

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 Presence of God

Gurudev Shree Chitrabhanuji

Namaste, I bow to all of you. If you reflect on yourself, you ask, "Who am I? I am Divine. I will not put myself down in any circumstances." Your commitment is not to put yourself down in any circumstances. The world can put you down, but they don't know you.

How many people remember the breath? How many breaths are destroyed with anger, jealousy, competitiveness, ego, suspicion? Let the breath be the breath of Peace, of Love, of Divine Light. Every breath should be charged with Love and Peace and Divine Light.

One person asked me years ago, "Do you believe in God?" When you don't have, you believe. Do you believe in the sun? No, you have the sun, the sun is there. Belief is not realization, not experience; belief is tomorrow. One man said, "Guruji, I don't believe in God. I feel, I see God in vegetables, animals, in the eye of a child, the eye of a fish." Where there is life pulsating, the desire to love, there is the presence of God. How can we live without the presence of God? When you breathe, inhale the Divine, the presence of God, and exhale the anger, the hate, the stress, the negative energy.

Don't think of what others are thinking; think of what you are thinking. We are so eager to know what others are thinking, saying, believing about us. But Mahavir's teaching says, "Don't trust even my word if it does not make sense to you. Believe in yourself." Those who get divorced started with love, and celebration. But over time they don't agree, and thoughts, beliefs and anger separate them. Love is destroyed by anger, jealousy, and hatred. Who has the power to destroy you? No one, unless you give your consent. Our own thoughts can destroy us. If you don't hurt anybody, no one will hurt you. When you have no fear, you do not attract violence. If someone doesn't agree with us, that's fine. But we want to correct them, make them see it our way.

Belief is a very dangerous thing. One student used to have a time concept, a belief that he always had to hurry, hurry, hurry. When he saw the red light, he'd think, "Oh my god, I'm going to be late!" But now he meditates on the breath, taking each breath with awareness, staying with each breath. When you hurry, worry is inevitable. More hurry, more worry. Now when he sees the red light, he says, "Thank you, I will have time to breathe." The red light that was a sign of tension is now a sign of peace and rest. When you have God with every breath, it will be good time all the time.

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Volume 71
June - August, 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

P.O. Box 645
Whitmore Lake, MI 48189
Phone: 734-417-5804

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

June 2015 - August 2015

WEEKLY

◆ **Sunday Candlelight Meditation and Healing**
6:00-7:15pm every Sunday. All are welcome for a candle-light 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 3rd or 4th Saturday of every month from 4:00-6:30 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.

JUNE

Healing Night: Thursday, June 18, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00, with Lighthouse Reiki practitioners. Open to the public. Love donation.

Learn to Meditate:
Saturday, June 20, 4:00-6:30 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.

Gurudev DVD: Sunday, June 28, 3:30-5:30. Come listen to Gurudev's messages from prior Lighthouse visits. RSVP with Prachi 734.417.5804

Board Meeting: Sunday, June 28, meditate 8:45 am, meet 9:30-noon.

JULY

JAINA Convention:
Thursday, July 2-Sunday, July 5, Atlanta, GA.

Book Club: Chitrabhanu's Biography, *A Man With A Vision*. Six Wednesdays, beginning July 8-August 12, 8:00-9:30 pm, facilitated by Nirmala. Cost: \$20.

Sunday Talk: Energization Exercises given by Namrata Lisa Abrams, Sunday, July 12, 3:00-5:00. Cost is a love donations of any amount to the Lighthouse Center, Inc.

Healing Night: Thursday, July 16, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00, with Lighthouse Reiki practitioners. Open to the public. Love donation.

Learn to Meditate:
Saturday, July 18, 4:00-6:30 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.

Board Meeting: Sunday, June 28, meditate 8:45 am, meet 9:30-noon.

Gurudev DVD: Sunday, July 26, 3:30-5:30. RSVP with Prachi.

AUGUST

Healing Night: Thursday, August 20, gather 7:00 pm, meditate 7:30, Reiki healing 8:00-9:00, with Lighthouse Reiki practitioners. Open to the public. Love donation.

Learn to Meditate:
Saturday, August 22, 4:00-6:30 pm, given by Nirmala.

Gurudev DVD: Sunday, August 23, 3:30-5:30. RSVP with Prachi.

