

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

Talks at the Lighthouse Center

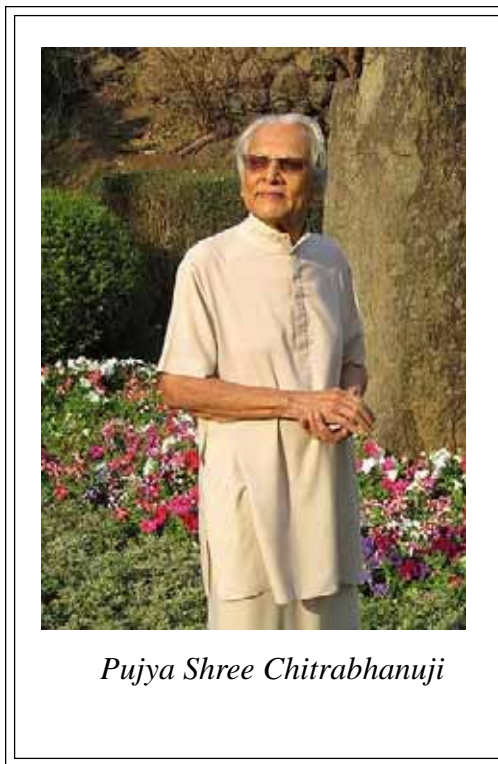
June 23-24, 2012

GURUDEV SHRI CHITRABHANUJI

On the weekend of June 23-24, 2012 Gurudev Shri Chitrabhanuji visited the Lighthouse Center and gave two inspirational talks. On Saturday his talk was: "Experience the Presence Within." He began, "On the way here I was meditating and it came into my mind that this body's been working for 90 years. In 90 years we breathe 2 1/2 billion times, according to the Department of Health. In order to breathe there must be energy, electricity, light. Because the heart is beating, we are breathing. This is called the presence of God. God is not a noun, God is energy. As long as life is in us, the body works. As long as we are connected to this energy, the body works; once the connection is gone the body is dead."

He spoke about holding the presence of God within: G—O—D. "The "G" is for Generator, the generator that transforms negative energy. When you realize that you are holding the presence of God, you can transform anger to love, hate to appreciation, greed to generosity. It becomes a light in your eyes. Work for a year, every day say, 'I am going to transform the negative energy to positive energy. I am generating, I am holding the presence of God.'"

The "O" is for Order, organize your life; and the "D" is for Delete, delete those things you don't need in your life. We are collecting so many things we don't need: stuff, stuff, stuff. Instead Chitrabhanuji says, "Keep a few things you can manage; otherwise, you spend your life managing things. Simplicity is the light of the truth. Some people say that simplicity is impractical. But is it wise to spend all your time collecting, managing, arranging? All the real saints I have seen are very simple.



Pujya Shree Chitrabhanuji

Know the presence of G-O-D. Just go inside. A pilgrimage is not for going to see God outside, you need to see God inside you. If you don't see that, you will be an empty fellow. Realizing the presence of God is feeling that presence when you are alive, not after death. To experience the presence of God, you have to meditate. It is not a lecture to hear, you must live it. Meditation requires practice. With practice you will increase the quality of your consciousness from atma to mahatma to paramatma."

On Sunday Chitrabhanuji spoke on "Individuation: You Are Unique." He talked about the uniqueness of each person: "Take time for your individuation.

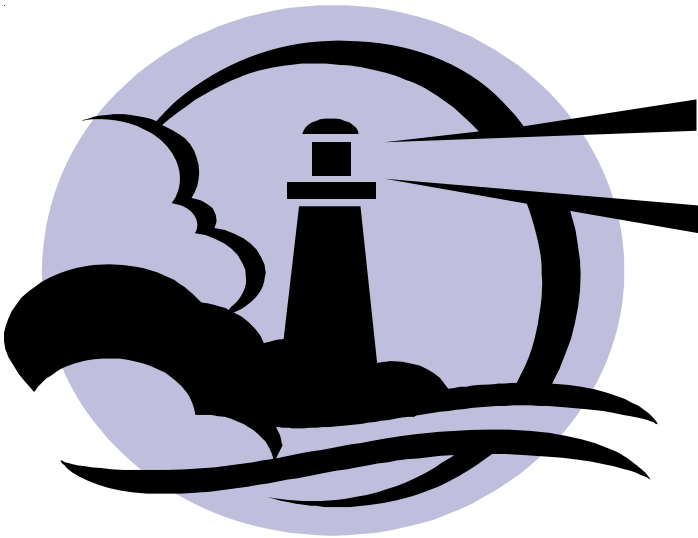
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Fall 2012





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 a vegan lifestyle.

