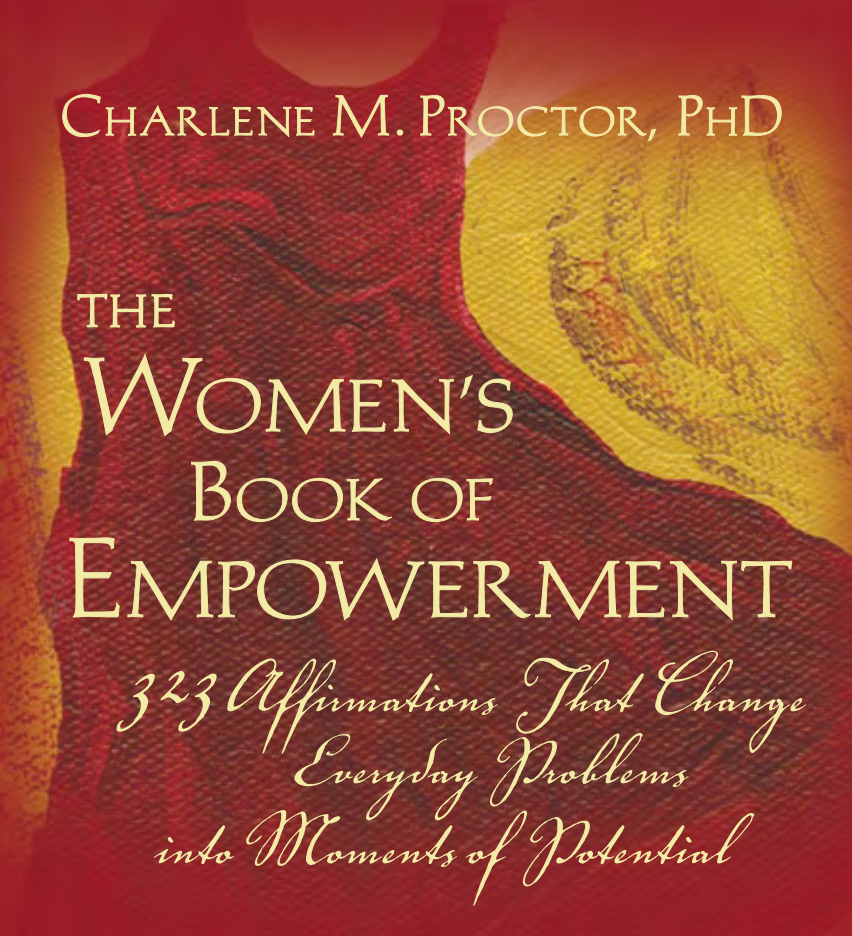




CHARLENE M. PROCTOR, PhD

THE
WOMEN'S
BOOK OF
EMPOWERMENT

*323 Affirmations That Change
Everyday Problems
into Moments of Potential*

PRAISE FOR *THE WOMEN'S BOOK OF EMPOWERMENT*

“When we are constantly aware of the Divine within, finding life’s goodness becomes automatic. In any situation, we can be thankful and view life through a joyful lens, which is a core message of this book.”

– Lynn A. Robinson, author of *Divine Intuition* and *Real Prosperity*

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“*The Women’s Book of Empowerment* is a gift for those who help others develop conscious awareness. It is a tremendous tool for those who mend the spirit because it guides people away from old, outdated ideas that no longer foster their self-development.”

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The Women's Book of Empowerment

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*To women everywhere
who know the power is within
to change your world:
this book is for you.*

I HAVE EVERYTHING I
NEED IN LIFE. MY SUPPLY
IS LIMITLESS AND I
CONTINUALLY ACCEPT
GIFTS FROM THE UNIVERSE.

Abundance

Affirmations that help you
create a mental equivalent to
manifest what you desire



Financial Attitudes and Behavior

Let's change those negative assumptions about money before you run off to the next shoe sale. You can have what your heart desires because your source makes it impossible for you to be anything but abundant. Prosperous thinking includes seeing abundance in everything in your purview – including what you offer to the world in the form of your true self. Work with universal order by knowing that you are worthy of abundance, and set your mental state on a new, steady, and prosperous course. You can demonstrate the life you want to live!



