

# 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

## Ahinsa Is Life

By Pujya Gurudev Chitrabhanuji

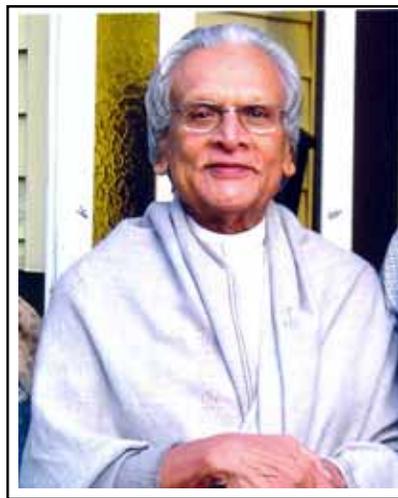
*“As we meditate we come to know ourselves.  
We discover the sacred beauty of life.”*

Ahinsa is not a philosophy. Ahinsa is not a religion. Ahinsa is a feeling of life. Many people say, “Ahinsa means don’t hurt anybody. Don’t kill.” That is one meaning, but it is secondary. The first meaning is: “Don’t hurt yourself.” When you hurt somebody, you are already violent inside; you lose the feeling of amity. Ahinsa is the road from enmity to amity. From hostility to love!

Ahinsa is a subtle thing. It cannot be grasped unless we go deep into ourselves. As we meditate we come to know ourselves. We discover the sacred beauty of life. Unless we have that experience, we may use the word Ahinsa, but it will only be lip service. It will just come from language; it will not emanate from experience. To practice Ahinsa, one has to remove the veil of ignorance about oneself. One has to experience life.

Once we have the experience, we make an inner commitment to practice Ahinsa in three areas: with our actions; with our words; and with our thoughts. Every night we review our day and ask, “Did I harm myself? Did I have any negative thoughts and feelings toward anybody? Did I criticize anybody? Did I judge anybody?”

As we develop the tenderness in ourselves, we see the tenderness in others and become more compassionate toward others. Once we see the sacred beauty of life in



ourselves, we see that sacred beauty in others. We do not see that person as a man or a woman or a person from a certain sect or religion. All these obstacles evaporate.

Unless we see beyond the barriers, there won’t be peace in the world. We may talk about peace; but inside we go on creating separation. Some say, “My religion is best; it is the only true religion. And, if you don’t start to practice my religion, you will go to hell.” Such dogmatism and bigotry is also a form of violence. When we practice Ahinsa, we try to understand what others are saying, what they are conveying, what they are feeling. We listen beyond the words.

Once you start practicing, your life becomes an inspiration. Wherever you go your eyes will speak; your feelings will speak; your

*Continued on page 7...*

## Inside

Upcoming Events	3
Oceans of Grass - Poem	3
Lighthouse Calendar	4
Enjoy Your New Website	5
President’s Message	6
16 <sup>th</sup> Biennial JAINA Convention	6
Peace and Forgiveness	8
Helping Wildlife	9
Antibiotic vs Non-antibiotic Soap	9
Recipe Corner	10
Classifieds	11
Daily OM	11

Volume 61  
Summer, 2011





## 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](http://www.lighthousecenterinc.org)

### The Beacon Newsletter Staff:

Editor: Nirmala Nancy Hanke  
Calendar: Prabhakar Dan Pieri  
Layout: Rohit 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.

# Upcoming Lighthouse Events

July - September, 2011

## WEEKLY

### ◆Sunday Candlelight Meditation and Healing

6-7:15pm 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 pm. Meditation lasts approximately 2½ 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-11:30am 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, \$25 for students or \$15.00 to repeat.



## JULY

**Mantra Class** with Asha Sheth: Learn the Uvasagga Haram stotra, the healing mantra of Parswanath. Six Mondays, through July 25th 7:30-8:30 pm, cost \$12.00/night.

**Astrology for the Non-Astrologer:** Sunday, July 24th, 4:30-5:30 pm, given by Rohit Richard Smoot and Vickie Peltz. Cost: \$10.00.

**New Meditation Lectures:** Learn to Meditate: Friday, July 22, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-449-4381, thielp17@yahoo.com.

