

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

Five Steps to Healthy Living

PUJYA SHRI CHITRABHANUJI

One should know the purpose of living and also how to live a healthy life, peacefully, purposefully and happily. In that sublime atmosphere, we also need to introspect on who we are. The two primary questions, therefore, one must try to find answers to, are (i) who/what we are, and (ii) why we are here. Once we get the answers, howsoever partially, the steps to healthy living become clear to us. Otherwise, one needs to have some background before reaching the steps.

If one leads a chaotic life, i.e. undisciplined, devoid of 'svadhyaya' (self-study and study of scriptures) and 'tapah' (self-discipline with ascetic devotion) and spends the invaluable time here in collecting just material things (wealth, titles, name and fame), then at the end of this life's journey, one really goes empty – handed, as a loser.

In order to inculcate reverence for all forms of life, one must have good thoughts, good food, good company and good environment. We need to make this journey a pleasant trip to our own selves, so that when we leave this body, there is a smile on our face, reflecting that we have lived a rich and healthy life, knowing the purpose of life.

Who is to climb up the 5 steps to healthy living, when one reaches these? Each one of us has to climb up the steps if we want to lead a healthy and happy life. Each one has to proclaim, "I am the person who is going to climb the steps to make my life not an 'outside appearance', but 'inside awareness'." Whilst taking the steps up, we are helped by what is not, to use what is! The invisible energy which is within us, which makes the body alive, helps the body to climb up the steps, just as to enter a room, the door has to be open and there should be no obstacle at the entry point. Only open space would make the entry possible. When this invisible energy goes out, all visible things become useless. We are helped by what is not, to use what is and this requires meditation and deep concentration. The body is helped by the invisible



Pujya Shree Chitrabhanuji

'Atma'. The body works only because of the 'Atma'.

When one looks into a mirror to see how he looks the thought does not occur to any one that what is visible in the mirror is not I. The one who is invisible and observing is I! This reflection is not of my Soul, but of my physical self. The eyes cannot see without the Seer within. In meditation, we may see the Seer, the Invisible, the sentient energy within us, our true self. We need to come to our true self and recognize and respect it. In a mirror, we see

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Our Mission

We are committed to inner peace and peace in the world, as we practice meditation and Ahimsa toward ourselves and others. We respect other points of view and strive to live in harmony with nature and all living beings. This is the greatest opportunity for spiritual growth and enlightenment.

Our Philosophy

We believe ... in the Divine Consciousness within everyone.

We believe ... in Ahimsa, nonviolence, in all of our thoughts, words, and actions, including the practice of vegetarianism.

We believe ... that the Truth has many aspects, and we respect other points of view.

We believe ... in acting as examples of humanity, as we express our love and compassion and Ahimsa.

We believe ... that in doing our meditations and spiritual practices, we begin to successfully live at peace within ourselves and in the world.

revised 2005

The Lighthouse Center

The Lighthouse Center, Inc., located 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: 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

MARCH 2012-MAY 2012

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.



MARCH

Book Club- *Muhammed*:

The third in a series of four week sessions, reading “*Muhammed*” by Deepak Chopra. Four Tuesdays, beginning March 13th, 7:30-9:00pm. Cost: \$15.00 building use fee.

Facilitated by Nirmala.

19th 24 Hour Meditation:

Saturday, March 3 6:00 pm through Sunday, March 4 6:00 pm, ending with Candlelight. A deep cleansing and rejuvenation. All are welcome to join in for any length of time, at the Center or at home, to meditate for world peace through inner peace.

Candlelight Time Change:

On Sunday, March 11th, Candlelight changes with Daylight Savings Time to 6:00-7:15pm.

Mahavir Puja:

Sunday, March 25, gather 2:30, begin at 3:00-5:00 pm, to celebrate Ahinsa and the birth of Mahavir. Cost: \$45, \$48 proxy. Register with Prachi (734) 449-4381.

Learn to Meditate:

Friday, March 30, 7:00-9:30 pm, given by Nirmala.

APRIL

Book Club-Mahavir:

“*Walk with Me*” by Acharya Chandanaji and Vastupal Parikh, PhD. will be the next book in the series. Four Tuesdays, beginning April 10, 7:30-9:00 pm. Cost: \$15.00 building use fee. Facilitated by Nirmala. Call Prachi at 734-449-4381 to order a book.

