

11

# PRINCIPLES TO INNPOWER YOUR INNHER VOICE<sup>©</sup>



How to experience deep healing, inner  
humanity, and inner harmony.

*Titlla Grimes, M.Ed., CPC*

THE INNER UPLIFTER  
INNHER UPLIFT CONSULTING LLC.

# Meet TiElla



- SPIRITUAL TRANSFORMATIONAL COACH
- INNPOWERMENT SPEAKER
- SPOKEN WORD ALCHEMIST

TiElla Grimes, M.Ed., CPC, supports intergenerational groups of womxn of African Ascent (WOAA) & BIWOC, to navigate the hand-me-downs of their reality and inn-power them to transform their perception of self & mindset through self-analysis, critical thinking, & self-inquiry. As the Inner Uplifter, TiElla speaks about what it takes to boost innergy & be inn-power as "the expert of your own experience".

With over 15 years of experience serving over 2000 youth of color in the city of Boston, she has served on multiple boards as an advocate and advisor for youth development and girls' empowerment. The arc of her work includes presentations and speaking engagements at a variety of conferences, forums, policy & philanthropic sessions.

Her praxis is also guided by the interconnectedness to social-emotional learning via the appliance of transformative creative expression. She offers tailor-made group and private coaching programs, designed to provide womxn with real-world tools to actualize themselves and design the blueprint for the womxn they want to be.

To learn more about TiElla's work, visit: [www.tiellagrimes.com](http://www.tiellagrimes.com).





# InnHer Uplift PHILOSOPHIES

## The Vision: *Healing. Humanity. Harmony.*

### Fostering Healing.

Innpowering inner voice for deep healing

### Uplifting Humanity.

Bringing to light inner humanity

### Cultivating Harmony.

Living from inner harmony

## NAVIGATING THE HAND-ME-DOWNS OF REALITY (NHMDR)™

An exploration from the lens of communication & connection navigating the influences of ideologies, media, and culture on our interpersonal relationships and how we in turn make sense of our own identity.

## INTERGENERATIONAL HEALING

Ascendants working to heal within them past generational traumas and pains, and identify false ideologies that have been inherited & internalized psychologically and emotionally. The purpose is to redefine, cultivate and reignite excellence and transform powerless perceptions of self and tribe into one of power that accentuates our willingness, courage, determination and resilience on our journey towards liberation.

## THE INNER UPLIFT HEAL-IN(G) FRAMEWORK ©

### Honoring Emotions: Align in Love-InnHergy

A process of self-reflection & self-inquiry which explores, analyzes and questions the messages received growing up from interpersonal relationships and society; exploring intergenerational patterns of communication, thinking and feeling; acknowledging and accepting your experience and taking action with a new inn-powered perspective to create the reality that reflects your values and represent your authentic self. This framework utilizes the 11 Principles to InnPower Your InnHer Voice.

## LIGHT S.P.E.A.K.: SPEECH POWERFUL ENOUGH TO AWAKEN KINDNESS ©

Innpowered self-talk that uplifts and cultivates inner peace. The ability to be compassionate, honor emotions and take action courageously.







InnHer Uplift  
CONSULTING LLC  
Healing. Humanity. Harmony.

# 11 Principles to

## InnPower Your InnHer Voice®

The 11 principles provide a foundation for innpowering your innher voice for deep healing, bringing to light your innher humanity, and cultivating innher harmony.



# 11 Principles to InnPower Your InnHer Voice®

## PRINCIPLE 1: INNHER FIRST NATURE

The ability to respond to challenging events in a state of silence and stillness (first nature) rather than automatically reacting from a learned condition (second nature).

## PRINCIPLE 2: INNHER ABILITY TO BE AT ONE WITH ALL

The ability to respond to events without taking the words, actions, or behaviors of others personally. The practice of unconditional love.

## PRINCIPLE 3: INNHER MINDSET

The ability to let peace guide your thoughts, feelings, and actions.

## PRINCIPLE 4: INNHERGY ALIGNMENT

The ability to manage your emotions when they are in motion and align your response-ability in peace, compassion, & understanding.

## PRINCIPLE 5: OPERATION: INNHER ORDER

The ability to operate and express love in thoughts, feelings, and actions towards self and others. First nature alignment in Truth and Harmony.

## PRINCIPLE 6: ADDRESSING THE INNHER CRITIC

The ability to be aware of judgmental thinking of self (& others). The practice of non-judgment & alignment in Love-InnHergy.

11 Principles to

## **InnPower Your InnHer Voice®**

### **PRINCIPLE 7: INNHER POWER TO WILL**

The ability to make decisions in alignment with heart-center will power. The practice of choosing peace in pleasurable and painful events.

### **PRINCIPLE 8: INNHER VISION**

The ability to focus attention and InnHergy on desires in alignment with your authentic self. The practice of imagining and embracing good in thoughts & feelings.

### **PRINCIPLE 9: INNHER ABILITY TO SPEAK LIFE**

The ability to speak innpowered words in alignment with your authentic self. The practice of affirming good in thoughts, feelings and speech.

### **PRINCIPLE 10: INNHER GODDESS RESURGENCE**

The ability to learn, deprogram, reprogram and upload a new program of divine being, thinking, feeling & doing. The practice of all 11 principles simultaneously. Self-liberation.

### **PRINCIPLE 11: INNHER INSIGHTS: EXPERIENCES, MEMORIES, LEARNINGS**

The ability to acknowledge, assess, and accept life events and courageously take action in alignment with your first nature. Living by your values. Living out your purpose. Living in Love-InnHergy.



**"THE MOST COMMON  
WAY PEOPLE GIVE UP  
THEIR POWER IS BY  
THINKING THEY DON'T  
HAVE ANY."**

*Alice Walker*





# INNER UPLIFT CONSULTING LLC.

## SERVICE OFFERINGS

PRIVATE COACHING  
GROUP COACHING  
SPEAKING ENGAGEMENTS  
HEALING CIRCLES  
WORKSHOPS  
RETREATS  
EVENTS

## FOR MORE INFO CONTACT

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