

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

The Beauty of Living with Peace through Non-Violence

Gurudev Shree Chitabhanuji

As a photograph has a two-way process; a negative and a positive, non-violence is also expressed in two aspects: to do and not to do, commission and omission. The first aspect is karuna: a commitment to loving compassion, a feeling of equality with all life. And the second is ahinsa: not to harm, not to kill. There is no room for violence (hinsa) when we are filled with love. Love is understanding.

Basis of Violence

Violence starts with oneself. Being harmful, we first harm ourselves because the negative vibrations of hate, anger and resentment poison our sensitivities and our well-being. In this state, negative vibrations are being collected and stored in the brain. From the brain, these negative vibrations go in to the mind. Once the mind is permeated with these negativities, the mind is not capable to mind its business. Without discerning senses, these vibrations automatically enter our being. Here, even our consciousness is also tainted with violent, poisoning vibrations. So, the person is now possessed with it, and a possessed person is not able to listen to even his/her own voice. This process of movement from the brain to consciousness shows how we are conditioned and colored with negative habits and harm ourselves with violence. The person who is ready to change the habit of the mind, the tendency of the mind, has to feel **ahinsa, nonviolence**.

These conditions can persist and when unchecked, a lifetime can pass. After many years of unchecked, non-vigilant lives, one becomes A-G-E-D with Anger, Greed, Ego, Deceit. These are also forms of violence. We have choices, and the consequences of non-attentive choices fossilize us and make us incapable of development. To make the right choice requires awareness of **ahinsa**.

Negatives in Comparisons

Without knowing the process of vigilance, we will, in ignorance, compare everything and everyone; and in so doing, we do not attend to the deeper meaning of life. For many, comparison is natural because the mind is trained to compare,

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January - April, 2015**



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 Ahinsa.

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

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For More Information

Visit us on the web:
www.lighthousecenterinc.org

The Beacon Newsletter Staff:

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Many quotes used come from: <http://www.brainyquote.com/>

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

January 2015 - April 2015

WEEKLY

◆ **Sunday Candlelight Meditation and Healing**
5-6:15pm every Sunday. Changes to 6-7:15pm on 3/8/2015 when Daylight Savings Time begins. 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, \$25 for students or \$15 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.

JANUARY

Holiday Message Party: Saturday, January 10, gather 6:30, begin 7:00 pm-on. Meditation, channeled messages and vegan potluck. Cost: \$25 or \$30 for mailed proxy.

Healing Night: Thursday, January 15, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00. Open to the public. Love donation.

Talks with Gurudev: Monthly Sunday DVD of one of his talks at the Lighthouse with discussion after. First talk will be January 25th, 2:00-4:00 pm.: *Three Steps to Achieve Our Quests*. Love donation.

Learn to Meditate: Friday, January 30, 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. cprachi17@gmail.com.

FEBRUARY

Book Club: *Autobiography of a Yogi* by Parmahansa Yogananda, 8 Wednesdays, 7:30-9:00 pm, beginning February 4-March 25, facilitated by Nirmala. Cost:\$30.

Chinese New Year's Party: Thursday, February 19, 6:30 pm-on, "Year of the Green Sheep". RSVP with Nayana Nancy Sloan at nsloan@comcast.net. Party will take the place of Healing Night

this month.

Talks with Gurudev: Monthly Sunday DVD of one of his talks at the Lighthouse with discussion after. February 22, 2:00-4:00 pm. Love donation.

Learn to Meditate: Friday, February 27, 7:00-9:30 pm, given by Nirmala.

MARCH

Candlelight Time Change: On Sunday, March 8th, Candlelight changes with Daylight Savings Time to 6:00-7:15 pm.

The Magic Circle:Mandala Drawing and Collage Workshop: Sunday, March 15, 2:00-4:00, given by Nancy Paton. Cost: \$25.

Healing Night: Thursday, March 19, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00. Open to the public. Love donation.

Talks with Gurudev: Monthly Sunday DVD of one of his talks at the Lighthouse with discussion after. March 29, 2:00-4:00 pm. Love donation.

Learn to Meditate : Friday, March 27, 7:00-9:30 pm, given by Nirmala.