Chitrabhanuji & Pramodaji Visit:

April 28th & 29th! Mark your calendars for this blessed event. More to come later.

Learn to Meditate:

Friday, April 27, 7:00-9:30 pm, given by Nirmala.

MAY

Learn to Meditate:

Friday, May 25, 7:0-9:30 pm, given by Nirmala

Chakra Class: Eight weeks studying the seven chakra centers, using Chitrabhanuji's book *The Psychology of Enlightenment*. Given by Nirmala. Thursdays, beginning May 24, 7:30-9:30. Cost: \$75 pledging/ \$85 non-pledging. Prereq: 2 months mantra meditation. Call Prachi to register: 734-449-4381.

Life changes

Transcended Beings

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

Marie Booth, 87, mother-in-law to Kavita Carolyn Booth. transcended - December 15, 2011

Edward Lucas, 81, brother-in-law of Diane Cramer, transcended January 17, 2012.

Love and Laughter

Soltreu Garrett

Let love and laughter rule,
Learn from them like school.

They're necessities
like breathing,
Required to help
through our grieving.

Let my tears form into
smiles,
And help me through
my trials.

Let my laughter wash
away my cries,
As I whisper my sweet
goodbyes.

Knowing you will be
greatly missed,
And I'll see you again
in Heaven's bliss.

Lighthouse Center Calendar

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Email to LHCI: Election candidates	2 7:30pm 1st and 3rd Friday Intensive Meditation	3 6pm 24 hour Meditation
4 24 hour Meditation 5pm - 6:15pm Candlelight	5	6	7	8	9	10
11 DayLight Savings Time 6pm - 7:15pm Candlelight	12	13 7:30pm Book Club - Muhammed	14	15	16 7:30pm 1st and 3rd Friday Intensive Meditation	17 St. Patrick's Day
18 6pm - 7:15pm Candlelight	19	20 7:30pm Book Club - Muhammed	21	22	23	24
25 9:30am Board Meeting 3:00pm Mahavir Puja 6:00-7:15pm Candlelight	26	27 7:30pm Book Club - Muhammed	28	29	7pm. New Meditation Lecture	31 10:30am Candidates form deadline closes at Midnight

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 7:30pm Book Club - Muhammed	4	5	6 GOOD FRIDAY 12:30pm Good Friday Meditation 7:00pm Intensive Meditation	7
8 EASTER 6:00-7:15pm Candlelight	9	10 7:30pm Book Club- Mahavir	11	12	13	14
15 12am Ballots out if Election 6:00-7:15pm Candlelight	16	17 7:30pm Book Club- Mahavir	18	19	20 7:30pm 1st&3rd Friday Intensive Meditation	21
22 EARTH DAY 6:00-7:15pm Candlelight	23	24 7:30pm Book Club-Mahavir	25	26	27	28 10am CHITRABHANJI Visit
29 10am CHITRABHANJI Visit 6:00-7:15pm Candlelight	30					

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:30pm Book Club-Mahavir	2	3	4 7:30pm 1st&3rd Friday Intensive Meditation	5
6 6:00-7:15pm Candlelight	7	8	9	10	11	12
13 Mother's Day 6:00-7:15pm Candlelight	14	15	16	17	18 7:30pm 1st&3rd Friday Intensive Meditation	19
20 6:00-7:15pm Candlelight	21	22	23	24 Chakra Class 7:30 - 9:30pm	25 7pm. New Meditation Lecture	26
27 6:00-7:15pm Candlelight	28 MEMORIAL DAY	29	30	31 Chakra Class 7:30 - 9:30pm		

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

(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

Prachi
(Pra-chee)
SPIRITUAL READINGS * COUNSELING
REIKI - 3rd Degree
Patricia Thiel
734.449.4381
Whitmore Lake, MI
Available for Parties
By Appointment Only

Richard J. Smoot
Professional Certified Astrologer
"because life moves in cycles."
Consultation by appointment
216-228-2245
734.389-5014
richard@richardjsmoot.com



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 (UhmEE-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-DUHN-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-LAREE) 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

Lighthouse Members

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

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

Jagruti Lucinda Orwoll (JAH-GREW-TEE) Awakenings

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

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

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

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

Kanak Claire Mautner (KUH-NUK) Golden consciousness

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

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

Karuna Kathy Roberts (KAH-RUNE-AH) Compassion

Kavita Carolyn Booth (KA-VEE-TA) Poetry through which Divinity flows.

