

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

Our Jaina Heritage: Transforming and Evolving Spring 1991

by Gurudev Shri Chitrabhanuji

*“Through his love and guidance we have become more
than we ever thought we could be.”
Chetana Catherine Florida*

Friends. Without the living divinity within us, neither human being nor life would exist. Because of the divinity within us, we move, think, love, give and receive. Do not be misled by what you see in the world around you, the passing show with its violence, commercialism, greed for possessions, and lust for power. We are the conscious Life Energy, evolving as we transform ourselves, and this Jaina heritage is our wealth and greatness.



When will the ego shatter? When we enter deep within the core of our being. The kernel of the coconut and its sweet milk can be had only when we break its outer shell. Self-centered love belongs to the ego, but love of all living beings belongs to the real Self. When we go beyond the ego, the essence emerges in freedom, sensing a larger capacity to experience life as it is.

Also, in meditation we realize that the glory of

For this transformation into Self-Realization, we need meditation. In meditation, we experience and recognize our great heritage and divinity. The divinity within each of us is the Creative Force, which we realize. Each of us must commit ourselves to living as a source of love, light and creativity. Meditation takes us beyond mind, beyond words, beyond ego. In meditation, the confining shell of the ego is split. When the destructive and negative shell of the ego is cast off, our soul shines forth with dazzling brilliance.

the earth includes almost limitless varieties of plants and trees, all of which start from tiny seeds. We share this richness of diversity; this divinity in many forms, each individually unique. The seed is nourished by the dark earth, which is broken up by earthworms, watered by rain, warmed by the sun, cooled by the gentle touch of the night. The seed splits its shell, and a form of life emerges which begins to expand and actualize its potential, for behind the maturation of the seed, there is a benign harmony in the cycle of its flowering

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Summer, 2014



Our Mission

We are committed to inner peace and peace in the world, as we practice meditation and Ahinsa 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 Ahinsa, 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: 734-417-5804
Fax: 734-449-5004

For More Information

Visit us on the web:
www.lighthousecenterinc.org

The Beacon Newsletter Staff:

Editor: Nirmala Nancy Hanke
Layout/Design: Rohit Richard Smoot

Everyone is Welcome

The Lighthouse Center community is a diverse group of individuals with a common goal of practicing Ahinsa (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 in any amount are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$25 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

June 2014 - August 2014

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.

◆ **Healing Night** Third Thursday of every month, gather 7:00 pm, meditate 7:30 pm, Reiki healing 8:00 pm to 9:00. Love Offering. Led by Reiki Master Raksha Penni Helsene.

JUNE

Chakra Class:

Continuing, weeks 4-8, Wednesdays, June 4-25, 7:30-9:00 pm, given by Nirmala Hanke.

Laughter Workshop:

Sunday, June 15, 3:00-4:00 pm, given by Raksha Penni Helsene. Cost: \$15.00. Register ahead with Prachi at cprachi17@gmail.com, or walk-in.

Tai Chi: Continuing free instruction by Nicole Miller, Mondays in June: 9, 16, 23, 30. Building fee of \$10.00 per class. Classes may continue through the summer depending upon student interest.

Healing Night: Changing to third Thursday every month: June 19, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene. No cost; love donations to the Center gratefully accepted.

Sunday Talk: "Stress Release: an Energy Approach", by Robert Tripodi, DC, June 22, 2:00-4:00 pm, cost \$25.00. Reserve a spot with Prachi at cprachi17@gmail.com, or just walk-in.

Learn to Meditate:

Friday, June 27, 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, at cprachi17@gmail.com.

JULY

Healing Night: Thursday, July 17, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene. No cost; love donation to the Center gratefully accepted.

Learn to Meditate:

Friday, July 25, 7:00-9:30 pm, given by Nirmala. Register with Prachi at cprachi17@gmail.com.

AUGUST

Sunday Talk: "Self Care with Reflexology- Therapeutic Foot Massage", by Namrata Lisa Abrams, Sunday, August 10th 3:00-5:00 pm, Suggested love donation \$15-20, all going to the Center.

Healing Night: Thursday, August 21, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene. No cost; love donations to the Center gratefully accepted.

Learn to Meditate:

Friday, August 29, 7:00-9:30 pm, given by Nirmala. Register with Prachi at cprachi17@gmail.com

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Mark Twain

Continued from front page...

and bearing fruit and its decay – only to grow again. The inter-relatedness of seed, earth, rain and sun, of people who eat the fruit and of all that lives on the earth is the inter-relatedness of one with all. Without this inter-relatedness, this harmony of the whole, we would not be here. We not only eat the fruit of the tree, we rest in its shade, and we also enjoy its beauty, by being the enjoyer and the enjoyed.