APRIL

Chakra Class: Eight Wednesdays, beginning April 1, 7:30-9:30, given by Nirmala,

using Chitrabhanuji's book *The Psychology of Enlightenment*. Meditation at each of the seven chakras, for spiritual growth on all levels. Cost: \$75 pledging/\$85 non-pledging.

Good Friday Meditation: April 3rd, gather noon, meditate 12:30 -1:30 pm. Optional vegan potluck after.

25th 24 Hour Meditation: Saturday, April 11, 7:00 pm through Sunday, April 12, 7:00 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.

Healing Night: Thursday, April 23, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00. Open to the public. Love donation.

Learn to Meditate: Friday, April 24, 7:00-9:30 pm, given by Nirmala.

Talks with Gurudev: Monthly Sunday DVD of one of his talks at the Lighthouse with discussion after. April 26, 2:00-4:00 pm. Love donation.



Continued from front page...The Beauty of Living with Peace through Non-Violence

but if we stop to think and probe deeper, truth may dawn upon us that each is different and unique. Even in twins, each is unique.

Why do religious groups fight? Because they also compare. By comparing, they concentrate on superficiality and not on the essence of the religion. The learning from a teacher can be true in its time but it also can be a learning opportunity at other times, if each generation interprets the words in the context of the time, space and culture that is present for them. Karuna, loving compassion, inspires us to transcend the comparative and competitive attitude of the mind.

Those who impose their beliefs on others, expecting them to accept their truth, are nurturing a subtle seed of violence which in time will grow into a tree of even more small seeds and then more trees as a vicious cycle of violence. And as long as one is other-oriented, one has given his remote control to someone else.

When walls of other-ness are dropped, we see the sacred beauty of life in ourselves and we see that sacred beauty in others. We do not see that person as a man or woman or a person from a certain sect or religion. All these obstacles are removed. Unless we see beyond barriers, there won't be peace in us or in the world. We may talk about peace but inside we go on creating separation. Some say, "My religion is the best; it is the only true religion. And, if you don't start to practice my religion, you will go to hell." Such dogmatism and bigotry is also a form of violence. When we practice ahinsa, we try to understand what others are saying, what they are conveying, what they are feeling. We listen beyond the words. We may not agree but we respect their right to say.

Ahinsa in Introspection

Ahinsa tends to be understood only as "Don't do" this or that to others, animals and living beings. This is one meaning but it is secondary. The first meaning is "Don't hurt yourself" with jealousy, hate or resentment.

Ahinsa is a subtle thing. It cannot be grasped unless

we go deep into ourselves, and to achieve this, we meditate. There, we discover the sacred beauty of life. Until we have that experience, we may use the word "ahinsa" but it will only be lip service.

To practice ahinsa, one has to remove the veil of ignorance about oneself. One has to experience life within. That deep experience of life does not come from the outside, it dawns on the inside. We are reminded that denial of Self (atma) is an invisible form of violence.

When ahinsa is practiced in a vision of inner perspective, we perceive the relevancy of all life in meaningful inter-relationships among all living beings, leading to understanding and ahimsa.

Ahinsa is another name for healthy human feelings. Just as in the sunlight, darkness cannot remain, so also anger, greed, ego and deceit cannot linger in a healthy human's feelings. Once we have the experience of this vision, we are committed to practice ahinsa in trinity of mind, word and action. In this new vigilance, we are awake and every night before we rest, we review our day and ask, "Did I harm myself? Did I in judging put down anyone? Have I contributed to human divisions: cultural, racial, intellectual, religious, physical, or others? Did I place one person above another? Did I allow my reticence to contribute to violence?"

Beauty of Ahinsa

Once we start practicing ahinsa, our life becomes an inspiration. Wherever we go, our eyes beam with compassion, our feelings vibrate with care, our words flow with love, and our actions speak Reverence for Life. People will be changed, not by our words but by what they see, hear and feel.

When we experience the sacred beauty of life, we experience peace. We inspire Peace. Then there will be peace. There will be peace.

March 1996

President's Message

Patience: Be fully available to the present and bring all of your attention to what is actually happening now. Relax into the flow of life. (The Original Angel Cards Book)

Patience: not one of our favorite angels, you might say. Trying to get us to be in the present moment, in the flow of life. Now that all sounds good. Aren't we all striving, on our spiritual paths, to be present and in the flow? And isn't it our impatience that partly gets in the way? Impatient waiting at a stop light or in a long line, impatient with ourselves for making yet another mistake, impatient with another's comment or action or attitude. Everywhere we turn, there are opportunities to feel patient, or yes, impatient, once again.

