

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

Six S steps to E volution

Pujyashri Chitrabhanuji

Meditation is to experience peace, reverence for life, and the quality of consciousness. Peace is possible only in the presence of Ahinsa.

What is Ahinsa? Ahinsa is feeling reverence for all life. Let us commence with self-awareness to practice what gives birth to peace.

A.H.I.N.S.A.

“A” represents **Awareness**. We need to see our own Self in the light of awareness. And seeing ourselves, we draw our own portrait and go lovingly closer to our Self and experience peace with others and with our Self. I am a living presence, animating the senses, and animating who so ever I touch.

This is the journey to unfold our essence. Though we often resist this, this journey has to start with ourselves. But the light of self-realization can be dazzling as even daylight can be dazzling to a person who has been sleeping for a long time in the dark. One has to train one’s eyes to be ready to take the light of such realization, and we do that with meditation and increased awareness.

As we become aware of our loving sentient energy, we go deeper and deeper to experience that “I am here to know “I”-ness.” When it dawns, we realize our oneness with all life. This is Ahinsa...

The “**H**” of Ahinsa illumines our **Harmonizing** quality of consciousness. We experience harmonious presence on this earth with Reverence for Life which leads to harmony. “I will be a harmonious presence on this earth and will cause no harm.” This is respect for all life. Vibrations of violence beget violence. If we focus on violence, then violence will be our habit. If every day we think, “I am going to experience the presence of peace,” we start feeling peace. Gradually we engulf ourselves with peaceful vibrations. If we live in this way, this will become our shield. This will become our support. This will also become our protector from outside violence.

Vibrations of peace emanate from our loving heart. In the beginning, there will be some kind of conflict, but our practice and feeling of harmony will not allow any negative thought of hate, anger or resentment.



Each individual has to take charge of one’s self and create harmony in one’s self. Unless we create peace inside, we won’t be able to create peace outside. To tell others we use words but to tell ourselves, we have to practice peace to have the experience of peace. It is easy to say words, but it is difficult to tune into the feeling. To connect, we meditate on harmonious breathing. This way the practice of harmony gradually permeates in every cell.

The “**T**” of Ahinsa represents **Integration**. Integrate everything. Integrate equanimity, equality and consideration to all races, all religions, all ethnic groups, and all life. Take out the divisions from your mind. These are all walls of conditions. These walls are not outside; they are built inside our mind. These walls are separating us from others and the presence of life.

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Summer, 2009





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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www.lighthousecenterinc.org

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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 \$61 to \$361 a year are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$20 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.

Six S steps to E volution..continued from front page

Integration of behavior with belief is Ahinsa. Be this integration! We need a heart which integrates all, a heart which understands that all want to live, all want to have peace. There is no difference among living beings, even a fly or a flower wants to live.

Love does not have time to waste on hate. Love knows how to forgive. Love knows how to forget. Love knows how to move on. This way we are working on integration and slowly we feel integrated.

First, start with the mind, then with the words, then with the deeds. We integrate the way we think, speak and act. When we say, "Thank you," the thanks is first in our thinking, then it comes in our words, and then our hand extends. The vibrations of thanks, which started from thinking, have gone to words and then part from our fingers. For vibrations to be receptive, they must be harmonious.

Integration is a harmonious, peaceful state of our consciousness.

Integration of body, mind and spirit is an orchestra where soul experiences a symphony of peace, prosperity and progress

The "N" of Ahinsa is **Nobility** of consciousness. Nobility is excellence. It is elegant and humble. My teacher once told me, "I am not your master." I asked, "Why?" He answered, "I don't want to be your master." But I said to him, "We call you master. You are our master." He said, "Yes, I am a master, but not yours. I know how to master my emotions; I know how to master my thoughts; I know how to master my deeds. But sometimes I relapse and so whenever you call me "master," you remind me of being a master."

Somebody once asked me, "What is the secret of success?" I answered, "To err...but less...and less." This is the secret. Nobody grows without erring. You may make mistakes but don't beat your head. Don't say, "I am a sinner; I am guilty; I am bad." Don't punish yourself day and night. If you drop ink on your clothes, there will be a stain, but then you wash it and you wash it again. Each time you wash it, there is less and less of the stain, and one day you see the stain is no more. Be kind with yourself. Be gentle. Love will erase all stains and then you will be your own master.

A Noble heart is generous. It overlooks even injuries. Meditating on this quality, we are magnanimous toward our former enemies.