Two thousand and five hundred years ago, Mahavir said, “Since you receive so much more than any other form of life, it is inevitable that you should want to give more.” We not only have senses that open the whole expanse of the universe to us, but we also have articulate language, the capacity for abstract thinking, and the freedom to choose and to move ourselves in the forward direction. When we recognize the forward direction, we confront ourselves with: “Who am I?” Why am I here? What is the meaning of life?” Circumstances have changed throughout civilization and there is no clear verbal answer. If there were, we would have a beautiful statement and we would not have to keep searching. For the answer, there is no vocabulary, no verbal expression. We find it in the silence of meditation.

Friends, the universe wants something from us. We have our place in this cosmos. We are significant. Each day we are adding something to the world and shaping our future with our thoughts, our emotions, our words, and our actions. The same light that was in the enlightened masters and great teachers is in us. The same spark, the same flame is there, only they used it to their full capacity. Constantly, we need to keep in mind the immortal question of who we are, for at various stages of life our purpose may be different. At one stage it may be to grow alone; at another, it may be to raise a family. All levels and varieties of human effort and contributions are necessary to consume karmas and to work out vibrations: bearing children, raising them, letting them go, studying art, composing music; or perhaps deciding as Albert Schweitzer did, that music is not enough and going out to establish a hospital in Africa. Having learned who we are, we are ready to give all we feel by making our contribution to building the earth. Only we can decide on our focus. At each step we move onward and forward to evolving. But each of us is here to nurture the seed of divinity within ourselves and find the bliss of being part of the whole.

Feeling oneness with all life reveals two aspects in our consciousness: **Reverence for Life and Relativity in Thinking**. This means that we don’t want to hurt anybody with words, thoughts or actions. We don’t become fanatic to put down others’ viewpoints. Even in thought we have the reverence for another’s point of view. And the pure vibration of this amity brings our consciousness together and shows a feeling of oneness with life around us. We become the Master

of Ourselves and we don’t mar our life with negative vibrations of thoughts and words, but we build our future with our positive vibrations of thoughts and words, and in this way we liberate ourselves.

The four paramount insights for transforming and evolving which are given by Bhagwan Mahavira are:

1. **AMITY:MAITRI** God is the symbol of love. Love energy is God in action. The presence of love is the presence of God. Without amity, goodwill, there is no love. With any trace of fear, violence, hate, resentment, possessiveness, indifference, self-centeredness, love is polluted. The word “I” in English is written in capitals, but it is the word “WE” that should be written in capitals. And the WE should be as big as the universe. It should be a WE based on goodwill. Mahavira defined the requirements of amity in these words: “In happiness or suffering, in joy or grief, we should regard all creatures as we regard our own self. We should therefore, refrain from inflicting upon others such injury as would appear undesirable upon us”. Has this message led us to practice amity? In dealing with those who oppose us, our amity needs to be kindled so that conflicts can be resolved without violence. Differences in ideologies call for the humblest amity, so that they can be resolved by dialogue. Amity means peace and goodwill – for all the citizens of this planet. If any obstacle comes in the way, it is the intrusion of ego. Let it go. Let the flow of love and beauty wash it away. Know that THE STREAM OF AMITY will forever wash away the evil.

2. **APPRECIATION: PRAMODA** Appreciation begins with those nearest us. As we want appreciation, we give it. Children, in their efforts to grow, need appreciation. Husbands and wives, in their dedication to each other, need appreciation. Parents, even with their shortcomings, need appreciation. The mechanic who does an especially good job on our car deserves appreciation. We must learn to appreciate and show appreciation for the virtues and talents and efforts of all others. And our appreciation must be the kind that flows from the heart, not the flattery that falls easily from the lips. And when we meet a sincerely meritorious person whose life is fragrant with simplicity, we show appreciation by sharing our time and services for his good causes which promote well-being of all living beings.

Some unfortunate people, in the grip of the small ego, tend to deny another’s progress and accomplishments. Especially if the talented ones are only a few steps ahead, the envious are prone to berate and disparage them. If someone sings better than one of them, he thinks, “Well, she sings, but she really has no rich tone in her voice.” If someone dances better, he thinks,

“Well this man dances but really has no grace. He jumps here and there like a monkey.” If someone gives a donation, the jealous person thinks, “This person is generous only because he wishes to show off.” If someone is being humble, the jealous one says, “He is hiding his ego behind a mask of humility.” If someone is outspoken and forthright, the envious one calls him blunt and impolite. This is how envy and pettiness get in the way, although perhaps the envious are people who did not receive enough appreciation themselves when they were small. Ask yourself whether you have any of this envy. When we reach the larger Self, envy and competitiveness are gone. Appreciation implies that as the others have found their purpose in life, their cause or aim, we must find ours. If we can avoid the snare of inferiority, of putting ourselves down, we can avoid the snare of envy. Appreciation will bring us back to reverence and harmony.

