

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

KARMA

Given at the Lighthouse Center, 4 May 2008

Good morning. Every day I say "good morning" when I go for morning walk. One day a man was having problems with his wife, and so he said to me, "What is good about the morning?" He was honest about how he was feeling. What matters is what you feel. Feel what you feel and become aware of what you feel. That makes your day.

Today we are feeling good, so we say, "Namo Arihantanum." This is a way of saying "good morning" in a language for people who want to have Self-Realization. Namo Arihantanum is a way of greeting the inside world from the outside world. "Ari" means all the inner weaknesses, "hantanum" means who has overcome. The world is full of weakness and strength; in a way the world is neutral. It is up to us. Make it or mar it. We are blessed. We understand and we can decide what to do and what not to do. Whatsoever happens is our own creation, knowingly or unknowingly, consciously or unconsciously there is our consent.

We often say, "He made me unhappy" or "She makes me angry", we blame others because we are not aware of our own feelings. We make others scapegoat. In the olden days the goat was sacrificed in the temple. Instead of sacrificing our ego, we sacrifice a scapegoat. We are using other people as a scapegoat. But how can another person make you unhappy? When you can be with yourself, you will see yourself, see your own feelings as they come and go. This will help you to watch your own feelings and master them. This self confidence will guide you to achieve your goal. Many philosophers have misunderstood the word karma. Freedom of action is karma. Some people say, "Oh, it's my karma, because of my karma I got this husband, or someone says I got this wife".

What is philosophy of consciousness? It is the language of spirit within us, and karma is the action. Action is the capability of consciousness. What you feel inside, you speak. That gives shape to



your words. Thoughts can be negative or positive or neutral. We color our thoughts according to our understanding and our emotions. When angry or upset, don't speak. It is better to keep silent. When someone is emotionally charged, don't fuel the fire, keep peace. It is better to be silent.

Dr. Mayo became a partner with a rich man, and with his help he was able to open the Mayo Clinic. One day his partner was sulky and wanted to talk to Dr. Mayo. Dr. Mayo could see anger in his eyes and in his expression, his words. The partner said, "I want to talk to you." Dr. Mayo said, "Not now, we will talk later on". The partner said, "I am mad." Mayo gently answered one is enough in this room

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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.

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For More Information

Visit us on the web:
www.lighthousecenterinc.org

The Beacon Newsletter Staff:

Editor: Nirmala Nancy Hanke
Calendar: Praparkar Dan Pieri
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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 \$15 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.

Karma...continued from front page

and left the room. Anger is not our nature. It comes from outside. Don't open the door when anger knocks. Once you open the door anger enters, it possesses you and you don't have control. Anger is an outsider. Your consciousness is divine. You are all divine, all pure. But you have forgotten yourself, who you really are.

As soon as you believe that you are a sinner, who will liberate you? This belief is your problem. Your belief becomes your reality.

In meditation, get in touch with yourself, so you will experience richness of your life. Instead of believing in beliefs, which is the influence of the outside imposed on you by calling you a sinner, not good, not rich, you have to believe in yourself.

Don't depend on others for your beliefs. Money, name, fame, running around in the rat race, becoming president of the rat race, there is no peace in this. In the government, in politics, it is a rat race, there is no time for peace. Rich people are spending time with their chauffeur, taking an apple and a cell phone. They don't have time to eat breakfast with their children. They don't enjoy life. Don't be jealous of them. Enjoy your life, make it simple. Gandhiji said, "The less I have, the more I am".

When I travel, I have a small bag. People ask me, "Where is your luggage?" I say to them, "I travel light."

Outside things occupy time, so you have no time for yourself. There are so many things, we pick the wrong dress, and then still window shop for another one! We have to laugh at our follies. Don't make yourself feel guilty when you make a mistake. Don't say, "I am naughty". Be aware. Learn from the mistake. You have to teach your own mind not to be guilty. When we make a mistake, we can recognize it, accept it, learn from it. We say, "Michami dukka dam": I am sorry and I am not going to do it again.

Free yourself. Don't let the past mar the beautiful present. If you don't mind your mind, your mind will mind your business. Watch your words. Seventy-five percent of people

don't know what they're talking about. We do everything in a hurry, at the last minute.

