

# 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 Chitrabhanuji's  
Message

## LIVE BY THE DAY

18 August 2007- Lighthouse Center,  
Inc.

First of all we are happy that we have a good day. Anyone who wants to live long, learns the art of living by the day. Don't make promises of what you'll do on your birthday, or New Year's resolutions—they fade away. The teaching is: live by the day. Yesterday is gone, tomorrow is fantasy. Today is in our hand. If we don't pay attention to what we have, we are losing what we have. If we are in the past, we are living with dead things.

Each day get up and say, "I am awake, I am alive, and I am going to make the best of the day." It is easy to handle that day. At the end of the day review how the day has gone. Review the positive things and the positive people of the day, and also the negative things, the old habits and negative interactions. The end of each day becomes an accounting of the day. In that way the journey of 1,000 miles starts with a single step. To experience eternity, we experience one day at a time, whether old or young, wise or otherwise.

Start out the day with a smile, a feeling of being alive. Look out, look up and say, "I am blessed, I have good eyes, good ears, good nose, good mouth, good hands, everything". See the gifts you have. When you know your gifts, you will feel rich. Many people with lots of money are full of disease, or have lots of problems, and are unhappy. You have everything now. Yet sometimes we are not happy because we don't know what wealth we have. People who do know, live day by day, and are rich.



In Pittsburgh a man, Andrew Carnegie, made a point on Saturday mornings to spend one hour with young people. There was a young man, exhausted and depressed who planned to commit suicide. But first he went to see Andrew Carnegie on a Saturday morning. He told him, "There is nothing you can do for me. I've tried to find a job and can't find one. I am going to commit suicide." Andrew Carnegie gave him a check for \$25,000.00. The man said, "\$25,000.00? What for?" Andrew Carnegie said, "Yes, for the eyes you will donate to someone when you die." Then he gave him another check for another \$25,000.00, for his two kidneys. The young man then realized what he had—five senses, and said he didn't need the checks. He went back to the place where he was rejected for being overqualified for a job, and said he would do any job, cleaning, anything. This time he got the job. Whatever job you do, do with a touch of perfection, excellence. Excellence is

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## ***Our Mission***

We are committed to inner peace and peace in the world, as we practice meditation and Ahimsa 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*

## ***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***

Visit us on the web:  
[www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

### **The Beacon Newsletter Staff:**

Editor: Nirmala Nancy Hanke  
Calendar: Anna Haase  
Layout: Richard Smoot

## ***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.

LIVE BY THE DAY.....*continued from front page*

your true nature. We do so many things, but sometimes only half-hearted. Always do your best, whatsoever you do.

This young man cleaned the room and put it all in order. When the boss came, he was surprised. So he had him look after the books. After 25 years, the now older young man had a party and invited Andrew Carnegie. He gave to him a check for \$50,000.00. and said to him, "Thank you for giving me a lesson for life. You made me aware of what gifts I have."

Like the young man, all young people are a blessing for the earth, because they can do what they want to do. We must respect young people. Young people have the fresh spirit. Don't compare the child with anybody. This destroys the child's creativity. Make no comparison with anybody. Each snowflake is unique. Each human being is unique, equal. Our habits keep us from seeing this; habits don't allow us to be aware. The success of meditation is in how many habits we have broken. But people don't believe these things. The past overcomes the present. When someone makes a mistake, we bring up all the past mistakes. We become negative and angry.

Realize that the day is in your hand. You can make it or mar it. You have a choice, freedom. Karma is freedom of action. There is no sin. There is consequence. If you put a finger in the socket, you get a shock. This is not a sin, it is a consequence. You can learn from it. But if it is a sin, you go to confession. You don't learn from it. Each mistake should be a stepping stone to go upward. There is no need to be shy or ashamed, no need to hide. Acknowledge the mistake and learn from it. Hiding leads to lying, and this damages our neurons. The damage we do to our neurons is not temporary, like the money, success, position in the world are temporary. The damage to our neurons is permanent: the neurons become confused, and with age these neurons become weaker and don't remember. Confused neurons don't recognize what is, like the spider that

gets caught in its own web. Neurons are very powerful, but people use alcohol, drugs, bad company, bad religion and this destroys the neurons. Meditation keeps the neurons fresh, alive. Meditation teaches us the art of living, making each day excellent.

Mahavir said, "Don't worship me. Meditate and realize your life." It is not a religion, not a dogma. Each individual has to wake up. This teaching is to live day by day. With meditation, your consciousness will be very clean. You will have inspiration, insight, intuition, planning, no cobwebs. Intuition comes from cleanliness of consciousness. It was easy for me to leave thousands of people following me in India, because I had the inspiration to leave. I was not attached to all those people. Each person who becomes a Vegan is an inspiration. If you control your tongue, you will have good communication, a good relationship with the world. Anyone who has conquered their tongue has conquered the world. Mahavir says, "Be aware of your language, use it properly, do not speak negative words."

I am a starter, like jump starting a car when the battery goes down. So the blessing of the Third Eye is a starter for the energy within you. Denial of Divinity is sin. To eat something wrong is not a sin, it brings a wrong consequence. If you eat wrong, you get wrong. If you go on smoking, you get cancer or a heart attack. Instead, breathe in SO-HUM. There is no sin, only consequence. If you deny yourself, and put yourself down, that could be called sin. With awareness you can see and speak what is beautiful about you. Once you are aware of your divinity, you will see the wholeness, truth and beauty of your life.

Whatsoever you are, you are beautiful. Don't compare. The moment you compare, you have lost your beauty. Respect yourself. Accept yourself. You can change your wrong thinking. Then you will be happy and you will not make demands on others. A teacher said, "Each time you fall, don't blame, but pick up something." Each day

make a little change for the better. That way, day by day you are empowering yourself.

