

# The Lighthouse Beacon

A quarterly publication for Lighthouse Center members and friends  
Lighthouse Center, Inc. is a non-profit spiritual development center founded by Chetana Catherine Florida

## The Nature of Mind and Truth

By Gurudev Shree Chitrabhanuji

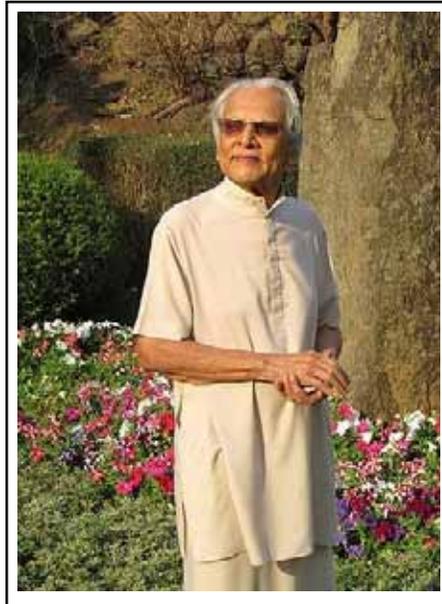
From The Miracle Is You

The mind can turn against anything; it has a habit to revolt against what it does not understand. It attacks and in that way, it thinks it can save itself. If it does not strike, it feels it will not save itself. To save face, it uses a device to strike out at what it does not grasp or cannot conquer. Sometimes when the mind does not understand the teacher or Master, it strikes out against him or her also. It happens to all teachers and Masters in one way or another from time to time. The wise man wants to conquer his mind and his senses and that is all. He says, "Those who are ready, let them understand. Those who are not ready, let them learn through suffering." Suffering becomes their master. They gain from pain.

There are some people who are not happy unless they become unhappy. They find some reason to have a discussion and create a fight, and they spoil their evening instead of sitting in silence, having peace and seeing beauty. That is why if you are going away for the weekend with friends and you want to have a very pleasant time, better take some time for silence. Then you will enjoy nature within and without. Otherwise, you might come home with fighting, quarreling and disputing with yourself.

It is very difficult to understand the nature of the mind and how it works against us. For example, it may say, "I will die for the religion." The religion which helps to know the immortality of self, and peaceful self of consciousness, is its essence. Religion is neither for death nor for war. The cause for all our suffering is self-ignorance. Realization of who am I brings an end to all conflict and otherness. Self-knowledge means no belief: when you see the sun, you do not say I believe in the sun. In the light of self-knowledge, the darkness of all the beliefs disappears.

What is reality? Our belief is reality; reality changes the moment we change our belief. There were many crusades because of beliefs which they called religion. In this confusion of belief



and reality, people created religion and then in the name of religion and God, people were butchered and massacred.

Religion is for peace, for love, for joy, for liberation. 'You may do what you want to do; let me do what I want to do.' The motto of religions is to respect others' freedom and others to respect ours. Religion is not imposing something on somebody. A cult may do this but not religion. Religion means to join back, not to sever. In the garden of the universe, religions are beautiful plants of colorful roses. Diversity enhances the serenity of the garden: Unity in diversity.

Once a priest from the Western world went to the East and met a Master of meditation. The priest was eloquent in English as well as in Oriental languages. When he went to see the

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Spring, 2011





## Our Mission

We are committed to inner peace and peace in the world, as we practice meditation and Ahimsa toward ourselves and others. We respect other points of view and strive to live in harmony with nature and all living beings. This is the greatest opportunity for spiritual growth and enlightenment.

## Our Philosophy

**We believe ...** in the Divine Consciousness within everyone.

**We believe ...** in Ahimsa, nonviolence, in all of our thoughts, words, and actions, including the practice of vegetarianism.

**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: 734-449-0611  
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## For More Information

Visit us on the web:  
[www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

### The Beacon Newsletter Staff:

Editor: Nirmala Nancy Hanke  
Calendar: Prabhakar Dan Pieri  
Layout: Rohit Richard Smoot

## Everyone is Welcome

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

### Everyone is Welcome

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

### Sponsorship

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

### Membership

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

### Getting Involved

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

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

### E-mail List and Mailing List

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

# Upcoming Lighthouse Events

March - May, 2011

## 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 2½ 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

9:30am-11:30am 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) 449-4381 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.



