



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.

Authentically Me

To me, authenticity is truly a moving target. All we can be is who we are at any given moment, so it's just being transparent with ourselves within that.

Authentic is a buzzword but in reality, it's a state of being that evolves as we do. I have learned to be open to perpetual evolution, and when I'm off, to acknowledge it's okay and I'm not perfect.

As humans, we utilize labels to be understood by others. In its purest form, the issue I found for myself over the years was getting attached to labels and allowing them to own me. Once I realized that, I decided to release labels as much as possible in a very dense egoic world.

When we allow our identity to be determined by the labels we use, not always bad, we get stagnant and lose self completely.

A real-time example: lately I have been saying I am in the world but not of it. Then, I allowed myself to disassociate from the worldly gifts of being alive and (in this specific case) created money blocks because I embodied not being of this world. Last night, I had to release that and understand/innerstand that to truly alchemize and live this life I can't identify or I'll lose my sense of self and balance.

Our subconscious is a programmed hard drive and only knows what we put in or allow it to consume. So, it will get away from us and we won't even realize it, since our subconscious produces over 90% of our thoughts daily.

To be truly authentic is to be compassionately self-aware and honor the fact the more I know the less I know. If I don't have safe open interactions with others, I have no true way to catch myself.

It is simple to isolate, to think we are great... but who are we when we show up with others is the test of character. Not how we act when no one is watching, but how we show up with others defines our authenticity.

..of undisputed origin; genuine...

The title is the definition of authentic, per the Oxford folks. If the act of authenticity is being authentic, then it's the act of being genuine. Easy, right? The truth is, it's not always so easy to be authentic to ourselves. I like to refer to everything outside of my authentic self as 'noise'. It helps me to discern and differentiate what's going on inside me that stems from me versus what stems from external factors.

What constitutes 'noise'? Peer pressure (intentional or unintentional), social pressures, family pressures, professional or educational pressures, media, fear of missing out, and basically every addiction out there...it's all noise when you really break it down. Every part is pressures from the outside world—or a way of coping with those pressures.

So..not so easy when we begin to dissect the ease of being genuine. In my humble opinion, there are two things to conquer at the beginning of this quest. The first is fear. The second is self-discipline.

Fear. Whether it's mild anxiety or true terror, it's something we all feel. Anxiety is fear of the unknown, fear of the future. It causes unease—and it has a place in our emotions..but it shouldn't control them. I like to break my anxiety down. Oftentimes, once I do, I find the basis of my anxiety fears to be quite preposterous. Another method that has worked well for me is to flip my perspective as the narrator. It's my story, right? Now, the unknown isn't a place for trepidation, it's a place for adventure and discovery.

Self-discipline. It sounds so mean, right? That second half of it. The stigma that follows the word discipline. But we get to flip that perspective, too. Our story, our rules. Don't think of discipline as a bad thing. Think of it as a promise of accountability to yourself for your greatest good. Then, all you have to do is your best. Do it every day—but remember that your best looks different each day, and that's okay.

Last (but not least), give yourself grace. Doing your best doesn't mean berating yourself. It means being supportive of you, and your goals, and being aware of how you feel. It's a conglomeration of factors so it will always vary. Be as patient with yourself as you would be with your best friend. If you screw up, that's okay too. Just acknowledge it, learn from it, and move on. And remember—you're doing a really good job.

"Go bravely on, my friend."

~Bruce Lee

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!