There was a man going somewhere. He woke up late, and in his hurry, sat on his glasses in his car. He thought he could make it in time, but all of a sudden it started raining. His wife said, "Use the wipers". He said, "No, it will come in the way, I'll drive intuitively". Then a cop saw him driving 80-90 miles an hour. The cop had to chase him down and then asked him, "What were you doing?" The man said, "I wanted to get home before I got in an accident". A lot of people talk and don't know what they are saying. Each word we speak registers in our neurons. Whatever you put in your neurons will not be erased.

"Karma is action". If you are aware of your thoughts, words and actions, you will be creative. If you are not aware, then your words will hurt you.

There was a young man from America who went to India to find a wife, a woman of his same culture and language. He was highly educated and had a degree from Harvard. He put an ad in the paper. Ten to fifteen girls answered the ad. He selected one of the girls, a very intelligent, beautiful girl, and planned to meet her at 10:30 at the Churchgate Station. He was certain that she would be on time, and he believed that "time was money". The girl was coming to the station as quickly as she could, but she missed her train because it was too crowded. So she didn't arrive until 10:45. The young man was upset, pacing the floor, judging and blaming. When she arrived, he said, "You are late. I'm standing here like a fool for 15 minutes." The girl said, "Thank you, I don't want to see any fool, even a fool from Harvard." So who makes you a fool? We make a fool of ourselves when we do not watch our words. This is karma.

Karma is the philosophy of consciousness. What you want to make you can. Namu Arihantanum, the inside consciousness, can overcome the negative thoughts and feelings. It takes time, like a broken bone. First there is the cast, and then the physical therapy after the cast is off, and gradually the movement comes back. In the same way we have psychic damage, our consciousness becomes smeared by bad company, bad conditions, drugs, bad habits.

I was born in Rajasthan, but I was brought up in the South in a little town of Tumkur. When I was 16, I was invited to a wedding in Rajasthan. They had bhang, an intoxicated drink. I was unaware, so I took a drink. Very tasty, so I took one more. All these things, alcohol, marijuana, LSD, make you forget who you are. Children don't like alcohol, it burns. But people drink to forget, they are miserable, unhappy, and not enjoying peace. So the next day I found out they had taken a picture of me, standing on a roof, naked. They would not give me back the photo unless I gave 100 rupees. I gave them the money and got the photo and the negative back. I didn't want to do that again and learned without feeling guilty; otherwise, one has to pay a hundred times.

Namu Arihantanum—you have freedom of choice—to become whoever you want to be. For this you need meditation. When I came to Harvard and spoke, I told them: "Man is free to do what he wants to do. We don't need outside angels; recognize the angel in you. You can become what you want to. This is the inherent quality of consciousness."

Meditate on SO-HUM. You are Consciousness. Anyone who realizes one's self and conquers oneself is Jain, not as a creed, but as one who has conquered all inner weaknesses. All consciousness is the same. There is a process of purification—purify what is negative, take it out, let it go. Don't waste time.

We have a very precious life. Many people don't understand what we are talking about, they have limiting beliefs. Your own weakness is your enemy because it is limiting you. For anything that is limiting you, conditioning you, use NA-HUM, I am not that. We are all born free.

The philosophy of Karma is liberation. Understanding of karma is freedom of action. You realize what you are, it does not limit you. You are not in any box. Watch your consciousness, be aware and be free. Watch your words. When you are emotionally charged, be silent, don't act. Be very watchful, every step you take has a consequence. Each step in awareness leads to liberation.

Upcoming Lighthouse Events

January - March 2009

WEEKLY

◆Sunday Candlelight Meditation and Healing

5-6:15pm 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.

◆**Movie Night** is the second Friday of every month is hosted by a different Board member each month. Gather 7:-00, begin 7:30. Check the LHCI email or the website, lighthousecenterinc.org, for the movie of the month, Cost: love donation. Popcorn/snacks provided.

JANUARY

New Year's Message Party Friday, January 9th, gather 6:30, begin 7:00. Open to all meditation students. Cost \$25 or \$30 proxy. More info: call Prachi 734-449-4381

Astrology Lecture Sunday, January 11th, 2:00-4:30, hosted by Bon Rose Fine. Call her for topic and cost: 734-434-4555.

Pledge Drive Thursday, January 15th. Dinner and training 6:00-7:00 pm, phone bank pledge drive 7:00-9:00pm. Bring your cell phone and come help raise money for the Center! Call Raksha Penni Helsene to volunteer 586-246-4280.

Power & Empowerment Class given by Nirmala. Four Thursdays, January 22-February 12, gather 7:00 pm, begin 7:30-9:00. An exploration and celebration of the Solar Plexus energy. Cost: \$60/pledging/ &75 non-pledging. Prereq: Heart Empowerment Class. Call Nirmala to register: 734-645-2188.

