

The Lighthouse Beacon

A publication for Lighthouse Center members and friends

Lighthouse Center, Inc. is a non-profit spiritual development center founded by Chetana Catherine Florida

MILK

Summer 2013

Nature's bounties, beauty and wonders are limitless. She has blessed mankind in abundance; but with certain inherent control mechanisms. She has her own rules and regulations, which man needs to follow, for his own well-being and spiritual growth. She has also been kind enough to give intelligence and discretionary powers to man. But, man in his greed, many a time, does not understand nature's checks and balances. Nature



then is forced to checkmate him, for his own good. For example, if man succumbs to his palate and becomes its slave, he loses control over his thoughts, speech and actions, and also suffers ill-health.

Many of us are vegetarian. We eat plant-based food. We believe in 'Ahinsa' which is non-violence or having reverence for all forms of life. We have minimized our needs by becoming or remaining vegetarian.

Though being vegetarian is excellent for man's physical as well as spiritual health, it is not enough. We have realized, over the

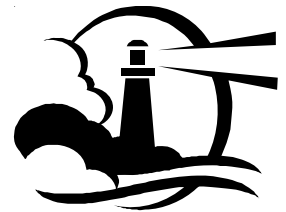
years, that being 'vegan' is far superior and a much more complete practice of 'Ahinsa'. Veganism does not allow the intake of milk or dairy products for human consumption or use.

Milk does not grow on plants. Milk is one of nature's most beautiful wonders. We can say MILK stands for **M**other's **I**nfinite **L**ove

and **K**indness. Milk is produced in a human or an animal Mother. Only when a female, either of a human being or an animal, becomes pregnant and is to give life and birth to another being, her blood gets transformed into milk. This is simply because she takes upon her the work of the Creator. She nurtures, protects, takes care, loves the new being in her own self, forgetting her own discomfort and pain and gives shape to and creates and gives life to the new creation. Her love, compassion and kindness flow into the new creation and that naturally transforms the required quantity of red blood into white milk when her creation

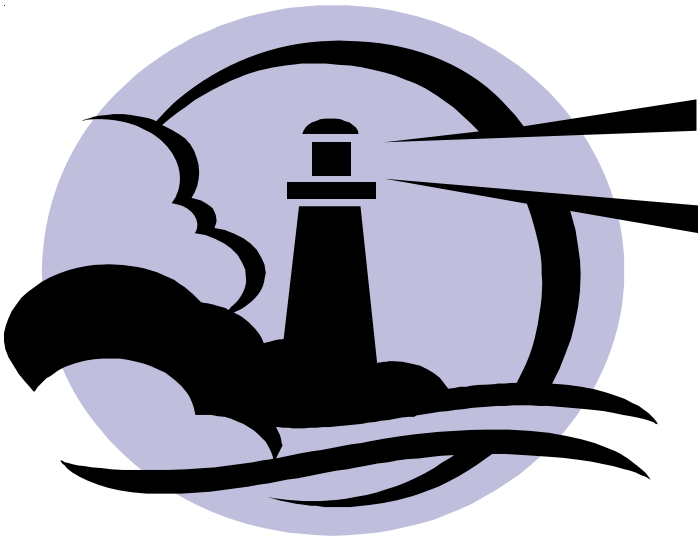
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Summer 2013

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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 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
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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/Design: Rohit Richard Smoot

Everyone is Wel come

The Lighthouse Center community is a diverse group of individuals with a common goal of practicing Ahimsa (nonviolence).

Everyone is Welcome

You do not have to be a member to join us for classes and meditations.

Sponsorship

The Lighthouse Center depends on its members and friends to sustain it with their generous donations of money, time and talent.

Membership

If you do choose to become a member, pledges of \$360 a year (\$30 a month) are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$15 in pledge). See form at back of this publication

Getting Involved

The Lighthouse has various committees (open to all members and friends), a Board of Directors, and a Director of Operations to collectively develop our various goals and manage the daily operations of our center.

Assisting in running the center and helping out in different functions is a wonderful way to make a difference and develop new friendships.

E-mail List and Mailing List

Get on the electronic and/or postal mailing list by filling out the form in the back of this publication, to get updates on classes and events.

Upcoming Lighthouse Events

July 2013 - September 2013

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 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.



JULY

JAINA Convention:

Thursday, July 4-Sunday, July 7 in Novi, hosted by the Jain Society of Greater Detroit. Talks, workshops, vegan meals. Sponsorships available to Lighthouse members; contact Prachi at 734-417-5804.

Chitrabhanuji Weekend:

Saturday, July 13-Sunday, July 14, talks at 10 am, followed by blessings, consultations with Pramodaji, group photo. Birthday celebration/ luncheon for Chitrabhanuji on Sunday. Love donation.

