

The Enlightenment.Com Newsletter

July 7, 2005

by Jordan Gruber

A Short and Very Positive Review of Charlene Proctor's *Let Your Goddess Grow! - 7 Lessons on Female Power and Positive Thinking*

by Jordan Gruber
www.enlightenment.com

Charlene M. Proctor, PhD, has written a no-nonsense inspirational gem in [Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Inspirational Thinking](#). Now, it surprises me to some extent to re-read this last sentence as I have just written it, because (a) I have read an extraordinary number of self-help books in the last thirty years or so, and most of what I now read is repetitive or derivative, and (b) I usually don't like books that start out promoting one group (e.g., women) at the expense of another (e.g., men).

What makes this book special, then, is not so much its amalgam of cutting-edge brain change science, reality co-creation theory, and positive thinking, but the place of clarity, courage, and wisdom that the author obviously writes from. Charlene Proctor writes (or rather, sources) this book from the very place that she is pointing to, and therefore the many lessons and hints that she presents come through in a thoroughly enthusiastic, practical, and modern way.

Proctor boils it all down to 7 lessons:

- * Insight: How Do We Gain Insight?
- * Balance: Manage the Daily Complexity of Work, Family, and You
- * Resiliency: Become Stronger Through Adversity
- * Your Authentic Self: Define Who You Are by Knowing Your True Self
- * Abundance: Create a Mental Equivalent to Manifest What You Desire
- * Corporate Soul: Use Spirit and Strength to Guide Work Life
- * The Divine Feminine: Bring Mother God into Your Work and Life

For each of these, she uses a variety of descriptions, exercises, and affirmations to get us to approach things differently, or rather, to approach the creative spiritual powers that we hold in a practical and enthusiastic manner. For example, in the lesson on Abundance, she further develops her idea of "labyrinth thinking" and tells us the following:

Why is it helpful to apply labyrinth thinking to reach prosperity consciousness? Because we already know life is an infinite journey. The labyrinth is a metaphor for the universal superstructure we operate within - it offers an exercise in personal growth. Each time we retreat and take self-inventory, we can go deeper within and come out with something new, whether it's a refreshed attitude or great spiritual awareness. It's the cyclical outlook on life that keeps us coming back to the center, to our self. There will never be an end to the process, only different venues with more elaborate choices. And our experiences are for our own benefit: otherwise, how would we learn to reach our own potential?

Having prosperity consciousness means that each time we vocalize what we want in our lives, we have to cooperate with spirit and not just wait for it to happen. Action opens the flow. We *must* have the courage to walk. Always be aware of who you are and listen to your higher self.

Everything you experience outside the labyrinth is a reflection of your inner world of thoughts and feelings. As within, so without. As above, so below. In the world around you, consciously and unconsciously, you are demonstrating what is in your heart and mind. The more clearly you understand who you are and your journey, the greater results you see.

As for the focus on "women" and the Goddess ... well, Dr. Proctor does have a point. The feminine image of the Divine has suffered greatly in the last two thousand years or so - perhaps longer - and the way that women are approached, by themselves and by men, has also suffered accordingly. While I sometimes wish that this book had been written more in a more gender-neutral manner, I then think back to all of the women who have for years had to rewrite various spiritual services in their mind's eye and ear in order to make them palatable. So, for me, this is a bit of turnabout is fair play, and the rest of the enthusiastic, practical, grounded wisdom that this book contains makes it well-worth reading in any case.

Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Inspirational Thinking is a fine effort, well-worth perusing and musing upon. Thanks, Charlene, for letting your book grow on us.