Chinese New Year Party Monday, January 26th, gather 7:00pm, begin 7:30. For all Lighthouse members—meditation, messages, Chinese food—come celebrate the Year of the Ox! RSVP to Prachi by Friday, January 23rd.

Learn to Meditate given by Nirmala, Friday, January 30th, 7-9pm. Cost \$35 or \$15 to repeat. Call Prachi to register: 449-4381.

FEBRUARY

Shri Yantra Construction & Ancient Wisdom Workshop by Leslie Blackburn, Sunday

February 1st for three hours (time tbd). Construct and color the Shri Yantra. Register with Leslie at 313-269-6719.

Astrology Lecture Sunday, February 15th, 12:00-4:30, with Bon Rose Fine. Call her for topic and cost: 734-434-4555.

Twelve Facets of Reality Book discussion group, given by Adinath. Six Wednesdays, February 11th-March 18th, 7:00-9:00. Two chapters/ week. Cost: \$60.00. Register with Adinath at 734-330-7809 or markjhutton@comcast.net.

Dancing with the Stars – Astrology Party. February 22, 1:30 - 4:30 pm. This is a fun event for everyone! Learn simple astro-compatibility with others and about your own self. Small potluck will be served. Call Richard Smoot to register at 734-320-2783 or richard@richardjsmoot.com. \$25 for the workshop.

Learn to Meditate given by Nirmala, Friday, February 27, 7:00-9:00pm. Call Prachi to register.

MARCH

Introduction to Astrology given by Richard Smoot. Fun and interactive class. Eight Thursdays, March 5th-April 23rd, gather 7:00 pm, begin 7:30-9:30. Cost \$100 pledging/ \$120 non-pledging. Call Richard to register: 734-320-2783.

Learn to Meditate given by Nirmala. Friday, 3/27, 7-9pm.

Life Changes

New Beginnings

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

Milo Benjamin Schneider, born August 12, 2008, grandson to Bhagwan Stan and Sarita Susan Sternberg, and son to Natalie Sternberg and Benjamin Schneider.

Transcended Beings

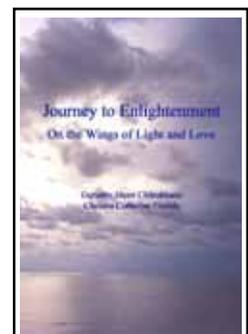
We send Love and Light to these transcended beings for their transition and to their family and friends:

Fern Blair, 88, mother of DaVang David Blair, transcended January 18, 2008.

Jacqueline M. Kerns, 34, daughter of Latika Jaya Karen Kerns, transcended August 25, 2008.

Joanie Jones, 62, Lighthouse member, transcended November 30, 2008.

Arthur Shaw, 88, father of Deborah Blaszak, transcended October 22, 2008.



Lighthouse Center Calendar

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					7:30-10:00pm Intensive Meditation	
4	5	6	7	8	9	10
5:00-6:15pm Candlelight					6:30pm-? All Students Message Party	
11	12	13	14	15	16	17
2:00-4:30pm Astrology Lecture 5:00-6:15pm Candlelight				6pm-9pm Phone Bank Pledge Drive	7:30-10:00pm Intensive Meditation	
18	19	20	21	22	23	24
5:00-6:15pm Candlelight				7:30-9pm Power and Empowerment Class - Nirmala		
25	26	27	28	29	30	31
9:30-11:30am Board Meeting 5:00-6:15pm Candlelight	7:00pm-? Chinese New Year's Party			7:30-9pm Power and Empowerment Class - Nirmala	7:00-9:00pm Learn to Meditate	

February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Shri Yantra Workshop TBA 5:00-6:15pm Candlelight				7:30-9pm Power and Empowerment Class - Nirmala	7:30-10:00pm Intensive Meditation	
8	9	10	11	12	13	14
5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath	7:30-9pm Power and Empowerment Class - Nirmala		
15	16	17	18	19	20	21
12:30-4:30 Astrology Wookshop 5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath		7:30-10:00pm Intensive Meditation	
22	23	24	25	26	27	28
9:30-11:30am Board Meeting 1:30 -4:30 Dancing with Stars,Astrology Party 5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath		7:00-9:00pm Learn to Meditate	