The sun does not know what darkness is. When asked, it said, "I don't see any darkness, show it to me." Darkness cannot exist for the sun. When there is no light, there is darkness. In the same way, we are like the sun. When our light shines, we do not see the darkness.

## 2008 New Year's Message

*Greetings of New Days*

The flow of time is unceasing.  
We can use our precious and passing  
moments  
to nourish and enrich our hearts  
by loving ourselves and all living  
beings,

May amity permeate our entire being.  
soothing us like a healing balm  
so that we, in turn, soothe others.

Let us delve deeper into ourselves  
and feel the celestial and gentle core of  
love.

The experience will bring to our lives  
kindness and beauty and infuse in our  
hearts  
the warmth that can melt away the dross  
of hatred.

Let love renew our life and bring to it  
freshness and joy that shine through  
a friendly smile, a sincere word and a  
loving action.

Not the new year Day alone,  
but may every throb of our life  
be a moment of loving happiness.

*with Love & Blessings  
Chitrabhanu & Pramoda*

# Upcoming Lighthouse Events

## WEEKLY

### ◆ Sunday Candlelight Meditation and Healing

6-7 pm every Sunday. All are welcome for a candlelight meditation. Reiki healers are available for 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.

## MONTHLY

### ◆ Sunday Board Meeting

9:30am-11:30pm 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 \$15.00 to repeat.

Peace cannot be achieved through violence, it can only be attained through understanding.

Ralph Waldo Emerson  
(1803-1882)

## January - March 2008

### JANUARY

**Icon Workshop** given by Aruna Olga Bachmann Thompson. Saturday 1/12-Sunday 1/13, 10am-6pm. Call Aruna to register: 810-623-0510.

**Brow IV** given by Nirmala Nancy Hanke. Four Mondays, 1/28-2/18, 7:30-9:30. Cost: \$60pledging/\$75non-pledging. Prereq: Brow III. Call Nirmala to register 734-645-2188.

**Learn to Meditate** given by Nirmala. Friday, 1/25, 7-9pm. Cost \$35 or \$15 to repeat. Call Prachi to register: 734-417-5804.

**Laughter 101** given by Penni Raksha Helsene. Sunday, 1/27, 1-2pm. \$5 donation. Call Raksha to register: 810-227-2907.

### FEBRUARY

**Heart Empowerment Class** given by Prachi Patricia Thiel. Four Tuesdays, 2/5-2/26, 7:30-9:30pm. Cost \$60 pledging/\$75 non-pledging. Prereq: 2 months mantra meditation. Call Prachi to register: 734-417-5804.

**Chakra Class** given by Nirmala. Eight Thursdays, 2/28-4/10, 7:30-9:30. Pre-req Heart Empowerment. Cost: \$90 pledging/ \$105 non-

pledging. Call Nirmala to register: 734-645-2188.

**Chinese New Year's Party**, Thursday, 2/7, 7:00pm. Nancy Nayna Sloan 517-546-3094

**Annual Board Meeting** (instead of just a regular Board Meeting) on 2/24, same time as usual.

**Learn to Meditate** given by Nirmala, Friday, 2/22, 7-9pm. Call Prachi to register.

### MARCH

**Election Packets** due 3/31.

**LHC Appreciation Dinner** Sat. 3/1 6:00pm, Asha's house.

**Icon Workshop** given by Aruna, Saturday, 3/8-Sunday 3/9, 10 am-6 pm.

**Good Friday Meditation** Friday, 3/21, gather at noon, meditate 12:30-1:15. Veggie potluck follows.

**Easter Sunday Candlelight** Sunday, 3/23, 6:00-7:15.

**March Board Meeting** rescheduled from Easter Sunday to 3/30, 9:30-11:30.

**Learn to Meditate** given by Nirmala. Friday, 3/28, 7-9pm.



## LIFE CHANGES

### New Beginnings

We send Love and Light to this new baby who has come to join us on earth:

**Eileithya Eris Knoll**, granddaughter of Genia and Mark Jarema, born November 30, 2007.

### Transcended Beings

We send Love and Light to these transcended beings for their transition and to the family and friends:

**Dorothy Eckert**, 90, mother of Eileen Kunti Devi Bond and grandmother of Lara Shakti Bond, transcended October 11, 2007.

**Little Bear Donna Nunley**, 69, wife of Larry Nunley and one of Chetana's earliest students, transcended October 24, 2007.

**Wilma Saums**, 88, grandmother of Eshavas Iam Post, transcended October 21, 2007.

**Howard Saums**, 90, grandfather of Eshavas Iam Post, transcended November 4, 2007.

Lighthouse Center Calendar

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 7:30-10:00pm Intensive Meditation	5
6 6:00-7:15pm Candlelight	7	8	9	10	11	12 10:00am-6:00pm Icon Workshop
13 10:00am-6:00pm Icon Workshop 6:00-7:15pm Candlelight	14	15	16	17	18 7:30-10:00pm Intensive Meditation	19
20 6:00-7:15pm Candlelight	21	22	23	24	25 7:00-9:00pm Learn to Meditate	26
27 9:30-11:30am-Bd. Mtg 1:00-2:00pm Laughter 101 6:00-7:15pm Candlelight	28 7:30-9:30pm Brow IV Class	29	30	31		

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30-10:00pm Intensive Meditation	2
3 1:00-2:00pm Sunday School 6:00-7:15pm Candlelight	4 7:30-9:30pm Brow IV Class	5 7:30-9:30pm Heart Empowerment	6	7 7:00 PM Chinese New Year's Party	8	9
10 6:00-7:15pm Candlelight	11 7:30-9:30pm Brow IV Class	12 7:30-9:30pm Heart Empowerment	13	14	15 7:30-10:00pm Intensive Meditation	16
17 6:00-7:15pm Candlelight	18 7:30-9:30pm Brow IV Class	19 7:30-9:30pm Heart Empowerment	20	21	22	23
24 9:30-11:30am Annual Board Meeting 6:00-7:15pm Candlelight	25	26 7:30-9:30pm Heart Empowerment	27	28 7:30-9:30pm Chakra Class	29 7:00-9:00pm Learn to Meditate	