Let me share with you one of my recent forays in impatience. I was sitting patiently with our friend Raksha Penni Helsene at the rehab center, doing Reiki with her. Something we were talking about caused her to say, "Patience". I nodded in agreement, and we went on talking. A week later, I was there again, and this time I was sitting with her laptop as she dictated an email. Well. Her computer is not the greatest, the space bar doesn't work, and besides, I am no good with PCs, not to mention my own Mac. A simple email, and I was becoming more irritated and impatient by the minute. Before I knew it I was jamming the keys. Raksha said, "Patience". I snapped back, "Shut up!" We both burst out laughing. We laughed and laughed and laughed. About my having said that. Now I have *never* said that to anyone, I have not even ever *thought* it, at least consciously, but there it was ready to come bursting out. We laughed and laughed, and then she said, "Nirmala told me to shut up". I immediately said, "No, that was not Nirmala, that was Nancy. I'm so sorry, MiChaMi DukkaDam." And then we laughed some more.

What was so funny about my saying "shut up" was that it was so uncharacteristic, and I was so embarrassed to have said it. How could I have done that? Well, the shadow side (our negative thoughts, words and actions), it turns out, is sometimes just

raring to come out. The fact that I actually said such a thing indicated that I was ready to deal with it, rather than keep it safely tucked away in the shadows. I felt safe enough with Raksha to say how I was feeling. And just a few days later, I spoke my mind again, out of the blue, with my sister. I came into the kitchen where she was letting the faucet run, full blast, as she darted about fixing her salad. Now this had bothered me for months, but I never said anything, because it seemed so minor, and so petty to say anything. But that morning the words just popped out of my mouth: "That bothers me". She immediately explained that she'd been agonizing for months about whether to let the water run or keep turning the faucet on and off as she fixed her salad. Which was more costly, letting the water run or wearing out the washer in the faucet? As soon as I told her it bothered me to have the water running, her dilemma was solved: she would no longer do that.

So my new year so far has been taken up with learning more about patience and the value of dealing with my impatience rather than stuffing it. In the past when impatience struck, I would find myself feeling irritated, annoyed, frustrated. When I was growing up, one of the few times my father gave me any advice was when he said, "Patience is a virtue". That certainly did not make me happy. Although I knew he was right, I was not happy being criticized. It did not help me, back then, to be criticized, because back then I was trying to be perfect, and I did not appreciate having it pointed out that I was not. Nor was I able to learn from criticism, learn from my mistakes. Instead I'd get impatient, irritated, frustrated, at myself, and others.

The last thirty-odd years of meditation *have* helped me to become more patient. I am more patient at times, but it is slow going. Sometimes, when I'm in a mellow mood and not in a hurry to get somewhere or do something, I can take it in stride in a long line, say. And even be amused at myself for being momentarily patient at last. But if I'm in a hurry, forget it. King Ego must have his way and get things done on time. His motto is: my way or the highway. And aided and

abetted by Queen Perfectionista, Ego certainly still gets to run the show a good deal of the time. Apparently I still have a lot to learn about patience and impatience (among other things).

One way to think about this duality between the patience we would all like to have and the impatience we may actually have, is to consider this passages from Lao-tzu's *Tao Te Ching* (tr. Stephen Mitchell, p.36):

*If you want to shrink something,
you must first allow it to expand.
If you want to get rid of something,
you must first allow it to flourish.*

If we want to get rid of our impatience, we must allow it to expand and flourish. We must acknowledge it, embrace it. Only then are we able to rise above it. Sometimes we can even laugh at it. So as we all embark on the new year, with whatever blessings, challenges and lessons we each may encounter, may we all do our best to be patient with ourselves, and with each other. Learning, little by little, how to *be with our impatience*, so that we can transform it. Becoming patient with our impatience. Learning to be present in the moment, whatever it may bring. Relaxing into the flow of life.

Namaste,

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come. ~ Robert H. Schuller

Sunrise Inspiration



“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

~ Martin Luther King, Jr.