## AUGUST

**Mantra Class** with Asha Sheth: Maitri Bhavanu chant by Chitrabhanuji. Four Mondays, Aug 1st - 22nd; cost: \$12/night

**Brow III:** Four Thursdays, beginning August 4th, 7:30-9:30 pm, given by Nirmala. A continuation of meditations with the brow chakra throughout the chakras, with yantras, mudras, and affirmations. Prereq: Brow II. Cost: \$45.00. Contact Nirmala at 734-645-2188, nirmala.hanke@gmail.com.

**New Meditation Lecture:** August 26th, 7:00-9:30 pm, given by Nirmala.

**Paryushana: Jain Festival of Forgiveness,** 8 days, Thursday, August 25-September 1st. Daily meditation and fasting styles to reflect upon the last year, and open the heart to forgiving self and others.

## SEPTEMBER

**Healing Meditation:** Friday, September 16th, 7:00-8:00 pm with Gurudev Shree Chitrabhanuji. Love offering.

**Chitrabhanuji Visit:** Saturday, September 17th-Sunday September 18th. Center open at 9:00 am. lectures 10:00-11:00 am each day. Group photos, blessings, and consultations (with Pramodaji.) Love offering.

**Chakra Class:** 8 Thursdays, Sept. 8-Oct. 27, 7:30-9:30pm, given by Nirmala. Introduction to the seven chakra energy centers, with empowerment of the mantra for each chakra. Prereq: two months mantra meditation. Cost: \$75 pledging/ \$85 non-pledging. Contact Prachi to register: 734-449-4381, thielp17@yahoo.com

**New Meditation Lecture:** Friday, September 30th, 7:00-9:30 pm, given by Nirmala.

**Community Annual Meeting:** Sunday, September 25th, 9:00 am to 12:00 Noon. Open to all to give input to the Board

## Oceans of Grass

Oceans of grass  
waving through  
our souls  
tufted with  
sweet pollen

Wide open prairies  
where a mighty oak  
offers shade  
stand before us

This sheltering  
grandfather of trees  
of such staggering majesty  
absorbs the tears  
of the brokenhearted

Nurturing us  
with its  
magnificence  
and greenery  
blocking out  
the scorching sun  
...soothing  
wind blowing lullabies  
through its branches  
and through our hair  
so that we feel  
a new beginning  
a birth of what  
is yet to come  
a faith  
in our being  
and in our place  
in time and that nothing  
is ours

Tears shed  
like diamonds  
that catch the  
pastels of  
the setting sun  
and are gently  
blown away  
like the tufted dandelions  
amongst the meadow  
with the  
stunning truth  
of this new reality

*Nirali*

**Lighthouse Center Calendar**

**July 2011**

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

**August 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 6:00-7:15pm Candlelight	1 Maitri Mantra Class Class 7:30pm	2	3	4 Brow III 7:30pm-9:30pm Given by Nirmala	5 7:30pm Intensive Meditation	6
7 6:00-7:15pm Candlelight	8 Maitri Mantra Class Class 7:30pm	9	10	11 Brow III 7:30pm-9:30pm Given by Nirmala	12	13
14 6:00-7:15pm Candlelight	15 Maitri Mantra Class Class 7:30pm	16	17	18 Brow III 7:30pm-9:30pm Given by Nirmala	19 7:30pm Intensive Meditation	20
21 6:00-7:15pm Candlelight	22 Maitri Mantra Class Class 7:30pm	23	24	25 Paryushana Festival of Forgiveness Brow III 7:30pm-9:30pm Given by Nirmala	26 Paryushana Festival of Forgiveness 7pm Learn to Meditate	27 Paryushana Festival of Forgiveness
28 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	29 Paryushana Festival of Forgiveness	30 Paryushana Festival of Forgiveness	31 Paryushana Festival of Forgiveness			

## Lighthouse Center Calendar

### September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Paryushana Festival of Forgiveness	<b>2</b>  7:30pm Intensive Meditation	<b>3</b>
<b>4</b>  6:00-7:15pm Candlelight	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>  Chakra Class by Nirmala. 7:30pm	<b>9</b>	<b>10</b>
<b>11</b>  6:00-7:15pm Candlelight	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>  Chakra Class by Nirmala. 7:30pm	<b>16</b>  Chitrabhanuji Visit Healing Meditation 7:00 pm - 8:00 pm	<b>17</b>  Chitrabhanuji Visit 10:00am - 12:00 Noon
<b>18</b> Chitrabhanuji Visit 10:00am - 12:00 Noon  6:00-7:15pm Candlelight	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>  Chakra Class by Nirmala. 7:30pm	<b>23</b>	<b>24</b>
<b>25</b> 8:45am meditation 9:00 am Annual Community Meeting 6:00pm - 7:15pm Candlelight	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>  Chakra Class by Nirmala. 7:30pm	<b>30</b>  7pm Learn to Meditate	

### Enjoy Your New Website!

By the time you read this perhaps you have already visited the Lighthouse Center's new website. This project has been discussed and in the planning for a long time and finally it is here. Personally, I'm delighted.