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath	7:30-9:30pm Intro to Astrology - Richard Smoot	7:30-10:00pm Intensive Meditation	
8	9	10	11	12	13	14
5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath	7:30-9:30pm Intro to Astrology - Richard Smoot		
15	16	17	18	19	20	21
5:00-6:15pm Candlelight			7-9pm Facets of Reality Class - Adinath	7:30-9:30pm Intro to Astrology - Richard Smoot	7:30-10:00pm Intensive Meditation	
22	23	24	25	26	27	28
9:30-11:30am Board Meeting 5:00-6:15pm Candlelight				7:30-9:30pm Intro to Astrology - Richard Smoot	7:00-9:00pm Learn to Meditate	
29	30	31				
30				7:30-9:30pm Intro to Astrology - Richard Smoot continues to 4/23/08		

President's Message

Dear Lighthouse Center Members:

The Happiest of New Years to each one of you. May 2009 hold many gifts of renewal. We invite you to experience the peace and beauty within the newly cleared nature trail behind the center and adjacent to the memorial garden, any time of the year or season. This project was completed by Nayna and Andrew Sloan.

This past fall was very busy and the Lighthouse offered new classes and book discussion groups, including the "Art of Alpha" taught by Adinath Mark Hutton, "The World Peace Diet Discussion Group" (authored by our Spiritual Retreat speaker Dr. Will Tuttle) held by Nirmala Nancy Hanke, and "Your Money Your Power: 10 Ideas for Mindful Spending" held by the author Mukta Tana Dean.

We also "Walked for Peace" and raised \$2700 to support the Lighthouse Center and its programs. It was wet but fun! Thank you everyone!

We are looking forward to Leslie Blackburn teaching "Sacred Geometry 101" or "Sri Yantra-Construction and Ancient Wisdom" this winter or early spring. You will learn how to create a yantra, and the sacred meaning behind it. Please check our website at www.lighthousecenterinc.org for dates and details of classes and events as they become available.

In addition, Richard Smoot will be teaching "Intro to Astrology" which is great fun and gives you wonderful insights. Adinath Mark Hutton will be teaching a 6 week course starting in February on Chitrabhanuji's book "The 12 Facets of Reality". Also, the Power and Empowerment class on the Solar Plexus will be offered by Nirmala Nancy Hanke. These classes add depth to your ongoing meditation practice.

The Finance Committee (Namrata Lisa Abrams, Raksha Penni Helsene and Nirmala Nancy Hanke) has developed an

annual budget, and the Board has approved the following cost saving measures:

- discontinuing the extra principal payment on mortgage
- decreasing the budget of the Beacon by 50%
- decreasing monthly community donations by 33%
- decreasing administrative costs by 12.5%

These measures will reduce our expenses by \$500 a month.

A big thankyou to the Finance Committee, and to all of the Lighthouse members, students and teachers, as we work together in the light of Ahimsa.

Jan. 9th 2009 will be the "All Students' New Year's Message Party. If you haven't already picked up your copy of "Journey to Enlightenment: On the Wings of Light and Love", this would be the perfect time to do so. This inspiring book contains all of Chitrabhanuji and Chetana's messages from the Beacon.

The election process for new Board members will be starting soon and completed in the spring before Chitrabhanuji and Pramodaji's first visit. We will keep you posted.

Lastly and definitely not leastly will be our 2nd Annual Appreciation Dinner. We will keep you up to date on the date and details. We appreciate you! A big hug and thankyou goes out to each one of you.

Love,
Nirali

"At the center of non-violence stands the principle of love."

Martin Luther King, Jr.

Oh, the Possibilities in 2009!

Through this last year it has been wonderful to be a part of the continually expanding function of the Lighthouse Center's website. Becoming a part of the Board of Directors has helped me be more in touch with what needs to be done on a regular basis to keep the website always updated for your use.

With the introduction of PayPal people can register for classes and functions easily and the [Donation](#) page is always available, with 24/7 availability, it is easy to use.

The [Beacon Newsletter](#) will go online this year. It has been available since the inception of the website and you can review any beacon back to 2005. It is a great resource with each newsletter featuring an article by Gurudev Chitrabhanuji. You have a wealth of spiritual instruction at your fingertips.

How exciting to think about the possibilities this next year will bring and I am delighted to be your webmaster.

Many blessings and abundance to you and those you Love in 2009!