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

September 2012 - December 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. On November 4th, it changes to 5:00pm to 6:15pm.

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 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

8:45am-12:00pm 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) 417-5804 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.



OCTOBER

Deepening Empathy

Workshop: Given by Angela Watrous, Sunday, September 9th, 2:00-5:00, register at 1:30. Cost: \$25.00. Call Peggy Prerna Motsch at 734-665-4853 for more info.

Paryushana, Festival of

Forgiveness, Wednesday, September 12-19, eight days for reflection, meditation, fasting and forgiveness. Paryushana Booklet for daily reflections available on Lighthouse email and website. Pramodaji will be giving daily talks at the Jain Temple in Farmington Hills. Call Prachi 734-417-5804 for more info and to carpool to the Jain Temple.

Chitrabhanuji Visit: Friday, September 21st, 7:30-8:30 pm he will speak on "Evoking the Blessings of Longevity and Prosperity"; on September 22nd, 10:30-noon, he will speak on "How to Avoid Suffering". Cost: loving donation.

Learn to Meditate: Friday, September 28, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-417-5804, thielp17@yahoo.com.

OCTOBER

5th Annual Walk for Peace:

Saturday, October 6th, at Hudson Mills Park. Gather 9:30 at Rapids View Parking Area; walk 10-12, veggie potluck to follow. Fundraiser for the Lighthouse Center: fill out a

pledge form with family and friends supporting your walk. See Walk for Peace flyer and pledge form on page 11 or contact Nirali Becky Kleinschmidt (734-649-1234; golphers@aol.com).

Chakra Class: Eight Thursdays, October 18-December 13, gather 7:00, begin 7:30-9:30, given by Nirmala. No class on Thanksgiving Day. Cost: \$75.00 pledging/\$85.00 non-pledging. Prerequisite: 2 months mantra meditation. To register: 734-645-2188 or nirmala.hanke@gmail.com.

Lakshmi Puja: Sunday, October 21st, given by Asha. Gather 2:30, begin 3:00-5:00, to receive blessings of Abundance on all levels. Cost: \$45, \$48 Proxy. Register with Prachi, 734-417-5804 or thielp17@yahoo.com.

Learn to Meditate: Friday, October 26, 7:00-9:30 pm, given by Nirmala.

The Astrological Sky of 2012 - Facts and Fantasies: Sunday, October 28, 2012 from 2:00 pm - 3:30 pm. Cost: \$15 with all proceeds going to LHC. Vicki and Richard Smoot lecturing. Registration: Prachi at 734.417-5804 or thielp17@yahoo.com or online at the LHC website.

NOVEMBER

Sunday Candlelight Time

Change: With the end of daylight savings time, Candlelight will be 5:00-6:15, beginning November 4th, and

will continue at this time until daylight savings time begins again in the Spring.

20th 24 Hour Meditation:

Saturday, November 17, 6:00 pm - Sunday, November 18, 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.

Chakra Class: Continuing, Thursdays, November 1, 8, 15, and 29. No class on Thanksgiving Day, the 22nd.

Thanksgiving Eve Meditation:

Wednesday, November 21st, gather 7:00 pm, meditate 7:30-8:30, to give thanks for our blessings, challenges and lessons. Veggie potluck follows.

Learn to Meditate: Friday, November 30th, 7:00-9:30 pm, given by Nirmala.

DECEMBER

Chakra Class: Continuing, Thursdays, December 6th and 13th.

Christmas Eve Meditation:

Monday, December 24, gather 6:00 pm, meditate 6:30-7:30. A meditation celebrating the Christ Light and the joy of Christmas.

New Year's Eve Meditation:

Monday, December 31, gather 11:00 pm, meditate 11:30-12:30, releasing all karmas from 2012 and welcoming in a new year of peace and prosperity.

