

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

GIVING PRIORITY TO THE BREATH

Gurudev Shree Chitrabhanuji
August 10, 2005



One of the best ways to reach a state of meditation is through the breath. This is also a way of enhancing the power to manage your life. But we are burning this power without awareness. Once you understand the power of your breath, you will prioritize it.

The Breath

The secret of life is to give priority to the breath. What is important in your life? When you pay attention to the breath, you will not waste time on what is unimportant. Then you will know how to manage your time – and you will always have some. Think about how much time you waste on useless things. Set limits. Condense your points. We spoil the present by dragging in the past or flying into the future. But, first, give priority to the breath and learn the art of silence: When to speak. Where to speak. How much to speak. Focus on the breath and

you will gradually bring focus to the mind. If we know when to talk, where to talk and how much to talk, we will save a lot of energy.

Quantity or Quality

In meditation, two things happen: Physically you are relaxed but mentally you are alert. Cultivate the mind and you can control the body. When the mind is engaged, you can sit comfortably for hours. Learn this and you can do your work with clarity and ease. Do one thing at a time but do it with excellence. It is not about quantity; it is about quality. Live a qualitative life – in your career - in your marriage - in your relationships.

Death or New Birth

When you pay attention to each word you say, it becomes a prayer – an expression of your consciousness. Step

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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

Our Mission

We are committed to inner peace and peace in the world, as we practice meditation and 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 members 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.

E-mail List and Mailing List

Get on the electronic and/or postal mailing list by filling out the form in the back of this publication, to get updates on classes and events.

Gurudev - cont.

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by step you reach the stage of the seventh *chakra* and from there you see more of life because you have a better view. From there it is a panoramic view. To see more in life is the height of meditation. A person at the second or third stage sees the death of a caterpillar; a person at the seventh sees the birth of a butterfly. When you see an entrance, you don't worry about the exit.

Spiritual Wealth

If you want to worry, there is always something to worry about. But there is something lofty in you. Invest in your spiritual wealth. Live not for money or position or possession – this leads to worthlessness. Live for life. Focus your attention on aliveness of life, on celebrating the day. Count how many times you have been touched or how many times you have touched others. When you are in awareness, you filter what comes into your mind before you speak. Gradually you will see more. Gradually you will achieve the power and potential to experience the eternity of life and it is all possible with the power of the breath.

*Excerpted by Patrice Levy Lee
Jain Meditation International
Center*



The Lighthouse Center Visioning Process

Over the past six months The Lighthouse Center has engaged in a process of envisioning the LHC of the future and identifying the key strategies which can help us to reach our goals. The entire LHC community has been invited to participate in each of the seven "town hall" type meetings where we have celebrated our past and shared our hopes for the future. The turnout for these meetings has been excellent and we have had lively and enjoyable discussions.

As a result of these meetings, the following committees and task groups have been formed.

Membership Committee:

Building membership through activities such as advertising, website, business cards, and support for new attendees.

Task Group on Collaboration with Related Organizations:

Exploring opportunities for sharing information, resources, and meeting space with related organizations.

Task Group on In-Reach and Activities:

Reaching out and affirming all members through community events such as showing and discussing relevant movies, book discussions, social events, and discussion groups.

Task Group on Social Action and Giving to the Community: Establishing opportunities for members to contribute money, time, supplies and information to the community.

Finance Committee:

Enhancing the financial security of the LHC through pledges, fundraising, and preparing for unexpected expenses.

The next meeting for the LHC visioning process is scheduled for Sunday, May 7, 2006 at 10:00 a.m. (9:30 meditation). All are invited to participate in helping to create the LHC of the future. Participation in previous meetings is not a prerequisite for attendance.
- Devendra Don Levitt

MAITRI BHAVANU: THE IMMORTAL SONG

by Gurudev Shree Chitrabhanuji

May the sacred stream of amity flow forever in my heart,
May the universe prosper, such is my cherished desire;
May my heart sing with ecstasy at the sight of the virtuous,
And may my life be an offering at their feet,
May my heart bleed at the sight of the wretched, the cruel, and the poor,
And may tears of compassion flow from my eyes,
May I always be there to show the path to the pathless wanderers of life,
Yet if they should not hearken to me, may I bide patiently;
May the spirit of goodwill enter into all our hearts,
May we all sing together the immortal song of brotherhood,
The immortal song of sisterhood,
The immortal song.

Description of Lighthouse Events

WEEKLY

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

◆ **Gentle Yoga**
10:00-11:00 a.m. Saturdays, April to August. Given by Namrata Lisa Abrams 734-665-6219. Call to confirm each Saturday, due to summer vacations.

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 through May for children ages 2-18 and their parents. Meditation at 10am., snack at 10:30am, lesson at 10:45am.