March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 6:00-7:15pm Candlelight	3	4	5	6 7:30-9:30pm Chakra Class	7 7:30-10:00pm Intensive Meditation	8 10:00am-6:00pm Icon Workshop
9 10:00am-6:00pm Icon Workshop 6:00-7:15pm Candlelight	10	11	12	13 7:30-9:30pm Chakra Class	14	15
16 6:00-7:15pm Candlelight	17	18	19	20 7:30-9:30pm Chakra Class	21 12:30-1:15pm Good Friday Meditation 7:30-10:00pm Intensive Meditation	22
23 6:00-7:15pm Easter Sunday Candlelight	24	25	26	27 7:30-9:30pm Chakra Class	28 7:00-9:00pm Learn to Meditate	29
30 9:30-11:30 Bd. Mtg. 6:00-7:15pm Candlelight	31 Election Packets Due					

## President's Message

### Looking Ahead to 2008

The Lighthouse Board joins with me in sending you our best wishes for a healthy and fulfilling New Year. We have many new classes which will be offered this year. Be sure to check out our calendar of upcoming events which appears in this issue of The Beacon.

We want to extend our appreciation to those members who have so graciously offered their help in cleaning the center, maintaining and updating our web site, assisting with mailings and pujas, adding their creative touches in making the center more attractive, and working on the myriad of other tasks which contribute to the well being of The Lighthouse Center. Your gift of time is accepted with joy and thanks from all of us.

With January's arrival, it is time to begin thinking of our annual elections. Several members of the Board are stepping down. The offices of President and Vice-President will be vacated, as well as others, and we will be needing new leadership to step forward. Please consider what you can contribute to The Lighthouse Board. The Annual Board Meeting, will be held on Sunday, February 24, 2008. Meditation begins at 8:50 AM with the actual meeting starting promptly at 9:30 AM. Just know that we welcome all of you!

Namaste,  
Jai Shree

**"Grace is always falling like rain. We just have to become open to receive it."**

*Amma*

## Ecology and Vegetarianism in Jain Dharma

*Pramoda Chitrabhanu*

*Asian Vegetarian Congress, Bangkok, Thailand*

*New York City, November, 2007*

Lord Mahavir the Prophet for 10 million Jains, an epitome of ahinsa, universal love and compassion was born in 599 - 527 B.C. a period of great intellectual and spiritual fervor. It was a period that gave birth to Greek philosophers such as Pythagoras, Empedocles, Heraclitus and many more in the West and Lao-tse, Zorathrustra, Mahavir and Gautam Buddha in the East. During this time Mahavir through his teachings emphasized that this world is nothing but an echo point. Any thing said or done in this world is echoed back with the same intensity it was intended for. Echo means the recoil after impact - sudden movement or springing back in fear, horror or disgust of an event or a thing.

Today, the global ecological crisis that is threatening the entire human race is the consequence of echoing back our own negative thoughts, words and physical action. This has become a matter of grave concern for all of us and especially for those who are conscientiously aware. For those who are yet slumbering forget one thing that when one life is threatened, all life is at risk. It is important to know that each of us is a vital thread in another's life tapestry and our lives are woven together for a reason – to survive and to be happy.

Jain Dharma sees the whole universe as a great cosmic mechanism with its own self-propelling force, and we being part of that mechanism, must conduct ourselves in harmony and rhythm with that force.

In the manifestation of nature we see there is harmony and rhythm. Everything works according to its nature. But when we look at ourselves we do not see our lives in agreement with the cosmic mechanism. We are out of sync with nature and tend to go against our qualities of love, kindness and friendship for all living beings.

We do not realize that we are interrelated and bound together by mutual support and interdependence with all life force. Each living thing depends on another for insuring its survival. We cannot live a single day without the help of others. Therefore, it is important to know that all life is a gift of togetherness, accommodation and assistance which lead to mutual peace and harmony. This fundamental natural phenomenon of symbiosis or mutual dependence forms the basis of modern day science of ecology.

It is relevant to know here that the term 'ecology' was coined from the Greek word 'oikos' meaning home, a place to which one returns. In 1866 Ernst Haeckel, a German biologist and a philosopher, defined it as a comprehensive science of relationship of organism to environment. This term covers the conditions, circumstances and influences surrounding and affecting the development of an organism or groups of organism, exclusive of their hereditary traits.

Today, the problem of global ecological crisis is because of the ecological balance that has been wildly disturbed by our present day lifestyle, particularly by the wanton destruction of the animal and plant life in the civilized societies.

Have we never wondered how so many invisible lives have made our single day livable and comfortable? How the microcosm is connected to the macrocosm and the macrocosm to the microcosm? How we are indebted to everything that assists us?

In the words of Nathaniel Altman, who depicts a better picture of interdependence says,

Grass, for example, provides nourishment for millions of tiny invertebrates, which in turn are food for insects. The insects are eaten by frogs and small snakes, which provide nourishment for birds. When the larger animals die, they provide food for other living things, and as they decompose, they fertilize the soil on which grass is grown. When this “food chain” is disrupted, the very fiber of life on this planet is affected. As with a house of cards, the removal of one card can bring about the collapse of the entire structure.

Being on the top of the ladder of evolution, we have learned to take things for granted and in the process have lost the sensibility and sense of appreciation and gratitude.

Many of us like to believe that our life is experienced in isolated, watertight compartments and that the way we conduct our daily affairs does not have a significant impact on the society and the world we live in. But we must not forget that just as a stone thrown into a pool will affect every molecule of water in the pool, in the same way our every thought, word and action will

affect our inner and outer world. Therefore, it is important to know that what we do to the life around us and the environment becomes our fate.