ALWAYS STRUGGLING

I live life with ease. I expand my mind to include what I desire in life. I ask, and I know I am worthy of receiving. I open my heart to a new level of thankfulness and recognize all the good in my life. I love being prosperous because it is my natural state. I go with the abundant flow of life and do not paddle against the current. My ride is joyful and easy and includes everything I desire.



CAN'T-AFFORD MINDSET

When I dwell on the idea of lack, I build a consciousness of lack and it attracts more lack. Whatever I ask for, I receive, because the natural state of the unlimited universe is to provide for me. I now have a mindset of abundance because my source is unlimited! I am part of a universal order that provides an abundant and inexhaustible supply. I see abundance reflected in all areas of my life. My income and all things that are valuable to me are prospering and growing bigger as I notice how much abundance there is in the world.



CAN'T ATTRACT MONEY

Today I stop focusing on attracting money and focus on my source, which is my unlimited supply. My source is the foundation of prosperity. From this day forward, I inhale abundance and permanently bring it into my awareness. I choose to identify with my source; therefore I am abundance and prosperity. I am now aligning my higher self with a vision of prosperity. I exhale success and satisfaction with each breath.



CARELESSNESS ABOUT MONEY

I treat money with respect. I pick up every coin off the street with a heart full of thanks and take care of it lovingly until I spend it. I lovingly store my wallet and purse in a safe place, because I am the temporary caretaker of my money. My money actions place value on the idea of money and make it a valuable part of my life; therefore I treat my money valuably. When I spend or give money away, I do so happily and silently bless each person my money comes in contact with.



CHEAPNESS IS VIRTUOUS

I am in tune with the rhythm of life and its natural ebb and flow. I do not arrest the natural flow of the world – I recognize I am part of the flow. I give and receive with the tremendous energy of love. My energy of giving and receiving is powerful and brings more good to others and to me. I love being generous because all I release returns to me.



COMPLAINING ABOUT MONEY

I am thankful for what I receive and remain open to receiving more. Each time I feel the urge to complain about money, I replace it with a thankful statement. I turn every complaint into a compliment. When others complain about money, I express thanks out loud for the good in the world. I am an ambassador of abundance energy because I transform negativity into thankfulness.



DON'T DESERVE TO BE RICH

My prosperity is a mirror of my own thoughts. Today I expand my vision of abundance by accepting my own worth. I am a worthy person and deserve the best in life. I already trust that the universe guides me in making good and beneficial choices; therefore I am unafraid of being rich. I deserve all good that comes my way. I love being in an abundant state because the universe knows no boundaries in providing as much as I want and need.



ECONOMY IS IN SHAMBLES

Because we are all spirit, we are all part of the source. Whatever I say about others, I am saying about my self. When I see others, I also see my self; therefore I choose to see everyone and everything as full and fulfilled. I see the world as robust, filled with opportunity, and richly abundant; therefore I attract those ideas into my life. Our economy is healthy and we are all part of an abundant and prosperous equation.



EVERYTHING IS TOO EXPENSIVE

I can demonstrate anything in my life that I want with the right mental mindset. If I label everything in a way that is unachievable for me, then I cannot achieve it. From this day forward, I replace my words with a vocabulary of prosperity. I can afford anything and everything because I am open to abundance in all avenues in my life. I am worthy of having things of worth.



IN LOVE WITH MONEY

Money is not my source. My inexhaustible source is the divine presence within me. Money is an effect which has no value in itself because it is a symbol. Money is a symbol of an idea of infinite surplus to which I belong. I now focus on the cause of money, which is my awareness of my spirituality. I do not allow my money effect to have power over me. Instead, I embrace the idea that the Divine is my supply. My supply flows freely because I love my source, and not the effect.



LACK IS A CONSTANT WORRY

What I want in my life I think about. What I don't want in my life, I don't think about. From this day forward I stop thinking about lack because I don't want lack in my life! I replace those thoughts with a vision of a beautiful garden, with fruit, flowers, and vegetables growing in rich abundance. I know this garden is a reflection of my life. My garden is overflowing with supply and enriched by the abundant world we live in.