Kirtan Khita Whyatt (KEER-ton) Prayer

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

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

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

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

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

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

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

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

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

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

Nirali Becky Kleinschmidt (NEAR-AHL-LEE) Uniqueness

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

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

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

Spiritual Names



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

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

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

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

Prakash James Hunter (PRAH-KASH) Light

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

Prashant John Walker (Pra-SHANT) Especially composed

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

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

Premal Pat Takacs (PREM-L) Love

Premnath Frank Borowski (PREM-not) Lord of Love

Prerna Peggy Motsch (PRAYER-NA) Inspiration to all

Priti Paula Yocum (PREE-TEE) Self-Love

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

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

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

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

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

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

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

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

Ram Conor Hutton (RAHM) Pious, brave, conqueror

Rohit Richard Smoot (Ro-HEET) Eternal flame

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

President's Message

Cyclic Questions: It is that time of winter just before the expectation of spring when one starts those projects around the house or elsewhere. For me this year, it is updating a neglected guest bathroom. By adding a new coat of paint and a fixture here and there, it seems like an easy fix to satisfy a need for change. Throughout this project a question kept arising. "Why is it so easy to accomplish updating of a bathroom but so difficult to accomplish it in me?" Aren't we all a project in the making, and why it so hard- not easy to reach the final result?

During the updating of the bathroom, there were some things I could not accomplish by myself (like the installation of a ceiling fan) and I realized I needed to bring in someone with expertise. This brought about a delay in completion, but the wait was worth it since this fixture will endure over time. So, who is that someone with expertise to help us recognize the "change" in ourselves? Is it someone/something, our higher self or is it more than this?

Upon completion of the bathroom, I realized that within a certain time frame it would have to be redone again! How like the change within ourselves, just as we think we have changed, we realize that we may only be wearing a new coat of paint... our

redone is just an update and that we will have to someday do it again.

Our guiding teachers, Chitrabhanuji and Pramodaji, will be with the LHCI community on April 28 and 29, 2012. Prior to this event, a change on the LHCI Board will be taking place with the President's position open to any community member pledging at the Basic Membership who would like to put forward their candidacy. To be considered for the President's position or to sit on the LHCI Board as a Board Member, complete an application acquired from Nirali Becky Kleinschmidt (golphers@aol.com) and submit it to her on or before March 31, 2012.

My term of office on the LHCI Board has come to end, and so the cyclic nature of change for the LHCI Board commences. Please consider participating on the Board and applying for the President's position. It is truly a rewarding experience.

Thank you for allowing me to serve in this capacity for these last 3 years.

Gratitude and in the Light of Love,

Aarti

More Options on Your Website and Thank You Aarti

It is really exciting to watch your online systems grow, yes, I said online systems, because you now have three online centers to use, share and contribute.

The first and most important is the main site, *LighthouseCenterInc.org*, this is where you will find everything and links to the other two areas. It's the hub and is updated frequently. You can tell by the date on the main page at the bottom of the left column. Each time I make a change, I adjust that date. It lets people know that this site has relevant and current information.

The second, which came a few months ago, is the *Lighthouse Center blog* where the community can share recipes and vegan/vegetarian lifestyle articles. We are always looking for members who would like to contribute to this area. The blog is an opportunity to help others learn about the health, environmental and spiritual benefits of a plant-based diet. If you would like to participate, please contact Namrata Lisa Abrams (lawabrams@comcast.net) or me (tanaree4@yahoo.com), we would be delighted to help you contribute.

The newest is the photo blog. This is a Shutterfly account where you can view photos that have been recently loaded. At this point they are from the October healing weekend with Gurudev and Pramoda. You'll find that link on the home page, left column, *Join*

LHCI Photo Club or *LighthouseCenter.shutterfly.com*. When you click on this link you'll be able to view and purchase photos and gifts to share with others. You can also join as a member, you can participate in this area and receive notices of any changes that happen as we update.

Last I would like to thank our board of directors, particularly our President, Aarti Meg Graff, who has been a steadfast supporter of development and expansion of our online communications. She has always been there to listen to ideas, support their implementation. She has been a joy to work with. Thank you, Aarti and the Board of Directors.