From Assimilation to Transformation...In a Single Breath

(This is an excerpt from a recent blog by Lighthouse member Eshavas Iam Saums in <http://www.zengardner.com/author/iam/>. To read the entire blog, just click on the link.)

Transformation...in a single breath:

Most people may believe that transformation is an excruciating process. That it requires us to drag ourselves through the muck of our undesirable behaviors and qualities in the pursuit of releasing what it is that no longer benefits our lives. This is true. However, transformation is the most magnificent experience we may have. It is a gateway that reunites us with our possibility. It draws us out of our mind and body and connects us with our heart and soul. Transformation reminds us who we truly are.

The beginning of transformation is breathing. When we were born, our initial expression of life is taking our first breath. When we die, our last expression of life is our final breath. As we live, we overlook the blessing and disconnect from the life force that breathing provides. We breathe only as much as we need for our survival. It is interesting that we breathe with more depth and awareness when we are sleeping than when we are awake. Equally interesting we seldom fully express this vital element of our existence.

Conscious Breath:

When we are confronted daily with drama, injustice and exposure to violence, we have a choice. We can react with a similar energy of upset, anger, disappointment and judgment. Or we can do what we need to do to live, breathe. When we choose to breathe, we naturally disengage from the chaos. Our fear that provokes our reaction subsides in the expression of our conscious breath. This may seem like a very elementary and radical strategy for living, yet it is as essential as the quality of the breath we take. The quality of our breath is a measure of the quality of our life. The more consciously we live our breath, the more consciously we live our life.

Our conscious breath is created in its awareness and expression. Maintaining this quality of breath may seem



unattainable, yet it is not. It only appears impossible because we have not fully developed and exercised our natural expression of breath. All it requires of us is to dedicate a few moments of our time to focus completely on our breath. When we commit to this practice, something amazing happens. A shift occurs within us and our experience of life transforms right before our eyes.

Everything is born from our breath. Our consciousness, our enlightenment, our life. Only with our breath will we restore our balance, our senses, our truth and our love. When we express our conscious breath, it isn't the environment that transforms, it is us.

The possibility of transformation inspires us to take our breath as though it is our first, or our last.

Every breath we take,
every step we make,
can be filled with
peace, joy and serenity.

Thich Nhat Hanh



Treasurer’s Report from Calendar Year 2014

The finances of the Lighthouse Center remain strong and stable due to the generous donations, gifts, and special events supported all by you, our membership. Below is a short breakdown of our average monthly expenses for 2014 that have kept our center running. It is anticipated that these expenses will remain similar in 2015. During 2014 we have been able to reduce expenses and raise more income.

Expenses/Month (avg.) in whole dollars

Utilities Gas, Water, Electricity, Phone, internet.	\$ 433
General Office (copier, postage, supplies, printing, advertising, etc.	414
Products, Taxes, Accountant for IRS 990, special events.	82
Donations to Others	312
Transferred to our Building Capital fund	501
Chitrabhanu visit	179
Insurance, staff contractors, Center maintenance	1,442
Miscellaneous (bank charges, discounts, other	<u>121</u>
Expenses per average month in 2014	\$3,484

Our pledge income accounts for 56% of our expenses, so the other income for special events and classes are vitally important. We were pleased by a generous \$10,000 donation by Jain Meditation International Center (JMJC) via Chitrabhanu. Here’s the distribution that the Board approved:

Caring Community	\$1,000
Capital Savings	\$3,500
Vegan Outreach	\$1,000
Investments	\$3,500
Youth Program	\$1,000

New for 2015!

The IRS has changed its method of recording and reporting for 501 c3 organizations, like Lighthouse. At its meeting in January, the LHC Board adopted the policy of using IRS publication 1771 to comply with the accounting and designation between what is a donation and how the donation relates to the mission and purpose of the non-profit. Essentially, almost all money received by the LHC is deductible if it meets the IRS guidelines. At the end of 2015 you will receive an itemized list of your donations. The IRS allows this statement of donations can be used for charitable giving on personal income taxes. Of course, it is most important that you check with your own tax consultant or adviser regarding charitable donations and documentation.