Lighthouse Center Calendar

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 6pm-7:15pm Candlelight	3	4	5	6	7 7:30pm Intesive Meditation	8
9 Empathy Workshop 2pm-5pm 6pm - 7:15pm Candlelight	10	11	12 Forgiveness Festival Begins	13 Forgiveness Festival	14 Forgiveness Festival	15 Forgiveness Festival
16 Forgivness Festival 6pm - 7:15pm Candlelight	17 Forgiveness Festival	18 Forgiveness Festival	19 Forgiveness Festival Ends	20	21 Chitrabanuji Talk 7:30pm	22 Chitrabanuji Talk 10:30am
23 Board Meeting 8:45am-Noon 6:00-7:15pm Candlelight	24	25	26	27	28 Introductory Meditation 7pm-9pm	29
30 6:00-7:15pm Candlelight						

October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 7:30pm Intesive Meditation	6 Walk For Peace 10am- Noon
7 6:00-7:15pm Candlelight	8	9	10	11	12	13
14 6:00-7:15pm Candlelight	15	16	17	18 Chakra Class 7:30pm-9:30pm	19 7:30pm Intensive Meditation	20
21 Lakshmi Puja 3pm-5pm 6:00-7:15pm Candlelight	22	23	24	25 Chakra Class 7:30pm-9:30pm	26 7pm.-9pm New Meditation Lecture	27
28 Board Meeting 8:45am-Noon 6:00-7:15pm Candlelight	29	30	31			

Lighthouse Center Calendar

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Charkra Class 7:30 - 9:30pm	2 7:30pm Intensive Meditation	3
4 5pm-6:15pm Candlelight	5	6	7	8 Charkra Class 7:30 - 9:30pm	9	10
11 5pm-6:15pm Candlelight	12	13	14	15 Charkra Class 7:30 - 9:30pm	16 7:30pm Intensive Meditation	17 24 Hour Meditation Begins 6pm
18 24 Hour Meditation ends 6pm 5pm-6:15pm Candlelight	19	20	21 Thanksgiving Eve Meditation 7:30pm-8:30pm	22 Thanksgiving	23	24
25 Board Meeting 8:45am-Noon 5pm-6:15pm Candlelight	26	27	28	29 Charkra Class 7:30 - 9:30pm	30 7pm.-9pm New Meditation Lecture	

December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 5pm-6:15pm Candlelight	3	4	5	6 Charkra Class 7:30 - 9:30pm	7 7:30pm Intensive Meditation	8
9 5pm-6:15pm Candlelight	10	11	12	13 Charkra Class 7:30 - 9:30pm	14	15
16 5pm-6:15pm Candlelight	17	18	19	20	21 7:30pm Friday Intensive Meditation	22
23 5pm-6:15pm Candlelight	24 Christmas Eve Meditation 6:30pm-7:30pm	25 Christmas Day	26	27	28	29
30	31 New Year Eve Meditation 11pm-12:30am					

President's Message

COUNTING OUR BLESSINGS

*When you're worried and you can't sleep
Just count your blessings instead of sheep
And you'll fall asleep counting your blessings.*

This familiar song reminds us what we already know: keeping a clear view of our blessings in life helps us through. Counting our blessings is a way to keep a larger perspective during difficult times, but it is also one of the spiritual practices that helps us transcend our all too human tendency to dwell on the negative. How often do we end up complaining, judging, blaming others or ourselves for a bad day, a trying circumstance? We want to be able to “see the glass half-full”, yet so often it comes up half-empty in our minds, in our words and actions. Counting our blessings is a way to get us back to seeing ourselves and the world through the eyes of the Divine Love within everyone.

Here at the Lighthouse Center, we have so many blessings to count:

- 1- The blessings from our dear Chetana, who made the Center a reality, whose Love and Light, Laughter and Wisdom continue to grace us every day.
- 2- The blessings of our community, of each one of us, sharing, growing, supporting the Center and one another, as we all travel our spiritual paths.
- 3- The blessings of Gurudev Shree Chitrabhanuji and Pramodaji for their compassion, wisdom, and guidance, and for bringing us the Jaina teachings of Ahinsa, Anekantavada, Aparigraha.
- 4- The blessings of our meditation practice, and all our spiritual practices, that guide and transform us daily into more loving, more peaceful spiritual beings.

We are especially blessed today for the generous gift of \$10,000.00 from Chitrabhanuji for the Center as we support and promote Ahinsa and Reverence for Life with a vegan lifestyle. This gift was made possible by a donation to Chitrabhanuji from Shrikantbhai and Neenaben Mehta. We are forever grateful, we are truly blessed.

Individually, we can make a practice of counting our blessings every day. This is one way to build on the positive. Sometimes when we're having “a bad day”, it can be quite challenging to see anything positive. But taking a few minutes at the end of the day to remember something positive from the day, some “silver lining”, and even writing down the blessings of the day in a little notebook, can help to change a negative habit into a positive one. It's been said that it takes 30 days to change a habit. So by writing down our blessings every day for 30 days, we can establish a new habit of counting our blessings. And once we get into the habit, it becomes easier and easier to count the blessings, see the positive. In this way we come more and more to the conclusion that “It's all good”. We are blessed by counting our blessings.

