

# The Lighthouse Beacon

A quarterly publication for Lighthouse Center members and friends  
Lighthouse Center, Inc. is a non-profit spiritual development center founded by Chetana Catherine Florida

## Gurudev Shree Chitrabhanu's Message

### Four Steps to Reach the Peaceful State

A lecture in UK with the Oshwals - August 5, 2004  
Adapted by Sharat K. Jain, Ph.D and Rohan K. Jain

by Gurudev Shree Chitrabhanu



In order to reach the peaceful state of mind you need meditation, and to meditate you need relaxation. The meditation is like a brook that flows, grows, and ultimately merges in the ocean of love. In a flowing brook, there are many obstacles, hurdles, and rocks, and they try to hinder progress, yet the energy of the brook is flexible. It flows, grows, and overcomes all hurdles. The tensions that you create in you become hurdles. The memory of all the hurdles turns into pressure, and a person under pressure is not able to flow and grow. To flow and grow, one needs to be relaxed by learning the art of relaxation.

All mental, physical, psychological and social diseases arise from tension, constriction and suppression. Under pressure, people make wrong decisions. In order to make right decisions, you need to learn how to relax, and meditation helps you to do just that. In the Western world, even the famous institutions of learning offer classes on how to meditate. In the world over, meditation has become an important part of treatment of various mental, physical and social problems. In Jainism, meditation is essential to personal and spiritual growth. You can even achieve Kevalgnan - Nirvana or total knowledge - by practicing meditation. This is the highest miracle of knowledge you experience with the energy of meditation: Dhyana.

In order to attain Dhyana, you need to free your mind from hate and attachment - clinging and aversion - as they work against each other, thus causing pressure and tension. When you are attached to some 'thing,' your mind becomes sticky and loses the rhythm of flow. When you have hate, it is burning inside and your mind becomes like popcorn. When you put grain on fire, it becomes popcorn and starts jumping around. Similarly, when we have hate, energy is burning inside and we continue our obsession with attachment and hate. Those who are very dear we want them very close; and the ones we do not like, we push them away. Pull and push goes on during our whole life.

A religious place is supposed to give you peace and harmony; however, even when you are in peace and harmony, you form a group with people you like and you stay away from people you do not like. Those who join a new group may not want to go to their old temple and so create a new temple and press others to attend. Why are you building tension in your heart by pressing people to go to a new temple? Why do you have this kind of attachment? You do not want to go to the old temple because you do not believe what they are doing. In order to be efficient, you

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Revised  
Publication!

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## ***The Lighthouse Center***

The Lighthouse Center, Inc., located in Whitmore Lake, Michigan, is a nondenominational meditation center founded in 1979 by Chetena Catherine Florida.

It was incorporated in 1989 as a nonprofit organization, and currently has over 300 members.

740 East Shore Drive  
P.O. Box 645  
Whitmore Lake, MI 48189  
Phone: 734-449-0611  
Fax: 734-449-5004

### ***For More Information***

Call 734-663-2218, or visit  
[www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

### ***Our Mission***

We are committed to inner peace and peace in the world, as we practice Ahimsa (nonviolence) toward ourselves and others. We respect other points of view and strive to live in harmony with nature and all living beings. This is the greatest opportunity for spiritual growth and enlightenment.

### ***Our Philosophy***

**We believe ...** in the Divine Consciousness within everyone.

**We believe ...** in Ahimsa, nonviolence, in all of our thoughts, words, and actions, including the practice of vegetarianism.

**We believe ...** that the Truth has many aspects, and we respect other points of view.

**We believe ...** in acting as examples of humanity, as we express our love and compassion and Ahimsa.

**We believe ...** that in doing our meditations and spiritual practices, we begin to successfully live at peace within ourselves and in the world.

*revised 2005*

### ***Everyone is Welcome***

The Lighthouse Center community is a diverse group of individuals with a common goal of practicing Ahimsa (nonviolence).

#### **Everyone is Welcome**

You do not have to be a member to join us for classes and meditations.

