

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

MANAGING LIFE WITH MEDITATION

Gurudev Shree Chitrabhanuji
JMIC Newsletter 1991

Gurudev Shree Chitrabhanu, as a Jain Master, encourages devotees "...to become strong enough in body, mind and soul to take charge of one's own spiritual journey. A teacher must never foster dependence in his disciples." His teachings help us to attain that state of consciousness in which we can experience harmony with ourselves and with the Universe. He comes to us as an exemplar and enabler of that harmony - a man whose presence itself is an affirmation of joy, oneness with all life, brotherhood, creativity, love, wisdom, action, and light.

Catherine Florida, The Lighthouse Center
Whitmore Lake, Michigan



Nowadays man is lost. Man does not know what he is doing. He is walking in sleep; he is a sleep walker. I've seen it. You see it with educated people. You see it in people with prosperity. But hardly do you see how poor they are inside; how frightened they are; how angered they are; how confused they are; and we see the results in the callousness in the world. It is not only in India; it is all over the whole world. And when man is lost, he becomes chaotic or paranoid or psychotic and he does not know what he is doing. He can do any violence; he can do sabotage; he can cheat; he can do anything. And nowadays you will see that such a person can even become a minister of a cabinet. This is the world in which we are living, and it is such people who are guiding us. Some are in the name of gurus; some are in the name of religious heads; some are in politics. The people who are in a position to be a beacon to us, guidance to us, an inspiration to us, are themselves lost. They themselves are groping in darkness; darkness

of greed, darkness of popularity, darkness of power, darkness of caste, creed, and religious fanatic ideas. When these leaders speak from their platform, we are guided and led by them and so this is a very trying time through which man is going.

Being Programmed

Our only hope nowadays is meditation, introspection. This is the only thing which awakens a man who is slumbering, is walking in sleep and is programmed. We are programmed people. Whatsoever we are doing, we are doing under a trance of a program by

Continued on page 3...

Inside

Upcoming Events	4
Lighthouse Calender	5
President's Message	6
Life Changes	7
Recipe Corner	8
Sarita's Transcendence	9
2nd Wednesday Meditation and Healing Night	9
Spiritual Names	10
Stream of Life	12
New Moon Meditation	13
Website	13
Classifieds	14
Pledge Form	15

Volume 58
May - July
2010





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 at 740 East Shore Dr. 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.

Mailing address

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

The Beacon Newsletter Staff:

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

MANAGING LIFE WITH MEDITATION...*continued from front page*

the media: the newspapers, the magazines, television, radio, the writers. They are day by day programming us and they also are programmed by others. Still we think that we are the one who is thinking. No! If the person were thinking, there would be clarity. The definition of happiness is clarity. Clarity of thinking is happiness. So, today, when I was asked what I am going to speak about, I thought: "Let's take time to think and let's take time for meditation." I am going to share some insights with all of you on meditation.

What is Meditation?

Meditation has now also become like a product in a supermarket where you go and buy various kinds of meditation and so I want to define what meditation is, because it can be used in negative ways also.

Meditation is a journey of discovery to your self, and from self to Higher Self, the purest Self, and in this state you see the world journey; it is a discovery that we are sentient energy. You find it within you, and this meditation takes you to that state which we call God Consciousness, Divine Consciousness, Self Consciousness, or Self Awareness. It's an inward journey, but various approaches in life are trying to take us out. Meditation is the only thing which takes you in and into your own self. And when you go inside, God talks to you. In prayer you talk to God but in meditation God talks to you; that is the difference. In meditation you don't say, "You are holy. You are big." You are this or that. He knows who He is. Why are you using unnecessary words? They are merely praise and flatteries. But in meditation, you allow Him to talk to you. Listen! Just be calm! Find out why you are here. What you are really is the light, the love. When we go closer to ourself, we find inside what we are seeking outside. You

are seeking God outside, but He is inside and He is a reflection.

"Meditation is the only thing which takes you in and into your own Self. And when you go inside, God talks to you."

What is God?

I define God as taking time to meditate and what you find is God in you. Each letter in God, G-O-D, represents a specific trait. First you experience that certain Generating energy, the "G" of God. That energy is not outside; it is within. G is the generator, the creator of electricity. Say, "This is in me. I am life. I am consciousness. I am sentient energy." I am awareness but my awareness is clouded because of desires, greed, all kinds of fanatic ideas. What I have to do is uncover; I have to bring out the quality from inside. It is a diamond with its radiance within. As we go on polishing the diamond, the radiance comes out. But it is a rough diamond. What is required is the art of polishing. And when we break our ego and we go on polishing, we find the radiance: insight, intuition, premonition. You get many, many insights and you will be surprised by your reservoir of knowledge. A reservoir of knowledge within!