Namaste,
Nirmala

Gurudev Shree Chitrabhanuji -continued from page 1

Take time to know who you are, you are not more or less than anyone else. It can be a difficult challenge for we are all living with comparison. Be an individual. In this world you are unique, there are no carbon copies. Even the trees are individual. Maintain your uniqueness, do not compare yourself to anyone. Say, I am Light, I do not have to compare myself to anyone. Comparison is a killer, it destroys, distorts. Let there be no inferiority complex, no superiority complex.

Self-realization is to “know thyself”. In this life we have to know what we are. Self-realization—the power is in me, I can do what I want to do. Chart your life, plan your life. It is in your hand. There was a philosopher who came into town. He did not teach from books, he talked to the people about who they are. But there were two young people, very smart, and they wanted to test him. To prove he was wrong, they went with a bird in one hand and held it behind their back. They said, ‘Master, tell us, is this bird alive or dead?’ They knew that he wouldn’t be able to answer—if he said ‘alive’, they would press the bird’s throat and kill him; if he said ‘dead’, they would show the bird was alive.

“A Slice of Time”

A Book by LHC member by **Vimela Dianne Griswold**



“A Slice of Time” by Dianne Griswold is about the Plymouth Historical Museum, naturally located in Plymouth, Michigan. It happens to be the largest in Michigan when considering only small cities. It tells

stories of how it came to be, so it is a bit of history. It includes personal anecdotes, so it lends itself to personal humanity. And it shows pictures, so the reader gets a peek of the gems and riches that it honors. Originally devoted to Plymouth, it now holds the largest Lincoln collection on permanent display in Michigan. Learn about Margaret Dunning, its 102 year old benefactress who just won a classic car award presented to her by Jay Leno in August 2012. Discover the alliance between the Ford family and the museum, which allowed for the major exhibit to be permanently displayed. Hear stories of ghosts, all the research, and laugh at the fun that people have when they attend. It is a tribute to the museum so that people will come and explore it.

Either way he would be wrong. But the Master said, ‘Do you want to know? It is in your hand.’ The boys realized the Master was right—it is in your hand. Your life is like a bird in your hand, you can make it alive or dead. Because of anger, because of negativity, many people spoil their life. The only enemy is yourself—your anger, your negativity. When you are angry, think about how you are hurting yourself. Hurting yourself, what are you going to gain? Once you leave a dark mark on your consciousness, it is hard to erase it. I am asking you to be your friend.”

Meditation is the key: “Meditation is your awareness. It is in your own hand to make your own life. You can make it or mar it. Become aware. The moment you are aware is the moment of enlightenment. Awareness allows us to see what happens, and when something negative occurs, we can erase it and start anew. Every moment is for decision with awareness. The more we meditate, the greater our awareness, and the better choices we can make. You will have the power, the creativity to do what you want to do, change what you want to change, in the light of awareness.”

Life changes

Transcended Beings

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

Virginia Kellner, age 70, Premal Pat Tackas's sister, transcended 7/12/12.

Jeffery Vincent Dorer, 24, nephew of Barbara Paice, transcended July 14, 2012.

Marriage

We give our blessings to these souls as they travel life together.

Victoria Faith Naumann and **Richard (Rohit) Smoot**, June 23, 2012.

Birthday Blessings for Gurudev Shri Chitrabhanuji

Dear Friends ~~

A Birthday
Is a day for collecting blessings.
Thank you for your birthday greetings.
Your good wishes enhanced the
occasion and
the loving feeling of joy.

A Birthday
Is a pleasant present time
Is a transition from the exit to the
entry?
Exit from the past and entry into the
eternity.

Please accept my appreciation for
your messages.
I will cherish your Blessings. You have
my blessings
and everlasting MAITRI.

Due to sheer volume of messages
from all over the world,
I am not able to respond to you
individually but please
know that I have read all the
messages.

In this journey of life resolve to stay
on spiritual path
and start the day with Maitri -
Friendship, Pramod-
Appreciation, Karunya- Compassion
and Madhyastha -
Equanimity so that the river of
immortal song keeps
flowing through your heart.

Be in the peaceful presence of
Bhagwan Mahaveer's Blessings.