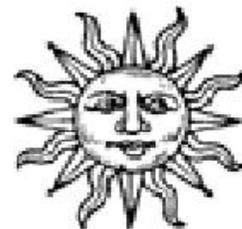
3. **COMPASSION: KARUNA** Often we are so involved in ourselves and in our own affairs that we do not think of the suffering of other people, or of plants and animals. Not only a few saints and enlightened persons but also all of us must feel the pain of other living beings and try to help them. Tears are only the starting point of compassion! I say we must first care, and then care for, and then try to change the customs and conditions that give rise to such widespread suffering! If we have compassion, in today’s world it will lead us to choose a simple lifestyle. We must think of those who not only enjoy none of the fruits of technology, but lack even food for themselves and their children. Our lack of concern contributes to their material deprivation. Have compassion for yourself also, but instead of blaming our misery on others, see what we may be doing. By hurting others, we hurt ourselves. By criticizing others, we criticize ourselves. By making others feel guilt, we make ourselves carry guilt. Calamities and disappointments, which are showered upon us, can be truly a means to test our purity and strength. Compassion cannot flood the soul until we understand and overcome indifference to the suffering around us and even to those unknown to us.

4. **EQUANIMITY: MADYASTH** Equanimity is perhaps the most difficult to obtain and maintain. If through our sincere efforts we acquire some vision and try to impart it to others and they refuse to heed us, how can we maintain our equilibrium? If we try to give someone a helping hand or some good piece of advice and offer of help is spurned, we may tend to feel rejected. We may feel helpless and react with anger or even, our hurt pride becomes vindictive. It is a subtle moment in life! Especially when our attempt entailed some time and effort. We may treat the ungrateful friend even worse than an enemy.

As parents, how often we, with the best of intentions, want to tell our children what to do, how to live their lives. At times, the children become rebellious and go against us. At that moment, however, we keep our balance. Learn the art of patience, of equanimity. As amity and equanimity grow, their glow will show on your face. Irritation begets irritation. Our irritation and rejection only lead them to build their opposition rather than to question themselves. We have to maintain our equilibrium not only with our rebellious children or with rebels against society, but also with those in power whom our own vision and our human rights demand that we oppose. Gandhi had shown this equanimity. Even though he was adamant in the fight against the British dominion, inwardly he was filled with amity for them. He told me “One day those who still rule over us will understand our position and we will achieve our freedom. So we must fight but with the weapon of love.”

Also, let us have equanimity for ourselves, our own progress, and our own battle against our inner enemies. We learn from the errors we are bound to commit. We learn that those who embrace violence have no right to expect anything but violence in return. This is the Karma of Action. It is up to us to stop the vicious circle. Only on the basis of the alchemy of equanimity can the base metal of evil be turned into the goodness of gold. With equanimity ATMA can be ascended to PARAMATMA: the small self can be transformed into the Higher Self.

Blessings,
Chitrabhanu



President's Message

NEW DEVELOPMENTS AT THE LIGHTHOUSE CENTER

We have all weathered through the long winter's polar vortex and seemingly endless snows, and enjoyed a cool spring right into Memorial Day. Although the Lighthouse Center was hibernating, as it were, through the winter, several developments have been under way: the annual pledge drive, a new direction with publications, changes to the Lighthouse website and blog, adding another outside agency for a monthly donation, and Lighthouse Board elections.

This year's pledge drive has been quite successful, with many of you responding promptly to calls from Board members, sending in your pledges and donations. We have expanded our pledge base to 41 and to date we have pledges for 2014 totaling \$18,900, the highest amount in recent years. These pledges provide the foundation for the Center's monthly expenses. In addition to pledges we receive many donations throughout the year, and have maintained a balanced budget under Treasurer Richard (Rohit) Smoot's expert guidance. Estimated monthly expenses of \$3,500 for 2014 are as follows:

Office and Kitchen expenses	\$500
Maintenance, indoor and outdoor	\$500
Utilities	\$500
Honorariums	\$950
Donations to Sasha Farm, Partners in Health and Whitmore Lake Community Center	\$300
Capital Savings account	\$500
Miscellaneous	\$250

With your financial support, we continue to keep the Center running and open to all who want to follow their spiritual path with us. The Board of Directors is very grateful for every contribution you have made. And if you haven't had a chance to complete your pledge or donation, it is not too late, and no donation is too small. There is a pledge form at the back of the newsletter that can be used at any time.