Board Meeting: Sunday, June 28, meditate 8:45 am, meet 9:30-noon.

August Picnic at the Center: Date and time tbd (will put on website and group email). Veggie potluck, along with Group Drumming, led by Andrew Sloan and the Howell Nature Center animal show by Nayana Sloan.

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:

Joann Kay Adolph, 66, cousin of Prachi Thiel, transcended 10 February 2015.

Kadambari Stacy Brodock, 44, longtime Lighthouse member, wife of Brian and mother to Zachary, transcended 21 March 2015.

George E. Thiel, 78, cousin of Prachi Thiel, transcended 25 April 2015.



Continued from front page... "The Presence of God"

We all have the Light. The Light is the same, the bulbs are different. God is everyone. God is Love. Love is God. If you love, that is the presence of God. The more you love, the more you don't want to hurt or hate anyone. As you breathe in peace, those around you will feel your calm. Peace begets peace. Whatsoever happens in life, accept it. Meditation is to be aware of every moment, and to accept what comes. Not to be upset, not to blame. But it will take time. Every moment is taking you to the last dance. If you live 100 years, all the breaths are accumulating to the last dance, death. The last minute, the moment of death, departure. If we live in peace, we are with eternity. I am, I was, I will be. So belief in the creator, throw it out. Anything created will be destroyed. But the soul is not destroyed; energy cannot be destroyed. Energy is indestructible. I am energy, sentient energy, I cannot be destroyed. Energy takes different forms, according to your desires: Truth, Beauty, and Goodness.

"Meditation is to be aware of every moment, and to accept what comes."

Start feeling love. Be kind to yourself, don't beat yourself up. People can say or do anything, but if you don't give your consent, no one can hurt you. If they say something hurtful, laugh with them. When I first came to this country, students at the university would make fun of my clothing. I would smile, it wouldn't bother me. Then we started meditating together, and they didn't make fun anymore. What people say is their problem. We have to know ourselves. Meditation is every minute, every breath. Take a deep breath—it's free, no charge. Breathe in oxygen, life, the Divine. So Hum, I am Divine.

Paramatma is like 24 carat gold. Paramatma is the purest, most supreme soul. When you have purified yourself completely, you are God, you are pure consciousness, you are Paramatma. This takes a long time, because we are all so conditioned, as Christians, Jews, Muslims. But no one has a right to tell anyone, "If you don't believe, you will go to hell". We all want to experience Truth, Beauty, Goodness. But when the negative thoughts come, we struggle with ourselves. With these thoughts there is no peace. I know you are all blessed. Break the conditions and experience pure breaths. It is not easy, but begin. It is a challenge, continuously. When the mind goes to the negative, you have to say,

"Come back". Our habits are like a dog straying. Even I have to remind myself. I think of Mahivir who said, "If I can do it, you can do it."

We have to have clarity that we are indestructible, sentient energy. Meditation will gradually take out the fear of death. The body becomes old and tired, the spare parts run out. What you sow, that you grow. First, remember that you are indestructible, not created, not a toy. You are immortal, ever present. To maintain the body, the purer the breath you have, the longer the life. Have no regrets in life—if only I had done that... Many years ago I was in Florida, about to go to Boston. A man told me that I would miss the beautiful weather. I told him that it was beautiful in Boston too. He said it was so hot, so cold, so rainy in Boston, not like Florida, so warm and sunny. See how the world changes with your perception. Enjoy the weather wherever you are.

Second, realize, feel, touch, see the presence of God. When Native Americans take fruit from a tree they say, "Today we take fruit from the tree, one day we give nourishment to the tree". From you I receive, to you I give. We have no right to waste a single grain. Nourish your body with respect and reverence, and don't waste anything. Respect everything, and minimize violence.

Third, bring a prayer of peace to the whole universe. We can send good vibrations, even to those who don't know what they are doing. Hitler went to church to pray, and then said he was just doing what God told him to do. We do not want to be like Hitler. Ask yourself, "What is my contribution to the suffering in the world?" Our anger will contribute to outer violence and inner violence. Anyone who wants peace in the world must be at peace within first. Thomas Merton said, "If you want the world to become peaceful, you become peaceful".