The "S" in Ahinsa stands for **Service**. Serve somebody. Let your life be a service. Through service we become alive. Have you thought how many people and things serve us? We breathe air; we drink water; we eat vegetables; we wear clothes; always we are receiving the services of other living beings. And in exchange, what is given? Exploitation! We exploit people, animals and the Earth. Day by day, the earth is losing its beauty, its energy. If we don't respect the earth, we will not respect life anywhere.

We need to serve and make service a part of our living. We need to live and help to let live. Some people ask, "Where can I go to serve?" I say, "Serve wherever you are. There is no need to go anywhere." You can do service in many ways. Ask, "Today, how can I serve other living beings?" In this way we contribute. One more person serving is a blessing to the earth.

The last "A" of Ahinsa stands for **Abstinence**. Abstinence from those things which pollute our vibrations. Abstinence from products which cause pain and suffering. Abstinence from liquor which confuses our thinking. Abstinence from foods which do not give health. Unhealthy foods may taste good but they hurt our body, thinking and life. Our cells are created from the foods we eat, and according to the foods we eat, our vibrations are created. It influences our thinking, our reasoning, our sensing. To promote vibrations of peace and harmony, therefore, we need to abstain from harmful products, foods and thoughts. The senses are a gateway to all kinds of vibrations.

It will help us to know why the abstinence of dairy products is also Ahinsa. This excerpt below is from an article by Pramoda Chitrabhanu: "Milk: At What Cost?"

"The cows' milk is only for their calves and it is only for babies, but now the cow is exploited for human beings.

*Their calves go hungry without a drop of milk and we become the cause (Nimitta) for their hunger and slaughter, violating the first vow of Ahinsa.

*This also affects our longevity (Ayushya) Karma. Reducing the longevity of others we

reduce our longevity.

*The law of life is to take anything without the permission of their owner is a theft (Adattadan).

*They also know that it is acquiring the Karma of Obstruction (Antaraya) causing the separation of mother and its baby.

*Mahavir has emphasized foregoing passion creating foods in daily life (Vigaya).

*All dairy products are passion creating food.

*Giving up dairy and becoming Vegan, we become practitioner of Ahinsa.

*Knowing the facts and yet if we are not able to change our food habits and give up dairy products, we have to question our beliefs and commitment to dharma.

*The law of nature - Dharma is nothing but cause and effect. What we sow that we grow. Whatever suffering is caused to animals comes back to us like a boomerang.

*Becoming VEGAN is one of the most important and effective actions we can take to ease the strain on our Earth's limited resources, protect the planet from pollution, prevent global warming, and save countless species from extinction."

So, my friends, as we meditate, we realize that "I am a living presence in this body. I am sentient, conscious energy. I am love. I am peace. I am compassion. I am animating body: these senses, these brain cells and all my existence, as I feel my Self. I am Ahinsa." This is the way we can live with Reverence for Life and Be a Blessing to this World.

Love and Blessings,
Chitrabhanu



Upcoming Lighthouse Events

WEEKLY

◆ Sunday Candlelight Meditation and Healing

6-7:15 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.



June - August, 2009

JUNE

Astrology Lecture

with by Bon Rose Fine, Sunday, June 14th, 1:30-4:30. Call Bon Rose for more info: 734-434-4555.

The Art of Presence

Six week class with Eckhart Tolle Retreat on CD's. Thursdays, June 18- July 30, 7:00-9:00pm, given by Nirmala. No class July 2nd. Cost \$60.

Learn to Meditate

given by Nirmala, Friday, June 26th, 7:00-9:30pm. Cost: \$35 or \$15 to repeat. Call Prachi to register 734-449-4381.

Summer Potluck

Saturday, June 27th, 6:00-9:00pm, Bring a dish and come celebrate our Lighthouse family! Drumming Circle too!

JULY

Astrology Lecture

with Bon Rose Fine, Sunday, July 19th, 1:30-4:30pm. Call Bon Rose 734-434-4555 for more info.

Learn to Meditate

with Nirmala, Friday, July 31st, 7:00-9:30pm. Cost \$35 or \$15 to repeat. Call Prachi to register 734-449-4381.

AUGUST

Spiritual Retreat

with Gurudev Shree Chitrabhanuji and others, Sat-Sun August 8-9. More info, call Prachi 734-449-4381.

Learn to Meditate

with Nirmala Friday, August 28th, 7:00-9:30. Cost \$35 or \$15 to repeat. Register with Prachi 734-449-4381.