Love and Blessings,
Chitrabhanu
29July2012

SILHOUETTE

You are in my dreams
as if the silhouette
of your soul
has ignited the lamp
of Ahinsa
in my heart

Lighting my wish
to give
I imagine brilliant rainbows
painted across the straits
of Great Lakes
If only to bring
a smile to a child

Dreams of chaos
and fear
are replaced with
the simplicity and austeri ty
of peace
A white light
that awashes
over my soul
like soft sand
in a desert of blue sky

Engulfed within
this serenity
horses the shade
of sandstone
run free
of their inhibitions

A dreamer's dream
a birth of Ahinsa
a teacher's student
introduced to love

Happy 90th Birthday
Pujya Shree Chitrabhanuji!
Love, Nirali & family

Dearest Gurudev,
Although I have not visited much
throughout the years, I have held every
single lesson you have taught me close to
my heart; and, I pass them on each time I
have a chance. You have taught me that
I cannot love you until I love myself, and I
am loving myself, and you, more each
day. You have also taught me that each
day is my birthday, that I decide, that I

must not try to interfere with peoples'
karma, and that The Lighthouse is within
me.

On this occasion of your birthday and
every day, I celebrate your life and am
grateful for your blessings.
With love and gratitude,
Shiva Devi

Happy Birthday to the Dearest
Chitrabhanuji!!! I am so grateful for your
presence in my life. Lots of Love, Prem
Shree

We are so blessed to have you as a
teacher. You have opened our eyes and
our hearts with your teachings. Many
thanks & many birthday wishes to you
Raj, Tara Devi, & Raja Matee

To Our Esteemed Teacher, Gurudev Shree
Chitribhanuji

With gratitude and joy for your wisdom,
teachings, and leadership, we wish you
the happiest of days throughout this 90th
anniversary of your birth. Thank you so
much for allowing us to be your students!
Siddhi and Akash

Lighthouse Center

Namaste

I have mailed you a letter without
identifying it as from the light house (I
think)

My name is Kanak. Please add to the
light house section of the good wishes.
Thank you ever so

Love and Light

Kanak

Dearest Gurudev,
Peace and joy be with you always and on
this occasion of your birthday. Your
teachings and readings so inspire me to
keep moving, loving, forgiving and to live
life now and not in the past; to let go.
Bless you for the teaching and lives you
have touched all over the world.

Love and Light,
Richard (Rohit) Smoot

Dear Gurudev,

We would like to thank you for bringing the teachings of ahinsa, anekantavada, and aparigraha to the West. We had never heard of these practices, let alone Jain dharma. We had heard that meditation was good for us, but didn't know how to practice it. We were told we were sinners and we should ask God for forgiveness. And then we met you and learned so hum meditation. And we learned that we are incognito god and that god is not a noun; it is an adjective and it is us. And we learned that we are atma, striving to purify and become paramatma.

And we learned to count our blessings, and not just money and position. And we learned to be a friend to all beings no matter how tall or how small. And we learned that there are many aspects of the truth and to respect all souls. And we began practicing all these teachings and we began experiencing deep inner peace, love and healing. You taught us to make the most of each day and that our lives are in our own hands. And you taught us that we are energy and energy is indestructible that when we die, it is only the body that goes and what we take with us is the good punya we have done. And now life has a whole new meaning and purpose, and for this we are deeply grateful and appreciative for all you have given us, seen and unseen.

Happy Birthday Gurudev,

Love,
Namrata Lisa Abrams, Aum Terry Abrams,
Sujata Sara Abrams and Satyam Henry
Abrams

Dear Guruji,

Ever since you first came to the Lighthouse Center you have graced us with your Presence, your Vision, your Peace and your unconditional Love for each one of us. You embody the Jain teachings of Ahinsa, Anekantavada, Aparigraha. You show us the way. With So Hum and Maitri Bhavnu to guide us, we start each day anew, coming more and more to who we really are.

We hold you in our hearts always. We send back to you all the Blessings you send to us. And we wish you the happiest of birthdays.

With Love and Light,

Namaste,
Nirmala

Gurudevji,

On your 90th Birthday and every day of the year,

May you experience all the Love and Joy,

That you have brought to our lives,

Just by your very Presence and

Teachings,

1,000,001 times and more!!!

Thank you for your positive influence in my life!

With Love,

Lalita

(Lighthouse Center, Whitmore Lake)

July 26, 2012

Dear Gurudev Chitrabhanuji,

Wishing you a very happy, happy 90th birthday !!! and many more youthful years to come if you wish.