Given at the Lighthouse Center 12 August 2006



President's Message: Board Update

Namrata Lisa Abrams recently wrote, in an email on lhci@yahoogleroups.com:

Please join the Board, and help us grow and further our message of nonviolence and peace. If you've thought about contributing to the Center, now is your opportunity to help make the world a better place. And a powerful fringe benefit is the personal healing you will experience, as I did.

I didn't expect to find this magnitude of healing when I joined the Board a year ago. I had been battling a personal health issue and literally after attending the first Lighthouse Center Board meeting, I noticed I felt markedly improved. Over the next few months, this health issue dissipated completely.

The Center has powerful healing vibrations which are magnified when we come together to serve. Make a deposit in your future and join, serve, and heal.

Every May the Lighthouse Center has an election for the Board of Directors. This is a time for new board members to join the Board, for current Board members to continue or complete their term in office, and for officers (President, Vice President, Secretary, Treasurer) to continue their term, or for new officers to be elected. This year the Board decided it was time to revise the Election Guidelines, to be in alignment with the current actual practices of Board members. One of the key revisions was to **put** an end to term limits, an idea proposed by Lisa Abrams. After Chetana's transcendence in 2003, the Board at that time sponsored the development of Election Guidelines, to insure that members rotated on and off the Board in a timely manner. The idea was to keep new members with new energy and new ideas coming onto the Board and prevent Board member burn-out, from staying on the Board too long. While term limits was a good idea, it has in recent years begun to be an added pressure on the Board, for as members and officers left the Board, it was often difficult to find new Board members and officers. By eliminating term limits, the current Board believes we can have the best of both worlds: Board members are committed to complete an initial two

year term of office, and can then opt to stay on for additional years or decide to leave.

The revised Election Guidelines were approved by a majority of the pledging members, who voted on them this April. They are printed on pages 6-7, fyi.

We are pleased to welcome the following Lighthouse members to the Board:

Susan Poletti, new Board member
Rohit Richard Smoot, returning as Treasurer
Kaveta Carolyn Booth, returning Board member

Continuing on the Board are:

Nirmala Nancy Hanke, President
Prachi Patricia Thiel, Vice President
Namrata Lisa Abrams, Secretary
Poorna Gail Salata, Assistant Treasurer
Aruna Olga Bachmann
Kanak Claire Mautner
Vijaya Victoria Naumann Smoot

As you can see, we will have a blend of new, returning and continuing Board members for 2015-2016. It is not too late to join the Board! We invite you to come serve on the Board. You too can add your voice, your ideas, your energy to enliven and enhance the Lighthouse Center. This year the Board will be focussing on two key goals: outreach to youth and vegan outreach. Your input would be appreciated. You do not have to be a Board member to voice your ideas and concerns! All Lighthouse members and friends are always welcome at Board meetings, which are the fourth Sunday of the month: gather at 8:50 for meditation, meeting begins at 9:30. So come join us at a Board meeting, or as a Board member.

Chetana often said that service is one of the best ways to burn our karmas. So come "make a deposit in your future and join, serve, and heal."

Namaste,
Nirmala

APPENDIX A TO LIGHTHOUSE CENTER, INC. BY-LAWS**LHCI ELECTION GUIDELINES****March 29, 2015 Board Meeting****Approved by membership vote April 25, 2015**

1. Membership – To be eligible to run for an office on the LHCI Board, and to vote in any LHCI, one must be a pledging member.
 - A. Pledging members are defined as those that either pledge, donate, or volunteer (any combination) an equivalent of \$61.00 for the year preceding the election and the current calendar year.
 - B. A current pledge form should be completed and on file for each calendar year.
 - C. Volunteer hours are worth \$25/hour and are managed by the LHCI Director of Operations and Treasurer.
2. Terms of Office
 - A. Pledging members may serve on the LHCI Board for two consecutive two year terms, if they are not replacing a former Board member who has left the Board before her/his tenure on the Board has been completed.
 - B. Upon completion of the second term, interested Board members may run for additional term(s). There are no term limits. There is no obligation to stay on the board for additional terms, but board members are welcome to.
3. Establishing Candidacy for Elections
 - A. Any pledging Lighthouse Center member is welcome to be on the board by contacting a board member. Current board members may also invite/canvass Lighthouse Center members to come onto the board.
 - B. Prospective board members must meet the criteria of being a Lighthouse Center member in good standing with pledges on file for the year preceding board membership and the year of coming onto the board.
4. The General Elections Process

