

SOCIAL LIGHTS
SALLY GERAK

Week of 2.27.12

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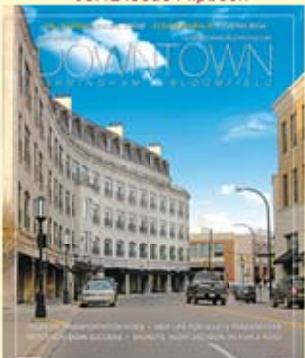
BEF Unabashed Bash

"We are so fortunate to have the foundation...and the best parents in Michigan," declared Birmingham Public Schools chief **David Larson**. He was talking to the sold out crowd at the 11th annual Birmingham Education Foundation's Unabashed Bash at the Townsend. They had already bid nearly \$25,000 in the silent auction and enjoyed the music of the Seaholm Chamber String Ensemble during the cocktail hour. They would further enjoy Seaholm's Jazz Band while they devoured a superb dinner and give a standing ovation to Groves Theatre students for songs from their spring "Bye Bye Birdie" musical.



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faces ●●●
Charlene Proctor

By **Katey Meisner**
News Staff

write the author

02/29/2012 - Charlene Proctor is a mother, author and self-help guru who is currently enlightening the airwaves in an effort to help women achieve the empowerment and joy she has discovered in her own life.

Proctor, a Bloomfield Hills resident, recently launched "Your Journey to Joy," a Comcast On Demand series designed to offer people ideas on how to create joy in their personal lives.



Charlene Proctor
Photo: Kate Saler

"Women in this country have so many tools to live an empowered life and they can't," Proctor said. "We think the world controls everything about our situation, but the power comes from within." The series offers a variety of lessons on positive thinking, attracting joy and creating a prosperous life.

Several years ago, Proctor suffered adversity while dealing with her teenage son's alcoholism, forcing her to reassess life and the way she managed her pain.

"As mothers, we take that burden on as our own," she said. "We carry that burden because we believe we can fix everything." She traveled to Fiji and India in search of a process that would alleviate her suffering. Through spiritual masters, she underwent a divine cleansing that changed her at her core.

"I feel like I'm more of a walking, living example of grace and joy," Proctor took her life-altering metamorphosis and applied it to her work. She has authored, "Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking"; "The Women's Book of Empowerment: 323 Affirmations That Change Everyday Problems into Moments of Potential"; and the newly released "The Oneness Gospel: Birthing the Christ Consciousness and Divine Human in You."

"These books are dogma free," she said. "They don't push a religion, but I'm reminded every day that the divine presence is in me and it has helped me reach out to people with more compassion."

Proctor has also appeared on Lifetime Television's talk program, "The Balancing Act."

"The Balancing Act" was about staying in the present and moving forward," she said. "To stay in a positive state takes some discipline. There are people texting us and calling us constantly. It takes us out of the present moment and that's where the power is. Life can flow right by us, and we don't experience life."

Proctor has devoted time and expertise to Lighthouse PATH, a residential women's facility in Pontiac, helping women improve their self-esteem and provide them with the tools needed to rise from poverty towards independence.

While Proctor earned a Doctor of Philosophy degree from the University of Michigan, her professional life has taken a course she never expected.

"I had no idea I'd wind up where I am today," she said. "Life is always a surprise, but I love my work and I feel like it's needed in the world. As you walk down your own path, you will see that all your experiences and education will have some meaning as to what you are meant to do."

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