In the last year Chitrabhanuji has been working with us to take charge of reediting and republishing some of his books that are out of print: *Realize What You Are*, *The Psychology of Enlightenment: Meditations on the Seven Energy Centers*, and *Twelve Facets of Reality*. This is a large undertaking; so far the first book is in the reediting process, and hopefully will be republished soon. The two

Lighthouse publications, *Journey to Enlightenment on the Wings of Light and Love*, volumes one and two, also need to be republished, as all the copies have been sold. Finally, Pramodaji has sent over a copy of *Half-Hours With a Jain Monk*, a biography of Chitrabhanuji's early life, which will be edited, scanned online and made available on the Lighthouse blog. So as you can see, the Lighthouse Center is taking on a lot of publication duties, almost like becoming a publishing house!

Mukta Tana Dean, our Web Mistress, has been very busy developing a new website design for us, one that will be more accessible and efficient. She is also working on a blog for the Lighthouse Center and one for Chitrabhanuji and Pramodaji as well. You can read more on this in her article on page 13. Thank you Mukta for your time, energy and innovations for us in cyberspace!

While the Center continues to support Sasha Farm Animal Sanctuary in Manchester and Partners in Health in Haiti, the Board wanted to also support another agency locally. After looking into several options, the Board has decided to support the Whitmore Lake Community Center, which serves children and families as well as seniors.

Finally, we are pleased to announce that the Board welcomed new Board members to the May 25th meeting: Namrata Lisa Abrams and Poorna Gail Salata returning to serve on the Board again. We are looking forward to their energy, their ideas and their support as we begin another year. Officers for the coming year are: Nirmala Hanke, president, Prachi Thiel, vice president, and Lisa Abrams, Treasurer. The Secretary to be named at the June Board meeting.

As we move into the Summer, may we all enjoy the warm weather and the slower pace of life, with time to reflect on our own development as well. You might want to try your hand (and body) at the Tai Chi classes, offered by Nicole Miller, or Raksha's Laughter Workshop or Bob Tripodi's Sunday talk: "Stress Release: An Energy Approach." Or maybe you'd like to give a Sunday talk yourself or lead a book club discussion! Anything is possible! Just contact Prachi if you have an idea you'd like to manifest at the Center. We look forward to more new developments as 2014 continues to unfold.

Namaste,
Nirmala

LHCI Website and Blog Updates

You can always depend on change and the internet is a flowing example, it is always changing. In the coming months the website will be updated. A new design and compatible with mobile devices.

Have you visited Gurudev Chitrabhanu's blog?

Last year when I attended the Jain convention in Novi, with other Lighthouse members, it was inspiring and moved me to create a blog for Gurudev Chitrabhanu. This is an internet space for both Gurudev and Pramoda to offer inspiration, Jain philosophy, Ahinsa and veganism throughout the world. You can visit it at: GurudevChitrabhanu.org. If you would like to receive blogs by email, signup and follow the blog.

Have you ever shared the Lighthouse Center website?

There are people looking for what the Lighthouse Center offers, meditation classes, spiritual community, weekly meditations and the yearly visits from Gurudev and Pramoda Chitrabhanu, plus all of the other offerings throughout the year. Sharing the website with others helps them to connect, they may even share it with others. *You never know whom you may be helping.* The website is lighthousecenterinc.org. I am in the process redesigning it: will keep you posted.

We need more recipes!

There are great vegan cooks in the Lighthouse community and the blog is a fun place for lots of recipes. You may help someone find that special recipe or inspire them to learn how to cook vegan. You probably have some great recipes to share. Cook it! Type out the recipe! Take a photo! Then email your recipe(s) to tanaree4@yahoo.com. You'll see it posted.

Lovingly Submitted,
Mukta Tana Dean

CROWNING GLORY

Starlit night
You are a magnificent halo
Velvety glitter
Appearing to be
The stallion's crowning glory
His forelock glimmering
In the moonlight
Bedazzled with
Fresh fallen snow

I am surprised by
The divinity
Of this moment
And yet he takes it in stride
He lives
In this moment
And embodies the beauty
Of his soul
He knows the sun will
Always rise
And it will
Always set
His star will
Always shine
Hope runs free
And all is well
In his world
Of splendor

Nirali

"I don't ask for the meaning of the song of a bird
or the rising of the sun on a misty morning.
There they are, and they are beautiful."

Peter Hamill

Courtesy of Arbor Farms, May, 2014 Newsletter

The Power of Hugging

A famous quote by psychotherapist Virginia Satir goes, "We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth." Whether those exact numbers have been scientifically proven remains to be seen, but there is a great deal of scientific evidence related to the importance of hugs and physical

contact. Hugs stimulate the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease-free. Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this cre-

ates stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease-free.