Astrology Lecture

with Bon Rose Fine, Sunday, August 30th, 1:30-4:30. More info, call Bon Rose, 734-434-4555.

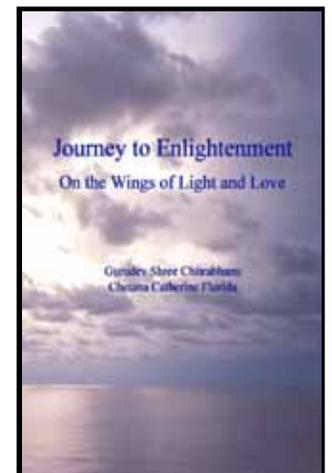
*I am like a falling star
who has finally found
her place next to
another in a lovely
constellation, where
we will sparkle in the
heavens forever.
~Amy Tan~*

JOURNEY TO
ENLIGHTEN-
MENT:
ON THE WINGS
OF LIGHT AND
LOVE

Inspired by Gurudev Chitrabhanuji, this book of all of Chetana's and Gurudev's messages together in the Beacon newsletter has been published by BookSurge.com. "Journey to Enlightenment: On the Wings of Light and Love" is available at the Center as well as on Amazon.com.

Nirmala Nancy Hanke and Raksha Penni Helsene have worked on the book over the last several years, and Richard Smoot readied it for publishing online. Photos were contributed by Aum Terry Abrams and Jyoti Betsy Thorne, and Liza Cheuk May Chan provided the photo for the cover.

Here is your chance to have a collection of all of Chetana's and Chitrabhanuji's messages together—an easy way to re-read and study them. Most of all this compilation is in remembrance of Chetana, whose journey was on the wings of light and love.



Lighthouse Center Calendar

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 7:30-10:00pm Intensive Meditation	6
7 6:00-7:15pm Candlelight	8	9	10	11	12	13
14 Astrology Lecture 1:30 - 4:30pm 6:00-7:15pm Candlelight	15	16	17	18 Art of Presence Class 7:00 - 9:00pm	19 7:30-10:00pm Intensive Meditation	20
21 6:00-7:15pm Candlelight	22	23	24	25 Art of Presence Class 7:00 - 9:00pm	26 7:00-9:30pm Learn to Meditate	27 Lighthouse Potluck 6:00 - 9:00pm
28 9:30-11:30 Board Meeting 6:00-7:15pm Candlelight	29	30				

July 2009

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

August 2009

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

President's Message

Dear Lighthouse Center Members,

Namaste. With spring comes freshness and renewal, and along with this beautiful energy I would like to welcome our newest Board member, Richard Smoot, and also deep appreciation to Kanak Claire Mautner who has finished her term on the Board. My 2 consecutive, 2 year terms on the Board are also completed, and the Board will be electing a new President in May. It has been a wonderful opportunity and experience for me to serve as Secretary and then President.

Also, I would like to offer a big thank you to our existing Board Members: So Hum Judy Shepard, Raksha Penni Helsene, Aarti Meg Graff, Nirmala Nancy Hanke, Mukta Tana Dean, Poorna Gail Salata and Sarita Susan Wolf-Sternberg, and also to our Director of Operations, Prachi Pat Thiel. Their service is greatly appreciated.

We have enjoyed some wonderful classes at LHC including Astrology, 12 Facets of Reality and Power and Empowerment. These classes have been taught by gifted teachers, and we have all grown and benefited from them. Thank you Richard, Adinath and Nirmala! We also enjoyed a healing Parswanath Puja lovingly performed by Asha Sheth.

May 23rd and 24th Gurdev and Pramoda Chitrabhanuji will be at LHC, and we hope you can join us for this enlightening weekend. For times and details, please go to: www.lighthousecenterinc.org.

We enjoyed the Appreciation Dinner so much, that we are going to host a Potluck on Sat. June 27th at 6:00 p.m. at LHC. Please bring a labeled vegetarian or vegan dish. Throughout the sum-

mer we will keep you posted on classes or special events, but please mark August 8th and 9th for LHC's 2nd Spiritual Retreat. If you would like to attend the JAINA Convention in Fullerton, CA July 1-5th please let me know at golphers@aol.com.

In addition, for those who would still like to become Pledging Members of the Lighthouse Center, please see our new pledging structure listed here in the Beacon. It's much more affordable.

It is you who makes the Lighthouse Center a special spiritual community, as we learn and grow in spiritual awareness and Ahimsa.