Discovery of Self

We hardly take time to sit and listen and say, "Who are you, my dear?" The whisper comes so gently, so still that you have to become completely calm. If there is the noise of demands, we do not hear because of demands: some want money, some want power, some want position, and when there is a demand, our clarity is colored and covered. We become sure when we become pure. And purity comes to us when we come closer to ourselves, when we just sit and listen and say, "I have talked to you but now you talk to me." And there is an

art of listening. Just listen! And when we become aware, we see how our demands are overwhelming. We think we need so many things but we really don't know what we need. We are collecting; we are accumulating; but we don't know when we will have the time to enjoy them. And in this rat race, we are lost. We cannot find our Self. Find somewhere to just sit and watch what is going on inside. This is a beautiful way to live. All are on a sojourn. So, in mediation we are experiencing a sojourn and we ask whether "my trip in life is a trip of orderliness, light, love, peace and joy."

Time for Self

My friends, who is preventing us from making our life rich? No one except ourselves. We are in our own way; we are in our own hurdles, obstacles. Why? We have to break walls. Meditation means that we take time to inquire and experience these three words: Who Is This? I am the generator. I am energy. Whatsoever happens in the world happens because of this dynamic energy. You can do anything. This energy Mahavira realized and he brought us to nonviolence. He realized and he generated compassion. He realized and he said, "Watch your words. Watch your body. Watch your thoughts." There is no need to watch outside; it is inside. Once people are able to take time and see, they are able to generate the "G" for Generating energy. Each human being has this capacity. Every day if it is at all possible take ten minutes just for yourself. You have given time to your business, to your children, to your wife, to your husband. To all! But why not to your own self?

Continued on page 7...

Upcoming Lighthouse Events

May - July 2010

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.

◆**2nd Wednesday Meditation & Healing**, 7:00-9:00 pm, facilitated by Judy So Hum Shepard. Love donation (\$20.00 suggested).

MAY

2nd Wednesday Meditation & Healing, May 12th, 7:00-9:00 pm, facilitated by Judy So Hum Shepard. Love donation (\$20.00 suggested).

Weekend Seminar with Gurudev Shree Chitrabhanuji and Pramodaji, Saturday & Sunday, May 15-16, 9:00 am-noon. Cost: Love donation.

Learn to Meditate, given by Nirmala, Friday, May 27th, 7:00-9:00 pm. Cost: \$35, \$25 for students, \$15 to repeat. Contact Prachi to register: 734-449-4381, thielp17@yahoo.com

Memorial Day Meditation, Monday, May 31st. Gather 7:00pm, begin 7:30. Meditate in memory of all family members and friends who have transcended.

JUNE

The Art of Presence: Six week class with Eckhart Tolle CD Retreat. Thursdays, June 3-July 8, 7:00-9:00 pm, given by Nirmala. Cost \$40. Contact Prachi to register: 734-449-4381 or thielp17@yahoo.com.

2nd Wednesday Meditation & Healing, June 9th, 7:00-9:00 pm, facilitated by Judy So Hum Shepard. Love donation (\$20.00 suggested).

New Moon Celebration & Meditation: Saturday, June 12th, 7:00-9:30pm, with Christine Fodor, Sheenadwah. Bring in the new in your life. Guided meditation. Love Donation.

Learn to Meditate, given by Nirmala, Friday, June 25th, 7:00-9:00 pm. Cost: \$35, \$25 for students, \$15 to repeat. Contact Prachi to register: 734-449-4381, thielp17@yahoo.com

JULY

2nd Wednesday Meditation & Healing, July 14, 7:00-9:00 pm, facilitated by Judy So Hum Shepard. Love donation (\$20.00 suggested).

Spiritual Retreat with Gurudev Shree Chitrabhanuji, Pramodaji and others, Saturday & Sunday, July 17-18. More info, call Prachi 734-449-4381.

Learn to Meditate, given by Nirmala, Friday, July 30th, 7:00-9:00 pm. Cost: \$35, \$25 for students, \$15 to repeat. Contact Prachi to register: 734-449-4381, thielp17@yahoo.com



UNCHAINED MELODIES

We are the unchained melodies
swift as the rivers current
we cannot be contained

Come sit with me
in the echo spot
the portal
to where dreams are born
and time is unplanned

We will free ourselves
from labels
projections
definitions
and wander
into unlimitedness
into who we really are
flowing into
the whole
where the night sky
is tie dyed into hues
of indigo, violet
and pink rays
and laughter
is the currency
of love

-Nirali-

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

Martin Luther King, Jr.