If there are two people who want to run for the same board officer position (President, Vice President, Secretary, Treasurer), there will be an election with a vote by the pledging membership. The board will develop campaign guidelines in the event an election is needed. The board can reference Attachment 1 (Candidate Profile Form for LHCI Elections) and Attachment 2 (Acceptance of Campaign Guidelines Form) in the event of an election.
5. Election Timeline: Each May new board members begin their two year term of office at the May Board Meeting. New board members will be announced to the Lighthouse membership. Election of officers who will be starting a new 2 year term will also occur at the May Board Meeting; election results will be announced to the membership.

(Attachment #1)**Candidate Profile Form for LHCI Elections**

*Name (and Spiritual Name):

*Contact Information (email and telephone number)

*Why are you interested in a position on the LHCI Board of Directors? (Consider including what you like best about LHCI and/or things you might like to see changed)

*What is your vision for the Lighthouse Center during your term of office? (Include what your thoughts are about the Center in general. If possible address your thoughts on the membership status of the Center and its financial stability)

*What qualifications and/or skill set do you bring to the position? Please include your assessment of your strengths and weaknesses.

*Is there any other information you would like shared with LHCI members?

*= Required Information. Please note that the entire response may be submitted as a Microsoft Word document. This document shall be a maximum of two pages.

**Attachment #2
Acceptance of Campaign Guidelines Form**

Campaign Guidelines – in keeping with the LHCI belief of ahimsa we ask that all candidates abide by the following guidelines:

1. Candidates will complete a profile form and submit a picture. This information will be provided to all voting members.
2. Candidates, candidate’s families and friends shall not use the LHCI distribution email, the committee board email, the LHCI member phone list, mailing or Beacon for promoting individual candidates. Contact between candidates and voting members may be made at an annual Candidate Forum.
3. The LHCI will not provide funding for candidate campaigns
4. Violation of these guidelines will cause the Election Committee to review the candidate’s status and lead to possible dismissal from the election.

I understand the above and agree to abide by the campaign guidelines

X _____
Candidate Name (please print)

X _____
Candidate Signature



Lighthouse Center Calendar

June 2015

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

July 2015

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

Lighthouse Center Calendar

August 2015

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



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Patricia Thiel

Symbolic Skunk Meanings

by Avia Venefica

<http://www.whats-your-sign.com/animal-symbolism-skunk.html>

Many years ago, I learned the animal symbolism of the skunk first-hand. I was walking through thick woods with my head down (no doubt looking for odd stuff - it's the crow in me). When I looked up to get my bearings I found myself staring directly into the eyes of a very intense looking skunk.

When I say I was seized stiff in my tracks, you know exactly what I mean. Who among us doesn't know the capability of the skunk? Not many.

Of course a chunk of animal symbolism of the skunk deals with the pungent odor of its spray let off when it's threatened. Just think what a remarkable defense mechanism:

Nonviolent, passive, effective. The skunk sends a message to would-be predators: "Nothing personal, just back off and nobody gets hurt."

This unique method of self-protection and the way a skunk handles its predators is symbolic of many things. Here are a few attributes of this behavior:

A Few Symbolic Meanings of the Skunk

- Defense
- Prudence
- Protection
- Confidence
- Awareness
- Pacification
- Effectiveness
- Good judgment

We would all do well to take this animal symbolism from the skunk: Do no harm. Indeed, as a totem animal, the skunk asks us to defend ourselves effectively, without causing further conflict.

Interestingly, the skunk would prefer to be even less assertive. You see, it takes over a week to reproduce its stinky juices after using them (their glands are only good for about 4 sprays). Ergo, the skunk is 100% sure it must spray before doing so as this defense tool is a commodity in the wild - not to be wasted on false alarms.

In recognizing this, we see the skunk is the ultimate pacifist, and by adopting its peace-loving ways we may obtain the carefree lifestyle this creature enjoys.

Carefree indeed, the skunk has very few predators because most of the animal kingdom recognize its telltale markings and know from wildlife scuttlebutt the skunk is not to be fooled with. As such, the skunk goes about its business with aplomb, and has an innocent quality that few wild creatures have the luxury of exhibiting.