Love,
Nirali

LIFE CHANGES

Transcended Beings

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

Andrew Mays, 91, father of Clarita Mays, transcended December 22, 2008.

Selmer Rodning, 94, father of Nirjara Carla Rodning, transcended January 15, 2009.

Judy J. Liles Hanke, 88, mother of Nirmala Hanke and grandmother of Ben Hanke-Hills and Tia Priya Darshna Hanke-Hills, transcended February 11, 2009.

"REFLECTION"

by Kanak Claire Mautner

AH, IS THIS NOT LIFE

AS A CHILD, AWAITING TO BE FULL GROWN
ALL SEEMED POSSIBLE, IMPATIENT,
AWAITING FOR LIFE TO HAPPEN
(NOT SEEING WE WERE IN LIFE AND IT WAS HAPPENING)

LIVING THROUGH OUR EARLY STAGES,
WE GO OUT FROM HOME
AND LIKE A FLEDGLING WE BEGIN TO ROAM

SEEING THE WORLD WITH EYES
TRAINED BY ANOTHER
STRUGGLING, NOT SEEING SISTER AND/OR BROTHER

OH, THE HEART ACHE AND TEARS
THE DELIGHT AND FEARS
ALL EMOTIONS WAITING TO EXPRESS
COMING INTO OUR UNIQUENESS

STILL LOOKING TO FEEL GROWN
WE LIVE, LOVE AND LAUGH
AND ALSO MOAN

I THOUGHT I WOULD ABLE
I THOUGHT I WOULD DO
RECOGNIZING OUR OWN HUMANITY
OH, WHAT TO DO

THEN QUIETLY, WE COME TO OUR HEART
WE USE OUR SENSES, WE DRIFT APART
YET WITH OURSELVES WE BECOME WHOLE
AND LIFE EXPERIENCES THAT TOOK THEIR TOLL
JUST REMOVED WHAT WAS NOT NEEDED
SO WE COULD FOCUS ON WHAT WE HEADED

OUR JOURNEYS HAVE TAKEN EACH OF US ALONG
OFTEN WITH TEAR, OFTEN WITH SONG

WE HAVE LIVED AND CONTINUE TO DO SO
LEARNING AS LIFE OCCURS RATHER THAN SEEKING
JUST RESPECTING

AH, IS THIS NOT LIFE
AND LIFE EXPERIENCE

RECIPE CORNER

Creamy and Easy Mushroom Stroganoff

Serves: 6

This mouth watering healthy comfort food will keep your family begging for seconds.

Ingredients (use vegan versions)

- 1 package sliced mushrooms (I use porcini)
- 1 medium onion (finely chopped)
- 4 cloves garlic (minced)
- 3 tablespoons olive oil
- regular or whole wheat egg less noodles
- 3-4 tablespoons whole wheat flour or cornstarch
- 1 cup veggie broth
- 1 cup soymilk of your choice (I use light soy half/half)
- herbs of your choice (rosemary, thyme, sage, fresh parsley)
- salt and pepper
- about 1 tablespoon brown sauce (vegan Worcestershire or vegan gravy master)

Directions

1. In a large skillet saute the chopped mushrooms, onion and garlic until lightly golden. 5-7 minutes.
2. Add the flour and combine for 2 minutes.
3. In a pot of boiling water and salt add noodles. Under cook them about 2 minutes, they go into the sauce later.
4. To the mushroom mixture add broth and spices, gravy master and milk.
5. Let simmer for 5-10 minutes. If needed to be thicker add more flour combined with some of the cooking liquid separately.
6. Drain and rinse noodles and add.

I sliced a veggie burger and placed on top with a side of grilled asparagus. I garnished this dish with fresh parsley and grated vegan cheese. Enjoy



Crispy Breakfast Bars

Serves 4

Ingredient List (use Vegan ingredients)

- 7 cups puffed whole grain cereal
- 3/4 cup dried cranberries
- 3/4 cup raisins or dried blueberries
- 1 tsp. ground cinnamon
- 3/4 cup brown rice syrup or honey,
- 3/4 cup almond butter substitute,
- 2 Tbs. soy margarine or substitute.

Directions

1. Stir together cereal, dried fruits and cinnamon in large bowl.
2. Place syrup, almond butter and soy margarine in large, microwave-safe measuring cup.
3. Microwave 1 1/2 minutes on high, or until hot and margarine has melted.
4. Stir well, then pour over cereal mixture. Stir to coat.
5. Dampen hands with cold water. Press cereal mixture firmly into 9x9-inch square baking pan, re-wetting hands if necessary to keep mixture from sticking.
6. Freeze 30 minutes.
7. Cut into 15 bars, and store in refrigerator or eat all four servings.