Lighthouse Center Calendar

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 6:00-7:15pm Candlelight	3	4 7pm Intro to Planetary Rays	5	6	7 7:30pm 1st&3rd Friday Intensive Meditation	8
9 6:00-7:15pm Candlelight	10	11 7pm Intro to Planetary Rays	12 7pm 2nd Wednesday Healing & Meditation Night	13	14	15 9am Chitrabhanuji & Pramodji Visit
16 9am Chitrabhanuji & Pramodji Visit	17	18	19	20	21 7:30pm 1st&3rd Friday Intensive Meditation	22
23 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	24	25	26	27	28 7pm Learn to Meditate	29

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 6:00-7:15pm Candlelight	31 Memorial Day 7pm Memorial Day Meditation	1	2	3 7pm The Art of Presence - Eckhart Tolle with Nirmala	4 7:30pm 1st&3rd Friday Intensive Meditation	5
6 6:00-7:15pm Candlelight	7 7pm Community Reiki Share	8	9 7pm 2nd Wednesday Healing & Meditation Night	10 7pm The Art of Presence - Eckhart Tolle with Nirmala	11	12 7pm New Moon Celebration & Meditation
13 6:00-7:15pm Candlelight	14	15	16	17 7pm The Art of Presence - Eckhart Tolle with Nirmala	18 7:30pm 1st&3rd Friday Intensive Meditation	19 10am Reiki III Raksha Penni Helsene
20 6:00-7:15pm Candlelight	21	22	23	24 7pm The Art of Presence - Eckhart Tolle with Nirmala	25 7pm Learn to Meditate	26
27 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	28	29	30			

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7pm The Art of Presence - Eckhart Tolle with Nirmala	2 7:30pm 1st&3rd Friday Intensive Meditation	3
4 6:00-7:15pm Candlelight	5	6	7	8 7pm The Art of Presence - Eckhart Tolle with Nirmala	9	10
11 6:00-7:15pm Candlelight	12	13	14 7pm 2nd Wednesday Healing & Meditation Night	15	16 7:30pm 1st&3rd Friday Intensive Meditation	17 Spiritual Retreat
18 Spiritual Retreat	19	20	21	22	23	24
25 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	26	27	28	29	30 7pm Learn to Meditate	31

President's Message - Appreciation

Dear Ones,

This has been an amazing year with the greatest accomplishment for the Center – Becoming debt free-No mortgage. The decision by the Board to pay off the mortgage could not have been made possible without your continued financial support. As a Board we are grateful.

To keep the Center in tip-top shape- we thank each volunteer who has contributed to the upkeep of the grounds and building. To Nayna and Andrew for their guidance in preserving the land around the Center. To Raksha, Magali, SoHum and all who have cleaned the Center.

This year we have rented the building to various groups and teachers, who through introducing diverse esoteric topics, have contributed to the Center's core belief of exchange of knowledge to further each of us along our spiritual evolutionary path. In this area, SoHum is especially recognized for bringing in large groups, topics and events to the Center. We thank you SoHum in giving all of us the opportunity of new programs, and for sponsoring events through which the Center was introduced to those who may not have heard of us before.

The LHC Website

www.lighthousecenterinc.org has been a gift to the Center and under its stewardship Mukta is recognized for its inception, continued design expansion and updating. She has been solely responsible for this task, and has met every challenge presented to her with patience and grace. In addition, Mukta has guided the Board through the universe of the Internet and connected the Center to Internet advertising, and of late, to potential donations from eBay sellers who contribute a percentage of their profits to organizations like ours. We are grateful for your forethought and imagination.

The Beacon could not have been printed nor circulated without Richard Smoot's Adobe wizardry, and so we thank you for your continued contribution when you are near and afar- Richard has worked remotely to meet the

Beacon deadlines when business has him away, and for this we are grateful.

It has been a year of learning, adjusting and organization on the part of the Board, and I would like everyone to recognize their diligence in taking caring of the Center in its highest good.

The Annual Meeting gave birth to a number of suggestions for programs and areas of development that have the potential of enhancing the LHC membership experience.

One such suggestion that the Board has enacted upon is The Caring Community: The Caring Community program combines in-reach support to LHC members and out-reach to local communities through volunteerism.