Love and Light,
Mukta Tana Dean
Lighthouse Center Webmaster



FROM BENEATH THE CLOAK

*We are not separate
you and I
How can we be alone
if we are the Light
the One, the All
the same as each other*

*The conditions are
just a cloak
over our innate joy
the vibrant colors
of self*

*Why hide the beauty
the joy
the life
when you can emerge
from beneath the cloak
of darkness
into the One*



Nirali



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Recipe Corner

BUCKWHEAT with MUSHROOMS & CARROTS

Hands-on time: 25 minutes

Time to table: 45 minutes

Makes 4 cups

1 tablespoon olive oil
1 cup (6 ounces) buckwheat groats, rinsed under running water
1 onion, chopped
2 carrots, quartered lengthwise, then cut into small pieces crosswise
Salt & pepper to taste
2 cups boiling water

1 tablespoon olive oil
8 ounces fresh mushrooms, caps broken into pieces and stems roughly chopped

In a large pot or Dutch oven, heat 1 tablespoon olive oil til shimmering on MEDIUM HIGH. Add the buckwheat and stir to coat with fat, let cook for a minute or two. Add the onion and carrots as they are prepped, stir to coat with fat, let cook until onions begin to turn gold. Stir in salt and pepper. Stir in boiling water. Cover, reduce heat to MEDIUM and let simmer about 15 minutes until the buckwheat is soft and the liquid fully absorbed.

Meanwhile, in a skillet, heat 1 tablespoon olive oil til shimmering. Add the mushrooms and stir to coat with fat. Let cook, stirring occasionally, until the mushrooms are cooked and the liquid they express has evaporated.

To serve, stir the cooked mushrooms into the cooked buckwheat. Serve warm or refrigerate and serve cold or at room temperature.

NUTRITION ESTIMATE

Per Half Cup: 127Cal; 4g Tot Fat; 1g Sat Fat; 0mg Cholesterol; 26mg Sodium; 21g Carb; 4g Fiber; 3g Sugar; 4g Protein; Weight Watchers 2 points



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) 1st Tirtankar

Ajit Rodney Smith (AH-GEET) 2nd 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 (BHAK-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

Devendra Don Levitt (DAY-VEN-DRUH) Master of Angels

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

Dhru Drew Creech (DREW) North Star always shining

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.

Spiritual Names



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

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 16th 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.

Sohum Judy Shepard (SO-HUM) Open 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, 24th 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



FALL 2008 REVIEW of Events and Classes

Ganesha Puja

On Sunday, October 12th, the Center again celebrated a Ganesha Puja, given by Ashaben Sheth. More than forty Lighthouse members participated in person or by proxy and received the blessings of Ganesha to remove all obstacles and bring protection to the home.

Many thanks to the anonymous donor

Dear Giver (Anonymous Donor(s):

Thank you for your generosity for sponsoring my family at the Ganesha Puja. Your gift is deeply appreciated, and you and your family are wished many blessings in return.

Love and Light,

Receiver

“The World Peace Diet” Discussion Group

After Will Tuttle’s visit to the Lighthouse Center in August to share his book, “The World Peace Diet” and his experiences the last 27 years as a Vegan, a number of us were inspired to study his book, and so gathered for a 6 week discussion group. Each week we read and discussed 2-3 chapters, and brought in vegan recipes and vegan food. We became a support group for one another as we began to integrate what we were reading with our daily encounters with family, friends and co-workers around the issues of eating animals for food. We were repeatedly inspired and challenged by Will’s words and his example to find ways to witness and speak up about this, with compassion, without judgment.

On the last night, we shared some of our favorite quotes from the book, as a way to continue to be inspired.

Some of our favorites are: “Animals of the world exist for their own reasons. They were not made for humans anymore than Blacks were made for Whites or women for men.” —Alice Walker

“Human beings are not natural carnivores. When we kill animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fats, was never intended for human beings, who are natural herbivores.”—William C. Roberts, M.D., Editor in Chief, The American Journal of Cardiology

“Every day 40,000 children die in the world for lack of food. We who overeat in the West, who are feeding grains to animals to make meat, are eating the flesh of these children.”

—Thich Nhat Hanh

“A conservative estimate is that the amount of land, grain, water, petroleum and pollution required to feed one of us the Standard American Diet (ie meat based) could feed 15 of us eating a plant-based diet.”—Will Tuttle

“All beings tremble before violence. All fear death. All love life. See yourself in others—then whom can you hurt? What harm can you do?”—Buddha

Om Shanti, Shanti, Shanta, Namaste, Aruna, Namrata, Nirmala, Poorna, Suchita and Prachi

MOVIE NIGHT

Back by popular demand! The Board reactivated Movie Night the second Friday of each month, and each Board member is taking a turn hosting. In September Nirali showed “The One”, in October Aarti showed “Siddhartha”, and in November Nirmala hosted an Oprah show, “Where Your Food Comes From”. With the new projector and screen, and popcorn all around, it’s a great way to spend an evening with your Light Friends! And the price is right, no cost, love donation only to the Center. So check your email and our website, lighthousecenterinc.org, for the movie being shown, every second Friday of the month.