You'll notice some new areas that are in development; the Caring Community and Vegan Lifestyle. These are areas that are being built, so, please don't be concerned if you do go to a page that is not finished yet. This will be an ongoing project. In the near future you will be able to listen and download talks by Gurudev Chitrabhanu and enjoy a better designed photo archive and all of the Beacons from past years will be available. The old website was beginning to decay, looked and felt clunky, plus the technology was old and outdated. I was having more difficulties working with it, so it's a relief to have this new updated, technological wonder to work with.

I personally am fortunate to support spiritual centers and spiritually gifted people, building their websites and creating an online presence. I feel that doing this work is like sending light out into the internet universe, adding positive messages and help to those who are seeking guidance and relief from a world that many times is difficult.

This is an opportunity for the Lighthouse community to grow by offering education, information, and guidance in a spiritual context through the pages of this website. It is an expandable site, one where ideas can grow and help others. Enjoy and delight in the wonderful community that you are a part of, your Joy and Love is reflected in this new website.

Love to All,  
Mukta Tana Dean  
LHC Web Design and Webmaster

## President's Message

Summer has finally made its appearance with a brilliant display of flowers in a spectrum of colors and the warmth of the sun shining upon our backs. Summer is so welcomed after a prolonged winter and short spring. For many of us at the Lighthouse Center, Inc. (LHCI) this is likened to the process after Gurudev Shree Chitrabhanu's last visit: The intensity of the Healing Circle followed by the light of understanding and resolution.

For our teacher to return and aid us along our individual paths is a privilege, since so few teachers remain and fewer yet would venture to Whitmore Lake. With each of Gurudevji's visits the message may sound familiar but the lessons take on a difference as we evolve. In some instances the message comes to the forefront of the mind when we are in certain circumstances spurring us to make the mindful choice in our response. All of this choice making can be exhausting, but that is why we are honored to have repetitive messages. The message is the reminder that we are imperfect and in the human condition, yet it also allows us to get in touch with the divine within us-

that which guides us to make the choice in the highest good for ourselves and those around us.

As we enjoy the summer and the benefits of its light and beauty, let us prepare for Gurudevji's upcoming Healing weekend beginning on the evening of September 16<sup>th</sup> and continuing on the mornings of the 17<sup>th</sup> and 18<sup>th</sup>, 2011. In addition, Pramodaji will be conducting consultations after each of the morning sessions.

Also in September, the LHCI Board will be holding the Community Annual Meeting on the 25<sup>th</sup> beginning at 9:30a.m. with meditation beginning at 8:50a.m. . This is a time for members to contribute their thoughts and ideas. By making the choice to attend the Annual Meeting, you are assisting in the direction of the future of the LHCI.

Namaste,  
Aarti Meg Graff  
President LHCI Board



## 16<sup>th</sup> Biennial JAINA Convention

*Nirali Becky Kleinschmidt*

This year the 16<sup>th</sup> biennial JAINA Convention was held in Houston, Texas July 1<sup>st</sup> through 4<sup>th</sup>. Namrata Lisa Abrams and I attended, and represented the Lighthouse Center at the Diaspora Conference. Namrata gave a wonderful and energizing talk and powerpoint presentation of the Lighthouse Center. Om Terry Abrams took all of the photographs and captured the special light physically and spiritually that is within the center and surrounding it. I followed up with a short and personal talk and poetry reading about how Jain dharma has touched my life.

The keynote speaker at the convention was Dr. Neal Barnard, who is a physician, author and clinical researcher. He has written a number of books, the most recent being "The Get Healthy, Go Vegan" cookbook. He touched on the many ways the vegan diet can improve your health.