In-reach support can help ailing members or those in need by loving acts such as preparing and bringing meals, cleaning house, and/or running errands through a member volunteer network. So for instance, if you or someone you know is ill and needs help, you would be provided with a telephone number of a volunteer in your area who will coordinate your needs with other volunteers who can provide that service. In other words the initial contact person is at the top of a calling tree of pre-assigned volunteers who are willing to support the needs of the ailing or in-need LHC member. Namrata, at the Annual Meeting proposed the in-reach program and the name -Caring Community; we are grateful for her leadership in this most supportive concept.

The out-reach component of the Caring Community was envisioned by Nirmala, and will provide local nursing homes with visiting programs such as "Laughter" facilitated by Raksha, and local charities with manpower through LHC member volunteerism. This can be accomplished by forming a team of LHC members going to local nursing homes and charities, and providing a needed service such as serving meals to the homeless, gathering and donating can goods and/or working to distribute groceries at local pantries. In the near future, Raksha and Nirmala will be visiting the Whitmore Lake Nursing Home in the name of the Lighthouse Center with anyone who wishes to join them. Further, a Community

Share Reiki Healing Night has also been added to the Reiki Rapid Response program that is already in place. The Community Share Reiki Night is open to anyone who needs healing in and outside of the LHC membership. Raksha and SoHum will be facilitating the Community Share Reiki Night with the first offered at the Center on June 7th starting at 7:00p.m. . We give thanks to both of them for taking this initial step.

In addition to the out-reach segment of the Caring Community, financial donations in the name of the LHC will be made monthly to 2 charities, and in the event of catastrophic need; a single time donation will be made to an organizational relief fund. The Board has selected Sasha Farms and Haiti (through Partners in Health) as the monthly charities to donate to this year, and has made a one-time donation to Partners in Health through Stand with Haiti.

Now, if you would like to be part of the Caring Community: Please sign-up on the volunteer sheet posted on the LHC bulletin board or by contacting the LHC.

Much gratitude goes out to the Finance Committee (Nirmala, Raksha and Richard Smoot) for keeping us mindful of our finances; the Election Committee (Nirmala, Prachi and SoHum) for breaking new ground by providing a protocol for the election process and in getting the ballots out in the mail, and to those members (Mukta, Nirmala, Namrata, Poorna, Prachi, Praprakar, Richard Smoot, SoHum) who have volunteered to serve on the 2010-2011 Board.

There are many who may not have been mentioned by name, but that does not lessen their contributions... theirs is a gift and we give thanks.

And lastly on a personal note: I would like to express my gratitude to each of you for giving me support, guidance and love through your energy of Ahinsa.

Aarti
President 2009-2011

MANAGING LIFE WITH MEDITATION

....Continued from page 3.

Affirmations

Ask yourself each morning before starting the day, "What do I want from my life? How am I going to spend my time this day?" Each day is a precious day and even with millions of dollars, no one can give us one extra day when our time is over. There are no exemptions. We have to have deposits in our consciousness. So, before you rest your head on your pillow, you say, "Today I did something. I deposited my day in the bank of my spirit: A little joy! A little sharing! A little bit of good feeling!" Then the night is no longer full of nightmares but full of beautiful feelings. You are at rest.

Individuation

What we are doing is following the herd mentality: our dress, our speech, our style, our walking, our eating; we must be like others and do like others. We are not individuals. But know that man starts his journey in life when he becomes an individual, when he has individuation. In the psychology of Jung, individuation must develop. One must come to one's individuation of "Who Am I? What Am I?" And when one finds out, he does not go with petty conformity. He says, "I Am I." I am I whether you accept it or reject it; it has nothing to do with me. But courage one must have to avoid being a chameleon. And this capacity, each one of us has. When man lives in this way, there are no regrets that one has not accomplished certain things when one's time comes. This is possible with the "G" of God: the Generator of energy.

Responsibilities

The "G" is generator; "O" is organizer and the third essential is very important: the "D" stands for Delete. We delete those things which are not useful, which are not helpful which are burdens. When we go for a haircut, we have the useless

hair cut and we pay money for that. The barber takes your hair but still you pay, because it needs to be deleted. In the same way, every day what is not necessary, delete it before you rest your head on your pillow. "This is not useful! This is not needed!" We are like children collecting cards, stamps, books; even if we are not using them, we keep them. We have to outgrow our childhood. So the third necessity is to delete. Delete those things which are useless and destroy those things which are burdening you, physical or mental.

Around us there are accidents, there are diseases, and there are so many happenings. But calamities are not coming from nature; they are coming from our own uncontrolled greed and desire. That is what creates things! The basic principle I am talking about is not from the scriptures, but from my own experience of how life is affected. Learn the art of deleting. Have a throw-away basket so that what we don't want let it go. Let it go, like a hair cut.