All classes, pujas, and special events sponsored by the LHC are considered a donation. This eliminates personal pujas, all classes, and book club from being a service and will be considered a donation. The only cases where an item remains non-deductible will be all “Store Sales”, rental fee, and classes taken by outside building renters. Anything sponsored by LHC, like meditation, chakra, and others would be a donation. Finally, if we have an event (like a talk by Chitrabhanu) and the food is paid for by an outside contractor, the cost of the food is not a donation. This would amount to \$5 - \$10 for the food portion of the total donation.

Respectfully submitted,
Lisa Namrata Abrams, Treasurer
Richard Rohit Smoot, Bookkeeper

Life in Retrograde

Victoria (Vijaya) Smoot and Richard (Rohit) Smoot, Certified Astrologers

It's interesting that the words "Mercury retrograde" have worked itself into the western lexicon. We all seem to joke and use in good humor (and a convenient excuse) as a time when communications appear to go astray. We would like to review this term from an astrological view and how you can use retrograde periods to your advantage. Mercury is not the only planet to "go retrograde." Except for the Sun and Moon, all the other planets have retrograde periods and each retrograde period of a planet has its own actions. So for this issue of the Beacon, we want to review the current planets in retrograde (Rx) in 2015, how long they will be active, and how we can utilize the energy.

Western astrology and its symbolism are our observation, perception and view from here on planet Earth (Geocentric). Science is not so symbolic, so science takes the view of the Sun as the center of our solar system (Heliocentric). A planet appears to retrograde from Earth's perspective (Geocentric) because of the relative movements of planets in their orbits around the Earth. In retrograde, planets appear to be going backwards and the nature of the planet's behavior goes within, rather than outward. To explain this further, suppose you are on a road and you see a train ahead of you going the same direction. Both you and the train are going the same direction (direct motion), however the train is going slower than you. At some point, as you pass the train, the train "appears" to be going backwards (retrograde motion). After some time, the train appears to be going forward again (direct motion). This is the same thing that happens with "retrograde" planets. For a period of time they "appear" to be going backwards, even though they are actually moving forward.

Mercury

Mercury slowed down and went retrograde (Rx) **January 21, 2015**. The Rx period is always around 21 to 23 days, so it will go direct on **February 11, 2015**. HOWEVER there is a period called a "shadow". This is the period where Mercury's direct motion "catches up" to the point where it went retrograde. Mercury will be out of it "shadow" on March 3, 2015. As a planet "recovers" from its shadow, the true nature of the planet becomes more normalized. Mercury is retrograde three times per year.

The Rx period of Mercury is a great time to organize, pay extra attention to details when making decisions and signing contracts. It is also a good time to try extra hard not to assume ANYTHING and always be mindful and present. Often under Mercury Rx, we may feel overwhelmed and stressed, as though we can't get on top of things. The mind (Mercury) is retreating within us, and may even feel more active than normal. It's great to read, do puzzles and especially to meditate. It would be an excellent time to begin learning to meditate or do yoga or go inward. During its shadow period, things may feel like they're getting back in order and your stress may begin to alleviate as time goes forward. In a way, it's like a recovery period where you review decisions and activities prior to its retrograde period.

Venus

Venus is retrograded from **July 25, 2015 – September 8, 2015**. Venus is Retrograde approximately 40-43 days every 18 months). Analogous to the myth of Persephone, also known as Venus, (beauty, Nature) returns to the Underworld (hidden, to be not in sight) to spend approximately forty-two days with the god Pluto (Death, Sex, Transformation, Birth). Venus Rx is a time when things of value, harmony, beauty, Nature, justice and love retreat from the world. During the period we can feel frustrated by things of value, finances, or the apparent lack of cooperation and inability for others (and self) to compromise. You may find yourself less tolerant of others. This is a good time to review and complete relationship and ownership issues that need attention. Atonement and appreciation of others and how they affected your life can be curative at this time. If the other person rejects any action on your part; just let it go and wait.

Mars

Mars is not retrograde in 2015. Mars was Rx in 2014 and will be in 2016. Mars is Retrograde approximately 58-81 days every 2+ years.

Jupiter

Jupiter is retrograde now. Its retrograde motion began **December 8, 2014 – April 8, 2015**. Rx for Jupiter is approximately 120 days about once a year. When Jupiter turns retrograde, the emphasis is upon inner awareness and inner growth. It is an excellent time to get in touch with personal integrity. When opportunities arise while Jupiter is retrograde, they are the result of seeds planted in the past when agreements or connections were made in the past. Jupiter represents the expansive and expressive energy of optimism, as well as faith in a meaningful future. With the backward motion we could re-evaluate cherished beliefs and personal laws.