Other Animal Symbolism Keywords for the Skunk

- Introspection
- Innocence
- Assurance
- Patience
- Silence
- Peace

Those with the skunk as their animal totem are naturally buoyant. They go through life with a calm assurance, and exude a peaceful energy that is extremely attractive to others.

Call upon the spirit of the skunk when you need quality judgment in a situation - particularly if you're in a stressful state, or someone is pushing your buttons. The skunk will ease you out of the situation with deft and diplomacy. The skunk can also help calm jangled nerves, and help to center ourselves into a quiet, peaceful state.

The skunk is very effective when calming small children too. Give it a try. Ask the skunk for assistance with your fussy little ones. The skunk is happy to heed your call for help. Just remember to respect the skunk and express your thanks for the guidance and assistance.

Oh, what happened when I met that skunk in the woods long ago? He didn't spray me, although he was certainly prepared. We just kept our eyes locked on each other (his were a soft yet intensely deep brown, my eyes are brown too - but I'm sure my gaze didn't appear nearly as righteous as his - I was, after all, intruding on his turf). I slowly and quietly took steps backwards until I was at a safe distance to retreat altogether. The whole time we kept staring into each other's eyes. It was odd, eerie, and exciting all at once. That skunk was so majestic and regal in his stance - holding his ground - fearing nothing, leastly me. I certainly backed away (literally) from the meeting with a new found respect for this creature, and derived a deeper sense of the symbolic meaning of the skunk to boot!

Spring Book Club: Yogananda's Autobiography

The Lighthouse Center sponsored a book club this past spring. We read the Autobiography of a Yogi by Paramahansa Yogananda. It was a wonderful adventure to read and discuss this book in a group setting. Nirmala was the facilitator and much was gained by all with the group input. The book itself was mesmerizing to me. Yogananda shared his experiences on his road to becoming a yogi using a technique called Kriya Yoga (some similarity to meditation). He talked about his experiences with his spiritual teacher and the obstacles he overcame to grow more spiritually pure. As his veil between earthly life and cosmic consciousness became thinner, he was able to share some wonderful events that occurred as a result.

He was able to share experiences and insights that helped me gain further insight to questions I have had for a long time. He was able to share a "bigger cosmic picture" of humanity's purpose on this planet and Man's opportunity to grow into higher consciousness. One club member was amazed at Yogananda's limitless memory, that he was even able to remember being in his mother's womb. A second member liked Yogananda's teacher's quote: "Forget the past. The vanished lives of all men are dark with many shames. Human conduct is ever unreliable until man is anchored in the Divine. Everything in the future will improve if you are making a spiritual effort now." Gandhi's quote was liked by another member: "Nonviolence is the natural outgrowth of the law of forgiveness and love." My favorite quote was Yogananda's saying: "The law of miracles is operable by anyone who has realized that the essence of creation is Light."

I am eagerly looking forward to the next book club this summer; we will be reading Gurudev Chitrabhanuji's biography, *A Man With A Vision*. I hope to see you there.

Namaste,
Aruna Olga Bachmann-Thompson

SUNDAY TALK: ENERGIZATION EXERCISES

Sunday, July 12, 3:00-5:00. Cost: Love Donation to Center

The Energization Exercises were created by Paramahansa Yogananda to help us gain control over the subtle energy, also known as prana. We can learn to see our bodies as the outward expression of energy patterns. The Energization Exercises are a powerful tool to change ourselves, once we understand that we are projections of energy patterns. If we create the patterns in our life, then it is possible to change those patterns directly.

It all starts by learning to feel and direct the flow of prana. The exercises use a combination of concentration, will and breath to direct the flow of energy to various body parts. They are very gentle, safe and powerful.

Yogananda said, "The Greater the Will, The Greater the Flow of Energy."

The exercises offer:

- in the body: boundless energy, vibrant good health
- in the mind: better focus, concentration, determination, overcoming habits and attitudes
- in the soul: stillness and openness

In the class we will go through all the exercises, just as Paramahansa Yogananda taught them. There will be time for questions, and review. If people decide they want to continue committing them to memory, we can continue, with classes, until they are memorized.