Hugging aids parasympathetic balance.

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch and which are in contact with the brain through the vagus nerve. The galvanic skin response of someone receiving and giving a hug shows a change in skin conductance. The effect in moisture and electricity in the skin suggests a more balanced state in the nervous system - parasympathetic.

A 10-second hug a day can lead to biochemical and physiological reactions in your body that can significantly benefit your health. According to one study, this includes: lowering risk of heart disease, reducing stress, fighting fatigue, boosting immune system, fighting infections and easing depression. There's no doubt that hugging, caressing, and cuddling feel good. As neurologist Shekar Raman, MD, said in the Huffington Post: "A hug, pat on the back, and even a friendly handshake are processed by the reward center in the central nervous system, which is why they can have a powerful impact on the human psyche, making us feel happiness and joy... And it doesn't matter if you're the toucher or touchee. The more you connect with others -- on even the smallest physical level -- the happier you'll be."

Hugging helps the immune system, cures depression, reduces stress and induces sleep. It's invigorating, rejuvenating and has no unpleasant side effects. It is all-natural, organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome. There are no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, theft-proof, non-taxable, non-polluting and, of course, fully returnable. Hugging is practically perfect, with the only exception being that it can't recreate the wheel.

Reference: *Positive Psychology News* March 23, 2012. *Prevent Disease.com* January 23, 2014. *Psychosomatic Medicine* July 1, 2005; 67(4):531-38. *Behavioral Medicine* Fall 2003; 29(3):123-30. *Comprehensive Psychology* 2012, Vol. 1 Issue 1. *Huffington Post* May 14, 2013. *Psychology Today* March 11, 2013. *Emotion* August

The more you connect with others -- on even the smallest physical level -- the happier you'll be."

contact.

Hugging stimulates oxytocin.

Oxytocin is a neurotransmitter that acts on the limbic system, the brain's emotional center, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. It is the hormone responsible for us all being here today.

This magic substance is released during childbirth, making our mothers forget about all of the excruciating pain they endured expelling us from their bodies and ensures they still want to love and spend time with us. New research from the University of California suggests that it has a similarly civilizing effect on human males, making them more affectionate and better at forming relationships and social bonding. And it dramatically increased the libido and sexual performance of test subjects.

When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

Hugging cultivates patience.

Connections are fostered when people take the time to appreciate and acknowledge one another. A hug is one of the easiest ways to show appreciation and acknowledgement of another person.

Hugging prevents disease.

Affection also has a direct response on the reduction of stress, which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in prema-

ture babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

Hugging stimulates the thymus gland.

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this cre-

Hugging boosts self-esteem,

especially in children. The tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born our family's touch shows us that we're loved and special.

The associations of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. Hugs, therefore, connect us to our ability to self-love.

Hugging stimulates dopamine.

Everything everyone does involves protecting and triggering dopamine flow. Low dopamine levels play a role in the neurodegenerative disease Parkinson's as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling, and it's also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone.

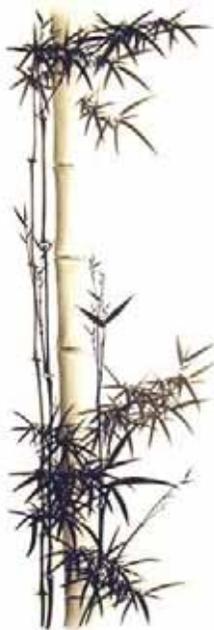
Hugging stimulates serotonin.

Reaching out and hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure, negate pain and sadness, decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces the stress levels. Hugging for an extended time lifts one's serotonin



DailyOM

Nurturing Mind Body & Spirit



Crear Time for Self-Compassion

Being Gentle With Ourselves

During those times when our lives are filled with what seems to be constant change and growth, it is important to remember that we need to be gentle with ourselves. Since it can be easy to use our energy to keep up with the momentum of our lives, we may not be aware of the fact that we are much more likely to run ourselves down. When things seem to be

moving quickly, it is especially essential that we make a point to slow down and be gentle with ourselves. It might be difficult to notice what is happening to us for we may be so caught up in the whirlwind of our lives that we lose sight of the direction in which things are heading. Being gentle with ourselves doesn't mean that we don't accomplish things. Instead it means that we honor ourselves on an ongoing basis and take care of the needs of our bodies. This means different things to different people. For instance, it could mean having a session with a healer; taking a remedy, herbs, or vitamins; or getting extra sleep. Putting our energy into ourselves in this way helps create space for a more positive, loving, and accepting view of our lives. By setting the intention to do so, we will be more cognizant of our energy levels on a daily basis and more able to replenish them as needed. The more we are able to treat our bodies with gentleness, the more tenderness and compassion we will call forth into our lives. Learning to understand and pay attention to what our self needs will in turn allow us to fill our lives with unlimited loving and healing energy and to truly take care of the things that mean the most to us.