It is with deep gratitude that I speak to you, with the warmth, compassion and equanimity that you have taught us. I cherish you and Who You Are, your deeply peaceful countenance, your sweet smile, and your profound vision. Wishing you all the best life has to give,

Love and Light, Aruna from the

Lighthouse Center

Olga Bachmann-Thompson

Gurudev,

I want to thank you for all the love, light, peace, and enlightenment you have brought into this world at this time. You are truly a gift.

While I do not know exactly the impact you have had on me - through your visits to Whitmore Lake - I do know that I have learned a lot from your lectures and try to

live my life in peace and appreciation for all around me. I do know that I am a better person because of you.

I also want to thank you for a blessing you gave to a special little baby (Emmy, my adopted daughter) 20 years ago. Emmy was abandoned at birth and left by a garbage dumpster at a church. At only five weeks old, she came to live with me as my daughter. Within a few months you were here for a visit and blessed her. She is a bright young lady now, while she still has a few struggles- the blessing by you helped her to feel "special" and gives her the strength to keep moving forward. I would like to thank you very much for that gift. And wanted you to know the positive impact it had on her life.

Thank you. And of course - HAPPY BIRTHDAY!!!

Namaste,

Connie Popp

Whitmore Lake, Michigan

Have a great Birthday! You look young for 90! Love and Light, Rita White
Lighthouse Center, Whitmore Lake

Dearest Gurudev,
My dearest teacher, in your presence I know what unconditional Love feels like. In your presence I know that I am so much more than I experience. Your smile and kindest words inspire me to be more, Love more and to help others, all other beings.

When you walk by me I know that it is up to me, not you, to learn and live in the Light. I send you the deepest Love I know how to give and Thank You for being here. I asked for your presence when I was a young woman in my 20s and it took 25 years for you to appear, I am grateful.

Love and Light,

Mukta Tana Dean



Building an LHCI Internet Systems Team

I'm so excited for the Lighthouse Center community! For the last year and a half I have been building a website presence and system for you to view, purchase photos, find classes and events, register/donate online and share what LHCI has to offer those who are looking for it. Here are your possibilities.

Main website – LighthouseCenterInc.com. You'll find everything here with links to the 2 other areas. The board does keep me busy updating different classes, events and information for the community. This site continues to grow and is updated often, take some time to explore all that you have available to you.

Shutterfly – LighthouseCenter.shutterfly.com. Here you can view and/or purchase group photos (and other products) plus some professionally taken photos of Gurudev and Pramoda Chitrabhanu. You can also use the class and event listings at a glance. Signup as a member to receive immediate updates as information is listed.

Vegan Blog – LHCMeditationCenter.wordpress.com. What a great opportunity to share your story, recipes and educate others about a vegan/vegetarian lifestyle. You will find this link when you open the Vegan Lifestyle page on the main website.

I've created it and now it is growing, manifesting and needs some help. The center needs volunteer(s) to assist me in helping this system grow and be shared. If you have some technical knowledge and would like to volunteer a few hours as an *LHCI Internet Systems Team* member contact someone on the LHCI Board.

The system is here, it has possibilities, now it needs a team to help it expand.

Love to All,
Mukta Tana Dean
LHCI Internet Systems Manager



Your Allies on Life's Journey

Finding Your Tribe
by [Madisyn Taylor](#)

DailyOM

We all desire to find our tribe, a community of those that feel comfortable to us and nurture our journey.

Part of being human is the search for an individual identity. Bound to this strong need to establish a unique persona, however, is an equally intense desire for acceptance. It is when we find our individual tribes that both are satisfied. Our tribe members are those people who accept us as we are without reservation and gladly accompany us on our journeys of evolution. Among them, we feel free to be our imperfect selves, to engage unabashedly in the activities we enjoy, and to express our vulnerabilities by relying on our tribe for support. We feel comfortable investing our time and energy in the members of our tribe, and are equally comfortable allowing them to invest their resources in our development.

The individuals who eventually become members of your unique tribe are out there in the wide world waiting for you. You are destined to find them, one by one, as you move through life. Sometimes your own efforts will put you in contact with your future tribe members. At other times, circumstances beyond your control will play a role in helping you connect with your tribe. If you look about you and discover that you are already allied with a wonderful and supportive tribe, remember that there are likely many members of your tribe you have not yet met. On the other hand, if you feel you are still living outside of your tribe, broadening your horizons can help you find your tribe members.