#### **Sponsorship**

The Lighthouse Center depends on its member and friends to sustain it with their generous donations of money, time and talent.

#### **Membership**

If you do choose to become a member, pledges of \$360 a year (\$30 a month) are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$10 in pledge). See form at back of this publication

#### **Getting Involved**

The Lighthouse has various committees (open to all members and friends), a Board of Directors, and a Director of Operations to collectively develop our various goals and manage the daily operations of our center.

Assisting in running the center and helping out in different functions is a wonderful way to make a difference and develop new friendships.

#### **Schedule of Classes and Events**

Get on the electronic and/or postal mailing list by filling out the form in the back of this publication. Voluntary donations for printing/ mailing costs gratefully accepted.

## Gurudev - cont.

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need to think, feel and know how your mind is functioning. Are you free from pull and push? For instance, in the name of Lord Mahavir so many groups exist. In my opinion we need only to follow Mahavir who experienced Kevalgnan and shared the insight with us. You do not need anything else; just connect directly. In original scriptures, I find that the teachings of Mahavir have nothing to do with groups, such as, swetamber, digamber, sthanakvasi, terapanthi, et al. Jain religion is completely open and it has no room for sectarianism. In original Jain scriptures I found that Agnan – ignorance – which is aversion and clinging, is the root cause of this sectarianism. With a touch of knowledge, and when Agnan is destroyed, the eyes open and miracles happen. A person is able to experience and realize in this life that the God resides within. In order to destroy Agnan and see God within, four steps to meditation are helpful.

### **First step in meditation is Padasth Dhyana.**

Padasth means the word you recite, you concentrate on its qualities. Prior to starting this meditation, you sit in a comfortable place and posture and you relax and make your mind a friend. If you know how to do it, your mind can be very helpful. There are times when, unknowingly, we are making our mind a friend; nevertheless, if we make it knowingly, it will be a miracle. How are we making our mind a friend unknowingly? Let us consider: when you go to a bank and want to collect money in cash, they will do that for you. As you are in the bank, there might

be lot of distractions around you; however, when they are giving you money, you will not pay attention to anything else but the money. Your whole attention will be on every bill. You will not be distracted by anything else around you. Your mind becomes so concentrated that it is like meditation. Similarly, when you are driving your car, numerous distractions are around you, but your whole attention remains on the road. Driving is meditation but you do not know you are meditating. Your mind knows that if you make a mistake, you risk your life. The same way if you make your mind a friend, it will help you. In order to have help from your mind, you need to convince the mind to help you. The mind will not obey if you suppress or force. Request your mind: 'For one hour please do not bring any distractions. I want to sit and meditate and experience the presence of Bhagwan's purest energy in me.' It is the mind which is doing a very good job of prioritizing important activities in your life. In the same way, a spiritual person will realize that the important thing for one is Paramatma and Atma: the Soul. The inner conviction makes it happen. If you decide with full conviction that I do not want to have clinging and aversion, I want equilibrium - Veetraag: no clinging; Veetdwasht: no aversion - it will happen. It needs to be your inner conviction, not lip service. It is your inner drive, inner force, and persistence that will make things happen.

Once you have made your mind a friend, you recite Namu Arihantanam. As you do that, you imagine the Arihantas who have removed all their inner enemies, and have

eradicated aversion, clinging, anger, greed, jealousy, lust, false pride. When you say Namu Arihantanam, the personality of Arihantas with their inherent nature comes in front of you. For example, if you are fond of mangos, and somebody says, "Today we are going to have mango juice," the word creates a picture and brings saliva in your mouth even though a mango is not in front of you. Words have an impact. If somebody uses abusive words to you, it will make you angry. If somebody says a negative word, the picture of this word comes in front of you. In the same way, when you say Namu Arihantanam, the picture of Arihantas who have conquered clinging and aversion come to your mind and slowly you develop the qualities inherent to Arihantas. Eventually these qualities become part of your nature. For instance, when the twenty-third Jain Tirthankara Lord Parshwanath is meditating, the celestial being Dharnandra is doing praise and devotion because this is his nature. While Kamath, who harbors negativity, he is harassing, which is his nature. And with Lord Parshwanath, he is maintaining his equilibrium, which is his nature. Kamath and Dharnandra both are doing their own thing; however, Lord Parshwanath remains peaceful with balanced consciousness. The nature of thorn is prickling and the nature of flower is perfuming. Thorns cannot become flowers and flowers cannot become thorns, as each has its own nature. Similarly, Arhanta Lord Parshwanath's nature is to stay balanced. As you say Namu Arihantanam, the pictures of Arihantas come in front of you and how they conquered raga:

clinging; dwasha: aversions; maan: pride; moha: greed; krodh: anger; and how they have become peaceful. The moment you recite the sloka, such a picture appears in front of you and you start the process of developing qualities of Arihantas and that is Padasth Dhyana. Once you have mastered the step, you go to the second step of meditation.

**The second step is Dhyana Rupastha:** an idol – a meditation in which a form, a shape, comes in front of you when you meditate. Your mind is watching the shape of the idol that is peaceful, quiet and pleasant. Bhaktamar Sloka, a well known Jain prayer, indicates that the best of the qualities of atom, the peaceful vibrations, are taken from the universe and the image of God is created. When a Tirthankar was born, the best of the atoms and all the best of the elements of the universe were there to compose his life. You imagine that the best of all those atoms have created the image of Paramatma: soul, and in your mind you feel the peaceful vibrations that are coming out of the image and are spreading inside you. Therefore, the idol becomes the living presence of the best of the atoms. Upon mastering this step, you practice the third step.

**The third is Pindastha Dhyana** where you imagine that the image, idol or words are within you. You think that you are holding within whatever was outside in the temple. You simply see Bhagwan within you - no aversions or clinging, no other thoughts, and just peaceful thoughts. It is like a garden

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# Description of Lighthouse Events

## WEEKLY

◆ **Sunday Candlelight Meditation and Healing**  
6:00pm-7:00pm. All are welcome for a candlelight meditation. Healers available for anyone who wants healing during meditation.

## BI-WEEKLY

◆ **Friday Intensive Meditation**  
7:30pm-10:00pm the first and third Friday of the month. Doors open at 7:00 p.m. Meditation lasts approximately 2 ½ hours, during which time individuals may quietly enter and exit the sanctuary. It is suggested, because of past experiences, that one already be a mantra meditator.

## ◆ Sunday School / Youth Group

10:00am-11:00am the first and third Sunday of the month for children ages 2-18 and their parents. Meditation at 10am., snack at 10:30am, lesson at 10:45am.

## BI-MONTHLY

**Sunday Board Meeting**  
9:00am-12:00pm the fourth Sunday of the month.  
NOTE: Occasionally, due to holidays and travel commitments, the Board meets earlier in the month, so please call **Prachi Patricia Thiel** (734) 449-4381 to verify exact date and time.

"Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is Love."  
..Dr. Rev Martin Luther King

## Upcoming Events

All classes, events and meetings are held at the Lighthouse Center (740 East Shore Drive, Whitmore Lake) unless otherwise noted. Check the e-mail listing for changes to published date or contact Prachi at (734) 449-4381 or [thielp17@yahoo.com](mailto:thielp17@yahoo.com).

### FRI-SAT, APRIL 1-2:

#### ◆ "Meditation and Nonviolence: Practices for Life"

Friday evening kickoff, 7:00pm. Special evening with Michael Tobias, showing of his documentary film "Ahimsa", and Silent Auction. Culinary Arts Dining Room – Washtenaw Community College, Ypsilanti, MI. Suggested donation \$5-\$20. RSVP by 3/25 to 734-663-2218

Saturday conference, 9:30am - 5:30pm. Michael Tobia, keynote address, local speakers and breakout sessions. Morris Lawrence Building - Washtenaw Community College, Ypsilanti, MI. \$55 at door; Students \$35.