Enjoy your internet connections, there are still more areas to develop in the next few months to give you and anyone visiting the tools they need to find, participate and join the Lighthouse community.

Please let me know if you have any ideas on how we can continue to make this a wonderful experience for whomever may 'stop by' and for the whole Lighthouse community.

Lovingly Submitted
Mukta Tana Dean
Webmaster

Gurudev Shree Chitrabhanuji *-continued from page 1*

the 'outside appearance', whereas in meditation, we experience 'inner awareness'.

A multi-billionaire built a huge, palatial house for himself and his wife in Uganda. He decided to go for a pilgrimage to the Himalayas, before moving in to the palace. He flew to Delhi with his wife and stayed at a hotel before the onward journey to the Himalayas. At night, the invisible spark, the 'Atma' left his body and the wife was left bereft. I was asked to stay at their palatial home, when I visited Uganda. I wondered, staying in that huge mansion, and realized that unless one knows his own real self and readies himself (constantly) for leaving the visible body, the amassing of wealth and material things does not make sense. We need to make time and spend it in looking at and knowing our own self.

There is a couplet in Hindi that says in this world, one can be said to have achieved something really great, if one meets his own self.

Do we really know ourselves? Do we spend time to sit beside our own selves and see who we are? No, there is no connection, no knowledge and no information. It is time, we make time to know our own selves.

A poet sang in Hindi that you have walked miles, away from the core, marching away from the self. Now for heaven's sake, change the path, O traveller, to come back to your self. Light a lovely candle, to manifest your own self, and realize the God within, by the radiant light.

Name, body, wealth, fame are all outward attachments. God is within us.

A rich man, on his death-bed, surrounded by his five sons, worried only about his business, asked them why they were all gathered around him and not at the business premises. Til the end of the journey, most people do not realize the purpose of life and who/ what they really are, busy accumulating only material wealth!

Hence, we need to understand and then climb up the five steps to bring us closer to our true self.

1. Breathe:

The first step is to breathe, with awareness, depth, peace and precision. Longevity depends on the number of breaths we take. Hence the longer the breaths, the longer is our life. We need to breathe in oxygen through fresh air, in good measure, to give a good amount of energy to our body and mind. We can swing on our breath. Take some time in the morning, or before food or in the evening to concentrate well on your breath, so that you form a habit of breathing with awareness and peace through the day and also at night. Pranayama (control over breath and its exercise) is a beautiful journey, which makes you feel rejuvenated, relaxed and free from tension and negative emotions.

Concentrate on each breath you inhale and exhale, Do not waste your breath by breathing with anger, greed, ego and hatred, as we do not know whether we shall breathe the next breath.

Chant the mantra 'SOHUM', i.e. 'I am That', whilst breathing. I am Atma (the soul) and Paramatma (God). What I am searching outside, is within me. Give at least 15 minutes every day to yourself to breathe, to think, to reflect.

2. Eat Plant-based food:

The body is nourished by food – healthy, pure and innocent food – not food made by harming other lives. Diseases and health – related problems arise mainly as a result of our ignorance about what to eat and how to eat. Body is made from the food you eat. Vegetables and fruit and juices make the cells alive. Birds eat fruit and they remain healthy and keep flying freely. There are no hospitals for birds. 'Yogis' in forests used to live only on fruit.

Animal milk is meant only for their offspring, when they are born and are young, just as a woman's milk is for her child. Mother feels love and affection for the child and the particular hormone changes blood into milk. It is produced only for 18-24 months after child-birth. Besides humans, no species drink milk once they grow up. It is just the greed and the wrong propaganda of the dairy industry which attracts consumption of milk by humans even after 2 years of birth. The cruelty perpetrated to the animals for milk production is horrendous and the animal suffering does not leave us unscathed. It is well-known that the great George Bernard Shaw, at a party in his honour, after receiving the Nobel Prize had mentioned to the hosts, 'my stomach is not a graveyard to bury the dead'.

Be compassionate and you will remain healthy. You give 'abhaydan' – a gift of fearlessness – to the innocent animals and collect blessings. The good deeds always remain with you, whereas money and fame are transitory.