Love and Light,
Namrata Lisa Abrams

Lighthouse Members

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bhakti Brita Orwoll (BHAK-tee)
Pure devotion

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

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

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

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

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

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

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

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

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

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

Dhru Drew Creech (DREW)
North Star always shining

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

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

Jagruti Lucinda Orwoll (JAH-GREW-TEE) Awakenings

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

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

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

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

Kanak Claire Mautner (KUH-NUK) Golden consciousness

Kantee Shri Cathy Toll (KAN-TEE) Wealth of brilliant light of spirit

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

Karuna Kathy Roberts (KAHRUNE-AH) Compassion

Kaveta Carolyn Booth (KA-VEE-TA) Poetry through which Divinity flows.

Kirtan Khita Whyatt (KEERTON) Prayer

Kunti Devi Eileen Bond (COON-TEE-DEVEE) Coiled creative energy

Ku Sum Gabriel Kleinschmidt (KOO-SOOM) Gentle, beautiful white flower

Lakshmi Laura Smith (LOCKS-SHME) Wealth of spirituality; Wealth of good things

Lalita Lucile Doke (LA-LEE-TA)
Goddess of Divine Energy

Madhu Shanti Margo Jackson (MAH-DO SHAN-TEE) Sweet Peace

Mitra Marty Kerr (ME-TRA)
Friend to self and the Universe

Mukta Tana Dean (MOOK-TA)
Freedom from the shackles of the past

Namrata Lisa Abrams (NAM-RAH-TAH) Without ego; graceful humility

Narendra Dan Bachmann (NAH-REN-DRA) Leader, guide for humanity

Nayna Nancy Sloan (NYE-NAH)
To see clearly through the third eye

Nirali Becky Kleinschmidt (NEAR-AHL-LEE) Uniqueness

Nirjara Carla Rodning (NEAR-JAH-RAH) Shedding the past

Nirmala Nancy Hanke (NEAR-MA-LA) Pure, without pollution

Nirvana Jay Creech (Nir-VAH-nah) Overcoming all addictions and pleasures.

Paras John Bellingham (PAH-RAS) 23rd Tirthanker; Miraculous element turning metal into gold; Philosopher's stone

Pooja Sandy Scobie (POO-jah)
Divine prayer of purity, clarity and divinity

Poorna Gail Salata (POO-R-na)
State of perfection

Prachi Pat Thiel (PRA-CHEE)
Light from the East

Spiritual Names

Prakash James Hunter (PRAH-KASH) Light

Prabhakar Dan Pieri (PRA-BHA-KAR) Illumination, Sun.

Prashant John Walker (Pra-SHANT) Especially composed

Prem Murti Hadley Kleinschmidt (Prem MOOR-tee) Presence of love, Representation of love

Prem Shree Karen Stetz (PREM-SHREE) Goddess of love: love is my nature, love is my spirit, I am love

Premal Pat Takacs (PREM-L) Love

Premnath Frank Borowski (PREM-not) Lord of Love

Prerna Peggy Motsch (PRAYER-NA) Inspiration to all

Priti Paula Yocum (PREE-TEE) Self-Love

Priya Tammi Johnson (PREE-YUH) Love of light; Light of Love

Priya Darshna Tia Hanke-Hills (PREE-YUH-DARSH-NA) Inspiring presence; daughter of Mahavir

Priyanna Brianna Zvonar (Pree-YANNA) I love myself; I will not hurt myself

Raj Robert Parmann (RAJ) Owner of the kingdom within, in perfect balance with the divine self.

Raja Matee Rychee Parmann (RAJA-MATEE) Woman in tune with the kingdom within.