One of the speakers at the Diaspora Conference was very moving in the way he represented the convention

theme "Live and Help Live". Shri Devendra R. Mehta is the founder and chief patron of the Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS). This is a social organization in Jaipur, India engaged in humanitarian work that provides artificial limbs totally free of charge to the physically challenged. Many are children who have lost a leg.

The powerpoint photographs he presented captured all of the beautiful smiles of the children who received a state of the art artificial limb. They could not only walk again, but run, jump, climb trees and play. Not only were the children who received the artificial limbs smiling, but that of their friends too. It was such a beautiful and expressive photo that he returned to it, for us to enjoy and absorb. I brought home with me all of those beautiful smiles and celebration in another's joy, and the inspiration to "Live and Help Live" with a humble heart, which Dr. Mehta so aptly exemplified.

Gurudev Shree Chitrabhanuji *-continued from cover*

words will speak; your actions will speak. And people will be changed. Not by your words, but by what they see. When we experience the sacred beauty of life, we experience peace. We inspire peace. Then, there will be peace. There will be peace.

Ahinsa and a meditative mind go hand in hand. Meditation is seeing things as they are. And when you see, you feel and you experience. A child is not thinking; it is experiencing. That is why it does not think that you are old or young, beautiful or ugly. It does not discriminate. It sees life. It connects with life.

In meditation we get in touch with life; its depth, its joy, its beauty, its ecstasy. This is our source. But when we think, the mind either worries about the future or has regrets about the past. So, the present slips through our fingers. In meditation, we just feel and live. We are in tune with the experience of life. Life is the experience. Life is not permanent. Life is change. Whatever action comes, it comes from our source. That source we experience and expand in meditation. We tune in. We connect to ourselves, our body, our cells, our vibrations. And we progressively evolve in this change.

If we look at a ray of the sun, one ray, it is white and bright. But if it enters a prism, it becomes like a rainbow. The ray shows only one color, but now in the prism it appears in seven colors. What happened? It is a connection. The drop of water is hanging on the leaf. The sun ray touches it and you see the rainbow in the small drop of water. You don't see color in the rain, but there in that small drop it sparkles like a rainbow. The connection makes the change. When we meditate and have pure awareness, we see our own light. We see our own rainbow.

As meditators, we let the addiction to control melt away. We do not live in the future or in the regretful past, but in the pleasant present. Every moment life is pulsating and moving. We connect each day with our source and feel the dawn of life.

If Ahinsa and a meditative state go hand in hand, then Ahinsa also opens us to the humanity within us and in others. One evening Tagore was writing at a table near the window in the light of his table lamp. He wrote for an hour and a half and it was getting late; he became tired and turned off the lamp to go to sleep. To his surprise, Tagore saw that the room was flooded with moonlight. The moonlight had been in his room for hours, but he had not noticed. Only when he switched off the table lamp, did he see. And he writes, "My table lamp ego did not allow the God-like moon to flood into my life." As long as we have the small ego lamp, we don't see the flood of cool, natural light; our ego looks only for that which confirms our beliefs and ideas. "Oh, he speaks of something different from my religion, my belief, my ideas, and my dreams...I don't want to hear that." But if you turn off the ego, you realize the very presence of God within you. Once this door opens, you become open. You can listen to others and learn. Everywhere you can see many viewpoints.

In the partnership of love and marriage, you don't treat your partner as an object of pleasure. Your partner is a partner sharing love; is a partner sharing feeling; is a partner sharing your divinity. And when you look into his or her eyes, you realize that you don't want to hurt your partner with criticism, finding fault, or blaming the family. You want to understand.

When people are not aware of who they are, they go on criticizing, pinching, nagging each other. They do it in the name of perfection, in the name of improvement, in the name of caring, in the name of helping. But violence is present because there is no understanding. No reverence. No love. When we have negativity and hate, do we feel joy? Do we feel love? Do we feel pleasantness? Do our eyes smile? Do our limbs dance? No! Negativity stifles, constricts and confines.