Saturn

Like Jupiter, Saturn is a social planet, however its transit is much longer and can have a two month influence on birth planets to an eight month influence. Saturn is retrograde from **March 14, 2015 - August 8, 2015**. Saturn rules the physical and psychological supports, structures and armatures in our life. It produces the rules and regulations by which we guide our lives, our sense of responsibility, and our limitations. It allows us to redefine boundaries. Weed out the source of frustration at this time. Saturn turning retrograde gives us the opportunity to go back and reorganize or renegotiate any activities or commitments that seem to be a source of frustration.

We are not including Uranus, Neptune or Pluto since they are in and out of retrograde most of the year for a year or more and their effect is a backdrop for all of us, but does not effect us in a personal way.

Lighthouse Center Calendar

January 2015

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

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5-6:15 pm Candlelight	2	3	4 Book Club "Autobiography of a Yogi" 7:30 pm	5	6 Intensive Meditation 7:30 PM	7
8 5-6:15 pm Candlelight	9	10	11 Book Club "Autobiography of a Yogi" 7:30 pm	12	13	14
15 5-6:15 pm Candlelight	16	17	18 Book Club "Autobiography of a Yogi" 7:30 pm	19 Chinese New Year Party 6:30 PM	20 Intensive Meditation 7:30 PM	21
22 ANNUAL Board Meeting 8:45am - Noon Talks with Gurudev DVD/Discussion 2:00 pm 5-6:15 pm Candlelight	23	24	25 Book Club "Autobiography of a Yogi" 7:30 pm	26	27 Learn to Meditate 7pm - 9:30 pm	28

Lighthouse Center Calendar

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5 - 6:15pm (EST) Candlelight	2	3	4 Book Club "Autobiography of a Yogi" 7:30 pm	5	6 Intensive Meditation 7:30 PM	7 Daylight Savings Time Clocks set to 1AM at 2AM
8 Daylight Savings time in effect 6 - 7:15pm (EDT) Candlelight	9	10	11 Book Club "Autobiography of a Yogi" 7:30 pm	12	13	14
15 The Magic Circle: Mandala Drawing Workshop 2pm - 4pm 6 - 7:15pm (EDT) Candlelight	16	17	18 Book Club "Autobiography of a Yogi" 7:30 pm	19 Healing Night 7:30pm - 9:00pm	20 Intensive Meditation 7:30 PM	21
22 6 - 7:15pm (EDT) Candlelight	23	24	25 Book Club "Autobiography of a Yogi" 7:30 pm	26	27 Learn to Meditate 7pm - 9:30pm	28
29 Board Meeting 8:45am - Noon Talks with Gurudev DVD/Discussion 2:00 pm 6 - 7:15pm (EDT) Candlelight	30	31				

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chakra Class 7:30 PM	2	3 Good Friday Meditation 12:30 pm Intensive Meditation 7:30 PM	4
5 6 - 7:15pm Candlelight	6	7	8 Chakra Class 7:30 PM	9	10	11 24 Hour Meditation Begins 7:30 pm
12 24 Hour Meditation Ends with Candlelight 6 - 7:15pm Candlelight	13	14	15 Chakra Class 7:30 PM	16 Healing Night 7:30pm - 9:00pm	17 Intensive Meditation 7:30 PM	18
19 6 - 7:15pm Candlelight	20	21	22 Chakra Class 7:30 PM	23	24 Learn to Meditate 7pm - 9:30 pm	25
26 Board Meeting 8:45am - Noon Talks with Gurudev DVD/Discussion 2:00 pm 6 - 7:15pm Candlelight	27	28	29 Chakra Class 7:30 PM	30		

DailyOM

Nurturing Mind Body & Spirit

January 29, 2015

Witnessing Nature through Meditation

Bird Meditation

by Madisyn Taylor

When it becomes too cold to be outside with nature, bring her inside through your meditation.