Healing Night:

Wednesday, July 17th, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00, facilitated by Reiki Master Raksha Penni Helsene. Open to the public. Love donation.

Learn to Meditate:

Friday, July 26, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-449-4381, cprachi17@gmail.com.

AUGUST

Healing Night:

Wednesday, August 21st, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00, facilitated by Reiki

Master Raksha Penni Helsene. Open to the public. Love donation.

Learn to Meditate :

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

SEPTEMBER

Paryushana: Jain Festival of Forgiveness, Monday, September 2- Tuesday, September 10, a time for reflection, meditation and forgiveness. Celebrated at the Center and at the Jain Temple in Farmington Hills. Booklet to guide you during the 8 days available; contact Prachi.

Sunday Lecture Series:

Sunday, September 22nd, 2:00-4:00 pm, Sandra Kay Cehr, will be presenting a "Rainbow of Information", on energy techniques, Keefir water, and more. Register with Prachi at 734-417-5804.

Healing Night:

Wednesday, September 18th, 7:00-9:00 pm, facilitated by Reiki Master Raksha Penni Helsene.

Learn to Meditate:

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

LIFE CHANGES

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

Dorisa Boza Saxton, 87, mother of Andrea Saxton transcended April 23, 2013

Robert Whitten, 89, father of Bharati Brenda Hieber, transcended May 16, 2013.

Jim Roof, 73, ex-husband of Bharati Brenda Hieber and father of Laura and Becky Roof and Katrina Billin, transcended June 22, 2013.



Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.

Nelson Mandela

Continued from front page...

comes into the world. Milk is only for the new creation of the mother and that too for a limited period of time, for the nourishment and early growth of the new-born. Milk is a gift of nature for the helpless baby. The red blood turning into white milk for the baby is a miracle of nature. As long as the child does not get teeth, the mother gets milk, and the child grows in strength by consuming mother's milk. When the child grows to the stage when he gets teeth, the milk takes its original form and colour, i.e. it gets transformed back into red blood. At that time, even if the child wants mother's milk, it cannot get it as it no longer needs it.

It is made so clear by this law of nature that milk belongs only to the baby. None of the species, other than human beings, consumes milk when it grows beyond a stage, when it is too young. Human beings, unfortunately in their ignorance, start having milk of other species once they grow beyond this stage, little realizing that it is a calf or an off-spring of some other species who is deprived of its due. It is in fact inhuman and against the principles of non-violence and non-stealing when humans have milk of cows or other species, belonging to their offspring. Where will the helpless calf go for its nourishment? The animal baby starves and remains under-nourished. As though this sin is not enough, a bigger crime follows. If the offspring is a male, it is sent away to the veal industry in Western countries and to the slaughter house (surreptitiously in the early hours of the day) in India.

Now-a-days, everywhere, since the bull is not required by humans, either for farming or carting, they indulge in these inhuman activities to suit their selfish ends. Thousands of bulls go to butchers for slaughter. This unfortunate slaughter and the use in the veal industry take place on account of the consumption of cow milk by humans.

In addition to these atrocities caused, as the babies are taken away from their mothers, the mother has to undergo the pain of separation which she suffers in silence, without any revolt, as she practices non-violence. The cow cries silently, as the new-born is taken away, since for nine months she had nourished the child and when it is born, it is separated from her. The silent agony of the cow creates certain vibrations.

These selfish acts perpetrated by human beings, due to their greed, result in the following three consequences :

- When we take the milk which belongs to the off-spring of the cow, the suffering vibrations of the cow and the calf would boomerang on us and might create some separation in our lives. As we plant the pain in

others, the vibrations received would result, as a 'karmic' consequence, into separation from our dear ones.

- The cow's normal life span is twenty-five years. Humans reduce this longevity by slaughter or use in the veal industry. The 'karma' of taking away the longevity of a living being influences our life span and results in reduction of our own life span or of our dear ones. Also the end of the life may not be natural and it may be by accident or some unknown disease or some permanent disability may take place.

- We snatch away or steal the off-spring from the cow, as well as its milk for the calf. The milk and the child are taken away ruthlessly by us without the permission of the cow. This is 'adatta dan'. This is a charity not done by the donor. It is acquisition of someone's belongings without consent. One should therefore be ready to face consequences of losing one's own property, wealth or dear ones.

The simple principle of 'As we sow, so we reap' also applies here. Our wrong actions would boomerang on us and we have to go through the consequences thereof.