(Courtesy of DailyOm.com)

Group E-Mail & Light Requests

The Lighthouse has a private e-mail group, lhci@yahoogroups.com This is our private e-mail group for Light and Prayer requests, communications of Lighthouse Center events, and announcement of events in the local area of mutual interest. Of course it is not for advertisement or making political statements. There are currently a 153 people in this group that can send Light and prayers to your situation. If you are interested in joining, please e-mail, Bharati Brenda Hieber at b9396hiebert@yahoo.com She will then email you a request to join. Please note, if you change your email address you will have to let Bharati know to continue receiving LHC communications.

Namaste'
Prachi

Lighthouse Board Of Directors

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Vicky Naumann Smoot
216.228.2245
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Lighthouse Center Calendar

June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6 - 7:15pm Candlelight	2	3	4 Chakra Class 7:30 - 9:30 pm	5	6 Intensive Meditation 7:30 PM	7
8 6 - 7:15pm Candlelight	9 Tai Chi 7 - 8:00 pm	10	11 Chakra Class 7:30 - 9:30 pm	12	13	14
15 Laughter Workshop 3:00-4:00 pm 6 - 7:15pm Candlelight	16 Tai Chi 7 - 8:00 pm	17	18 Chakra Class 7:30 - 9:30 pm	19 Healing Night 7:30pm - 9:00pm	20 Intensive Meditation 7:30 PM	21
22 Board Meeting 8:45am - Noon Talk: "Stress Release" 2 - 4 pm 6 - 7:15pm Candlelight	23 Tai Chi 7 - 8:00 pm	24	25 Chakra Class 7:30 - 9:30 pm	26	27 Learn to Meditate 7pm - 9 pm	28
29 6 - 7:15pm Candlelight	30 Tai Chi 7 - 8:00 pm					

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Intensive Meditation 7:30 PM	5
6 6 - 7:15pm Candlelight	7	8	9	10	11	12
13 6 - 7:15pm Candlelight	14	15	16	17 Healing Night 7:30pm - 9:00pm	18 Intensive Meditation 7:30 PM	19
20 6 - 7:15pm Candlelight	21	22	23	24	25 Learn to Meditate 7pm - 9 pm	26
27 6 - 7:15pm Candlelight	28	29	30	31		

Lighthouse Center Calendar

August, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Intensive Meditation 7:30 PM	2
3 6 - 7:15pm Candlelight	4	5	6	7	8	9
10 Talk: "Self Care with Reflexology 3-5:00 pm 6 - 7:15pm Candlelight	11	12	13	14	15 Intensive Meditation 7:30 PM	16
17 6 - 7:15pm Candlelight	18	19	20	21 Healing Night 7:30pm - 9:00pm	22	23
24 Board Meeting 8:45am-Noon 6 - 7:15pm Candlelight	25	26	27	28	29 Learn to Meditate 7pm-9pm	30
31 6 - 7:15pm Candlelight						

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



Heart & Sole, LLC
Lisa Abrams
Certified Reflexologist
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Lawabrams@comcast.net
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(Pra-chee)
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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
richard@richardjsmoot.com
216-228-2245
734.380-5014

The Ways of Astrology

Victoria Peltz Smoot (Vijaya)

Since humans have gazed at the skies and reflected on their relationship to the lights and stars that they saw, great civilizations have all had some kind of astrology. With an astrological chart, we look at the position of the planets, the Sun and the Moon at the moment a person is born. This can help in self-understanding. Tribal leaders sought out men and women, wise in the patterns of celestial movement corresponding to earthly life, to explain and help them control their destinies. Today we all live better than most of these kings and leaders. While science has extracted astronomy out of astrology to restrict its focus to physical data and observations, astrologers have continued to embody much of what each culture historically values and seeks as measures of success, failure and fulfillment. It still works for many purposes in the hands of a skilled astrologer.

One of my clients has compared it to a very meaningful GPS for the goals and experiences of life. Why would anyone seeking, for instance, to go to Chicago for the first time, just get in the car and head off down the road without knowing the direction to go, and have some knowledge about what roads to travel? Eventually, signs on the road may verify or confuse as to whether one will reach Chicago or not, yet people often live their day-to-day life this way. If they don't seek the skills of an astrologer or use some other means of thoughtful planning, their life still reflects the patterns and unfolding in their birth chart because in Divine Order all things do work together in relation to all other things and all other people.