## MARCH

**Brow II:** Four Thursdays, beginning March 17th, 7:30-9:30, given by Nirmala. A continuation of meditations using the brow chakra throughout the chakras. Prerequisite: Brow I. Cost \$45.00.

**Reiki II:** Saturday, March 20th, 10:00 am-4:00 pm, given by Reiki Master Penni Raksha Helsene. Cost: \$125.00; prerequisite Reiki I. Contact Penni at pdhelsene@aol.com to register.

**Learn to Meditate:** Friday, March 25th, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-449-4381, thielp17@yahoo.com.

## APRIL

**Good Friday Meditation:** April 22, 12:30 – 1:30pm, Veggie potluck follows.

**Easter Sunday Candlelight:** April 24, 6:00 – 7:15 pm. Celebrate the Christ Light

**New Meditation Lecture:** April 29, 7:00-9:30 pm, given by Nirmala.

### Chitrabhanuji Visit:

Saturday, April 30th-Sunday, May 1st, lectures 10:00-11:00 am each day. Group photos, consultations with Pramodaji. Love offering.

## MAY

### Heart Empowerment

**Class:** Four Thursdays, beginning May 5th, 7:30-9:00pm, given by Prachi. A deepening of heart chakra meditation practice, as channeled by Chetana. Cost: \$60.00; prerequisite: 2 months of mantra meditation. Contact Prachi at 734-449-4381 or thielp17@yahoo.com for more information or to register.

### New Meditation Lecture:

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

### Memorial Day

**Meditation:** Monday, May 29th, 7:30-8:30 pm, in memory of all who have transcended, with a special focus on those Lighthouse members, family members and friends who have transcended in the last year.

## The Sound in Silence

The joy of the sound in silence between the notes played in life. Thank you for the notes and for the silence

Flow with love, passion and awesome respect for the endowment of talent which is yours.

Ah, who will hear, will respond from their souls interconnected for the moments of notes and of silence.

*Kanak Claire Mautner*

“Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”

*Martin Luther King, Jr.*

## Lighthouse Center Calendar

### March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 7:30pm Intensive Meditation	5
6 5:00-6:15pm Candlelight	7	8	9	10	11	12
13 Daylight Savings Time Spring Forward 1 hour 6:00-7:15pm Candlelight	14	15	16	17 Brow II 7:30pm-9:30pm Given by Nirmala	18 7:30pm Intensive Meditation	19
20 Reiki II 10:00am-4:00pm Penni Raksha Helsene 6:00-7:15pm Candlelight	21	22	23	24 Brow II 7:30pm-9:30pm Given by Nirmala	25 7pm Learn to Meditate	26
27 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	28	29	30	31 Brow II 7:30pm-9:30pm Given by Nirmala		

### April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30pm Intensive Meditation	2
3 6:00-7:15pm Candlelight	4	5	6	7 Brow II 7:30pm-9:30pm Given by Nirmala	8	9
10 6:00-7:15pm Candlelight	11	12	13	14	15 7:30pm Intensive Meditation	16
17 6:00-7:15pm Candlelight	18	19	20	21	22 Good Friday Meditation 12:30 pm Veggie Potluck follows	23
24 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Easter Candlelight	25	26	27	28	29 7pm Learn to Meditate	30 Chitrabhanuji Visit Lecture 10:00 am group photo consultations

## Lighthouse Center Calendar

### May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Chitrabhanuji Visit Lecture 10:00 am group photo consultations	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Heart Empowerment Class 7:30pm - 9:00pm Given by Prachi	<b>6</b> 7:30pm Intensive Meditation	<b>7</b>
<b>8</b> 6:00-7:15pm Candlelight	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Heart Empowerment Class 7:30pm - 9:00pm Given by Prachi	<b>13</b>	<b>14</b>
<b>15</b> 6:00-7:15pm Candlelight	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Heart Empowerment Class 7:30pm - 9:00pm Given by Prachi	<b>20</b> 7:30pm Intensive Meditation	<b>21</b>
<b>22</b> 6:00-7:15pm Candlelight	<b>23</b>	<b>24</b>	<b>25</b>	Heart Empowerment Class 7:30pm - 9:00pm Given by Prachi	<b>1</b> 7pm Learn to Meditate	<b>2</b>
<b>28</b> 8:45am meditation 9:30 am Board Meeting 6:00pm - 7:15pm Candlelight	<b>29</b> Memorial Day Meditation 7:30pm - 8:30pm	<b>30</b>				