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.

◆ **Learn To Meditate** Meets on the last Friday of every month from 7:00 PM - 9:30 PM. Learn how meditation works and try it out! Or come for a refresher—all meditators are welcome. Given by Nirmala Nancy Hanke. Cost \$35.00 or \$10.00

April-July 2006

April

Lakshmi Puja: will be held on Sunday, April 2 from 2:30 - 5:30 PM

Heart Empowerment Class: meets Wednesdays, April 5- April 26. Times will be announced. During this class, the Heart is empowered through specific healing exercises. One begins to see and feel that "Love Conquers All." Prerequisite 2 months of Mantra Meditation.

Dimensions in Light Festival: "Lighting Our Way", Saturday, April 8 from 11:00 AM to 7:00 PM, at Washtenaw Community College. Richard Smoot, keynote speaker. \$5.00 admission or volunteer and get in free (call Priti: 734 761-7804) More information: Nirmala 734 663-2218.

Good Friday Meditation: April 14, gather at 12:00 noon and begin at 12:30 PM. Meditation will continue for approximately 45 minutes. Veggie Potluck will follow.

Iconography Workshop: Saturday April 29 and Sunday, April 30 from 10:00 AM to 6:00 PM. Learn to make a Byzantine Icon, a window into the Divine, with the help of Aruna Olga Bachmann. Call 810-6230510 for further information.

May

Visioning Process: Sunday, May 7, meditate at 9:45 AM, meet 10:00 AM -12:00 PM, facilitated by Devendra Don Levitt. We will continue the Lighthouse commu-

nity discussion of plans for the future, and continue to listen to reports from the various task forces and committees. All are welcome!

Visit From Gurudev Chitrabhanuji: Friday, May 12 through Sunday, May 14. Further information to be announced.

Memorial Day Meditation: Monday, May 29, gather at 7:00 PM and begin at 7:30 PM.

July

Jain Studies: Friday, July 14, Saturday, July 15 and Sunday, July 16. Classes will be taught by Primodaji Chitrabhanu. Further information will be announced.

Puja: Sunday, July 16, 2:30 - 5:30 PM.

"Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."

Martin Luther King, Jr.

MEDITATION VIGIL

On the weekend of March 11-12, 2006 from 7:00 pm on Saturday until 7:00 pm on Sunday, the Lighthouse Center had its twelfth 24 Hour Meditation Vigil for World Peace through Inner Peace.

Eighteen Lighthouse members came to the Center to meditate for one or more hours, through the night and into the next day, and some stayed the whole time. Other members joined in by meditating at home; for example, Vijaya Johnnie Chamberlin-Brooks, out in California, joined in and felt connected to the meditation vibrations.

Over 38,000 were affected by the meditation vibrations coming from the Center alone, and those who took part in the vigil could feel the energy of releasing and renewal. Becoming more peaceful within ourselves, we then become more peaceful out in the world.

Namaste,
Nirmala



Lighthouse Center Calendar

April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10:00am Sunday School 2:30pm-5:30 Lakshmi Puja 6pm - 7pm Candlelight	3	4	5 Heart Empowerment Class	6	7 7:30pm-10:00pm Intensive Meditation	8 11:00am-7:00pm Dimensions in Light Festival
9 6pm - 7pm Candlelight	10	11	12 Heart Empowerment Class	13	14 12:00 Noon Good Friday Meditation	15
16 10:00am Sunday School 6pm - 7pm Candlelight	17	18	19 Heart Empowerment Class	20	21 7:30pm-10:00pm Intensive Meditation	22
23 9:00am Board Meeting 6pm - 7pm Candlelight	24	25	26 Heart Empowerment Class	27	28 7pm - 9:30pm Learn to Meditate	29 10:00am-6:00pm Iconography Workshop
30 Iconography Workshop 6pm - 7pm Candlelight						

June 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
4	5	6	7	8	9 7:30pm-10:00pm Intensive Meditation	10
11 6pm - 7pm Candlelight	12	13	14	15	16 7:30pm-10:00pm Intensive Meditation	17
18 6pm - 7pm Candlelight	19	20	21	22	23	24
25 9:00am Board Meeting 6pm - 7pm Candlelight	26	27	28	29	30 7pm - 9:30pm Learn to Meditate	

May 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 7:30pm-10:00pm Intensive Meditation	6
7 9:45am Visioning Process 10:00am Sunday School 6pm - 7pm Candlelight	8	9	10	11	12 Gurudev Chitrabhanuji	13 Gurudev Chitrabhanuji
14 Gurudev Chitrabhanuji 6pm - 7pm Candlelight	15	16	17	18	19 7:30pm-10:00pm Intensive Meditation	20
21 10:00am Sunday School 6pm - 7pm Candlelight	22	23	24	25	26 7pm - 9:30pm Learn to Meditate	27
28 9:00am Board Meeting 6pm - 7pm Candlelight	29 7:00pm Memorial Day Meditation	30	31			