In the Eastern and Western cultures, charts are drawn up according to the position of the constellations of stars surrounding the plane of our solar system. Over time, these positions have moved by precession in relation to Earth. The tropical zodiac (used in the West) at the time of the end of the Babylonian civilization was measured the same as the sidereal (used in the East) and the seasons of nature on the Earth were described in phases by twelve 30 degree parts of the 360 degree circle named after those constellations. By now, the sidereal placements have moved on about 23 degrees. The positions of planets in relation to each other at a particular time are measured by either the sidereal or the tropical zodiacs. In the culture of the East, astrology is part of a mainstream belief that destiny is determined by these charts. Major events in families are often considered in connection to the guidance of the stars. In the Western traditions, the experiences on the earth were lived by the seasons as Earth cycles around the Sun. In the Bible we find in Ecclesiastes 3 (KJV): *"To every thing there is a season,*

and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted: A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace."

In our country, astrology is often challenged by science and by religions, but we have many choices to practice our beliefs and find guidance. Some may doubt there is any correspondence to be found, but they have not studied astrology. We certainly believe that French works, even if we don't know or speak French. To be fair, some religions warn against using astrology. If the astrological placements take the place of the spiritual faith being nurtured and taught in a religion, it is understandable for there to be doubts that it can add any more. Each spiritual tradition offers guidelines about the Divine for spiritual growth and maturity. Astrology can also be used to support the spiritual life.

There are many methods and ways for astrology to be applied to life's questions. For example, some astrologers specialize in the medical, some in the financial, others specialize in psychological counseling, while still others may help you elect a time to begin a project so that the progress may be as smooth and successful as possible. The study of history against the cycles of planetary aspects reveals that mankind's trends of behavior and experience do indeed reflect the observations of astrologers through the ages.

As with any tool, astrology can be used with good intention with faith in the Divine Order to which these planets, orbs and stars give testimony. From Psalm 19 in the Bible (KJV) *"The heavens declare the glory of God; and the firmament sheweth His handywork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard. Their line is gone out through all the earth, and their words to the end of the world."* Reading an astrological chart requires a command of the language and a skill in dealing with the person whose chart is considered with respect and compassion for the individual's circumstances, chosen path of experience and spiritual maturation.

Victoria Peltz Smoot (Vijaya) is a professional astrologer certified by ISAR, the International Society of Astrological Research and OPA, the Organization for Professional Astrology. She can be reached by writing to her at vpeltz@gmail.com or calling (216) 659-6886.

OUR AUSPICIOUS TRIP TO INDIA

After 7 years we finally made it back to our Mother country and our experience was so wonderful we would like to share it with our close friends and family.

On January 17, 2014 we left from Detroit to go to India. We landed very safely in Mumbai. It was 1:00 a.m. Looking from the plane down to earth it was a magical experience. It was a joyous time to see Asha's sister and her family.

First of all we went to visit our Respected Gurudev Shree Chitrabhanuji and Pramodaji to get their blessings. We were very happy to see them.

Our first trip was to Madhya Pradesh to go with my student Janti and his wife Pasti to Mohankheda. Mohankheda is a Jain Tirth located in the Dhar District of Madhya Pradesh in India. There are standing idols of first Tirthankar Adinath Bhagwan and Guru Rajendrasuri Maharaj Saheb, a god of humanity related to Shwetamber Jain Samaj in the Golden Temple. This is a very auspicious place. From there we went Nageshwar, wherein a fourteen foot statue of Lord Shri Parshwanath is swaying the world with its miracles. At this Tirth we got opportunity of rendering our humble services and upliftment of pilgrimage site; expressing our gratitude, we did Pooja of Lord Parshwanath. In Madhya Pradesh we travelled to Unel, Ujjain, Avantika, Megha Nagar, Assampura and Bhopawar. There is a big hospital and Gau Shala also resides in Mohankheda. Also, we got a chance to meet Shree Rishbhchandra Vijayaji Maharaj Saheb.

I was so surprised to hear from Narendra that he wished to go to Samed Shikharji. His wish came true. When we were still in U.S., one of my friends called and asked me if we wanted to go to Shikharji. I said yes. Shikharji is not only the spiritual place, the green scenery of Parshwanath Hill is also very beautiful. It is the most important place for any Jain follower and very spiritual place for any religious person. Shikharji is the place where twenty of the Tirthankaras attained Salvation. Shikharji rises to 1,350 feet, the highest mountain in Jharkhand State. At the base of Shikharji is a Temple to Bhomiyaji. You must start your Yatra by first praying to Bhomiyaji Dada. Some of the shrines are believed to be around 2000 years old. We also visited Jal Mandir, Rujuvalika, where Lord Mahavir Swami received Enlightenment. We also visited Lachhavad, Rajgruhi, Pawapuri and Virayatan. All these places are very auspicious.