Lord Mahavir experienced that the thoughts which govern our words and actions are the products of the food we eat. The food that feeds the system has a definite influence on the person physically as well as emotionally, psychologically and also spiritually. Healthy, whole and harmless foods give rise to healthy, whole and harmless thoughts. Once the thoughts are harmless and healthy, the actions also reflect the same qualities. Weakness in character develops in those who are in poor health, mentally or physically. So, it is rightly said that we are what we eat.

In the present day when there is the crisis of natural resources, accelerating rate of violence leading to killing of millions of animals it is time to consider adopting a vegetarian diet that will reduce environmental imbalance and save approximately 2400 animals in whole life time.

Believe it or not, if you take just the Americans, they consume 9 billion animals every year. If one wants to, one can change this every time one sits to eat.

The practitioner of Jain Dharma practices religion of awareness through its code of conduct. There are five basic vows in this code of conduct that strengthen our  
(Continued on Page 10)

### Lighthouse Website Notes

Since the development of the Lighthouse website it has, naturally, gone through many changes. This is something new to both me and the Lighthouse community and we have created a communication tool for you to use whenever you need information.

As you visit the home page you will notice that the upcoming classes are listed on the right. It is a convenient way for you to find the class you want to take and the information you need to register. It is regularly updated with the most recent classes available.

The beautiful New Year's message from Chitrabhanu and Pramoda is linked on the home page, so if you missed it in your email you can read their message and beautiful poem.

The Beacon is also always at your fingertips by being linked to the website once it is published. Select the Beacon button and you will find the current issue and past issues. Perhaps there is an article that you did not have time to read, use this online resource available to you 24/7.

The Recipes section still needs some members to share their vegetarian cooking skills with all of us. I know that I am always in need of some inspiration, instruction and fresh recipes to make my vegetarian meals nutritious and tasty. Email them to me directly at: tana@tanadean.com, I'll format them for placement on the website.

Love and Light to All,  
Mukta Tana Dean



# Lighthouse Members

To receive a spiritual name from Gurudev Chitrabhanuji, one must be committed to Ahimsa (nonviolence), reverence for all life, to being a vegetarian and a meditator.

**Aarti** Meg Graff (AHR-tee)  
Light burns even in darkness

**Adinath** Mark Hutton (AH-DEE-NOT) 1<sup>st</sup> Tirtankar

**Ajit** Rodney Smith (AH-GEET) 2<sup>nd</sup> Tirtankar; invincible

**Akash** Jon Swanson (Ah-KASH) Open sky, unlimitedness

**Ambaa** Julia Levitt (UM-BAH) Goddess of Protection, mother's energy, nourish the inner child.

**Amita** Emma Hutton (UH-MEE-tah) Infinite; all things belong to me

**Amruta** Felicity Hane (Um-ROO-tah) Nectar; Immortal

**Anandi** Anna Hutton (Ah-NAN-dee) Full of joy, bliss, delight, State of perfection

**AnnaPurna** Emma Donofrio (AHNA POO-R-na) Goddess of Nourishment, inspiring others to do their best

**Anu Radha** Mary Morin (Ah-new RAH-dah) Complete, burn all karmas, Clean for Enlightenment, Krishna's consort

**Apurwa** Edith Chance (Up OOR-wuh) Unique, friend of the Gods

**Aruna** Olga Bachmann (AH-ROO-NAH) The sunrise, the dawn

**Asmita** Anna Schmitt-Reichert (AZ-MEE-TUH) Soul within

**Aum** Terry Abrams (OH-m) Divine; the first sound

**Bhakti** Brita Orwoll (PHAK-tee) Pure devotion

**Bharati** Brenda Hieber (BAR-A-TEE) Ancient Wisdom

**Bhagvan** Stan Sternberg (BAG-VAN) Keeper of the Light

**Chandana** Marianne Dean MacGregor (CHAN-DUH-NUH) Like cooling nature of sandalwood

**Chetana** Catherine Florida (CHIT-TAH-NAH) Pure Awareness; Pure Consciousness

**Darshana** Debra Macon (DARSHA-NAH) Clarity of Inner Vision

**DaVang** David Blair (DAY-VONG) Divine Body; Sanctified

**Divya** Julie Hart Hutton (DEEV-YUH) Essence of divinity

**Dulari** Erica Eicher (DO-LA-REE) Moving towards the future with dance and pleasant movement

**Dhru** Drew Hutton (DREW) Immovable, steady: North Star

**Dya Devi** Kathy Treiber (DYA-DE-VEE) Goddess of compassion and reverence for all life

**Eshavas** Iam Post (EE-sha-vas) The abode of the Divine

**Jagruti** Lucinda Orwoll (JAH-GREW-TEE) Awakenings

**Jai Shree** Roberta Shaw-Reeves (JAY-SHREE) Divine energy is victorious, helps you overcome all obstacles and challenges