In one Indian town, a woman came to see me. She told me that her mother was sick and wanted me to come and bless her. But I saw that this woman was very old,

Gurudev Shree Chitrabhanuji -continued from page 7

so I asked, "You have a mother?" Yes," she said. I was curious and asked, "How old are you?" She answered, "I am ninety." Ninety? I was surprised. A ninety-year old daughter comes to take me to her mother? I asked, "How old is your mother?" "She's one hundred and ten," the woman told me. So, I went there. I saw. The mother's skin was so soft and tender. I touched her and it was like touching the holiest, highest, purest soul. So peaceful! I asked, "What is the secret of your longevity?" And she said, "I love everyone. I don't hate anybody. When anything happens I tell myself it is my karma. Nobody is responsible for my pain. I am responsible for my pain."

When we feel the divinity, we can feel the cool, refreshing light of love and joy. We understand our humanity; we understand neighbors, family, people, and the world in which we are living.

Love and Blessings,

Chitrabhanu

### New Spiritual Name

When Chitrabhanuji was at the Lighthouse Center this past May, he gave a spiritual name to Carolyn Booth, our newest member to The Lighthouse Board. Her new name is Kavita, which means: "Poem, beautiful Divine poem. Singing brings the birds of the Divine on the wings of Kavita." We are blessed to have you with us, Kativa. Welcome.

## Peace and Forgiveness

Days are for action;  
Nights are for peace.

During the day we act, react and interact.  
During the night we do samadhi or peaceful meditation

Those actions, reactions and interactions  
We do during the day  
Come at night in our dreams.  
They come as emotions, as nightmares,  
as body vibrations.

We want the night to be for peace,  
For the dreams of soul.  
What are the dreams of soul?  
Omniscience, Peace, Bliss, Perfection.

To have the dream of soul,  
We erase certain vibrations of the day  
Before they permeate our consciousness,  
So, we have these thoughts and feeling:

I forgive all and let all forgive me.  
I forgive not only in words;  
I forgive in every crevice of my consciousness.  
I feel no animosity, no vindictiveness, no grudge  
against any living being in the universe.

I evoke the Siddhas,  
The Perfect Souls to witness  
This, my act of forgiveness.

.... Gurudev Shree Chitrabhanu



## Helping Wildlife

By Nayana Sloan

People ask me what they can do for wildlife. Sometimes what you don't do is as important as what you do. Here is a story I tell the children:

Have you ever eaten an apple in the car? And then you think what do I do with the core? Like most of us you don't have a baggie or napkin handy. So you think, I'll just throw it out the window. It can blend in with nature.

When your car is going 60mph, the wind coming around your car is going 60 mph. That is like throwing the apple core into a mini tornado. Anything you throw out the window is going to land behind the car. And, do you think that core will get a chance to blend in with nature? Nooooo.

A squirrel may be on the side of the road, and think "Did I just smell an apple going past?" Squirrels love apples and that squirrel wants to be the first squirrel to get that apple. Is it going to look both ways before going into the street? No way. And it may get hit by a car.

Nightfall comes and opossums love to eat dead squirrels and apples. Do you know what the opossum is going to do when it gets scared? Play dead. Does that work well with a car?

Then the raccoons have to get in the act. Morning dawns and the crows are on the road because they like to eat dead raccoons, dead opossums, dead squirrels and apples. Why don't you see a lot of dead crows in the road? Because they are a smart bunch.

The vultures show up next. They don't like apples, but they like everything else.

Help keep our wildlife off of the roads. Wait until the car is stopped and place any apple cores, banana peels, etc. away from the dangerous road.



## Antibiotic vs Non-antibiotic Soap

By Nayana Sloan

Using antibiotic soaps and cleaners has harmful side effects on you and the environment. When people expose bacteria to antibiotics through the use of soaps and cleaners, the bacteria become resistant to the antibiotics. Before long, you will have "Amazon" bacteria. (A new race of big, strong and invincible bacteria!) When you get sick, your antibiotic dose may have to be increased or changed as some antibiotics may no longer be effective.

Regular soap cleans and kills germs, but the length of time is the most important factor in cleanliness. When washing hands you should rub them together for at least eleven seconds. This is exactly how long it takes to sing Happy Birthday, so have your kids sing as they wash (and no fair trying to sing the song as fast as they can).

Your body absorbs not only what you eat and drink, but also what you breathe and put on your skin. Wear gloves and a mask when using harmful agents. And, remember you have purchasing power. If people stop buying, they will stop making it. Help make our environment a healthy one.

