

Re-Enter Life Project

The Soldiers

The Problem:

Psychological and Emotional Wounds of War

Never before has the U.S. Military been forced to confront so much of the psychological and emotional wounds of war. Over 300,000 out of 1.6 million veterans who have served in Iraq and Afghanistan have suffered traumatic brain injury or post traumatic stress disorder. One in five combat veterans face PTSD or depression, with numbers climbing as more return from the Middle East. Although the Army has launched a mandatory training program to identify and treat the causes and symptoms of PTSD, it has taken a toll on soldiers, the Veteran's Administration, and their families.



The Families

The Battle Behind the Battle

Soldiers directly affected by an event may experience sleeplessness, acute stress reactions, flashbacks, nightmares, feelings of detachment, anger, irritability, and trouble concentrating. These symptoms often surface long after troops leave combat. Many report that PTSD develops after witnessing or experiencing an event, sometimes years later. The war experience is more brutal, dangerous and chaotic than we can imagine. When soldiers return to the civilian world, it is difficult to integrate their previous system of beliefs and understanding about the world. It often results in marital problems and emotional numbing.

The Solutions

What Can We Do to Help?

Although medication and psychological counseling have proven effective for depression and stress disorders, experts are finding that breathing techniques, guided visualization, meditation are helpful for stress illnesses and supporting emotional difficulties. Today, more inventive, qualitative, and faith-based solutions and programs are needed to supplement the psychological and medical treatment for veterans. We want to reduce the barriers and make programs accessible so soldiers can get help. With vet centers, VA clinics, and other resources strained from demand, many volunteer groups are mobilizing to offer programs that present the softer side of comfort and care for war-related needs.

What is the Re-Enter Life Project?

It is a nationwide initiative designed to heal military personnel returning from recent combat and their families through:

- Meditation Exercises
- Breathing & Stress Relief techniques
- Present Moment Awareness teachings
- Interactive Discussion & Lecture
- Receiving a Blessing (*an interfaith healing experience for people from all religious backgrounds or beliefs.*)

Workshops are conducted by Best-Selling Author and Minister, Rev. Dr. Charlene M. Proctor!

These programs are
FREE
for Veterans and their
families!

Contact *The Goddess Network* for more
information on upcoming events,
Toll Free at **1.866.888.4633**
or email: agn@thegoddessnetwork.net

SUPPORT OUR TROOPS!
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An Interfaith Approach to Healing

There is nothing to be lost by trying to reconnect with Spirit, in whatever wisdom tradition that may make sense to the participant. Charlene emphasizes an interfaith approach, focusing on unity, as our culture today reflects one of diversity and inclusivity. When we can rest and relax into peace, and take time off from our hurts from war, we can train the body and mind to affirm what is good and just in the world.

What makes America great is our recognition of the different ways we feel at one with the Divine Presence and pray. Recognizing a higher power or a spiritual source is one way to get connected and ask for help. Prayer is asking the Divine to help you and inviting it to be with you always as your friend and guide, in an image that is unique to you. To forgive in any area of our life, and to make peace to move forward, we must give life to what is already there which is the light that is inside of every individual. Therefore, Charlene's prayers, affirmations, and spiritual lessons aim to rekindle self-love and help people grow in conscious awareness of a collective presence, in any way that helps and heals the individual.

Our Program:

Spiritual Lessons

These lessons include suffering, gratitude, living in joy, manifesting your goodness, abundance, self-love, and inner-integrity and are explored through sharing personal stories and truths.

Tools and Techniques to Stay Grounded

Breath training, and other relaxation skills like chanting, restorative postures that calm the body, and mindfulness can help a person down regulate stress and process everyday challenges easier. Conscious breathing is taught to help stimulate the flow of Prana, or the vital life force. Insight meditations that help focus the mind on feelings of safety are practiced with the group. Meditation is practicing the joy of stillness, and helps participants become aware of old, habitual thought patterns and release themselves from impulse and reaction. Self-awareness in the areas of self-criticism and over-analysis helps many reframe life from the inside. Journaling, and developing an individual spiritual practice, is encouraged as well as trauma reducing exercises and yogic postures.

Present Moment Awareness

To live fully and robustly means living in the present, not as a reaction to past memories, behaviors or old conditioning. This is especially challenging for the veteran, as he or she may have many emotional charges or triggers from past traumas. However, learning to experience life as it currently is, and not on "auto-pilot", is practice. It's about developing awareness of the present and affirming a healthy vision of what is, not what should be or has already happened. Moving forward with strength and dignity is taught with affirmations, guided visualization, and an emotional discharge process that helps with beginning each day anew.

The Blessing Each program concludes with a unity blessing, a hands-on transfer of sacred energy which helps a person grow in consciousness. It is a non-denominational experience designed to awaken your connection to the unity of all creation and to the Divine Presence within. Since the blessing is interfaith anyone can receive it no matter what spiritual path they have chosen. Charlene gives the blessing by placing her hands at the crown of the recipient's head.

When we meditate, pray, or schedule contemplative time to free our senses from the constant chatter of the mind, we have more clarity and are open to the experience of love, joy, and peace. Making a conscious connection with the Divine Presence during the blessing can dissolve negative patterns, release trauma stored at the cellular and energetic levels, and facilitate deep emotional and physical healing. It also helps heal relationships and opens the door to a higher state of awareness. Overall, people report feelings of serenity and a connection to the unity in everything.

Charlene's Philosophy: Learning to Live from the Heart

It is possible for everyone to experience personal growth no matter the circumstances. Remember, healing is a process as you explore personal truths when getting to know yourself and your loved ones again. There is no greater place to begin than the beginning. In the big picture, restoring humanity to the splendor of our natural state of connectedness with the Divine is a way that all beings will transform the world from conflict to joy.

We hope you will join us to explore your already extraordinary life, one that is filled with potential. I am deeply honored to be part of your healing and awakening.



About Rev. Dr. Charlene M. Proctor

Rev. Dr. Charlene M. Proctor is the founder of The Goddess Network, an on-line educational resource for topics on spiritual growth, positive thinking, and Oneness. The Goddess Network inspires people to rediscover their own ability to lead authentic lives. Her affirmations, lectures, and electronic programs reach a worldwide audience daily.

Author of the bestselling *Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking* and *The Women's Book of Empowerment: 323 Affirmations That Change Everyday Problems into Moments of Potential*, Charlene is a subject matter expert for Self Growth.com and Beliefnet.com, the world's largest personal growth websites. Her empowering affirmations reach 2.7 million web visitors daily. She is a frequent media guest and among the **Top 100 Thought Leaders of 2007**.

Charlene is a tireless community supporter and has produced *The Empowerment Show* for homeless, single mothers living in transitional housing, teaching many how to live with more confidence and grace through workshops and experiential learning. Avon Corporation and Lighthouse/PATH have generously supported her work. Currently, she is mobilizing resources for her **Re-Enter Life Project**, an initiative to help comfort and heal post combat veterans of war. She hopes to move them toward a greater sense of worthiness and self-love.

An ordained Minister of Spiritual Peacemaking, Charlene holds a Doctor of Philosophy degree from the University of Michigan. As a certified Blessing Facilitator from the Oneness University in Fiji and India, she is dedicated to awakening individuals from all walks of life to the magnificence of their own Divine gifts. Please contact her at 1-866-888-4633 to schedule a personal or group blessing. For media inquiries please email tgn@thegoddessnetwork.net. See www.thegoddessnetwork.com on events, lectures, and other local and national interfaith gatherings.