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BLOOMFIELD HILLS

November 22, 2011

Bloomfield Hills resident is in, and on, demand

By Elizabeth Scussel
 C & G Staff Writer

BLOOMFIELD HILLS — The Rev. Charlene M. Proctor said she is reaching out to show people how to look within themselves to create their own journey to happiness.

After a string of personal hardships, Proctor searched for solace by traveling to Fiji and India to study faith and the divine at Oneness University. She describes her experience as intense and demanding, and from it she learned how to extract and clear out personal suffering.

Proctor, who earned a Doctor of Philosophy degree from the University of Michigan, is the creator of The Goddess Network, a website dedicated to providing educational resources on spirituality, consciousness and clarity. She is also a best-selling author with "Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking" and "The Woman's Book of Empowerment: 323 Affirmations That Change Everyday Problems into Moments of Potential." Her new book, "The Oneness Gospel," will be released in December. She is also a contributor to Lifetime Television's "The Balancing Act," where she offers a spiritual perspective on everyday life.

Proctor's newest endeavor, "Your Journey to Joy," is directed at women and covers such topics as how to find and attract joy, living in the present, being at ease and how to create a prosperous life.

Birmingham resident and cable talk show host Ellen Rogers said Proctor is one of the most inspirational people she knows.

"Charlene comes to relationships, friendships, with an open heart," said Rogers. "She speaks of spirituality from another view other than my own, offering knowledge and possibilities I wouldn't encounter without knowing her."

"Your Journey to Joy" is currently available on Comcast On Demand.

"I want to help my audience create positive change by taking charge of their own thinking," Proctor said. "Through greater self-awareness we are all empowered to find our joy, no matter what obstacles we face."

Proctor now preaches the concept of finding joy in existence.

"Joy is a word that sounds wonderful, but is an illusion to many. Live a life of joy. Start in your backyard — work in the garden, play with your kids, read a book. Let joy percolate, like coffee," she said. "People are so busy being busy, they don't have time to just be."

In order to have the positives in this world, Proctor said people also need the negative, and she stressed the importance of thinking positively and embracing the negative.

"Be truly present in your suffering, sink yourself in it," she said. "You're not permanently in your suffering, and once you let it come, you can move through it, and clarity comes after."

She said it's important for people to not focus on what they lack, and instead dwell on what they want to be. It's also important that everyone has an outlet in life: Hers is dancing. Proctor has won numerous ballroom dancing awards with dance partner Blake Kish from the Fred Astaire Dance studio in Bloomfield Hills.

"It's something that comes from inside of me. I feel joy (when I dance), and it uplifts people," Proctor said. "I'm doing what it is I'm supposed to be doing."

That is what people should do, she said.

"Be your best self," she said. "We attract exactly what we are and who we are. Be the idea of what it is you want to be in your life. Look deeply inside yourself, then do the work to achieve



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“Your Journey to Joy” is currently airing on Comcast On Demand through April. For more information, visit www.CharleneProctor.com.

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