When I was 37, I had high blood pressure and other health problems. Today at 89, I am healthy and fit, as I have turned vegan and am in charge of my food and lifestyle.

3. Exercise regularly:

Regular exercise of various kinds, be it Yoga Asanas, be it 'Pranayama', be it a walk, be it service, makes our bodies strong, resulting in stronger and calmer minds. A calm mind enables you to be at peace with yourself and the world. Keep the body moving.

When I was 19, I stayed with Gandhiji for some time. I offered to wash his clothes, to save him the trouble. He refused, asking me who would wash when I was gone. Learning the lesson, til now I wash my own clothes. I walk regularly every day and remain active also by climbing (up/down) stairs.

4. Think Peacefully:

Though the first three steps would help you climb up this fourth one, you need to put in some effort too. Train your mind not to have any negative thoughts of the past or about the future. Remember only good thoughts and experiences, not bad (so-called) things which happened in the past or which may happen as per your imagination. Have faith in yourself that you can achieve anything good. People tend to forget good things and remember only the negative happenings, however small in number. Negativity has longevity. Avoid it. Increase positivity. Relax, inhale peace, experience the vibration of peace, make it a part of life. Try to know the purpose of your living. Is it to collect grievances, bad memory, negative emotions, material wealth? No, none of these. We are here to surround ourselves with all life-giving, life-seeking and life-enriching purposes, instead of with anger, grievances, ego, greed and jealousy. Let others hold bad thoughts about you in them. You should remain unaffected by negative influences. You shield yourself with positive and purposeful vibrations, to keep the negative ones at bay. Do not think in a hurry or with anger and ego, as these will distort your thinking and you will not get the right answers.

In sum, there are two aspects one should bear in mind and practice:

- (a) Not to hurt our ourselves (thinking about what people say), and
- (b) Alleviate the pain and suffering of other living beings. Keep doing good deeds every day and increase the deposits in your account. Keep collecting blessings.

5. Live spiritually:

If you spend the day with the world, at least in the evening, sit with yourself, with your 'Atma' (your real self) and try to know if you are at peace with yourself, if you are at peace with the world, or if there is any anger, ego or greed within. We carry something beautiful and divine within us. Let it blossom beautifully.

Every situation is a moving memory. Nothing lasts forever. One egoistic king was told by his 'Guru' (Master / teacher, one who dispels the darkness of ignorance) to learn and live by one thing. He told the king one day that he may feel good that he is a king but he should always remember and repeat one sentence, i.e. 'This day too shall pass'. After every situation or incident, the king started saying, 'This day too shall pass.' This made him quite humble. Once he was invaded and defeated by another king. He was depressed, as he was imprisoned by the other king. Soon he remembered his Guru's words. He thought he was still the same and that day would also pass. He became calm. The victorious king was surprised. His ego too was shattered. Hence both benefited and became masters of their own selves. The moral of the story is not to get attached to anything – just enjoy, have peace, bless others, and have bliss yourself.

Do meditate on all five steps for healthy – physical, mental and spiritual – living. Practice, practice and practice, as reading or

hearing is much simpler than implementing. What is important is how much you digest and not how much you eat! That's the real test. I am sure you will climb up the five steps successfully, attaining a healthy and happy life, as you all are seekers. Develop the qualities of amity, appreciation, compassion and equanimity, to facilitate the ascent.



Michael O'Sheas Photography

~ 248.491.5833 ~

Please take note: The Light House Center will receive a donation of 20% for all contracted Wedding Photography referrals.

Simply acknowledge in any manner you deem appropriate that a referral was made on behalf of the Lighthouse Center and a donation (\$160.00 minimum) will be deposited the first Sunday after the wedding at Candlelight...Michael O'Shea

Wedding Pkgs. start at \$795 and include 2 Photographers, CD w/all Images processed that night, and hard copy photos.

All inquires are welcome

Michael did a wonderful job of taking Chitrabhanuji, Pramodaji and the LHC group pictures during their 2011 visit. You can view and purchase them out on our Shutterfly.com website account: (<http://lighthousecenter.shutterfly.com/>)

Those Who Give Create Light in the World

On a Monday evening I happened to watch the PBS Nightly Business Report, which I normally never watch, and what a surprise. It was a program about new companies, companies that young people are building with values; they create jobs and give to others. Also about the wealthiest and how they will be changing our world, positively.