LACKING ABUNDANCE

Because the world is a perfect gift, I already have everything. I accept my gifts with joy. Every day I rise in a state of thankfulness for all that exists, especially for the blessings in my life. I exist in a state of peace and thankfulness for what I have, knowing that the universe is working with me to manifest what I desire. I do not believe in lack; I believe in prosperity, which is my natural state.



MONEY AS MOTIVATOR

My fixation on money alone has translated into lack. The universe is showing me that I cannot generate wealth unless I view money only as an intermediate step to getting what I want. I know there is an abundant supply of everything I need. From this day forward, I visualize what I desire instead of the money I think I need to get it.



MONEY IS POWER

My center, my power, my source is my God-self. I am a spark, a piece of individualized consciousness. The greater my awareness of my true self, and the more knowledge I have of my own divinity, the more I become an expansive, compassionate, loving, and powerful individual. My power is drawn from my unlimited source. I am nourished and replenished every day and in every way.



MONEY NEVER COMES EASILY

I am grateful for every gift in my life. I am an open channel to receiving all my goodness, no matter where it comes from. I am now opening the door to an abundant and prosperous world, and I step through with joy. I love being receptive to all good in my life. I thank the universe for every gift that comes my way and know I am always ready to receive my good from everywhere, everything, and everyone.



NOT MEANT TO HAVE MONEY

I love my true self. I am a worthy, deserving, and beloved individual. I am not limited by anything or anyone. My outer world is a reflection of my inner world. What I feel and think is what is demonstrated in my life. I am a part of an unlimited source of perfect energy; therefore I am unlimited. There are no limits to what I can have or what I can accomplish.



PAYING BILLS

Paying these bills shows the universe I have the ability to pay. I am deeply thankful for what I have received. I do not put my energy into resenting bills; instead I gracefully receive them with a thankful heart. I pay these bills with love and joy. I focus not on debt but on blessing each bill as I pay it. I am open to the abundant flow of the universe.



POVERTY MAKES ME GOOD

My circumstances, my health, and my finances are a reflection of the ideas I carry in my head. From this day forward, I release old and negative beliefs about lack. My good comes from everywhere and through everything. My divine nature makes me a good person, not lack of money. I love being a treasured person who receives abundance from many directions. I love my abundant state!



RELUCTANCE TO GIVE MONEY AWAY

Giving keeps the flow of abundance in my life. I rejoice in the inexhaustible supply of the universe and know that giving something away leaves room for more to enter my life. I give with joy because there is enough for everyone. Keeping the flow of giving and receiving is natural and feels good. I love being part of the natural energy pattern in life. I circulate abundance!



RELUCTANCE TO SPEND MONEY

I see my bank account constantly replenished from my unlimited source. Spending money is an acknowledgment of my unlimited source. As I give and spend money, I know I receive more in surprising ways. I am open to all receiving channels. My money is always returned to me. I am a joyful giver and spender. I give and receive my lavish abundance in every area of life.



RELUCTANCE TO TIP

I love expressing my thanks by giving money to others who have given me good service. I love the gift of energy people give me. I appreciate energy gifts from other people. Recognizing a person's positive energy and good service with money keeps my abundant flow going. I attract more positive energy and good service with every tip I give.



RICH PEOPLE ARE BAD

I know there is enough money to go around because there is an inexhaustible, universal supply. I rejoice in the good fortune of others. I bless their fortune knowing that I am worthy of the same. We are connected to the same source and my prosperity pipeline flows to me in exactly the same way as to everyone else. I open my prosperity pipeline further, and nothing blocks the unlimited source that supplies every particle of this galaxy.