TWENTY FOUR HOUR MEDITATION

On the weekend of Saturday, November 1st-Sunday, November 2nd, we had our 15th 24 hour meditation for world peace through inner peace. In addition to the meditators who came to the Center, many others joined in at home. The meditation energy generated during the 24 hours, went out to more than 42,000 people, according to the formula established by Transcendental Meditation. The more we meditate, as a group, and individually, the more peaceful, loving vibrations are sent out into the world.

Om Shanti, Shanti, Shanti.

FALL 2008 REVIEW, Continued...

Walk for Peace. The Lighthouse Center's first annual walkathon fundraiser, Walk for Peace, happened on a beautiful, rainy day in September. Thirteen stalwart walkers, umbrellas in tow, walked the three mile trail at Hudson-Mills Metro Park in Dexter. Having weathered the steady downpour, they gathered after at some picnic tables for a veggie lunch, and were happy to have raised \$2700 for the Center! Come join us next year, rain or shine!

Your Money, Your Power Book Discussion in October 2008

Green Living, Health and Healing,

Mukta Tana Dean

It was an evening of ideas and discussion with Mukta Tana Dean who offered a book discussion at the Lighthouse Center.

My first book, *Your Money, Your Power: 10 Ideas for Mindful Spending to Create a Healthy, Green Planet*, released in July 2008 was the focus of a delightful exchange when everyone who attended had an opportunity to discuss the ideas offered.

The book is based on using practical tools to create a life filled with greater possibilities. Showing you how practicing conscious positive decision making as an informed consumer can help you purposefully make a difference in your life, the lives of others and the planet.

Some ideas include: value-based investing to address corporate responsibility; how your food choices can create a healthier planet; the need to choose healthy supplements, safe personal care products and non-toxic household cleaning products; donating time and money; living in gratitude and positive self-talk. Action steps are included to inspire yourself and others.

It was wonderful to discuss ideas, exchange thoughts and be with inspired people who are searching for ways to use their personal possibilities to create abundance, live green and be healthy knowing that their choices affect others and the planet.

The Art of Alpha

by Nirali Becky Kleinschmidt

I was very intrigued to learn more about the "Art of Alpha". I was curious as to what this was all about. This class was taught by Adinath Mark Hutton this past fall. Adinath recently studied with James Hart, the leading scientist in the study of brain waves. *We soon learned about the 5 brain waves: 1. Gamma, Beta - "the thinker", 2. Alpha - "meditative, no thinking, forgiving, relaxed", 3. Theta - "early stages of sleep, kundalini experiences, connection to Akashic records", 5. Delta - "sleep, very advanced meditators, masters, enlightened beings"*

All of these brain waves can be measured scientifically. Alpha is the "happy wave". When you are in Alpha, there is no depression, ADHD, ADD, ego, anger or negative emotions. We were already achieving Alpha through meditation. But how could we increase Alpha, and be in this state more? Through not thinking, prayer, breathing, single focus, meditation, true forgiveness, living in the now and diminishing the ego.

The high Alpha state is healing. It restores a youthful brain wave pattern and enhances creativity. The Alpha state frees you emotionally so you can be more present. Adinath gave us tools to forgive others and ourselves.

Some of the tools he gave us were:

- make decision that you are going to forgive
- create loving space in your heart and feel it
- feel hurt and pain of past event
- come back to present moment and see what good came out of it
- see event through their eyes
- feel love of the other person

During the week of forgiveness in class, I decided to say these words that a friend had given me to say to myself or others:

I love you; I'm sorry; Forgive me; Thank you

I immediately began to feel lighter; I had created the Alpha state and my own scientific proof that forgiveness does make us feel better.

We had learned the "Art of Alpha".

Walk for Peace

September, 2008. Hudson-Mills Metro
Park in Dexter



USING NATURE TO DISCOVER YOUR ASTROLOGICAL COMPATIBILITY

By Richard J. Smoot, CAP, ISAR and C.Ast, NCGR

Am I compatible with her? Will I get along with him? We all wonder if we are going to have a harmonious relationship with others. In helping to find out if we are similar in temperament with another person, I have put together a fun exercise using a basic astrological concept of "sign elements".