Practice

Any person who knows, uses, and applies these three-lettered essentials of life knows what to do and what not to do, from an inner voice. But because of greed, because of desire, because of ego, because of fanaticism, the inner voice is suppressed. When we take time, our meditation will lead us to become the best human being. Now, make them your own, these three words from GOD: Generate, Organize, Delete.



LIFE CHANGES

Transcended Beings

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

Delores Macon, 78, mother to Debra Darshana Macon, transcended January 29, 2010.

Sarita Susan Wolf Sternberg, 69, Lighthouse Board member and wife of Bhagwan Stan Wolf Sternberg, transcended February 26, 2010.

Wayne Shafer, 72, father to Cathy Kanti Shri Toll, transcended March 18, 2010.

Hazel Shepard, 87, mother to Bob Shepard and mother-in-law to Judy SoHum Shepard, transcended April 30, 2010.

Edna Foutch, 89, mother-in-law to Chetana Catherine Florida and great-grandmother to Sadhana and SoHum, transcended April 24, 2010.

Walter Toll, 72, father-in-law to Cathy Kanti Shri Toll, transcended April 29, 2010.



"A human being is part of a whole, called by us the 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty."

(Albert Einstein)

LIGHTHOUSE ELECTION

For the first time we have a Lighthouse election with two candidates for one position, so for the first time we are having an election with ballots! Mukta Tana Dean and Richard J. Smoot are both running for the office of Treasurer. Election packets were sent out all Lighthouse members who pledged or donated \$101.00 or more during 2009, and are therefore eligible to vote. The deadline for returning the ballots is May 10, 2010, and the winner will be announced during the Chitrabhanu weekend May 15-16.

In addition to the Treasurer position, there are other openings on the Board and several Lighthouse members have stepped forward, including Namrata Lisa Abrams, who wishes to serve as Secretary and Praparkar Dan Pieri. Each candidate for the Board submitted a Candidate Profile, in which he/she described their reasons for wanting to join the Board, their qualifications and their vision for the Center. A common theme was the desire to “give back” to the Center: “It’s time. I have received so much from the LHC and spiritual community that I would like to give back.”

We welcome the new Board members and look forward to the results of the election.

RECIPE CORNER

Soy Sausage, Artichokes and Olive Gratin

Ingredients:

2- 14-ounce cans of artichoke hearts in water
1 tablespoon of sesame seeds
1-cup soft white bread crumbs or wheat free bread crumbs
3 medium onions, thinly sliced
2 cloves garlic
¼ cup Nicoise or other black olives, pitted and chopped
¼ cup finely chopped flat leaf parsley
Salt and pepper to taste
¼ teaspoon dried sage or 1-teaspoon fresh sage
½ package of MorningStar Farms Meal Starter, Soy Sausage Crumbles
1 cup low-sodium vegetable broth or stock heated and reduced to 1/3 cup

Directions:

Preheat oven to 425°F.

Mix the sesame seed with the breadcrumbs. Spread the bread crumb/sesame seed mixture evenly in a baking sheet. Toast in the oven until lightly brown, stirring once or twice, about 3 to 5 minutes. Set aside.

In a skillet, heat 2 tablespoons of olive oil over medium heat. Add onions, stirring often until they are just translucent. Add the garlic and stir for 2 minutes. Add toasted bread crumb/sesame seed mixture and stir well to combine. Remove skillet from the

heat and add the olives, parsley, salt, pepper, and ½ package of sausage crumbles, stirring well to combine. Set aside.

Brush a shallow 12x8 inch-baking dish with half the remaining oil. Arrange 1/3rd of the onion sausage mixture in the prepared dish. Spread 1 can of the drained artichokes over the sausage onion mixture. Repeat, ending with the remaining 3rd of the onion sausage mixture. Pour the vegetable broth or stock carefully around the edges of the dish. Season top lightly with salt and pepper, then drizzle with remaining 1 tablespoon of oil.

Bake for 25 minutes, 10 minutes covered and remaining time uncovered or until bubbling and top browned.

* Note: If you want to add a little crunch you can add ½ cup crushed raw walnuts to the onion sausage mixture before constructing the gratin. In addition, parmesan (soy variety) is great sprinkled on top of the dish after baking.