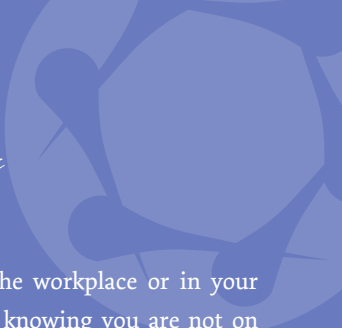
RICH PEOPLE ARE SNOOTY

I know I am a divine and whole individual; therefore I do not believe in lack. I believe in having. When others have, I rejoice in their success and know that prosperity is a state of mind that anyone is capable of having. I am receptive to having money because I deserve it, just like everyone else. I have an abundance mindset.



SALARY DEFINES ME

My salary or income is not my source. My source is my unlimited supply and the spiritual presence within me. When I embrace my source, I know I am a demonstration of unlimitedness. I transform this idea into form by always being aware of my divine composition. My source, not an amount of money, fulfills me. Feeling fulfilled interprets itself into all my experiences and in the forms I manifest. I am defined by the spirit within.



Financial Crisis

When chaos breaks out in the workplace or in your checkbook, be comforted by knowing you are not on your own. Spirit is the bank that will give you whatever you need and desire in voluminous quantities. You can count on it. Set a new mental equivalent during your temporary travel through financial adversity, and remember: you're just moving *through* it.



BAD INVESTMENTS

From this day forward, I have no need for need, lack, or loss because these thoughts are no longer present in my mind. My experiences demonstrate my own powerful thoughts. I manifest a rich and diverse life because that is what is now present in my mind. I have no need for the past or the future. In this eternal moment of now, feelings of needing, lacking, and losing are permanently stricken from my mind and body. There is an infinite supply of everything in the universe, and I am an open channel to receive. I move forward in new, prosperous directions.



CAN'T QUIT JOB BECAUSE OF FAMILY RESPONSIBILITIES

My work gives me an opportunity to tend to those I love. Right now, my calling is providing support for my family. I rejoice in my ability to give others this gift of support. I am thankful for my strength and resolve so that others can lean on me at this juncture in my life.



DIDN'T GET THE JOB

This organization is not the best place to expend my efforts. I visualize a place where I am recognized for my exceptional capabilities and paid well. There are many other organizations with people who think like me that can help me grow. I am thankful for this experience of meeting new people and know that something better is coming my way.



DISORGANIZED FINANCES

Today I walk a refreshing path of organization. I straighten my desk, throw clutter away, and clean up every area in my home and office to make room for new opportunities. My financial flow runs faster, smoother, and more efficiently without a clutter path. I now open mental and physical energy pathways for my flowing abundance. My finances reflect my mental state and I choose to be organized and precise. Being organized brings me joy and increases my prosperity in all aspects of my life.



FORCED TO MOVE HOME

Today I take time to re-evaluate what is important in my life. This experience gives me an opportunity to inventory my own perceptions of failure. I view this as a time to start anew. I now create a refreshing perspective on life. I am thankful to have a temporary refuge and thank my family today for this chance to take stock of what I want in life.



HURT PRIDE

Today I walk straight, stand tall, and hold my head up high. I am strong enough to overcome these circumstances because they are part of my own learning agenda, which I designed in my chart long before I arrived here. Every time I choose to put one foot in front of the other, I come one step closer to a new opportunity that is already here. I trust the universe to keep the wind at my back while I walk this path with strength and dignity.



LOSING THE HOUSE

This house was not meant for me to have at this time. I call my angels to come forth and place the house in a basket, and I allow them to take it away. I cover the house in a beautiful rosy light-blessing. I visualize this house already making someone else very happy. I am free from this material item in my life and feel lighter, happier, and blessed in sending it on its way.



NOT ENOUGH MONEY

My prosperity is a reflection of my consciousness. Therefore the thoughts I hold in my mind are of abundance. There is an unlimited supply of money in the universe that is constantly increasing. I deserve to prosper. I release my old, limiting ideas about lack, because I no longer believe in lack. When others have more money than I do, it takes nothing away from me because there is enough for everyone.



PAY CUT

Accepting less money for what I do gives me a chance to evaluate my creative skills. My financial loss is empty space I can fill with inventiveness. I now have an opportunity to tune up my creative thinking and find a better channel for my productivity. I deserve the best now and no longer believe in lack. I accept all good that comes my way.