**Jayenti** Janet Fry (JAY-EN-TEE) To conquer all, to be victorious

**Jyoti** Betsy Thorne (JOE-TEE) Light in action; Illumination

**Kadambari** Stacy Brodock (KAH-DUM-BA-REE) Girl chosen by the angels

**Kanak** Claire Mautner (KUH-NUK) Golden consciousness

**Kantee Shri** Cathy Toll (KAN-TEE) Wealth of brilliant light of spirit

**Kanti** Kelly Creech (KAN-TEE) Hidden brilliance & life; Holding the inner glow

**Karuna** Kathy Roberts (KAH-RUNE-AH) Compassion

**Kaveta** Candice Hrubovsky (KA-VEE-TA) Beautiful blessing of the heart that makes poetry come from the heart.

**Kirtan** Khita Whyatt (KEER-ton) Prayer

**Kunti Devi** Eileen Bond (COON-TEE-DEVEE) Coiled creative energy

**Ku Sum** Gabriel Kleinschmidt (KOO-SOOM) Gentle, beautiful white flower

**Lakshmi** Laura Smith (LOCKS-SHME) Wealth of spirituality; Wealth of good things

**Lalita** Lucile Doke (LA-LEE-TA) Goddess of Divine Energy

**Madhu Shanti** Margo Jackson (MAH-DO SHAN-TEE) Sweet Peace

**Mitra** Marty Kerr (ME-TRA) Friend to self and the Universe

**Mukta** Tana Dean (MOOK-TA) Freedom from the shackles of the past

**Namrata** Lisa Abrams (NAM-RAH-TAH) Without ego; graceful humility

**Narendra** Dan Bachmann (NAH-REN-DRA) Leader, guide for humanity

**Nayna** Nancy Sloan (NYE-NAH) To see clearly through the third eye

**Nirali** Becky Kleinschmidt (NEAR-AHL-LEE) Uniqueness

**Nirjara** Carla Rodning (NEAR-JAH-RAH) Shedding the past

**Nirmala** Nancy Hanke (NEAR-MA-LA) Pure, without pollution

**Nirvana** Jay Creech (Nir-VAH-nah) Overcoming all addictions and pleasures.

**Paras** John Bellingham (PAH-RAS) 23<sup>rd</sup> Tirthanker; Miraculous element turning metal into gold; Philosopher's stone

# Spiritual Names



**Pooja** Sandy Scobie (POO-jah)  
Divine prayer of purity, clarity  
and divinity

**Poorna** Gail Salata (POO-R-  
na) State of perfection

**Prachi** Pat Thiel (PRA-CHEE)  
Light from the East

**Prakash** James Hunter (PRAH-  
KASH) Light

**Praparkar** Dan Pieri (PRA-  
PAR-KAR) Illumination, Sun.

**Prashant** John Walker (Pra-  
SHANT) Especially composed

**Prem Murti** Hadley  
Kleinschmidt (Prem MOOR-  
tee) Presence of love,  
Representation of love

**Prem Shree** Karen Stetz  
(PREM-SHREE) Goddess of  
love: love is my nature, love is  
my spirit, I am love

**Premal** Pat Takacs (PREM-L)  
Love

**Premnath** Frank Borowski  
(PREM-not) Lord of Love

**Prerna** Peggy Motsch  
(PRAYER-NA) Inspiration to  
all

**Priti** Paula Yocum (PREE-  
TEE) Self-Love

**Priya** Tammi Johnson (PREE-  
YUH) Love of light; Light of  
Love

**Priya Darshna** Tia Hanke-Hills  
(PREE-YUH-DARSH-NA)  
Inspiring presence; daughter of  
Mahavir

**Priyanna** Brianna Zvonar  
(Pree-ANNA) I love myself; I  
will not hurt myself

**Raj** Robert Parmann (RAJ)  
Owner of the kingdom within,  
in perfect balance with the  
divine self.

**Raja Matee** Rychee Parmann  
(RAJA-MATEE) Woman in  
tune with the kingdom within.

**Rajashri** Susan Ashmore  
(RAJA-SHREE) Divine nobility  
and kingly spiritual wealth

**Raksha** Penni Helsene (RAK-  
SHA) Protector of the Divine  
within; caretaker

**Ravi** Robby Rutter (RA-vee)  
The sun which illuminates; the  
eye of consciousness

**Ram** Conor Hutton (RAHM)  
Pious, brave, conqueror

**Sadhana** Sarah Florida (SAH-  
DUH-NAH) Girl walking with  
spirit

**Saraswati** Laurel Sloan (SAH-  
ra-SWA-tee) Goddess of  
wisdom

**Sarita** Susan Wolf-Sternberg  
(SAH-REE-TUH) Flow like a  
river and grow

**Satyam** Henry Abrams (SAHT-  
yum) Truth, as it is

**Savita** Terri Heller (SAH-VEE-  
TUH) Sunlight; Illuminating light

**Shakti** Lara Bond (SHAHK-tee)  
Indestructable, sentient, creative,  
divine energy

**Shakuntala** Beverly  
Champagne (SHA-KOON-  
TUH-LA) Innocent  
consciousness

**Shantinath** Grant Howard  
(SHAN-tee-not) Lord of Peace  
16<sup>th</sup> Tirtankar

**Sharda** Lauren March (SHAR-  
dah) Goddess of wisdom

**Shiva Devi** Zulema Suarez  
(SHEE-VUH DE-VEE)  
Transformation Goddess

**Shree Lata** Laura Bachmann  
(SHREE-LA-TAH) Growth of  
divine wealth within

**Shree Pal** Sean Stayduhar  
(SHREE-Pal) Caretaker of inner  
wealth

**Shreya** Darlene Domanik  
(SHRAY-AH) Bringer of bliss,  
benediction, blessings

**Siddhi** Yaa Ohenewah Edie  
Lewis (SID-DEE) Achieve your  
own goal

**Sohum** Stephen Florida (SO-  
HUM) Loving heart.

**Suchita** Susan Schmitt-Creech  
(Soo-CHEE-tah) Essence of  
purity; clean consciousness

**Sudha** Elise Domanik March  
(SOO-DUH) Nectar

**Sujata** Sara Abrams (Soo-JAH-  
tah) Born to be enlightened,  
aware, successful

**Sulsa** Sarah McGrath (SUEL-  
sah) Born for enlightenment  
Realization

**Sumala** Marla Raszka (Soo-  
MAH-lah) Garland of goodness

**Sumitra** Surella Borowski (Soo-  
ME-tra) Loyal friend in the light

**Sundaram** Justin Hutton (SUN-  
DAH-RUM) Beautiful Vision

**Surabhi** Susan Barnes  
(SIR-AH-BEE) Fragrance

**Tara Devi** Tressa Parmann  
(TAR-AH DE-VEE) Goddess of  
Stars

**Usha** Martha Smith (OO-sha)  
Spiritual dawn, light

**Vardaman** Alex Schmitt-  
Heatlie (VAR-duh-man) Ever  
growing; Birth name of Mahavir

**Veer** Bryce Hutton (VEER)  
Mahavir, 24<sup>th</sup> Tirtankara Brave,  
victorious

**Vijaya** Johnnie Chamberlin  
Brooks (VEE-JAI-YAH)  
Victorious; Overcoming the  
weaknesses

**Vimala** Dianne Griswold  
(VEEMA-LA) All cobwebs of  
the past are gone

**Vira** Melissa Schmitt-Heatlie  
(VEE-rah) Bravely moving in  
the direction of Consciousness

**Viraj** Gary March (VEE-RAJ)  
King of Goodness

*Ecology and Vegetarianism in Jain Dharma...(continued)*

practice of environmental concern and protection of all life forms. The five vows are:

- Non violence in thought, word and deed,
- To seek and speak the truth,
- To behave honestly and never to take anything by force or theft,
- To practice restraint and chastity in thought, word and deed,
- To practice non possessiveness.

As in the words of Christopher Key Chapple:

The Jain vows can easily be reinterpreted in an ecological fashion. The practice of nonviolence in the Jain context fosters an attitude of respect for all life - forms. The observance of truthfulness prompts an investigation of the interrelatedness of things; a truthful person cannot easily dismiss the suffering caused by uncontrolled waste. The vow of not stealing can be used to reflect on the world's limited resources and prompt one to think of the needs of the future generations. Sexual restraint might help minimize population growth. The discipline of non-possession gives one pause to think twice before indulging in the acquisition of material goods, one of the root causes of current ecological concerns.

With this awareness one can live a non-violent life so that one may incur minimum of negative karmas by one's actions that are the cause of one's suffering. But often we live an unaware and unknowable life during which we become callous and insensitive to the surroundings, causing much destruction to the animal world and nature by our need to satiate our palate and purse.

The depletion of the natural resources, environmental crisis, global warming, ecological imbalance, and annihilation of innumerable life forms is our responsibility. They help us to live and we destroy them for our food, clothing, entertainment, medicine, and luxury and material possession. This way by abusing and exploiting the living lives and the environment, we abuse and destroy the gentleness of our soul.

Do You Know?

\* To produce 1 lb of meat, an average of 40 lbs of vegetation is used.

\* 12 lbs of wheat produce 12 loaves of bread and only 1 hamburger.

\* It takes 3.25 acres of land to produce food for a meat eater on a continuing basis, while it takes 1/3 of an acre for someone eating a diet of plants and dairy and 1/6 of an acre for a person eating totally plant based diet (vegan).

\* A University of California Study shows that to produce 1 lb of meat it takes an average of 2,500 gallons of water, it takes 966 gallons of water to produce one gallon of cow's milk and on the other hand plant foods such as wheat, corn, apples etc. take 20 to 50 gallons of water to produce one pound of food.

\* Eating food crops first hand produces a tremendous energy savings. To produce one pound of protein derived from beef requires 20 times as much fossil fuel energy as the same one pound of protein derived from corn or wheat. Protein from beef requires 40 times more fossil fuel energy than the same amount of protein derived from soybeans.

\* The waste released in the atmosphere by the U.S. Meat and Dairy Industry is 230,000 pounds per second, thus polluting earth, air and water systems.

\* It is estimated that it takes 75,000 trees to print a Sunday edition of The New York Times for the readers.

These staggering numbers are a wake up-call for us to make a difference now.

Human Welfare

\* Twenty vegetarians can be fed on the amount of land needed to feed one person consuming a meat-based diet.

\* If America reduced their intake of meat by 10 percent, 60 million people can be adequately fed by grain saved.

\* A cow has to eat 7 lbs of grain and soy bean protein to produce 1 lb of meat protein. If the same land were to produce food for humans directly, 7 times more people could eat.

\* More than half of all the water used in the United States is used in live stock production that can be used where there is water shortage.

When we become aware of these facts and change our lifestyle and go vegetarian we can increase the amount of grain available to feed people elsewhere, reduce pollution, save water and energy, cease contributing to the clearing of forests and the most important we can save thousands of living creatures from torture and pain.

The core teaching of Jain Dharma is Ahinsa and so all of its 10 million followers are vegetarians, consuming neither meat, fish, fowl, poultry nor eggs. Jains would not take any life for food or sport.

But today many have gone one step forward and have also given up all dairy products and call themselves Vegan – who live on products of the plant kingdom, so exclude flesh, fish, fowl, dairy products such as animal milk, butter, cheese, yogurt (curd), eggs, honey, animal gelatin and all other items of animal origin.

Today the dairy cows have become milking machines for human beings. The cows are kept pregnant every year for a consecutive 9-10 year period by artificial insemination. As soon as the cows stop yielding milk, they are dragged to the slaughter house for beef meat. Poor calves are forcefully dragged away from their mothers, depriving them of their mother's milk that is rightfully theirs. If the calves are female they are raised as dairy cows and are exploited as their mothers and at the end face the same fate as them. If the calves are male they are fattened by hormone injections and kept in dark sheds away from sunlight in oppressed conditions, preparing them for veal meat. This ultimately ends the lives of the cows and calves prematurely and cruelly.

How can we be at peace if we are causing pain and suffering to innocent living beings? The quality of our relationship with each other and the world is primarily based on our level of self-understanding. As we want to be happy, all life wants to be happy. So if we make the right choices, life will result in right consequences.

In this way a non-violent approach to life through ecology and vegetarianism enables us to express our reverence for all life forms including ourselves – from the minutest micro-beings to the macro-beings, from the lowest developed consciousness to the highest developed consciousness.

To sum up these thoughts let me quote Lord Mahavir who expressed it succinctly:

“One who neglects or disregards the existence  
Of earth, water, fire, air, vegetation and all other lives  
Disregards his own existence  
Which is entwined with them.”