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Nuisance Animals?

by Nayna Nancy Sloan

It is baby season, which coincides with nuisance animal season. If an animal has a choice between having the litter outside or in (under) a nice warm building, obviously he is going to choose the building. This is especially true because Southeast Michigan has become so built up over the recent years.

Prevention is the best recourse. Cap the chimneys; make sure there are no holes into your attic and bungee cord trash can lids. If you are one of the many people who love animals under their shed or porch, that's great, but if you want to keep them out, put a fence down to the ground, then curve it out at a 90 degree angle about two feet. The animal will not know to back up to dig under. This also works great with gardens. Before you do these prevention methods, be sure you don't already have little ones living in an area you are blocking in.

So, you procrastinated and now you have noisy guests in the chimney, attic, etc.. You can get them to move by putting ammonia soaked rags near them, as they don't like the smell. Also, play rock music (softly) or a loud talk radio station. They hate rock music and will move to a better location. Rock music will even get rid of moles.

If you have a skunk digging little holes in your lawn, he is helping you get rid of your grub problem. If you have problems with wildlife eating the plants in your garden, put a fence around it, then bury a fence on the perimeter about two feet out. This will only work if your garden is not the only food around. Leave an area unmowed, as they will prefer the weeds that grow in the unmowed area as it is easier than scaling your fence and they will leave your garden alone. And, if you are lucky, they

will share some blackberries with you.

It is not advisable to sit out dishes of food near your house as that teaches the wild animals to go near houses and many people have dogs and cats, which will hurt a wild animal. If you want to feed the animals, you can put some food in an area that is away from the house. Realize you may attract different wildlife than you were expecting, but that is the adventure of coexisting with wildlife.

If you have other questions, you can call your closest wildlife rehabilitator. If you don't know a rehabilitator, the Department of Natural Resources website has a list of all the licensed rehabilitators in your state.

Woods behind Lighthouse

By Andrew Sloan

Admit defeat. The forces of nature have dictated the destiny of the four acres of woodland behind the Lighthouse Center. In the past three years, all the ash trees have succumbed to the non-native, introduced and ruthless Emerald Ash Boring Beetle. While slower in progression, the Dutch Elm fungal disease has killed all the slippery elm trees. Last year DTE had to come in after severe storm damage to clear all the dead trees from the power lines. Unfortunately, they also cleared the beautiful stand of native gray dogwoods that were growing unobtrusively under the power lines. With so many dead trees who no longer soak up the water, combined with this year's record setting precipitation, the entire wood lot remains a mud bog. Another problem is that the

tree that is surviving and will benefit from this is the very invasive and very nasty Buckthorn tree, with its three-inch thorns. And the biggest problem is the many mosquitos. Until the area dries out, I cannot get machinery back there to spread the wood chips along the once beautiful and serene pathway. Nayna and I spent a day clearing the dead branches off of the path and spreading woodchips by wheelbarrow from the parking lot to the memorial garden and about one third of the way around the path until we were met with standing water. When the area dries out, we will go in with equipment and finish spreading wood chips.

We were hoping to come up with an inexpensive solution of offering to deliver and plant free any native water absorbing

trees and shrubs. In other words, if you would like to purchase a small tree or shrub from The Sloan Farm to be donated to the Lighthouse, we would come and plant it. This will help absorb the water, but I realize that before the plants can be planted it would entail a clean up that could be costly. We could also just concentrate on the area around the campfire area. Planting some native plants in that area to help absorb the water. In other words, the woods could be saved, but not many people walk on the path, so I don't know if this is where you want to spend your resources.

Before we go through an extremely extensive project, my question is are you going to use the woods? Please take a walk on the path and let us know.

Our Appreciation Dinner in March (From the Lighthouse Blog)

On Saturday, March 21st in the evening I attended my first Lighthouse appreciation dinner and was so delighted that I took the time to attend.

Here are some of the things I really liked:

The food, of course! We have some truly talented vegan and vegetarian chefs in our midst. This is the opportunity for us to share, and for me, to eat the delicious dishes everyone brought.

The people, yep! It was a time when I was able to enjoy the company of some members I don't see often and reconnect, share stories and just enjoy their company.

The center, the light! To hear the laughter and joy echoing through our beautiful center as we all enjoyed having dinner and some time to visit was powerful and made me always

more grateful for this spiritual community.