RECKLESS SPENDING

My money energy is an incoming and outgoing tide. I receive my flow of money just as I engage in the flow of life. I am in a new, balanced frame of mind about my tide. All the waves are vital to the system and I treat each one with respect. I respect my money energy and keep my wave system calm and flowing regularly. I replenish my supply with ease and fluidity. From this day forward, I spend my money with an attitude of gratitude and respect.



SOLE PROVIDER

I rejoice in my ability to support this family. With each day, I become a clearer channel to provide what they need. Because of me, there are opportunities for those I love. I accept this challenge with gratitude and know that being in this position allows me to discover my inner strength.



ACKNOWLEDGMENTS

I would like to express my gratitude to my husband, Tom, who has encouraged me to do my soul work for the Goddess. Tom, you have given me your own rendition of a King Air, in the form of creative freedom. Your life has been a gift. Special thanks to my agent, Arnold Gosewich; the entire staff at Cattails; my editor, Barbara Czarnecki; and Linda Gustafson and Peter Ross at Counterpunch. And of course, to my circle at The Goddess Network, thanks for all you do and especially for the very special and positive energies that you gave to this project. To everyone who participates in our online community at www.thegoddessnetwork.net, I thank you for sharing your stories. You are the reason we keep going. Deepest thanks to all my vendors who have provided good humor, great service, plenty of coffee, and dedication over the years. I believe we are together for a reason.

You have all been a blessing in my life and I continue to grow because of you.



ABOUT THE AUTHOR

Charlene M. Proctor holds a Doctor of Philosophy degree from the University of Michigan and provides guidance through everyday complexity with female imagery and positive thinking. She is the founder of The Goddess Network, Inc., an organization for women who want to discover the feminine principle within. Her lectures, workshops, and electronic programs reach a worldwide audience daily. Although Charlene has written numerous papers on the subject of simulation, organizational learning, and recycling technologies, her material for a wider audience gives her the greatest pleasure. *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* are her two current works. She lives with her husband and two teenage boys in the Detroit metropolitan area.

ABOUT THE GODDESS NETWORK PRESS

The Goddess Network Press publishes books on the Goddess, spirituality, personal growth, women's issues, simulation and learning environments, and positive thinking. We hope to make a difference in the lives of those who write books, as well as for our readers. Of course, we are in love with the Goddess and see our publishing company helping to spread divine feminine energy around the globe.

We believe everything on earth is a reflection of what is inside our heads. Our challenge in life is to allow our divine nature to work with ideas that make sense. A balanced world will be created by individuals who understand and embrace their true self.

As a member of the business community, The Goddess Network, Inc. is a venue for both live and electronic gatherings for anyone interested in expanding their intellectual and spiritual boundaries, especially women who want to nurture their spirit. We promote programs that foster deeper meaning and purpose in an individual's life.

Thanks for being our reader. We value your input and suggestions on this book and on others you would like to see published. Why not contact us? We are only an e-mail away.



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CHARLENE M. PROCTOR, PhD

Dr. Proctor is an author and founder of *The Goddess Network*, whose research ranges from learning organizations and the environment, to corporate spirituality. She has a series of new books coming out in the new year, "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."

As women we lead busy multiple lives, and without a powerful spiritual support system, finding balance is a challenge. *The Goddess Network, Inc.* is creating a worldwide community of women who celebrate the "feminine principle" in their work and home life. Through live and on-line educational programs, women are encouraged to explore their spirituality by having an opportunity to discuss, experience, teach, and learn more about their Divine Self. *The Goddess Network* designs and facilitates programs to help us achieve this in our everyday lives.

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Patricia Lynn Reilly, author of *Imagine a Woman* and *Words Made Flesh*

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KIMBERLY L. JAMIESON

Charlene M. Proctor, PhD, the author of *Let Your Goddess Grow!* and *The Women's Book of Empowerment*, helps lead people to a more positive mind and heart set. Her powerful suggestions circulate worldwide through her website, newsletters, articles, and books. She believes in your potential to transform the world through higher levels of conscious awareness.



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