Serves 4 to 6

I'm Writing My own Recipe for Soy Sausage, Artichokes and Olive Gratin

Notes:

Lighthouse Board Of Directors

Meg Graff
President
517-404-1631
graffhome@yahoo.com

Nancy Hanke,
Vice President
734-645-2188
nirmala.hanke@gmail.com

Lisa Abrams
Secretary
734-665-6219
lawabrams@comcast.net

Treasurer to be elected

Dan Pieri
616-534-2291
djpieri@comcast.net

Tana Dean
810-653-4918
tanaree4@yahoo.com

Judy Shepard
810-599-8855
judithfoxshepard@yahoo.com

Richard J. Smoot
734-389-5014
smootlips@gmail.com

Patrica Thiel
734-449-4381
thielp17@yahoo.com

Sarita's Transcendence

On February 26, 2010, Sarita Susan Wolf Sternberg, after a routine surgical procedure, unexpectedly transcended. A longtime member of the Lighthouse Center and a current member of the Lighthouse Board, Sarita was beloved by all of us who knew her, for her courageous battle with terminal kidney cancer in the 1990s, and for her moving account of her victorious struggle with it in her book, "A Year of Miracles: A Healing Journey From Cancer to Wholeness".

Her devoted husband, Bhagwan Stan Wolf Sternberg, arranged for two memorial services in her honor. The first, in Dexter on March 21st, was attended by family and friends, including twelve Lighthouse members, who began the service chanting the Navkar Mantra and Chattari Mangalum. Bhagwan provided a photo album on DVD, accompanied by beautiful music, including Sarita's favorite song by Carol King: "Tapestry". At the second memorial, held at the Lighthouse Center on April 10th, Bhagwan passed a talking stick for all in attendance to share their thoughts, feelings, and channeled messages about Sarita. A time of mourning, a time of celebration. We miss you, dearest Sarita, we love you, and know that you live on and shine in our hearts and minds and souls.

Namaste,
Nirmala

Flowing Free

"Flow like a river"
And you did
Through turbulence and calm
Sunlit days, and
Darkest of nights

Flowing freely
Facing fears
Overcoming obstacles
Buoyed up by your healing circle

Choosing life despite all the odds
Living each day to the fullest
In Love and Light

Letting go
Letting be
Flowing free
Even now, Sarita
Flowing free



Gathering Light A qi gong meditative poem

Preparing to absorb, accumulate
and circulate Light,
I clear a space around me.

With great expectation,
I part the veil
That separates me from Light.

Light pours in upon me
And drenched in brightness,
I unfold,
Like a flower blooming.

Hungry, I reach out,
Embrace,
And bathe myself in Light.

Within me,
Light arises like a fountain,
I am filled
— body, mind, and spirit —
with Light.

2nd Wednesday Meditation and Healing Night

Wow our 2nd Wednesday Meditation and Healing night is coming on a year of being at the Lighthouse Center. We are so proud that our Meditation and Healing night has become so popular. We actually have fans, a regular dozen show each month and we have had as many as 30 show for our meditation and healing night. We have evolved into a beautiful night of education, meditation and healing. We bring in guests most months to talk about something they are passionate about.

We had Laughter 101, EFT, the 'I AM, That' teachings and techniques, we had someone teach us how the Native Americans open sacred space and we had someone

show us a new body technique called the BowenWork that is helping alot of people.

We are so grateful to the Lighthouse Center for supporting spiritual classes at the Center and making it so easy to do classes at the center in these financial times we can't be thankful enough for the center's generosity and support.

I hope that you will find time to join us, May 12th, June 9th and July 14th for an interesting evening of Meditation and Healing. We start the evening with a teaching and than we are guided in meditation by Christine Fodor and then we go into silence while everyone gets an energetic 'tune-up' with Hands on Healing, Reiki and BioGenesis.

We also meditate in a 'gridded' area and it has been a very powerful place to be. We finish by sending out the energy to mother earth and beyond for healing and prayers for peace to prevail.

We hope to see you there.

In Loving light,
Jude 'Sohum' Shepard



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 (KAHDUM-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 (KAHRUNE-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 Doko (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) Unconditional love

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

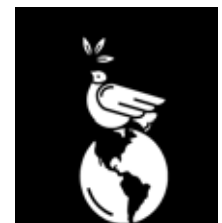
Veer Bryce Hutton (VEER) Mahavir, 24th Tirtankara Brave, victorious

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

Vemala 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



THE STREAM OF LIFE

Idries Shah

Once there was a stream that began its journey through the world in far off mountains. It gathered force and rushed around stones, fell over cliffs as magnificent waterfalls, flowed through valleys and forests where animals gathered to drink from its pure waters, ran across meadows where wild flowers bloomed on its banks. It rejoiced and gurgled and bubbled and its waters danced around in circles, so in love with its life was the stream.