This exercise will only use Sun signs. The Sun sign is the astrological sign the Sun was in on your birthday. In astrology, the Sun is one of the most powerful indicators as it represents a person's basic characteristic, their vitality, and their sense of identity. The Sun is a person's spirit.

Each of the twelve astrological signs has its own "element" quality and nature. In understanding a person's elemental nature, you begin to get a flavor about them. This element corresponds to the same element, which exist in Nature. A person's Nature element reveals how they interact with the rest of Nature and the other astrological signs.

Our exercise will personify these qualities found in Nature and apply them to us humans. In outlining each of the signs Nature element, go beyond my words and think for yourself how you understand this element in Nature to be used in compatibility. My approach in this exercise maybe an overly simplistic prone to generalizations, but I think it's fun and revealing!

Fire – (Aries, Leo, and Sagittarius). You know about fire. It burns, it is hot, and it consumes fuel. You can start fire through friction, combustion or fire can be passed from one source to another. Fire can create and fire can destroy. Fire spreads. It can be warm and glowing or focused and intense. What else do you know about fire? Use your experiences with fire in describing its action with Nature.

Earth – (Taurus, Virgo, and Capricorn). Good old Earth. Having you feet firmly planted, Earth. Earth is stable, solid and predictable. You can easily see earth. It can be a mountain, dust, sand, rich dirt or sterile. Earth is practical and has many uses, components, and nutrients. It can be hard to move earth and might take some force to change its position. Once rooted in earth, things can grow, but being rooted may take time and a lot of effort. What are your experiences with Earth? What is your understanding of Earth's role in Nature?

Air – (Gemini, Libra, and Aquarius). Where would we be without air? We cannot not breath without air. We cannot live without air. Air is all around us, but we cannot see it. It

is much like thought, communication, and intelligence. We cannot see these either, but they exist. We humans cannot exist without interaction, idea, thought, and intellect. What is "too much" air? It is wind! What is "too little" air? Little or no air is a vacuum. How does air, act in nature? Where does it benefit or where can air be harmful?

Water – (Cancer, Scorpio, and Pisces). It is hard to imagine a world without water. In a world without water, there would be no nourishment, no life, dry and barren landscapes. A world with too much water would drown life, overwhelm it and suffocate life. In astrology, water represents emotions. Water signs use their emotion, intuition. Water flows along a riverbed. Water conforms to the vessel holding it, taking any shape necessary to express itself. We also know that water can take the form of a liquid, gas, or solid. Emotions can be hidden, flowing, or painfully cold.

Now that we have described the elements in Nature, let us apply these thoughts, and thoughts of your own, to Sun sign compatibility. Play with these concepts and see if this fits the people in your life.

Fire signs and Fire signs – Yikes! Only you can prevent forest fires! Passionate, full of energy, fun and spontaneity. Is it a bonfire, warm glow plugs, or laser beams? Mix Fire in Nature and you get the idea here. Energy production and consumption. People with same elements run the risk of losing their identities (mixing fire with fire), however Fire people would be the least likely of that happening. The fuel for Fire is often issues. When the issue is gone, so is the fire.

Fire signs and Earth signs – Stable earth alongside volatile fire. Fire sits on top Earth (earth can contain fire), yet the two do not mingle well. Fire can scorch Earth, while Earth can smother fire's spontaneity. Earth may find Fire too overwhelming, while fire may find Earth boring. These elements do not mix well in Nature and tend to have problems in relationships. Fire signs and Earth signs need to respect boundaries and not try to consume each other.

Fire signs and Air signs – How does fire and air react together in Nature? Air enjoys the way it can make fire leap. Air makes fire grow or it can starve it. Fire likes the intellectually stimulation and air likes the warmth. Too much air (wind) leads to the extinguishing of fire, while too much fire (explosion) makes for unbearable heat and over

stimulation. As in Nature, Fire and Air tend to work together and are generally compatible.

Fire signs and Water signs – These two elements do not occur together in Nature very often. In our mind, let us develop the image. Fire making Water excited to boil, then converting it to hot steam. Yet when the Water cools, it condenses and rains, putting out the Fire. Fire can bring out the emotions of Water, often uncontrollably. Water can control Fire, as in the dampening effect in a nuclear reactor, or the two together can be slow to heat up for a hot bowl of soup.