## Lighthouse Board Of Directors

### President

Meg Graff  
517.404.1631  
graffhome@yahoo.com

### Vice President

Patricia Theil  
734.449.4381  
thielp17@yahoo.com

### Treasurer

Richard Smoot  
734.389.5014  
smootlips@gmail.com

### Secretary

Lisa Abrams  
734.665.6219  
lawabrams@comcast.net

### Members at Large:

Penni Helsene  
586.246.4280  
pdhelsene@aol.com

Becky Kleinschmidt  
734.649.1234  
golphers@aol.com

Vicki Peltz  
216.228.2245  
vpeltz@gmail.com

Dan Pieri  
616.819.8606  
dpieri@att.net

### Associate Member:

Carolyn Booth  
248-924-5932  
carolynbooth@charter.net

## Recipe Corner

### Mark's Summer 3-Bean Salad

Here's a fabulous 3 bean salad that allows you to mix and match your favorite beans such as pinto beans, green beans, wax beans, chick peas, black beans or kidney beans.

1 - 15 oz. can Black Beans  
1 - 15 oz. can Garbanzo Beans (Chick Peas)  
1 - 15 oz. can Kidney Beans (dark red or light red)  
1 medium onion thinly sliced & separated in to rings  
1/2 c. chopped green pepper  
2/3 c. vinegar (I used white vinegar but any vinegar can be used)  
1/4 c. extra light virgin olive oil (or any light tasting oil like canola or vegetable oil can be used)  
1/4 c. sugar  
1 tsp. celery seed

Mix together & chill before serving. High in protein and taste!

---

### Perfect Vegan Chocolate Fudge

#### Ingredients:

6 tablespoons dairy-free margarine  
3 1/2 cup powdered sugar  
1/2 cup cocoa  
1/2 cup soymilk  
1 teaspoon vanilla (use less if using vanilla soymilk)  
1 cup peanut butter chips OR chopped walnuts

#### Directions:

- Melt all ingredients except peanut butter chips or walnuts in double broiler.
- Line Pyrex baking dish with wax paper and spray with non-stick cooking spray.
- \* If using walnuts:
  - stir in walnuts and pour into dish
  - store in the fridge overnight
- \* If using peanut butter chips:
  - pour mixture into dish
  - top with peanut butter chips
  - use a skewer to swirl through fudge until marbled (optional)
  - store in the fridge overnight

Preparation time: 20 minutes  
ENJOY...Yummm!

## Classified Advertisements

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

815 East Five Mile Road  
Whitmore Lake, MI 48189

(734) 645-2188  
nirmalanh@aol.com

*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

210-228-2245  
734-380-5014

**DailyOM**  
Nurturing Mind Body & Spirit

## Enjoying a Snail's Pace Doing Things Slowly

*Take time to slow down, rushing never gets you anywhere but on to the next activity or goal.*

Life can often feel like it's zipping by in fast forward. We feel obliged to accelerate our own speed along with it, until our productivity turns into frenzied accomplishment. We find ourselves cramming as much activity as possible into the shortest periods of time. We disregard our natural rhythms because it seems we have to just to keep up. In truth, rushing never gets you anywhere but on to the next activity or goal.

Slowing down allows you to not only savor your experiences, but also it allows you to fully focus your attention and energy on the task at hand. Moving at a slower pace lets you get things done more efficiently, while rushing diminishes the quality of your work and your relationships. Slowing down also lets you be more mindful, deliberate, and fully present. When we slow down, we are giving ourselves the opportunity to reacquaint ourselves to our natural rhythms. We let go of the "fast forward" stress, and allow our bodies to remain centered and grounded. Slowing down is inherent to fully savoring anything in life. Rushing to take a bath can feel like an uncomfortable dunk in hot water, while taking a slow hot bath can be luxuriant and relaxing. A student cramming for a test will often feel tired and unsure, whereas someone who really absorbs the information will be more confident and relaxed. Cooking, eating, reading, and writing can become pleasurable when done slowly. Slowing down lets you become more absorbed in whatever it is you are doing. The food you eat tastes better, and the stories you read become more alive.

Slowing down allows you to disconnect from the frenzied pace buzzing around you so you can begin moving at your own pace. The moments we choose to live in fast forward motion then become a conscious choice rather than an involuntary action. Learning to slow down in our fast-moving world can take practice, but if you slow down long enough to try it, you may surprise yourself with how natural and organic living at this pace can be.

**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