this gift to yourself doesn't diminish your kindness or generosity—it strengthens them. It creates a version of the holidays that feels sustainable, intentional, and honest. Boundaries make room for genuine connection by removing everything that pulls you away from it. They open space for the kind of presence that doesn't feel forced, and for the kind of joy that doesn't cost you your peace. In choosing boundaries, you're choosing yourself. And that is a powerful way to heal, not just through the holidays, but long after they're over.

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!