I personally enjoyed that there was just no other agenda than to eat, share food and visit.

The board discussed this wonderful event and has decided to schedule another one for late June, I don't have the date handy, but it will be in our Beacon. Next time take a few hours and come have dinner with us or return, like I will.

Enjoy the great gift this community has, ourselves!
Mukta Tana Dean

To view the Lighthouse blog and make comments on it, go to:
lighthousecenterblog.blogspot.com

A GATHERING

There is a gathering
a constellation of stars
A tiny galaxy unto its own
Right here
on the shores of Whitmore Lake

Knowing that each star
was on its own bright journey

A seed was planted so that each
star could come together and learn
And shine brightly forth with

Love

Compassion

Ahimsa

Peace

This brightness of stars
touches the hearts of others

This brightness of stars
is the Lighthouse community
a starlit dream
is gathered here
Chetana's dream
came true

-Nirali- (For the Appreciation
Dinner)

What Is Your Information Doing on the Website and Beacon?

With the dawning of the internet, as with all new creations, there are new challenges. The challenge with this great form of planetary connection is the release of more of our personal information as search engines have no ability to dissect information, only gather it and disperse it.

The Lighthouse Center wants to respect your choice to protect personal information and we do not have any control over how the internet uses the information on the website and now the Beacon. As we move forward using the internet please be aware that any information you have on the website or in the Beacon is being searched and placed.

The internet is an incredible form of planetary communication and allows us to connect with people in a manner never experienced on this planet. It allows us to communicate, learn to understand other cultures, religions, spiritual philosophies, and just plain people, in ways that have never existed before now.

The Lighthouse Center, as a spiritual community, uses the website for a central communication tool as a positive, light-filled internet activity. As we use it in our spiritual community we are also sharing our spiritual home with the world. It is like placing a beam of light out into the world every hour that it resides with the search engines and robots that collect the information for sharing with our planet.

Yes, it shares any and all information placed on it and that information stays there for all time, as far as I know, just be judicious with your information and use it in all the potential it has to create peace, understanding and joy among all people on this planet.

Yours in cyberspace,
Mukta Tana Dean

MEDICAL INTUITION WORKSHOP

The weekend of April 18-20, several of us took a road trip to Kentucky, just across the river from Cincinnati, to attend a workshop on Medical Intuition, sponsored by Edgar Cayce's Association for Research and Enlightenment. Given by Norm Shealy, M.D., Ph.D., he started with the four most important habits for health:

- 1- No smoking.
- 2- A BMI (Basal Metabolic Index) of 18-24. Anyone who is 40# or more overweight is outside this range.
- 3- Five servings a day of fruits and vegetables.
- 4- Exercise 30 minutes a day.

Dr. Shealy, who is 75, and "just starting middle age" has practiced these habits for many years, and attributes his energy and active lifestyle to them. He asked the audience, "How strong willed are you in relation to your health? I consider my health most important." In order to develop these habits, he said, one must retrain the body and the mind, through any of various forms of self-regulation, such as meditation, deep relaxation or autogenic training (self-hypnosis).

Dr. Shealy and Carolyn Myss coined the term "medical intuition" to replace "clairvoyance" and "psychic". Medical intuition means tuning into the messages your body is giving you: "Feel your body—sense, see, feel, know." The real problem for most people is the "unfinished emotional kaffuffel"—anxiety, anger, guilt and depression—being stored in their bodies. Hans Eysenck in Germany surveyed 13,000 people who were basically healthy, and found that they fell into four types:

- 1- Those with lifelong depression - 75%
- 2- Those with anger-15%
- 3- Those with anger and depression - 9%
- 4- Those who were autonomous (self-actualized) - 0.8%

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Groups 1-3 died 35 years earlier than Group 4, and most died of cancer and heart disease. This study supports the idea that anger and depression are root causes of cancer and heart disease. Dr. Shealy concluded, "Nothing is as bad for your health as anger and depression. We can't afford the luxury of anger and depression...Holding a grudge is like taking poison and expecting it to kill the other person."

In addition to a number of group exercises aimed at increasing awareness of the physical body and its connections with the mind, Dr. Shealy also shared many of his recommendations for optimizing health with supplements and his work on developing new acupuncture circuits in the body, associated with the chakras.

Overall, the workshop was provocative and inspiring, and we all came away determined to give new time and energy to taking good care of our physical bodies. If you'd like more information, check out Dr. Healy's website, www.normshealy.com.

Namaste,
Nirmala

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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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