July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 7:30pm-10:00pm Intensive Meditation	8
9 6pm - 7pm Candlelight	10	11	12	13	14 Jain Studies	15 Jain Studies
16 Jain Studies Puja 2:30- 5:30 6pm - 7pm Candlelight	17	18	19	20	21 7:30pm-10:00pm Intensive Meditation	22
23 9:00am Board Meeting 6pm - 7pm Candlelight	24	25	26	27	28	29
30 6pm - 7pm Candlelight	31				7pm - 9:30pm Learn to Meditate	

Chitrabhanuji's Lighthouse Center Visit in September 2005

The presence of Gurudev Chitrabhanuji and Pramodaji always brings high vibrations to our Center and the visit in September 2005 was no exception. Gurudevji gave three spectacular talks and I will share some highlights from each.

At the first session Chitrabhanuji spoke about the Qualities of the Initiate, a person who receives a spiritual name, and the distinguishing characteristics he or she follows:

1. Practice the Art of Being, of being in the present moment. Meditation helps us with this Art of Being.
2. Understand, love and be happy with Self. Many live the paradox: "You love me, but I don't love my Self." How can we give good qualities out to others if we don't have them for our Self?
3. Take life lightly; life is only a playful dream. This dream-reality is created by our mental beliefs and conditions. You are your own creator!
4. Know Your Self. If you know your Self, you will not crave for others. The world will be happy when you are happy with your Self!
5. "See all of life as your life," as Mahavir said. You are not more than anyone, nor less than anyone.
6. Realize that God is in you. You are alive because of God within you. The bulb is shining because of electricity.
7. "Look at the positive side of life." If you don't know how to convert negativity into positively, you don't know what spirituality is.

8. Manage your emotions.

9. Have pure food, pure drink and pure living. In summary, Chitrabhanuji said, "It is the initiate who breaks the deadlock of not recognizing the Self." The Initiate becomes So Hum: I Am That.

The next day we learned of the blessings of meditation. These blessed gifts are:

1. You start seeing things and people as they are. You don't color people with your views.
2. You become light by not attaching to views or opinions of others.
3. You create space between your thoughts so you can start changing your thoughts one by one to positive ones.
4. Your memory improves.
5. Meditation helps us to learn how to love the Self and find Mahavir inside.

Chitrabhanuji said, "All meditation and spiritual practices help you perceive the noble within you in order to know what you are seeking without."

"This is enlightenment! "

On the final day, Gurudevji gave us guidelines on How to Live Life to the Fullest. Briefly, they are:

1. Do not worry. Worry is an attachment. If you have worry, your love is like sticky glue.

2. Everything is always possible unless you program yourself otherwise.

3. Drop your luggage, your negative conditions, and then your life is light and pleasant.

4. Practice multi-dimensional living: Anekantavada is seeing many sides to the points of view.

5. Live each day as the pleasant present; yesterday as history; and tomorrow as mystery.

6. Create mental detachment because we live in a world of moving opposites. In the world of matter, everything is a dance of atoms. Best could be waste and waste could be the best.

7. Give yourself compliments because they are very precious.

Chitrabhanuji gave us many jewels of wisdom that we joyously assimilated personally into our minds, bodies and souls. Thank you, Gurudev Chitrabhanuji!

Namaste'

Prachi Pat Thiel

President, Lighthouse Center

"Knowledge is important, but much more important is the use toward which it is put. This depends on the heart and mind of the one who uses it."
Dalai Lama

Reality of a Lifestyle ...The Vegetarian Way

The Vegetarian Way is no more a concept. It used to be but now it has become a scientific fact of being a healthy way of living.

This is a special invitation to become acquainted in depth with all aspects about the Reality of a Vegetarian Lifestyle from experts, doctors, alternative therapists, nutritionists, herbalists, cooks and experienced vegetarians from the East and West.

Welcome to the 37th IVU World Vegetarian Congress from 10th September to 16th September, 2006 in Goa, an ideal resort place to educate, relax, be in peaceful beauty and serenity of the environment, enjoy the health-promoting foods, and to concentrate on one's own needs now and on the far-reaching benefits in the future. In this way we also become friends of the universe and the innocent animals.

Chitrabhanu
President
The Vegetarian Society
(Reverence for Life)



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 _____

Put me on the Lighthouse Center postage mailing list: Yes _____ No _____

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

I want to help maintain 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 \$3,200, 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.
P.O. Box 65
Whitmore Lake, MI 48189
P.O. Box 65
Whitmore Lake, MI 48189

**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 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 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.
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