The cow has milk, but it does not give it. It stops eating, being separated from her offspring. Machines are used to milk and for artificial insemination. A lot of suffering is inflicted on these peace-loving creatures by the humans for their greed. In about seven years, due to their exploitation, the cows become useless for humans and they are sent for slaughter. Our glass of milk results in the cow being eventually slaughtered. The cow undergoes physical torture and the agonizing feeling of separation, for human well-being.

It would be clear to any intelligent, caring and compassionate person that it is not logically, medically, morally and spiritually right to drink milk of other species, once the natural period of having our own mother's milk is over. To satisfy ourselves and for our nourishment and well-being, we may have milk from several alternative sources like plants or nuts such as soya, rice, almond, coconut, etc.

As Bhagwan Mahavir had said, "Non-violence and kindness to living beings is kindness to oneself. For thereby one's own self is saved from various kinds of sins and resultant sufferings and is able to secure his own welfare."

CHITRABHANU

President's Message

*Slow down, you move too fast
You've got to make the morning last...*

Summer is a time for slowing down, a time for relaxing and enjoying, settling in to the present moment. This is true for all the seasons, it is just easier, more inviting in summertime. We all seem to be moving too fast, forever wanting to get everything done, off our checklists, only to find ourselves making a new list the next day. We run ourselves ragged, multi-tasking, or trying to, getting more and more done, but to what end? What is our purpose with this perhaps well-meaning but nonetheless frenetic pace? With all of our accomplishments, what do we really have to show? Are we happier, calmer, more peaceful, at the end of one more hectic day?

Our friends in the Eastern spiritual traditions, would tell us no, we are not. The Eastern traditions speak of a balance between doing and being, a balance between the yang and yin energies, the left and right brain. We know from our spiritual practices at the Lighthouse Center, that this balance is essential to bringing us peace, inner peace and peace in the world. From Chitrabhanuji we have been learning and experiencing this peace, Ahinsa, for many years. The Jain teaching of Ahinsa is non-violence in our thoughts, words and actions. Ahinsa begins with not harming anyone, and ends with compassion to all. We begin with ourselves, striving not to harm our physical body in any way, striving not to harm ourselves mentally through negative thinking, self-criticism, stressing out. As we become less negative, less violent and more accepting and loving toward ourselves, we naturally become less negative and more loving toward others. Not harming and loving others extends to all human beings, and also to all other sentient beings, animals and plants.

One way to practice Ahinsa is to adopt a vegan lifestyle. Thanks to Chitrabhanuji's example and inspiration, we have now adopted this as part of our philosophy at the Lighthouse Center. And at the JAINA Convention in Novi this July 4-7, Chitrabhanuji will be showing two DVDs that portray what happens to the poor cows who are separated from their calves, who do not get their mother's milk, but instead are slaughtered for veal. The mother cow's milk goes instead for human consumption. Gary Francione, law professor at Rutgers University, vegan and animal rights' activist, will be doing a four day water fast during the

JAINA Convention, to bear witness to the suffering of animals and to the vegan lifestyle.

When we practice Ahinsa, we are gradually learning to live a life based in peace and compassion. Such a life is not hectic or pressured, for these are subtle forms of violence toward ourselves. Our daily practice of meditation helps us release the negative thoughts and habits of stressful living, so that gradually we do slow down, we stop moving so fast, and rest more in each present moment. We become calmer, more peaceful, more compassionate. So the next time you find yourself stressed out, trying to multi-task, run even faster to get that one last thing done, stop for a moment, take a deep breath, and ask yourself: is what I'm doing/thinking/feeling right now in the spirit of Ahinsa? Am I at peace, or am I being pulled along in a hectic pace which is not good for my body, mind or soul. See if you can stop moving so fast and just relax into the moment of your awareness. The moment of inner calm and compassion, which gradually will expand to more and more such moments, radiating out to others.

Namaste,
Nirmala



Lighthouse Board Of Directors

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Lighthouse Center Calendar

July 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|-----------------------|--|--|
| | 1 | 2 | 3 | 4 JAINA Convention | 5 JAINA Convention | 6 JAINA Convention |
| 7 JAINA Convention 6-7:15pm Candlelight | 8 | 9 | 10 | 11 | 12 | 13 Chitrabhanuji Weekend |
| 14 Chitrabhanuji Weekend 6-7:15pm Candlelight | 15 | 16 | 17 Healing Night 7:00 gather 7:30 Meditate Reiker Master Raksha | 18 | 19 Friday 7:30pm Intesive Meditation | 20 |
| 21 6 - 7:15pm Candlelight | 22 | 23 | 24 | 25 | 26 Learn to Meditate Given by Nirmala 7pm-9pm | 27 |
| 28 6 - 7:15pm Candlelight | 29 | 30 | 31 | | | |