Until the day it came to the edge of a great desert. Just as it had crossed every other barrier, the stream tried to cross this one. Time and again, it dashed its waters against the sand. But to no avail. Its waters disappeared into the earth and it was becoming a quagmire.

“You can’t cross the sands,” a whispery voice said.

“But it’s my destiny to flow through the land,” the stream answered.

“Not here. Only the wind crosses the desert.”

“But the wind can fly,” said the stream, growing more alarmed as its waters pooled into a muddy marsh.

“Exactly,” said the voice of the sands. “Let the wind carry you to the other side of the desert in its arms. This is the function of the wind. It carries water to lands that need it and lets it fall as rain.”

“But I want to stay as this beautiful stream that I am.”

“Your choice: keep hurtling yourself at the desert and sink into the earth. Or allow yourself to be absorbed into the arms of the wind and be flown to the other side. Either way, you will change.”

“So I’m going to lose everything.” The stream said as it churned and sank.

“No. Not your essential nature. You only fear losing everything because you have forgotten that.”

At these words, dim echoes began to arise in the stream – vague memories, or was it a dream? – of a different state, when it or some part of itself was being carried in the arms of a wind. And so the stream gave up its present form and allowed itself to rise up in a vaporous mist and be absorbed into the wind.

For many miles, the mist was carried in the strong and gentle arms of the wind, and all the dead things it had carried fell out – dead twigs, leaves, the bodies of dead animals, a wing of a bird. Now the mist remembered clearly being carried before by the wind, and it remembered what it was. “I remember now,” it said. “I remember my true nature. I am water.”

Finally, after many many miles, the winds came to a mountain range at the other side of the desert, And the stream began its new journey. It began to rain. It rained and rained, until a trickle of water gathering in a high mountain pool formed itself into a stream, and descended to the valley below – gathering force as it rushed over and around rocks, fell off cliffs, flowed through forests where animals gathered to drink from its pure waters, ran across meadows where wild flowers bloomed on its banks. It rejoiced and gurgled and bubbled and its waters danced. And for a little while, the stream re-

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”
Martin Luther King, Jr.

New Moon Meditation

The new moon meditation is a monthly celebration to bring in the new in your life. We discuss and follow the lunar cycles for manifestation. The new moon is the time to bring in the new and the full moon is the time to release the old to make room for the new. The other minor moon phases within each two week cycle also offer other energetic support for your intentions and affirmations. The energy of the moon cycles as well as astrological influences are always affecting the earth all the time regardless of our awareness of it. By learning the cycles and the energies present, we take more control to harness and work with these energies to bring more harmony into our lives. We also use the 'law of attraction' to aid us in our intentions and manifestations. Participants are urged to bring a journal if desired to write down your thoughts and reflections. After a discussion about the current energies we go into a guided meditation to connect and ground you and guide you to find your heart's desires and what you would like to bring into your life, or how you would like to change things in your life. After the guided meditation, time is given for optional journal writing as well as time to select guidance oracle cards for special messages to assist you in the upcoming month. We end the night with a closing prayer to support you in what you have envisioned for yourself during the evening event.

I have found that very often the things that are happening in my life coincide with what is going on energetically on the planet. When I know and understand that we are all going through the same things and that the universe is supporting those topics to be present in our lives at that time, it is much easier for me to understand and accept the process, helping me to embrace it as a necessary part of the unfoldment of the universe. My life has evolved more smoothly and with greater grace as I have embraced this process. And I want to share it with you! We meet monthly as close to the new moon as scheduling allows. We gather at 7pm and start at 7:30pm, the event usually lasts 2 hours. The next new moon meditation is scheduled for Saturday, June 12th. Hope you can join us!

Namaste,
Christine Fodor, Sheenadwah,
Wellness Practitioner

There's some changes happening at the Lighthouse Center website

Your website is experiencing some changes and growth with lots of ideas to help it serve our community better. The online world is always changing and we want to change with it. I've been working on redesigning it to make it look more current and easier for you to find what you need.

The photo pages of Gurudev's visits have larger photos, you can read many of the Beacons online and you can easily offer a donation using PayPal. We've filmed our first video which should be available for you to view in the near future. The Lighthouse blog is being redesigned and will have more entries for you to read and share.

Community members have come forward with ideas that will have a presence on the website. The Sharing Community, Namrata Lisa Abrams and a vegan section, Suchita Susan Schmitt-Creech, ideas that will offer service and education.

Be patient with our growing pains. You may stop in some days and find a few glitches but it is exciting to experience the growth and changes that will help your website be a resource for you and one that you can share with others.