Rajashri Susan Ashmore (RAJA-SHREE) Divine nobility and kingly spiritual wealth

Raksha Penni Helsene (RAK-SHA) Protector of the Divine within; caretaker

Ravi Robby Rutter (RA-vee) The sun which illuminates; the eye of consciousness

Ram Conor Hutton (RAHM) Pious, brave, conqueror

Rohit Richard Smoot (Ro-HEET) Eternal flame

Sadhana Sarah Florida (SAH-DUH-NAH) Girl walking with spirit

Saraswati Laurel Sloan (SAH-ra-SWA-tee) Goddess of wisdom

Sarita Susan Wolf-Sternberg (SAH-REE-TUH) Flow like a river and grow

Satyam Henry Abrams (SAHT-yum) Truth, as it is

Savita Terri Heller (SAH-VEE-TUH) Sunlight; Illuminating light

Shakti Lara Bond (SHAHK-tee) Indestructable, sentient, creative, divine energy

Shakuntala Beverly Champagne (SHA-KOON-TUH-LA) Innocent consciousness

Shantinath Grant Howard (SHAN-tee-not) Lord of Peace 16th Tirtankar

Sharda Lauren March (SHAR-dah) Goddess of wisdom

Shiva Devi Zulema Suarez (SHEE-VUH-DE-VEE) Transformation Goddess-

Shree Lata Laura Bachmann (SHREE-LA-TAH) Growth of divine wealth within

Shree Pal Sean Stayduhar (SHREE-Pal) Caretaker of inner wealth

Shreya Darlene Domanik (SHRAY-AH) 11th Tirtankar, Bringer of bliss, benediction, blessings

Siddhi Yaa Ohenewah Edie Lewis (SID-DEE) Achieve your own goal

SoHum Stephen Florida (SO-HUM) Loving heart.

SoHum Judy Shepard (SO-HUM) Unconditional love

Suchita Susan Schmitt-Creech (Soo-CHEE-tah) Essence of purity; clean consciousness

Sudha Elise Domanik March (SOO-DUH) Nectar

Sujata Sara Abrams (Soo-JAH-tah) Born to be enlightened, aware, successful

Sulsa Sarah McGrath (SUEL-sah) Born for enlightenment Realization

Sumala Marla Raszka (Soo-MAH-lah) Garland of goodness

Sumitra Surella Borowski (Soo-ME-tra) Loyal friend in the light

Sundaram Justin Hutton (SUN-DAH-RUM) Beautiful Vision

Surabhi Susan Barnes (SIR-AH-BEE) Fragrance

Tara Devi Tressa Parmann (TAR-AH-DE-VEE) Goddess of Stars

Usha Martha Smith (OO-sha) Spiritual dawn, light

Vardaman Alex Schmitt-Heatlie (VAR-duh-man) Ever growing; Birth name of Mahavir

Veer Bryce Hutton (VEER) Mahavir, 24th Tirtankara Brave, victorious

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

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

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

Vemala Dianne Griswold (VEEMA-LA) All cobwebs of the past are gone

Vira Melissa Schmitt-Heatlie (VEE-rah) Bravely moving in the direction of Consciousness

Viraj Gary March (VEE-RAJ) King of Goodness



RECIPE CORNER

Moroccan Vegetable Salad

SERVES 4

An easy and fresh alternative to traditional green salads, this chilled North African-inspired dish combines potato, bell peppers, cucumbers, and olives with a light and tangy vinaigrette.

Simple to prepare, it's great to double or triple for potlucks or group meals. Serve with the salad spread out on a large platter to let the colors and shapes of the ingredients shine.

Make extra dressing to reinvigorate leftovers the next day. For a pretty variation, serve the salad garnished with sliced or diced cooked beets.

1 large cucumber, thinly sliced
 2 cold, boiled potatoes, sliced
 1 each red, yellow and green bell peppers, seeded and thinly sliced
 2/3 cup pitted olives
 Salt (optional)
 3 garlic cloves, chopped
 3 scallions, sliced or 1 red onion, finely chopped
 4 tablespoons olive oil
 1 tablespoon white wine vinegar
 Juice of $\frac{1}{2}$ lemon
 1 tablespoon chopped fresh mint leaves
 1 tablespoon chopped fresh cilantro leaves

1. Arrange the cucumber, potato and pepper slices, and the pitted olives on a serving plate or in a dish.
2. Season with salt, if you like. (Olives tend to be very salty so you may not wish to add any extra salt.)
3. Sprinkle the garlic, onions, olive oil, vinegar, and lemon juice over the salad. Chill for at least 1 hour.

Before serving, sprinkle with the chopped mint leaves and cilantro leaves

From: Mayim's Vegan Table by Mayim Bialik, Ph.D. with Dr. Jay Gordon.

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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:** _____

The Lighthouse Center, Inc. is a non-profit organization under Section 501(c)(3) of the Internal Revenue Code
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***<http://www.lighthousecenterinc.org>**

Please make checks payable to the **Lighthouse Center, Inc. (LHCI)** and mail to:
Attention: Treasurer

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