When the weather gets colder it can be more difficult to get in touch with the marvel of nature as it exists around us. Finding innovative ways to really connect with nature brings us closer to the wonders that envelop our lives. One way to do this is to perform a meditation with our feathered friends, the bird kingdom.

Just by taking a few moments each day to watch the bird activity that goes on in our backyards through our windows can bring a sense of calm and well-being to our lives. Watching and being with the birds that we share our garden space with us allows us to experience greater feelings of relaxation and gratitude for the diversity that is always present around us. Simply watching, without judgment or expectations, heightens our awareness of the beauty of nature. If you watch the birds for a long enough period of time you will begin to feel a great sense of deep joy within you knowing we are all truly divine. Doing this with our family members will in turn introduce a meditative practice that can easily be shared and appreciated by all, as well as create deeper bonds with each other through the joy of experiencing the healing power of nature.

<http://www.dailyom.com/articles/2015/46477.html>

Dedicating some time to meditation is a meaningful expression of caring for yourself that can help you move through the mire of feeling unworthy of recovery. As your mind grows quieter and more spacious, you can begin to see self-defeating thought patterns for what they are, and open up to other, more positive options.

~Sharon Salzberg

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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:

Deborah Blaszak, 64, Lighthouse member and stepmother to Heather Summers, transcended December 3, 2014.

Roy Sills, 64, father of Kadambari Stacy Brodock, transcended December 9, 2014.

Dr. Stanley Wacksman, 79, step-father of Namrata Lisa Abrams, transcended January 14, 2015.

Elsie Baker, 82, aunt of Brenda Hieber, transcended on January 25, 2015.

Richard (Dick) Renaud, 69, father to Bharati Brenda Hieber's daughter-in-law Charlene Hieber, transcended January 26, 2015.



Here bring your wounded hearts, here tell your anguish; Earth has no sorrow that Heaven cannot heal.

Thomas Moore



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Patricia Thiel

RECIPE CORNER

Here's the recipe as promised that my friend made to bring to the Message Party. Wondering if you could share. She makes it from memory so adjust according to your taste. Thanks Charlene Mach.

Lentil Curry*

Wash 1 cup red lentil beans several times, cover with water.

Add ¼ tsp saffron, 2 tsp curry powder, ½ tsp red chili powder

Bring all to a boil.

When lentils are done, put into a separate bowl.

Using same pan add 1 tbl oil, ½ tsp black mustard seeds and allow them to pop.

Sauté in chopped onion and broken pieces of dried red chilies (or green chilies).

Add lentil mixture to the sautéed mixture along with a couple bay leafs and simmer for 3 minutes.

* *This is a recipe from India.* PS: Thank you Charlene to you and your friend.

Bill Maher once quipped, "The business of raising animals for food causes about 40 percent more global warming than all cars, trucks, and planes combined. If you care about the planet, it's actually better to eat a salad in a Hummer than a cheeseburger in a Prius." And if that's not enough, it takes 12 pounds of grain and 2,500 gallons of water to create a single pound of beef. We literally use more resources to grow food for the animals we eat than to feed the hungry in our cities, our country, our world. It doesn't have to be that way.

Mayim Bialik with Dr. Jay Gordon, *Mayim's Vegan Table*, p.17

Smoothie recipe

PEANUT BUTTER SMOOTHIE

Makes two one-cup servings

This simple smoothie is ideal for the most finicky of palates. Protein-rich nut butter and banana combine for a rich, delicious way to start the day.

2 bananas

⅔ cup peanut butter (or half cup sunflower butter)

2 tablespoons maple syrup

1 cup rice milk

1 cup spinach leaves (optional)

1. Puree all the ingredients in a blender until smooth. You can also add 1 cup spinach leaves for more nutrients and flavor.

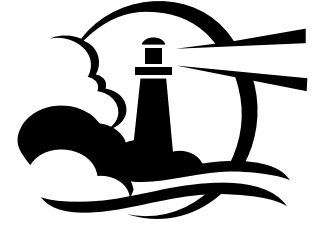
Mayim's Vegan Table, p. 56

Lighthouse Center, Inc.

Founded in 1979 by Chetana Catherine Florida

A Spiritual Development Center Bridging the East and the West

2015 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: **2015**, 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 \$60.00 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:** _____

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

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Attention: Treasurer

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Lighthouse Hotline (734) 417-5084

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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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