However your life develops after you come together with your tribe, you can be assured that its members will stand at your side. On the surface, your tribe may seem to be nothing more than a loose-knit group of friends and acquaintances to whom you ally yourself. Yet when you look deeper, you will discover that your tribe grounds you and provides you with a sense of community that ultimately fulfills many of your most basic human needs.



Walk for Peace



The Lighthouse Center
Fifth Annual—Walk for Peace

PLEDGE FORM

- What:** A walkathon fundraiser, plus vegetarian and vegan food!
Bring your own place settings, drinks and a dish to pass.
- When:** Saturday, October 6, 2012. Register 9:30 am; Begin 10 am to 12 pm.
Potluck follows.
- Where:** Hudson Mills Metro Park, 8801 N. Territorial Rd., Dexter, MI 48130.
Meet at “Rapids View”, park phone: 734.426.8211
- Cost:** Daily car permit at Hudson Mills is \$4
- Contact:** Nirali Becky Kleinschmidt—734.649.1234 or golphers@aol.com.

Collecting Pledges Pledges for the *Walk for Peace* will not be based on miles or minutes, but just one set amount for the whole walk. As you collect your donation pledges, fill out your pledge sheet, and turn in the donations and pledge sheet when you register on the day of the event. You may collect cash or checks from your sponsors. Please have checks made out to the **Lighthouse Center**.

Donations will go directly to the Lighthouse Center, a non-profit spiritual organization. As a community we come together to meditate, practice Ahimsa and bring peace into the world, one person at a time. We are dedicated to helping others in need within our local community, as well as offer classes on meditation, vegetarian cooking, iconography, reiki, laughter workshops, to name just a few. For more information please go to www.lighthousecenterinc.org

Checking In: Upon arriving, come to the Rapid View parking area and find our registration area (picnic table). Be sure to wear your most comfortable walking shoes!

The Walk: The walk will begin at the Rapids View parking area at Hudson Mills, and follow the paved, circular 3 mile route. Walkers can elect to either walk as a group, or walk individually. We will enjoy lunch after the walk.

What should I wear: Dress for comfort, and for the weather. We will walk rain or shine, unless there is a case of severe weather.

Name of Walker: _____

Sponsor Name: Phone number: Amount:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

THANK YOU!

Recipe Page

Greens 'n Beans ala' Sharda

by Suzen Sharda Segall

There are many versions I encourage you to experiment and find your most blissful one! - this is basically a Middle Eastern/ Italian dish -and packed full of nutrients - Called Sleek - when done Middle Eastern style - the sauteed onions and greens (kale or spinach usually) it is combined with black eyed peas and medium bulgar wheat - olive oil and garlic.

For those of us limiting/ eliminating wheat - I recommend substituting quinoa - the highest protein grain - and quick cooking.

As Italian style Greens 'n Beans -

Choose either chopped kale, swiss chard, romaine lettuce or combination (romaine is the only green that keeps a crunchy texture - which I like - adds another dimension) also note: Trader Joe's now carries a bag of mixed greens - organic - with baby kale, chard and spinach - I've liked it.)

Chopped leeks (one or two - green and white) and yellow onions (one or two)

Chopped cloves of garlic - to taste - at least 3 for a big bunch of greens

Great Northern beans (1 cup soaked overnight is most nutritious, however, canned rinsed well are ok too)

The special magic: let the beans then soak overnight in non-chicken broth or veggie broth), salt and pepper/veggie salt to taste.

Start with large skillet or soup pot - with olive oil, sautee onions - pearly - add chopped greens and garlic and seasonings - toss - add distilled water or veggie broth and simmer covered -

Taste test tenderness of the greens, add beans and simmer a bit more. Some serve it soupy - don't strain liquid - and have good bread to dunk - others strain.

This is a wonderfully satisfying main course served with polenta (corn meal mush/ store-bought polenta you can slice and warm) or veggie -quinoa
Buon Appetito!

Vegan Chocolate Fudge Cake with Two Frostings

From Gail (Poorna) Salata

2 cups flour
1 - 1/4 cups sugar
1/2 cup unsweetened cocoa powder
1/2 tsp. salt
1 Tbsp. baking soda
2/3 cup safflower or canola oil
1 cup soymilk
1 cup strong hot coffee

Combine flour, salt, cocoa, salt, sugar and baking soda; add oil and soymilk and blend with a spoon. Sift in hot coffee. Pour into 8" round pans or 9 x 12 pan. Bake at 350 degrees for 35 - 40 minutes. Cool and frost.