We also visited the State of Rajasthan. Rajasthan is the most popular tourist place in India. Jaipur is the Capital of Rajasthan and it is the largest city of Rajasthan. In the State of Rajasthan we visited many places like Jaipur, Jodhpur, Udaipur, Ranakpur, Ajmer, Pushkar, Mount Abu and Shree Nathji.

In State of Gujrat we went to Ahamadabad, Surat, Baroda. Here also we visited many auspicious places where we felt we are standing in the heaven. We went to Mahudi to pray to: Gantakarna Vir, Shankhashwar, Bhairutarak Tirth, Saundhya Mata's Darshan, Mirpur, Bhinmal, Pawapuri, Maheshana and Aaglod, where Mani Bhadrabahu Vir's Temple is beautiful.

Even the day we were supposed to leave from Mumbai, my nephew took us to Vasai where 20th Tirthankar Munisuvrata Swami and Lord Prashwanath Bhagwan's Temple is beautiful and very auspicious.

Every temple we visited we did Pooja and really felt that we have received many Blessings from All Gods and Goddesses. This was our best auspicious journey of India, we will cherish all our memories for a life time.

I hope you have enjoyed our journey by reading this!

Asha and Narendra Sheth

LIFE CHANGES

TRANSCENDED BEINGS

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

Lylie E. Cramer, 91, mother of Neal Cramer, transcended December 11, 2013.

Margaret Foley LaTegola, 86, mother of Aarti Meg LaTegola Graff, transcended December 26, 2013.

Edward Orwoll, 94, father of Jagruti Lucinda Orwoll, transcended January 30, 2014.

Lilian Cheuk Lin Chan, 56, sister of Liza Cheuk May Chan, transcended in Hong Kong March 14, 2014.

Catherine Thiel, 94, Aunt of Prachi Patricia Thiel, transcended Good Friday, April 18, 2014

RECIPE CORNER

Lemon Tea Cookies

(Courtesy of www.vegweb.com)

What you need:

Cookies:

- 3 tablespoons water
 - 1 tablespoon flax seeds
 - 1/2 cup nondairy milk
 - 2 teaspoons lemon juice
 - 1 3/4 cups flour
 - 1 teaspoon baking powder
 - 1/4 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1/2 cup nondairy margarine
 - 3/4 cup sugar, to preference
 - 1 teaspoon grated lemon rind
- Lemon Glaze:
- 3/4 cup sugar
 - 1/4 cup lemon juice

What you do:

1. Preheat oven to 350 degrees F. For flax mixture: In a cup, stir together water and flax seeds; set aside. For buttermilk: In another cup, stir together nondairy milk and lemon juice; set aside.
2. In a bowl, combine flour, baking powder, baking soda, and salt. In a separate bowl, beat nondairy margarine for 30 seconds, then add sugar and beat until fluffy.
3. Add flax mixture and lemon rind; beat well. Alternate stirring the dry ingredients and soured milk into the wet ingredients.
4. Drop from a teaspoon onto an ungreased cookie sheet. Bake for 12 to 14 minutes. Remove at once onto a wire rack. While baking, mix together the lemon glaze to be brushed on the cookies while cooling.

Preparation Time: 20 minutes

Cooking Time: 12 – 14 minutes

Servings: 48

Peanut Sauce (from: allrecipes.com)

Great on vegetables with rice or pasta.

Ingredients

- 1/2 cup crunchy peanut butter
- 2 tablespoons soy sauce
- 1 teaspoon white sugar
- 2 drops hot pepper sauce (optional)
- 1 clove garlic, minced
- 1/2 cup water

Directions

1. In a small bowl, stir together peanut butter, soy sauce, sugar, hot pepper sauce and garlic until well mixed. Gradually stir in water until texture is smooth and creamy.
2. Serve over vegetables with rice or pasta.



Beacon Quotable Quotes

“You will change yourself if you believe in yourself.”

- Chitrabhanuji

“This very moment is the perfect teacher.”

-Pena Chodron

“Don’t ever bypass joy for scrubbing the kitchen floor.”

- Nirmala Hanke

“Be who you are.
Follow your heart.
Fulfill your destiny.
Awaken your soul!”

-Snatam Kaur, “Ek Ong Kar”

“Life is not about waiting for the storms to pass...
it’s about learning how to dance in the rain.”

-Unknown

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: 2014, 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 up to a maximum of \$100.00.

***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.*)

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