



# Lighthouse Center, Inc.

[www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

P.O. Box 65

Whitmore Lake, MI 48189-0645

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*A Center for Spiritual Development founded by Chetana Catherine M. Florida*

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## **INTENSIVE MEDITATION**

**When:** First and Third Friday of each month

**Time:** 7:00 pm until about 10:15pm

Arrive at 7:00 pm to get your seating arranged and to write down any special requests that you want to have energized. The Program will begin at 7:30pm. You may come to all or *any* part of the intensive meditation, entering and leaving the sanctuary quietly.

**Where:** The Lighthouse Center  
740 East Shore Drive  
Whitmore Lake

### ***Who Can Attend?***

Anyone who has taken Nirmala's Meditation Lecture or who practices mantra meditation is welcome.

### ***What is Intensive Meditation?***

Intensive Meditation is a guided meditation session which lasts for two and one-half hours and focuses on each of the seven major chakra centers of the body for twenty minutes each. You may use your personal mantra or the universal mantra for the entire time period. We will begin with the chanting (singing) of sacred songs in Sanskrit (song sheets and English translations are provided); then, beginning with the first chakra, the leader will let the meditators know when to shift their attention to the next energy center. (You are free to quietly leave at any time or to quietly take a break outside if you need to.)

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Prior to the meditation session, you will have an opportunity to write down any specific requests/issues (personal or global) that you would like to have extra energy and attention directed toward. In order to be in perfect alignment with the Universe, it is suggested that each request list begin with the wording, “In Divine Order, Love and Light”. This asks for the request(s) to be granted according to Divine Order (rather than human will), because that ensures the best possible outcome for all parties involved.

At the end of the meditation period, the facilitator frequently receives and passes on a message which has significance for all members of the group who have attended for two weeks or longer.

### ***What are the Benefits?***

Intensive Meditation provides an opportunity for cleansing and energizing on all levels, and is an opportunity for real balancing and centering to occur – ask anyone who has been consistently participating for a while.

We humans – much like an onion – are many-layered entities. With each meditation period, a layer or two is removed, allowing us to get closer to the inner perfection that each of us is. The combination of the group’s energy (from everyone meditating at the same time), and each individual’s own built-up energy (from meditating for a longer period of time) sums together and assists us in this process; thereby, allowing much growth during and much growth and expansion after an Intensive Meditation session.

It is recommended that you plan to have a quiet weekend afterwards so that these changes can be assimilated more easily.

### ***Additional Information***

We have lots of seating, pillows and throws or blankets. You are also free to bring your own if you so desire.

**Please Join Us**  
**You Can Change Your Life!!!**  
***www.lighthousecenterinc.org***