Vanilla "Buttercream" Frosting

1/2 cup Earth Balance margarine
1/2 cup Earth Balance vegetable shortening
1 tsp. pure vanilla extract
1/8 tsp. salt
4 cups (approx.) confectioner's sugar
3 Tbsp. soymilk

Cream margarine and shortening together with an eclectic mixer. Add vanilla and salt. Beat in sugar, 1 cup at a time, blending well between each addition. Scrape bowl often with spatula. Add soymilk and beat on high until light and fluffy. Keep icing covered with a lid. Refrigerate when not in use. Yield 3 cups.

Chocolate "Buttercream" Frosting (add a tsp. of coffee extract or instant coffee for Mocha "Buttercream")

1/4 cup Earth Balance margarine
3/4 cup Earth Balance Shortening (softened)
1/2 unsweetened cocoa powder
2 - 1/2 cups confectioner's sugar (sift if lumpy)
3 Tbsp. soymilk
1 - 1/2 tsp. pure vanilla extract

Cream the margarine and the shortening until well combined. Add cocoa powder and incorporate well. Add the confectioner's sugar in 1/2 cup batches and beat well; adding a little of the soymilk after each addition. When all ingredients have been well mixed, add the vanilla and beat until light and fluffy (about 3 minutes with a hand mixer, 7 minutes if mixing by hand).

UN urges global move to meat and dairy-free diet. Lesser consumption of animal products is necessary to save the world from the worst impacts of climate change, UN report says...

By Felicity Carus

guardian.co.uk, Wednesday 2 June 2010 13.09 EDT

A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change, a UN report said today.

As the global population surges towards a predicted 9.1 billion people by 2050, western tastes for diets rich in meat and dairy products are unsustainable, says the report from United Nations Environment Programme's (UNEP) international panel of sustainable resource management.

It says: "Impacts from agriculture are expected to increase substantially due to population growth increasing consumption of animal products. Unlike fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products."

Professor Edgar Hertwich, the lead author of the report, said: "Animal products cause more damage than [producing] construction minerals such as sand or cement, plastics or metals. Biomass and crops for animals are as damaging as [burning] fossil fuels."

The recommendation follows advice last year that a vegetarian diet was better for the planet from Lord Nicholas Stern, former adviser to the Labour government on the economics of climate change. Dr Rajendra Pachauri, chair of the UN's Intergovernmental Panel on Climate Change (IPCC), has also urged people to observe one meat-free day a week to curb carbon emissions.

The panel of experts ranked products, resources, economic activities and transport according to their environmental impacts. Agriculture was on a par with fossil fuel consumption because both rise rapidly with increased economic growth, they said.

Ernst von Weizsaecker, an environmental scientist who co-chaired the panel, said: "Rising affluence is triggering a shift in diets towards meat and dairy products - livestock now consumes much of the world's crops and by inference a great deal of freshwater, fertilisers and pesticides."

Both energy and agriculture need to be "decoupled" from economic growth because environmental impacts rise roughly 80% with a doubling of income, the report found.

Achim Steiner, the UN under-secretary general and executive director of the UNEP, said: "Decoupling growth from environmental degradation is the number one challenge facing governments in a world of rising numbers of people, rising incomes, rising consumption demands and the persistent challenge of poverty alleviation."

The panel, which drew on numerous studies including the Millennium ecosystem assessment, cites the following pressures on the environment as priorities for governments around the world: climate change, habitat change, wasteful use of nitrogen and phosphorus in fertilisers, over-exploitation of fisheries, forests and other resources, invasive species, unsafe drinking water and sanitation, lead exposure, urban air pollution and occupational exposure to particulate matter.

Agriculture, particularly meat and dairy products, accounts for 70% of global freshwater consumption, 38% of the total land use and 19% of the world's greenhouse gas emissions, says the report, which has been launched to coincide with UN World Environment day on Saturday.

Last year the UN's Food and Agriculture Organisation said that food production would have to increase globally by 70% by 2050 to feed the world's surging population. The panel says that efficiency gains in agriculture will be overwhelmed by the expected population growth.

Prof Hertwich, who is also the director of the industrial ecology programme at the Norwegian University of Science and Technology, said that developing countries – where much of this population growth will take place – must not follow the western world's pattern of increasing consumption: "Developing countries should not follow our model. But it's up to us to develop the technologies in, say, renewable energy or irrigation methods."

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 thieip17@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 middle 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