August 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|--------|---------|---|----------|--|---|
| | | | | 1 | 2 | 3 Board Meeting 4:00 pm-6:00 pm |
| 4 6-7:15pm Candlelight | 5 | 6 | 7 | 8 | 9 Friday 7:30pm Intesive Meditation | 10 |
| 11 6:00-7:15pm Candlelight | 12 | 13 | 14 | 15 | 16 7:30pm Friday Intesive Meditation | 17 |
| 18 6:00-7:15pm Candlelight | 19 | 20 | 21 Healing Night 7:00 gather 7:30 Meditate Reiker Master Raksha | 22 | 23 | 24 |
| 25 6:00-7:15pm Candlelight | 26 | 27 | 28 | 29 | 30 Learn to Meditate Given by Nirmala 7pm-9pm | 31 |

Lighthouse Center Calendar

September 2013

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|--|
| 1 6:00-7:15pm Candlelight | 2 Paryushana "Forgiveness" Farmington Hills Temple | 3 Paryushana "Forgiveness" Farmington Hills Temple | 4 Paryushana "Forgiveness" Farmington Hills Temple | 5 Paryushana "Forgiveness" Farmington Hills Temple | 6 Paryushana "Forgiveness" Farmington Hills Temple | 7 Paryushana "Forgiveness" Farmington Hills Temple |
| 8 Paryushana "Forgiveness" Farmington Hills Temple 6:00-7:15pm Candlelight | 9 Paryushana "Forgiveness" Farmington Hills Temple | 10 Paryushana "Forgiveness" Farmington Hills Temple | 11 | 12 | 13 | 14 |
| 15 6:00-7:15pm Candlelight | 16 | 17 | 18 Healing Night 7:00 gather 7:30 Meditate Reiker Master Raksha | 19 | 20 7:30pm Friday Intensive Meditation | 21 |
| 22 Board Meeting 8:45am-Noon Sunday Lecture Series-Sandy Kay 2pm to 4pm 6:00-7:15pm Candlelight | 23 | 24 | 25 | 26 | 27 Learn to Meditate Given by Nirmala 7pm-9pm | 28 |
| 29 6:00-7:15pm Candlelight | 30 | | | | | |

Classified Advertisements

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

Lighthouse Members

To receive a spiritual name from Gurudev Chitrabhanuji, one must be committed to Ahinsa (nonviolence), reverence for all life, to being a vegetarian and a meditator.

Aarti Meg Graff (AHR-tee)
Light burns even in darkness

Adinath Mark Hutton (AH-DEE-NOT) 1st Tirtankar

Ajit Rodney Smith (AH-GEET) 2nd Tirtankar; invincible

Akash Jon Swanson (Ah-KASH) Open sky, unlimitedness

Ambaa Julia Levitt (UM-BAH) Goddess of Protection, mother's energy, nourish the inner child.

Amita Emma Hutton (Uh-MEE-tah) Infinite; all things belong to me

Amruta Felicity Hane (Um-ROO-tah) Nectar; Immortal

Anandi Anna Hutton (Ah-NAN-dee) Full of joy, bliss, delight, State of perfection

AnnaPurna Emma Donofrio (AHNA POO-R-na) Goddess of Nourishment, inspiring others to do their best

Anu Radha Mary Morin (AH-new RAH-dah) Complete, burn all karmas, Clean for Enlightenment, Krishna's consort

Apurwa Edith Chance (Up OOR-wuh) Unique, friend of the Gods

Aruna Olga Bachmann (AH-ROO-NAH) The sunrise, the dawn

Asmita Anna Schmitt-Reichert (AZ-MEE-TUH) Soul within

Aum Terry Abrams (OH-m) Divine; the first sound

Bhakti Brita Orwoll (BHAK-tee) Pure devotion

Bharati Brenda Hieber (BAR-A-TEE) Ancient Wisdom

Bhagvan Stan Sternberg (BAG-VAN) Keeper of the Light

Chandana Marianne Dean MacGregor (CHAN-DUH-NUH) Like cooling nature of sandalwood

Chetana Catherine Florida (CHIT-TAH-NAH) Pure Awareness; Pure Consciousness

Darshana Debra Macon (DARSHA-NAH) Clarity of Inner Vision

DaVang David Blair (DAY-VONG) Divine Body; Sanctified

Devendra Don Levitt (DAY-VEN-DRUH) Master of Angels

Divya Julie Hart Hutton (DEEV-YUH) Essence of divinity

Dulari Erica Eicher (DO-LA-REE) Moving towards the future with dance and pleasant movement

Dhru Drew Hutton (DREW) Immovable, steady: North Star

Dhru Drew Creech (DREW) North Star always shining

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

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

Jagruti Lucinda Orwoll (JAH-GREW-TEE) Awakenings

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

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

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

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

Kanak Claire Mautner (KUH-NUK) Golden consciousness

Kantee Shri Cathy Toll (KANTEE) Wealth of brilliant light of spirit

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

Karuna Kathy Roberts (KAHRUNE-AH) Compassion

Kaveta 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.