In a world where it is so easy to see and absorb all of the negative, it lifted my heart to see these incredible, intelligent and giving young people who knew how to build global businesses and use them as a way to help people in other countries and here in ours. I tried to look the program up on PBS, but, couldn't find it, so I'll do the best I can to relate to you what I viewed.

The first were some young men, from an Ivy League school, who one semester found that they could get more for their used text books online rather than sell them back to the bookstores. This spurred the idea to sell used books online. In a few short years this company has made millions of dollars with a business that reuses books, creates jobs in a Midwest town, gives books to schools and donates to charities.

The second were another group of college students who appreciated gourmet coffee. They began a business where they personally travelled to countries in Africa to work with the farmers to harvest the highest quality coffee they can and pay them fairly. They discussed how much they noticed the difference in the farmers when they were able to grow and sell crops at a profit that permitted them to live well.

The third segment I wanted to mention is that Bill Gates and Warren Buffet have been approaching others in the world with their level of wealth and proposing that they commit to giving ½ of their wealth to charity. They are reaching close to 50 people who have committed to this proposal and one of them is Mark Zuckerberg, the developer of Facebook and the youngest billionaire on the planet.

So, perhaps when we hear those negative thoughts that begin to fill our mind about how 'bad' the world is, we

need to remember that there are people out there, of all ages, that are committed to truly changing the world. The people mentioned in this article represent millions, if not more than a billion, dollars that will continue to help people around the planet.

As someone who works for non-profits, I have begun to understand how they serve us. We may not agree with all of their missions, but, without them I wonder what would happen if the Red Cross were not there, the Salvation Army shut its doors, Sasha Farm could not take in animals, Hope Clinic could not take in those who do not have health insurance or Partners in Health could not help people in Haiti.

We live in a time of great change and our positive actions and thoughts will help us and those around the planet who are creating change through their business and personal acts of charity. Remember these people when you need a ray of hope, they are the rays of light the world needs.

Many Blessings to All who Give,
Mukta Tana Dean

New Year's Message for 2012

May the dawning of this New Year
fill your heart with new hopes,
open up new horizons and
bring for you promises
of brighter tomorrows.
As the new year blossoms,
may the journey of your life
be fragrant with love, joy and peace.
Let your days be bright
with new beginnings
and your heart be happy
with contentment.

Happy New Year!
Chitrabhanu and Pramoda



Rachel Beckwith Tops \$1 Million for Charity:Water

Rachel Beckwith didn't live to see her birthday wish, but more than 50,000 people in need of clean water will, now that her campaign has hit \$1,011,936 and counting.

When Rachel died on July 23 from injuries she sustained in a car crash, she had raised \$220 for "Charity: Water", a nonprofit that brings potable water to developing countries. The Bellevue, Wash. girl had decided to celebrate her birthday with the fundraiser instead of getting gifts, but fell \$80 short of a goal that would've helped 15 people in need.

After Rachel passed away though, her mission was revived and amplified by thousands of complete strangers who have made Rachel's campaign, "'Charity: Water's'" largest in history.

"I'm just blown away by the overwhelming love and support and response that we've gotten from it," Rachel's mother, Samantha Paul, shared on the CBS Early Show Monday. "It's overwhelming."

Paul met founder and CEO of "Charity: Water", Scott Harrison, for the first time Monday and the two expressed their commitment to keeping Rachel's legacy alive.

"Lives are being transformed through this little girl's selflessness," Harrison remarked. He offered to take Rachel's mom to Africa to meet those very people her daughter has impacted.

"I've always been so unbelievably proud of her, of the choices she's made throughout her life," Paul shared. "I'm just glad that everyone can share in the 'Rachel experience' now." (www.huffingtonpost.com August 2, 2011)

Rachel as a guiding example!!

Rachel was a small child with an open heart, who saw the selflessness in giving to others rather than receiving. What an inspiration from such a little girl, whose vision to donate, helped so many! Rachel's values and vision are among those we support here at the Lighthouse Center. So, with Rachel as a guiding example, we thought we would like to also have a Birthday Wish donation set up at the Lighthouse Center. Gifts to help others, gifts of selflessness, are like karma, they have a ripple effect of reaping the goodness outward, like Rachel's gift had. Rachel gave a gift of selflessness, a gift of sustaining another life because of your life, and a gift that deeply connects one to all that is living; a gift without greed or ego.