Earth signs and Earth signs – In mixing Earth and Earth, we get...Earth! How surprising. Two mountains make a formidable front, yet if one Earth is stronger than the other is, we may have dust and earth. In this combination, they are separate, rather than a team. Both are stable, consistent and can weather time.

Earth signs and Air signs – Think of dust storm, or think of a calm breeze on an open plain. Both are possible with this combination. Earth and Air do not mix well and will separate if left alone. In other words, these two need to work at being together. The intellect (Air) must try to simulate the logical (Earth). Too much Earth smothers and bogs down ideas, while too much Air can be superficial and lack material substance.

Earth signs and Water signs – This is a natural combination. Water (emotion) gives life and purpose to Earth (matter and practicality). Water and Earth in proper proportion combine to form mud. They blend to become a new identity. At the same time, too much emotion or too much logic can make weak or a brittle bond. While these two elements can merge easily, they find it harder to separate, becoming dependent on each other.

Air signs and Air signs – There are hundreds of types of intellect, millions of communication patterns and infinite ideas. Such is Air in Nature. Air blends quite easily with Air. Is the Air a distinct gas or a mixture of oxygen and nitrogen? While the results would be different, Air must first attempt to blend, before understanding the outcome. Two Air people have one goal, getting along with each other while maintaining their unique independence. Air may look like its merged, but at the molecular level, they are still (and always will be) separate.

Air signs and Water signs – An Air sign (intellect) relating to a Water sign (emotion). In Nature, clouds are representative of this combination. Lofty idealism with the emotion of

fulfillment. While it sounds like these two elements relate well, they are often at odds with each other in rain storms, typhoons and steam engines. Air often dislikes the over involvement of Water while Water finds Air unfeeling and not compassionate.

Water signs and Water signs – Where and when does a stream become a river or become a lake or become an ocean. Water signs relating to each other run the risk of weak or lack of boundaries more than any other combination. Compassionate, fluid and compromising, Water yields to all that surrounds it, but together in force or under pressure, Water is very powerful.

In general, like elements in Nature and in Human relations bode well together. Fire and Air seem to appreciate each other while Earth and Water enjoy each other's gifts. On the other hand, the other combinations seem to develop tension which dives them apart or smothers them. This brings us to a concluding point about Nature. If Nature is to grow and our planet enriched, there must be a balance and a blend of all these elements. For our relationships to prosper, endure, and evolve we must have both balance and diversity in our contacts with others.

Richard Smoot has 35 years of astrological study, counseling and teaching experience. Among other certifications he has attained a Level IV status and is Certified Astrologer with the National Council For Geocosmic Research. In addition, Richard is a registered Social Worker for the State of Michigan with 15 years experience in personal and crisis counseling. He is a member of the Lighthouse community and is accepting new clients. You may contact him for a complete, personal and confidential consultation at 734-320-2783 or email: richard@richardjsmoot.com



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Do Unto Others

The Golden Rule

All over the world, there exists a simple precept that, when followed, has the power to end conflict and banish strife. It is the Golden Rule, a key concept in many philosophies and spiritualities that admonishes us to "do unto others as we would have them do unto us." Its meaning is clear: treat others only in ways that you would want to be treated. However, the golden rule is not always easy to follow. It can be a challenge to honor others as we wish to be honored. Yet, when we do so, we bestow a gift of loving kindness on our fellow human beings. And, in honoring others, we honor ourselves.

It is as uncomplicated a tenet as one could wish for. When we live by it, harming another person becomes nearly impossible. The Golden Rule is rooted in pure empathy

and does not compel us to perform any specific act. Rather, it gently guides us to never let our actions toward others be out of harmony with our own desires. The Golden Rule asks us to be aware of the effect our words and actions may have on another person and to imagine ourselves in their place. It calls on us to ask ourselves how we would feel if what we were about to do were directed toward us. And yet this rule invites us to do more than not harm others. It suggests that we look for opportunities to behave toward others in the same ways that we would want others to act toward us. Showing compassion, being considerate of others, caring for the less fortunate, and giving generously are what can result when you follow the Golden Rule.

Adhering to the Golden Rule whenever possible can have a positive effect on the world around you because kindness begets kindness. In doing so, you generate a flow of positive energy that enfolds everyone you encounter in peace, goodwill, and harmony.

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P.O. Box 645

Whitmore Lake, MI 48189

**For any questions regarding volunteer hours,
contact Prachi at 734-449-4831 or thiepl17@yahoo.com*

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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.*)

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