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

Spiritual Names

Prabhakar Dan Pieri (PRA-BHA-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-YANNA) 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-VUHDE-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) 11th Tirtankar, 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

Vidyasagar Vincent Ganapini (VEED-yah sah-gar) Jain monk, Ocean of Knowledge

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

Vijaya Victoria Naumann Smoot (VEE-JAI-YAH) Victorious; Victorious while trying to conquer, victorious while trying to defend.

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



PRACTICE PEACE AND ACHIEVE PEACE & BLISS

Contrary to the true nature of the soul, which is to remain blissful, now-a-days man is generally seen (to be) full of distress, unhappiness and dullness, which shows lack of light, joy and peace within him.

This state of man is the result of two qualities which he should ideally drop from his nature, viz. attachment and aversion.

Attachment leads to craving and craving, in turn, leads to possessiveness, intolerance and anger. Attachment could be towards persons or things. When a dear one is away, one feels the craving to be with that person. If another person touches a person or a thing one is possessive about, then one gets angry and loses balance and self-control.

Similarly, aversion towards people creates enemies of brothers. Aversion towards certain good things in life would also lead to imbalance in a person, leading to dissatisfaction, unpleasantness and sorrow, within and around the person.

Hence, both, attachment and aversion, lead man to unhappiness for himself and for people around. These avoidable qualities take man away from his true nature. Man, therefore, should remain in a state of equilibrium, free from attachment or aversion, to reach the state of bliss.

As a result of having attachment and aversion, people get distraught and take refuge by going to temples, etc. People go to temples and other places of worship to get, besides other things, peace of mind. The statues or idols in these places should be such as to exude calmness and peace. Statues do not have any attachment or aversion, and hence they look serene and in a state of equilibrium. The statue or an image we have for 'darshan' should be beautifully peaceful and simple.

Now-a-days, unfortunately, we find more show and splendour than tranquility and stability in the idols in places of worship. Statues are full of ornaments, crowns and expensive clothes. The unduly rich decorations and pomp in such places do not allow seekers to meditate quietly. How can we meditate in a place full of ostentatious displays where statues are loaded with gold, without any simplicity? People perform 'aangi' and cover the statues fully with ornaments.

In a place of worship, statues should be free from external ornamentation and be peaceful with 'vitaraga', i.e. free from any attachment or aversion. Then only the 'sadhaka' can achieve peace of mind.

Some people decorate the statues with flowers. Flowers are a living symbol of nature's beauty, fragrance, colour, softness and gentleness on earth. We separate the flowers from plants. We become the cause of this separation by indulging in violence. Once a flower is plucked from the plant, it starts withering and dies in no time, as it loses its colour and fragrance. The blossoming ends abruptly as the flower is plucked from the plant. We become the cause of the unnecessary hurt and withering of the flowers and the suffering, as it is separated from the mother bush. Statues are generally made of marble and therefore it does not make sense to put flowers on top.

People also bathe the statues with milk and offer sweets made of milk and ghee as rituals. The use of milk is another practice against the principle of non-violence.

It is best if the statues or idols in temples and similar places are left radiating light and peace in their pure and pristine form, so that the 'sadhaka' gets peace of mind. Similarly, the observance of simplicity in life will lead man to his true nature - bliss.

CHITRABHANU

SUNDAY SPEAKER SERIES

We have begun a monthly Sunday Speaker Series, inviting Lighthouse Center members and members of the larger community to share topics of interest.

On Sunday, September 22nd, from 2pm - 4pm, Sandy Kay Cehr will presenting a "**Rainbow of Information**" on energy techniques, Kiefer Water and much more to tap into our authentic self. Please register with Prachi at 734-449-4381 or cprachi17@gmail.com.

If you (or a friend) have a talk or workshop you would like to give on a Sunday afternoon at the Lighthouse, contact Prachi at 734-449-4381 or cprachi17@gmail.com.

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:** \$301.00/year (\$25.00/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** **Credit card** (contact Prachi at 734.417.5804 or at cprachi17@gmail.com)****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 734.417.5804 or at cprachi17@gmail.com***

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

Lighthouse Hotline (734) 417-5084

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.*)

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