The Lighthouse Center has made available Birthday With Certificates* if you wish to donate on your own birthday or as a gift for someone dear to you. We have thought that a gifted donation can be made to the Lighthouse Center to help us to sustain and help our community, those in need, coats and hats for the homeless, blankets for nursing homes, holding retreats on peace and nonviolence, having guest speakers on various subjects but always with the premise of nonviolence and peace, our many classes, as well as the needed upkeep of the Center so that these things can take place.

What a beautiful way to honor someone on their birthday, a gift that never stops giving, a gift that says, "I chose this charity, because my light sees the light in you".

*These certificates are available on our website.

HAPPY BIRTHDAY !!!

MY GREATEST BIRTHDAY WISH FOR YOU IS THAT YOU ARE BLESSED A MILLION AND ONE TIMES OVER WITH ALL OF THE LOVE, JOY, COMPASSION, PEACE, ABUNDANCE, UNDERSTANDING, NON-VIOLENCE, GRATITUDE, HOPE AND INSPIRATION THAT YOUR BIRTHDAY BRINGS THROUGH THIS GIFT!!!

BECAUSE OF YOUR BIRTH, YOUR ESSENCE LIFE ENERGY, THIS YEAR IN YOUR HONOR!

AN AUSPICIOUS AMOUNT OF \$ _____

HAS BEEN DONATED TO THE LIGHTHOUSE CENTER IN YOUR NAME:

The Lighthouse Center in Whitmore Lake whose mission through meditation to live in non-violence to self and others. The Center is involved in helping many persons, community functions, and classes to promote peace and non-violence.

I chose this Birthday gift because of the way your beautiful spirit has touched my spirit, and I wanted to share the gift of your light with others. I hope you can feel the deep connection you have with all of life and that your life sustains that life in the most beautiful way. May the rhythm of life flow into you, fulfill you and through you and bring you greater love than you have ever felt.

Thank you so much for being a part of my life! Once again, my light honors the light in you.

Namaste,



Lighthouse Board Of Directors

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517.404.1631
graffhome@yahoo.com

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thielp17@yahoo.com

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golphers@aol.com

Vicky Peltz
216.228.2245
vpeltz@gmail.com

Dan Pieri
616.819.8606
dpieri@att.net

Recipe Corner

Zesty Lemon Quinoa by Kavita

Here is the awesomely outstanding, and scrumptiously delicious recipe!

1 cup Quinoa
1/2 cup Toasted Pecans or Toasted Pine Nuts (I use pecans)
1/8 cup or more Grape Seed Oil or Light Olive Oil depending on how moist you prefer it (I use Grapeseed Oil)
1/8 to 1/4 cup Fresh Squeezed Lemon Juice
2 level, (not heaping), teaspoons Freshly Grated Lemon Zest
1 teaspoon Ground Cumin
1/4 teaspoon Cayenne Pepper (or less if you don't like it too hot, it's easier to add than to take away)
1/2 to 3/4 cup chopped Flat-Leaf Parsley (I prefer 3/4 cup)

Rinse Quinoa in a fine strainer for a few minutes to remove the saponin coating off the quinoa because it is bitter. Transfer to a medium saucepan and add 1 teaspoon sea salt and 1-1/4 cups water. Bring to a boil, cover, and reduce to a simmer. Cook until water is completely absorbed, about 18-20 minutes. (make sure Quinoa is completely cooked. You can tell when it's cooked because the hulls break open and they have a spiral looking appearance. If they are not fully cooked, they will be too chewy). Let Quinoa cool for a bit (so the parsley doesn't wilt), then transfer it to a medium bowl and add the Pecans or Pine Nuts, lemon zest, cumin, cayenne and parsley. Then drizzle with lemon juice and grape seed oil. You can add salt and pepper if you like, but I don't because the salt that was added to the water in the boiling of the quinoa seems to be plenty, and the addition of the cayenne is hot enough for me without adding regular pepper, but you can use your own judgement in adjusting the flavor.

Toss until well combined. Serve warm or at room temperature. The flavor is enhanced when it isn't too cold.

I usually make a double batch because it keeps in the fridge for about a week. If the Quinoa absorbs the oil and lemon juice after awhile, you can drizzle a little more oil on it to moisten it up a bit. Serves 4.