Much Love,
Mukta Tana Dean



Place your business card here

Love *and it goes on the web*

Just \$25

Contact Nirmala

Prachi
(Pra-chee)

SPIRITUAL READINGS * COUNSELING
REIKI - 3rd Degree

Patricia Thiel
734.449.4381
Whitmore Lake, MI

Available for Parties
By Appointment Only

(517) 404-1631

Resolve Counseling L.L.C.
Personal Solutions to Life's Tribulations

Meg Graff, M.S., C.Ht., C.S.M.C.

Specializing In:
Esoteric Healing
Hypnotherapy
Regression and Past Life Regression Hypnotherapy
Relaxation Techniques including Mantra Meditation

Richard J. Smoot
Professional Certified Astrologer
"because life moves in cycles."
Consultation by appointment

richard@richardjsmoot.com 216-228-2245
734.389-5014

Nancy Nirmala Hanke, M.D.
Psychiatry
Psychotherapy & Healing

815 East Five Mile Road
Whitmore Lake, MI 48189

(734) 645-2188
nirmalanh@aol.com



Michael O'Shea's Photography
248-491-5833

**The Boundaries Of Experience
Expanding Your Comfort Zone**

DailyOM

Leaving your comfort zone of current patterns and behaviors is a courageous step toward self-growth.

None of us are born with a guidebook that provides explicit rules for thought and behavior that will enable us to navigate life successfully. To cope with the myriad of complexities to which all of humanity is subject, we each develop a set of habits and routines that ground us, their continuity assuring us that life is progressing normally. Most of us know, whether instinctively or by experience, that transformations can be uncomfortable, but we always learn and gain so much. Any initial discomfort we experience when expanding our comfort zones diminishes gradually as we both become accustomed to change and begin to understand that temporary discomfort is a small price to pay for the evolution of our soul.

Your current comfort zone did, at one time, serve a purpose in your life. But it is representative of behaviors and patterns of thought that empowered you to cope with challenges of days past. Now, this comfort zone does little to facilitate the growth you wish to achieve in the present. Leaving your comfort zone behind through personal expansion of any kind can prepare you to take the larger leaps of faith that will, in time, help you refine your purpose. Work your way outward at your own pace, and try not to let your discomfort interfere with your resolve. With the passage of each well-earned triumph, you will have grown and your comfort zone will have expanded to accommodate this evolution.

Whether your comfort zone is living with your parents, or perhaps being too shy to socialize, or maybe it's not realizing your spirit self—whatever it is, start small, and you will discover that venturing beyond the limited comfort zone you now cling to is not as stressful an experience as you imagined it might be. And the joy you feel upon challenging yourself in this way will nearly always outweigh your discomfort. As you continue to expand your comfort zone to include new ideas, activities, goals, and experiences, you will see that you are capable of stimulating change and coping with the fresh challenges that accompany it.

Lighthouse Center, Inc.
A Center for Spiritual Development founded by Chetana Catherine Florida
Donation/Pledge Form

Please print

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Other Phone _____

Email address _____

Put me on the Lighthouse Center email list: Yes _____ No _____

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

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

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

Enclosed is my **DONATION** of \$ _____

I want to **PLEDGE** for the calendar year of _____ and will be a _____ Member (choose one option below)

Gold Membership: \$361.00/year (\$30 mo.) Receive a \$36 Gift Certificate and your choice of book*

Silver Membership: \$241.00/year (\$20 mo.) Receive a \$24 Gift Certificate and your choice of book *

Bronze Membership: \$101.00/ year (less than \$10 mo.) Receive a \$10 Gift Certificate and choice of book *

Basic Membership: \$61.00 per year (\$5 mo) Receive and your choice of book *

Choose one gift book: _____ "On the Wings of Light and Love"
 _____ "Tried and True Recipes That Can Enhance Any Dietary Lifestyle"

(Gifts and book are shipped to you once your pledge is paid in full)

____ Check will be mailed to the Lighthouse Center. ____ Please mail me envelopes.

____ My monthly payment will be done online through PayPal.

Signature _____ Date _____

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

Please make checks payable to **Lighthouse Center, Inc.** and mail to:
Treasurer, Lighthouse Center, Inc.
P.O. Box 645
Whitmore Lake, MI 48189

**For any questions regarding volunteer hours,
 Contact Prachi at 734-449-4831 or thielp17@yahoo.com*

Update: 04/12/10

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

Lighthouse Hotline (734) 449-0611

FROM I-94, US-23 AND ANN ARBOR

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

FROM I-96, US-23 AND BRIGHTON

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

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