### FRI, APRIL 22:

◆ "New Meditation Lecture"  
7:30pm - 9:30pm, gather at 7:00pm. Given by Nirmala Nancy Hanke. Cost \$20 for new people, and \$5 for repeats. Register with **Prachi** at (734) 449-4381 or [thielp17@yahoo.com](mailto:thielp17@yahoo.com).

### APRIL 30:

◆ "Music Concert Fund Raiser"  
Doors open at 6:00 p.m., concert begins 6:30 p.m. If interested in performing, contact Eshavas Iam Post at 248-982-1229 or [iamasilightbringer@hotmail.com](mailto:iamasilightbringer@hotmail.com). For attendees, suggested donation \$10-\$30 with all proceeds going to the Lighthouse

### MAY (TBD):

◆ "Gurudevji's Visit"  
With Gurudev Shree Chitrabhanuji, Jain Master and Spiritual Advisor to the Lighthouse Center. Lectures and

blessings Sat & Sun. Suggested donation \$10 - \$30.

### SAT-SUN MAY 21-22:

◆ "Iconography Workshop"  
10:00am-6:00pm, Sat & Sun. Given by Aruna Olga Bachmann. To register, call 810-623-0510.

### FRI, MAY 27:

◆ "New Meditation Lecture and Empowerment"  
7:30 p.m. - 9:30 p.m., gather at 7:00 p.m. Given by Nirmala Nancy Hanke. Cost \$20 for new people, and \$5 for repeats. Register with **Prachi** at (734) 449-4381 or [thielp17@yahoo.com](mailto:thielp17@yahoo.com).

### FRI, JUNE 24:

◆ "New Meditation Lecture and Empowerment".  
7:30 p.m. - 9:30 p.m., gather at 7:00 p.m. Given by Nirmala Nancy Hanke. Cost \$20 for new people, and \$5 for repeats. Register with **Prachi** at (734) 449-4381 or [thielp17@yahoo.com](mailto:thielp17@yahoo.com).

## 2005 ELECTIONS Note these key dates

See the Lighthouse Elections Packet for more info (available via Email or at the Lighthouse)

- ◆ **MAR 31:** eligible voters communication
- ◆ **APRIL 1:** ballots and candidate info mailed out
- ◆ **APRIL 25:** ballots returned (postmarked to LHC PO Box)
- ◆ **APRIL 30:** ballots received
- ◆ **MAY 1:** election results
- ◆ **MAY 4:** recount request

## Exciting News About the Lighthouse News

Have you seen the Lighthouse Center website yet? [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)  
The message of the Lighthouse is now accessible literally throughout the world!

Over this next year, you'll see a transformation occurring within our communications arena as we continue to develop the website, transition the Lighthouse Center newsletter to electronic format, and introduce other communications enhancements.

Our goal is to integrate various communication tools to provide you with current, relevant information in an easy to use, cost-effective and timely manner. We're also looking at ways to make sure that our friends who prefer U.S. mail remain in the communications loop.

Your ideas and suggestions for our website and communication methods are very appreciated. Please e-mail us at [email@lighthousecenterinc.org](mailto:email@lighthousecenterinc.org).

April 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Conference held at Washtenaw Community College  7pm Conf Kickoff (Ahimsa film, and Silent Auction)	2 9:30am-5:30pm Meditation and Nonviolence Conf
3 <i>Daylight Savings</i> 10-11am Sunday School 6-7pm meditation	4	5	6	7	8	9
10 6-7pm meditation	11	12	13	14 7:30pm-Intro Astrology	15 7-10pm Intensive Meditate	16
17 10-11am Sunday School 6-7pm meditation	18	19	20	21 7:30pm-Intro Astrology	22 7pm New Meditation Lect	23
24 9am-12pm Board Mtg 6-7pm meditation	25	26	27	28	29	30 6:00pm Benefit Concert