Quinoa, the Superfood!

What makes Quinoa (pronounced "keen-wah") so nutritious?

Most people who have heard of quinoa think it's a grain, but technically, quinoa is a seed, not a grain and it's grown high in the Andes Mountains of South America. Quinoa plants have been cultivated at altitudes of well over 10,000 feet and have been considered a superfood for at least a few millennia, - in fact, the Incas cherished it as a superfood of their own. Quinoa is stocked with life-sustaining nutrients all across the board, including all eight essential amino acids. There are other highly beneficial compounds, vitamins and minerals in this food that the Incas reverently called "chisaya mama" (mother of all grains).

Vegetarians and Vegans would do well to incorporate quinoa into their diet often. It's difficult for them to get all eight essential amino acids and an adequate source of protein from one food source. Usually, Vegetarians and Vegans need to combine foods like beans and rice to acquire all the essential amino acids, the building blocks of protein.

Those with gluten sensitivities or wheat allergies can rejoice in eating quinoa as it contains no gluten or wheat.

Quinoa by itself tastes rather bland. Add some coconut, olive, or grape seed oil to add flavor and consistency. Add any spices or herbs you like and perhaps some crushed almonds or walnuts. In the last two minutes before it's ready to serve, toss a handful of spinach and stir until the spinach withers a little bit but not too much. Use your imagination! I've used black olives, onions, corn, tomatoes, and avocados, or you can even try a variety of fruit to make it into a healthy dessert!

Lighthouse Center, Inc.
 Founded in 1979 by Chetana Catherine Florida
A Spiritual Development Center Bridging the East and the West
Pledge Form

Please Print

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone #: _____ Cell #: _____ Other Phone #: _____

Email Address: _____



If you are renewing your Membership and if any of the above information has changed, please circle the new information so that our records can be updated. Thank You.

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

Put me on the Lighthouse Center, Inc. postage mailing list: Yes _____ No _____

Your Pledge is already at work supporting the LHCI in providing a Spiritual Home to many, its Mission and Outreach programs.

I am PLEDGING for the calendar year of: _____, from January to December.

Please check Membership Level of your Pledge:

___ **Platinum Membership:** \$1212.00/year (\$101.00/month) & Receive a \$100.00 Gift Certificate* to the LHCI Store.

___ **Gold Membership:** \$601.00/year (\$50/month) & Receive a \$50.00 Gift Certificate* to the LHCI Store.

___ **Silver Membership:** \$241.00/year (\$20/month) & Receive a \$24.00 Gift Certificate* to the LHCI Store.

___ **Bronze Membership:** \$101.00/year (less than \$10/month) & Receive a \$10.00 Gift Certificate* to the LHCI Store.

___ **Basic Membership:** \$61.00/year (\$5/month)

___ **Alloy Membership:** Enter a Pledge Amount above the Basic Membership \$____.00/year (\$____.00/month)

You will receive a Gift Certificate* to the LHCI Store valued at 10% of your Yearly Pledge.

**Gift Certificates will be mailed to you when your Pledge has been met on/or before December of the year pledging.*

Payment Preference (Please check one):

___ Check* will be payable to the LHCI as a single yearly pledge amount

___ Check* will be payable to the LHCI monthly

___ Check* will be payable to the LHCI quarterly

**Bank checks will be payable to the LHCI (please write "Pledge" in notation section of check)*

OR

___ A single payment will be made online at the LHCI website* via PayPal.

___ A monthly payment will be made online at the LHCI website* via PayPal.

___ A quarterly payment will be made online at the LHCI website* via PayPal.

Signature: _____ Date: _____

The Lighthouse Center, Inc. is a non-profit organization under Section 501(c)(3) of the Internal Revenue Code
 Pledges and Donations to the Lighthouse Center, Inc. are tax deductible as provided by law.

***<http://www.lighthousecenterinc.org>**

Please make checks payable to the Lighthouse Center, Inc. (LHCI) and mail to:

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

*For any questions regarding Pledge Information or Volunteering at the LHCI,
 Contact the Director of Operations, Prachi at 734-449-4831 or thiepo17@yahoo.com*

(updated 12/02/11)

**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.*)

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Whitmore Lake, MI 48189