## Pluto enters Capricorn

Maggie Kerr

Editor's note: In this issue of the Beacon, Richard Smoot will be presenting an article written by internationally renowned Australian astrologer, Maggie Kerr. The topic presented is timely since the planet Pluto went into Capricorn on January 26, 2008. Richard appreciates Maggie's permission to present this timely article.

### Pluto enters Capricorn for the next 16 years

On both a personal and collective level Pluto represents the following:

“All things hidden and secretive in a society - the shadow of the collective - sewerage workers and archeologists, to the more sinister level of the secret police, organized crime, all self destructive urges and impulses - the principle of death and rebirth and the healing principle which forces the collective, as an organic whole, to experience violent phases of self healing, in order to become well again.” (Wikipedia)

Pluto contains both the positive and negative aspect of the principle of re-ordering and rebirth inherent in all seeds. Pluto by transit brings up the hurt, repressed, denied aspects of the sign and offers us an opportunity to renew these qualities. As Pluto regulates the cycles of nature in all senses, his presence by transit brings us into accord that all things have their seasons...everything must live and die so it may be born again. Under his influence we are meant to release things and allow them to die so we can invite the next cycle of birth into our lives.

### So what may we expect from his transit through Capricorn for the next 16 years?

1. The U.S.A. was “born” in the 1770s and now looks set to go through a re-birth in the 2010s. The very nature of the ‘machinery’ that has made the U.S.A. the global “superpower” of post WWII times is going to need a radical overhaul in the next decade or two. And I'm starting here because the old saying that when America gets a cold the rest of us start sneezing still holds true. So in my review of Pluto's mundane (Earth and World Politics) I will be using the status of the United States in my assessment what the world may have in store for itself.

Regardless of the wide perceptions of life in the US, it appears that the basic internal social welfare systems have never been in worse shape. Add to this the nature of the collective financial debt, which sees the average citizen in debt in far greater measure than their pay check can cover, and the reality of a global debt recession looms large in the years ahead. And now let's top it off by noting that China is the U.S.A.'s largest creditor. America has been broke for quite some time now but Pluto in Capricorn uncovers all problems for everyone to see.

2. Corporate Governance. As Pluto spends 16 years doing his ‘thing’ the deep transformations due will be a gradual affair, and it is

*Pluto in Capricorn...(Continued on next page)*

*Pluto in Capricorn...(Continued)*

obvious that the upheavals ahead will come primarily through the global issues of energy and resources. Just how long the "old school" digs their heels in depends on the generation of leaders in power in the individual countries. As the Pluto in Virgo (1957-1971) group come into power they will receive positive aspects from Pluto transiting through Capricorn, so time will bring us more conscious individuals at the helm. Capricorn rules large corporations and "big business" so it is essential that Companies begin to be held accountable for their environmental impact and by 2012 this will begin to be the case. As to how the rest of the world brings China into the equation remains to be seen. The single greatest feature to galvanize our collective humanity toward a common goal is the reality we now all share...keeping our head above water! A more conscious corporate culture is long overdue. To this end many people who have developed their knowledge and skills will begin to move into mainstream business affairs.

3. Responsibility (Saturn) for global resources (Capricorn) of all kinds. In the 1760s the ruling class (also Capricorn) had complete control over all resources – in the famous words attributed to Marie Antoinette, when told the people did not have enough wheat to make bread... "Let them eat cake". We are once again in an era where the "rich" i.e. global corporations, have complete control over resources. Now since the Jupiter Saturn conjunction in Taurus of May 2000 (beginning of their 20 year cycle) the hallmark of this double decade until 2020 again is ...resources. We will witness diminishing supplies of oil and water during this phase and it will be interesting to see what the people do this time... last time they had a revolution and changed the ruling system irrevocably. The entire global corporate/consumer industrial complex runs on oil. And again despite opinion to the contrary that we have plenty of time we do not. Oil reserves will diminish over the next decade and it would appear that oil reserves in the Middle East were a major factor in the U.S. "invasion" of Iraq. Energy alternatives must now be allowed to develop regardless of nuclear and coal based vested interests.

**A few more thoughts...**

The last Pluto in Capricorn (1712-1725) saw slave revolts, banishment of Jews, the great thinkers, writers, composers and inventors of the times, government upheaval world-wide and church reformation. This next Pluto in Capricorn will re-lives its former cycle and heralds both the zenith and the co-incidental breakdown of existing structures as a prelude to the next great technological revolution from 2024. Yes folks if you think technology is already way over your head then you "ain't seen nothing yet"... as they say. The Uranus in Aquarius kids born between 1995-2003 carry the exceptional circuitry hardwired into their potential to innovate in ways unimaginable to us now! As to what society may need in the way of revolution, will be the result of the ideals and actions of the new group of leaders about to rise from the ashes of the old forms.

This next 16 years could indeed signal the potential synthesis between Capitalism and Socialism, seemingly opposite in nature but ultimately holding the seeds of a world in which people receive the environmental and financial dividends of a conscious corporate culture. If the Kings of World Commerce begin to take responsibility for humanistic outcomes then this is the promise of this new Age of Aquarius. Otherwise my call is that Capitalism will invert or implode on itself.



### Review of World Peace Diet by Judy Shepard

*The following is a short article on the World Peace Diet talk by Will Tuttle at EMU on Tuesday, January 22, 2008. Judy Shepard and several other Lighthouse members attended, and here is Judy's report on her experience there.*

I am not a vegetarian or a vegan today and I have not thought about educating myself on it; having detached myself from the horror of the processes that we condone socially. I did not consider the brutality to animals and how the mega farms called CAFOs are polluting our land and air, right here in Michigan.

Near my childhood farm my neighbors ran a dairy farm where taking animals to slaughter was an everyday occurrence.