May 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10-11am Sunday School 6-7pm meditation	2	3	4	5	6 7-10pm Intensive Meditate	7
8 <i>Mother's Day</i> 6-7pm meditation	9	10	11	12	13	14
15 10-11am Sunday School 6-7pm meditation	16	17	18	19	20 7-10pm Intensive Meditate	21 10am-6pm Icon Workshop
22 10am-6pm Icon Workshop 6-7pm meditation	23	24	25	26	27 7pm New Meditation Lect	28
29 9am-12pm Board Mtg 6-7pm meditation	30 <i>Memorial Day</i> 7:30-8:30pm Meditation	31				

June 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 7-10pm Intensive Meditate	4
5 6-7pm meditation	6	7	8	9	10	11
12 6-7pm meditation	13	14	15	16	17 7-10pm Intensive Meditate	18
19 <i>Father's Day</i> 6-7pm meditation	20	21	22	23	24 7pm New Meditation Lect	25
26 9am-12pm Board Mtg 6-7pm meditation	27	28	29	30		

# Memoirs from India Trip

Six of us from the Lighthouse Center-Namrata Lisa Abrams, Kunti Devi Eileen Bond, Nirmala Nancy Hanke, Nirali Becky Kleinschmidt, Jagruti Lucinda Orwoll and Priti Paula Yocum- were blessed to go on pilgrimage to India with Gurudev and Pramoda Chitrabhanuji, this January 14-28. We were joined by Shantah Diana Thompson from Minnesota, Mandir Alberta Hutchinson and Winona Slaughter from New York and some 30 Jains from all over the United States. We traveled together from Calcutta to Bihar, the poorest state in India, and the land of many holy pilgrimage sites of Jains and Buddhists. We wanted to share with you some of our experiences...

**Nirali:** "For me, India personifies love. It is reflected in the faces of children and old alike, resonates within temples, and cascades from mountain tops. It gently shines on as starlit nights and candlelit streets. Traveling in India taught me patience, compassion for those who have so much less than we do, and a deeper understanding that life continues on after we have left this earth. While we were stuck on our bus in a two hour traffic jam on our way to Rajgir, delayed because of a fatal truck accident, we saw families in colorful clothing, enjoying the river by boat. Dilip Shah, who coordinated our yatra (pilgrimage), noted, "even amongst all the sorrow, we find pockets of joy." That said it for me. Just one of the many lessons we learned."

**Jagruti:** "For me, a pilgrimage to India is an Alice

in Wonderland experience, falling down a spiritual rabbit hole, out of normal time and space. Flying for so long (32 hours), crossing many time zones and navigating around a very different cultural environment pulls me out of my ordinary psychological reality and loosens normal defenses. I am open to experience everything more deeply. The physical and emotional demands of the trip inspire rearranging and purifying old patterns, new insights, and deeper experience of meditation. Much about the trip was memorable. It was invaluable to share and learn with Gurudevji and Pramodaji as well as with fellow pilgrims. My favorite site was the temple in Pawapuri where Mahavir transcended. There, I was enveloped in a pure, palpable energy field, which I brought home into my daily meditations. Here, I am integrating the meaning of the trip, seeing how it has helped me grow in new ways."

**Kunti Devi:** "One of the most fascinating sites we visited was the world famous ruins of Nalanda University in the state of Bihar. Nalanda is known as the ancient seat of learning where 2,000 teachers and 10,000 students from all over the Buddhist world lived and studied on a residential campus 7 miles long and 3 miles wide. There was integration of math, science, humanities, religion, and metaphysics. Monasteries and temples were also a part of the campus. During the days of Mahavir and Buddha, Nalanda was apparently a very prosperous temple city, a great place of pilgrimage. Mahavir was said to have spent 14 rainy seasons

there. The expanse and beauty of the ruins was compelling. The magnificent cultural achievement Nalanda represents contrasts sharply with the poverty and political corruption in Bihar today. It brought to mind the rise and fall of civilizations and the great importance of leadership and vision. I wondered where our American culture stood in this historical context and whether we would be able to overcome our national obstacles of anger, greed, ego and deceit. I feel grateful for all of the Jain teachings and for Gurudev, who is helping us move from duality and darkness towards wisdom and light."