I knew that the chemicals that we used on our farm were bad for the land; I remember that the spot where we rinsed off the farm machinery used to spray the fields did not have vegetation for 20 years. My family chose to not continue the farming business. My friends at the Lighthouse Center knew about this for some time, but being caring and compassionate people found it difficult to share the horror with anyone. This lecture was hard to listen to, in fact some people needed to step out and get a breath of fresh air, while others covered their eyes and plugged their ears.

As Will Tuttle passionately discussed, a union of all good things like meditation, exercise, and eating right, conscious awareness of materials used like leather, wool and silk to mention a few are all part of our movement to peace on earth. Will feels that the message needs to come from us and spreading the message will change the world as we know it; bringing peace into action, one person at a time.

Will impacted me personally with his statements about mothers having their babies taken away before they are weaned, stating that the milk of the mother cow is too precious to waste on her own calf. Instead the young calf is kept alive on blood parts or simply killed for veal.

I never considered a vegetarian diet, let alone a vegan way of life, but this lecture has me thinking now. How can I continue to consume dairy? I have much to think about. I will be reading literature, trying vegan recipes, and then most likely move into a vegan lifestyle. I am the last person anyone would have thought would adapt a vegan diet!

In Light and Love,  
Judy Shepard

If we have no peace, it is because we have forgotten that we belong to each other.

*Mother Theresa (1910-1997)*



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## Recipe Corner

### Mushroom-Artichoke Lasagna

Vegetarian Times Issue: December 1, 2003 p.30

Submitted by Suchita Susan Schmitt-Creech

Using convenient no-boil lasagna noodles eliminates the chore of boiling and draining the noodles before assembly. If you are using noodles that require precooking, it's a good idea to rinse cooked noodles with cold water frequently to keep them separate before assembling the casserole. Low-fat silken tofu is best suited to dishes such as lasagna because of the tofu's creamy texture and neutral flavor. Make this delicious lasagna in advance, and reheat before serving.

#### Ingredient List

Serves 16

#### Mushroom-Artichoke Mixture

2 tsp. olive oil  
1/4 tsp. crushed red pepper  
4 cloves garlic, minced  
3/4 cup sliced scallions  
1/2 cup chopped red bell pepper  
6 oz. portobello mushrooms, diced  
8 oz. white mushrooms, sliced  
1 13 3/4-oz. can (13/4 cups) quartered artichoke hearts, drained and diced  
4 Tbs. tomato paste  
1/4 cup Merlot or vegetable stock  
1/4 cup nutritional yeast  
1/4 cup chopped flat-leaf parsley  
1/2 Tbs. dried basil  
1/2 Tbs. dried oregano

#### Tofu Ricotta Mixture

3 12.3-oz. pkg. lite silken tofu, drained  
3 cloves garlic, minced  
1 cup chopped scallions  
4 Tbs. mellow white miso  
1/2 cup dry vermouth or vegetable stock  
1/3 cup soy Parmesan cheese  
1/2 cup nutritional yeast  
1 tsp. dried thyme  
1/4 tsp. coarsely ground black pepper  
1 1/2 25-oz. jars (3 cups) Roasted Red Pepper tomato sauce  
1 9-oz. pkg. no-boil lasagna noodles

#### Directions

Preheat oven to 375F.

To make Mushroom-Artichoke Mixture: Heat oil and crushed red pepper in 10-inch skillet over medium-high heat about 1 minute. Add garlic, scallions and bell peppers, and sauté for 3 minutes. Add mushrooms and artichokes, and cook mixture 5 minutes, stirring occasionally. Reduce heat to low, and add tomato paste and Merlot, stirring to blend. Add yeast, parsley, basil and oregano. Mix thoroughly, cook 10 minutes and set aside.

To make Tofu Ricotta Mixture: Mash tofu with potato masher. Add garlic and scallions. Combine miso and vermouth in small bowl, blending with fork. Add mixture to tofu. Add soy Parmesan cheese, yeast, thyme and black pepper, mix thoroughly and set aside.

Spread layer of tomato sauce evenly on bottom of 9x13-inch baking pan. Top with layer of uncooked noodles. Add broken noodles around edges for even fit. Spoon Tofu Ricotta Mixture evenly over noodles. Top with another layer of noodles, and cover noodles with tomato sauce. Layer with Mushroom-Artichoke Mixture, cover with layer of noodles and top with remaining tomato sauce. Sprinkle generously with soy Parmesan cheese. Cover lasagna with foil.

Bake for 30 minutes. Remove foil, and bake 15 minutes more. Remove from oven, and set aside for at least 15 minutes before serving.

#### Nutritional Information

Per Serving: Calories: 175, Protein: 11g, Total fat: 3g, Carbs: 24g, Cholesterol: mg, Sodium: 304mg, Fiber: 4g, Sugars: 5g

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**Nirali's Book of Poetry**

Lighthouse member Nirali Becky Kleinschmidt has written a book of poetry, "Dancing Fish Touch the Sky", a collection of 52 poems "created to uplift, inspire and sooth your soul each week of the year". Some of the poems are on her website: www.beckypoetry.com. "The Gift of She", below, is also from the book. Such a beautiful, loving gift to the world! *Thank you, Nirali.*

**THE GIFT OF SHE**

Becky Nirali Kleinschmidt

I support you  
With your every breath  
Moment, smile  
I am the sunlight  
Through the mist  
Of a wintery morning

I am she  
Who never leaves  
When pain exists  
I'll stay with you  
Until dusk turns to dawn

I am she  
Who walks by your side  
As you weep from your depths

I am gifts given and received  
That special moment  
When hearts connect  
And souls speak

I am the memory of love  
That stays with you  
Though time passes  
Moments that seem long forgotten

And yet in those quiet moments  
When pain exists  
I will come to you

And bring you sweet memories  
Of gifts given and received  
Tender moments of the heart  
And you will know  
That you are loved

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