**Nirmala:** "Every time I go to India, I come back a changed person. Changed by all the sights and sounds and smells, the mind boggling contrasts between rich and poor, modern conveniences and traditional ways, changed by the vibrations of a people thousands of years old, and the spiritual vibrations of temples and mountains and ashrams. This time a story told by Chandanaji, the Acharya of Veerayatan (Land of Mahavir), the ashram where we stayed in Rajgir, was what moved me the most. She told of how a school for the poor beggar children had been started a few years ago in Bihar, through the joint efforts of Veerayatan and JAINA, the federation of Jain Associations in North America. When these children heard of the tsunami and earthquake in the Indian Ocean, they gathered together their rupees, 2 or 3 apiece (about 15 cents), and together collected some 2000 rupees (about \$50) to give to the tsunami survivors. They

## Gurudev

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where beautiful thoughts are blossoming. Your body is relaxed, you are sitting like God, and the image you see in a temple you see it in your body. How well you are doing depends on your effort, commitment, intensity, concentration and longing.

Upon mastering the Pindastha Dhyana, you go to **the fourth step: Rupateet Dhyana**, which simply means you feel the quality of God within you without word, images or imagination. You maintain equanimity and continue to develop freedom from aversions, clinging, false pride, jealousy, greed, anger, lust. You become content and confident, positive and peaceful.

had been transformed from poor beggar children with no money to students who could reach out and share what they had with other children who had lost everything. They who have so little, in a material way, a few rupees, gave so much, from their hearts. They are an inspiration to me, reminding me to be grateful for all that we have in our country, and to reach out and share with those who are suffering."



## DONATION/PLEDGE FORM

*Please print*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

*(indicate fax, cellular, etc.)*

Email address \_\_\_\_\_

Put me on the Lighthouse Center email list    Yes \_\_\_\_\_    No \_\_\_\_\_

\_\_\_\_\_ Please check if this is a new address, phone, or pledge change

**I want to help establish our Lighthouse Center on a firm financial base.**

1. Enclosed is my **DONATION** of \$ \_\_\_\_\_.

2. My total **PLEDGE** for the calendar year of \_\_\_\_\_ is \$ \_\_\_\_\_,

to be paid in equal installments of \$ \_\_\_\_\_

Monthly \_\_\_\_\_ Quarterly \_\_\_\_\_ Semi-annually \_\_\_\_\_ Annually \_\_\_\_\_

*Note: Because we have monthly operating expenses of at least \$3200,  
it is helpful if pledge payments are made on a monthly basis.*

Pledge amount included with this form \$ \_\_\_\_\_    Balance due \$ \_\_\_\_\_

\_\_\_\_\_ Please check to have pledge envelopes mailed to you

Signature \_\_\_\_\_ Date \_\_\_\_\_

We are a non-profit charitable organization under Section 501(c)(3) of the Internal Revenue Code;  
therefore, gifts to the Lighthouse Center, Inc. are tax deductible as provided by law.

Please make checks payable to **Lighthouse Center, Inc.** and mail to:  
Treasurer, Lighthouse Center, Inc.

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**Directions to:  
THE LIGHTHOUSE CENTER  
740 East Shore Drive  
Whitmore Lake, MI**

**Lighthouse Hotline (734) 449-0611**

**FROM I-94, US-23 AND ANN ARBOR**

Exit US-23N at Exit 50 (6 Mile Road), but do not turn left or right, just go straight and follow Main Street into Whitmore Lake (past high school on left). At the red traffic light at East Shore Drive, turn right. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

**FROM I-96, US-23 AND BRIGHTON**

Exit US-23S at Exit 53. Turn left. This street becomes southbound Main Street. Follow Main Street through Whitmore Lake. At the red traffic light at East Shore Drive, turn left. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

Lighthouse Center, Inc.  
P.O. Box 645  
Whitmore Lake, MI 48189