## “Beaming” Your Lighthouse Website

Your Lighthouse Center website is becoming a centralized arena for finding and sharing information in our community. We know that we can always depend on change and the website will always change as our community needs change.

There are plans for the website to be redesigned this year, hopefully, in the next few months. There have been some wonderful ideas from many of you, ways that we can share our visions of spiritual growth, ways of living an Ahinsa lifestyle and ‘beaming’ out to those who are looking for the Center and its community. We are continually learning how to utilize this great tool and I’m delighted to have the opportunity to help the Center realize the possibilities the internet offers.

Recently we’ve discovered a new way for you to help the Center, which is by selling items on eBay. Richard Smoot (Treasurer) and I have finished setting up the Lighthouse as a non-profit that can be chosen when you list eBay items. You can donate from 10% to 100% of the profit to the Center and it will automatically be deducted from your sale and transferred to the Lighthouse account. Easy and Fun!

As spring arrives you may be doing spring cleaning and find a few items that can be sold on eBay. List them and share your profits with the Lighthouse. It’s such an easy way to donate and get rid of stuff you don’t need. Lovingly submitted,

Mukta Tana Dean

## President's Message

2010 has been a wonderful year for the Lighthouse Center, Inc.! The Board accomplished much to revitalize organizational procedures, and has taken prudent financial steps to ensure the Center's financial well-being. Many of these accomplishments could not have been completed without your partnership. New programs have been added such as The Caring Community in which members who need support during an illness or just need a little help will be brought meals, groceries or driven to appointments. Through your volunteerism this program could not have gotten off the ground and helped those needing assistance.

In October the LHCI was given a generous monetary gift from an anonymous donor. The donating family requested that the money be used to help those in financial crisis. With the presentation of this gift, the Board initiated the Caring Community Trust Fund (CCTF). The CCTF monies are kept separate from the LHCI's and are dispersed through a committee. The CCTF Committee established a confidential application procedure where any member of the LHCI can apply for up to \$500.00 per month to the CCTF Committee. Once approved by the CCTF Committee, the money is either gifted or given as a no-interest loan. Once per calendar year, the application process is open to anyone in need outside of the LHCI community as per the LHCI's 501c 3 non-profit status. To

date the CCTF committee has granted six gifts and one no-interest loan, whereby helping four individuals! You can read more about how the CCTF has affected and touched the lives of some of the recipients and those who assisted them in this edition of The Lighthouse Beacon.

2011 came in with the LHCI Holiday Message Party being well attended, with meaningful messages for the attendees, and incredibly delicious potluck dishes! A great way to start the year! As we progress through this year, the Board does so with tackling the repair/rebuilding of the cupola and possibly saying farewell to three of the Board's longstanding members—Nirmala Nancy Hanke, Poorna Gail Salata and Aarti Meg Graff who have served beyond the terms of office; leaving several openings on the Board including President, Vice President, and Assistant Treasurer. By coming forward and volunteering for one of these positions or to be a Board member gives you, a LHCI member, the opportunity to serve the LHCI community and in doing so contributing your beacon of light to all.

In closing, I thank you for allowing me the honor in serving the LHCI community as Secretary and President of the LHCI Board over the years.

Aarti Meg Graff  
President

### CULTURE OF ELDERS

Until you can forgive and include all of the parts, every part belonging, every part forgiven, even the tragic parts now seen as necessary lessons, you cannot come "home."

The full gift of the final journey is discovering that we are already home. I hope you have seen it in at least some elders in your lifetime. They are at home in their own bodies, their own lives, and their own minds. When you succeed at your real life task, or what I like to call "the task within the task," then wherever God leads you, it doesn't really matter.

Home is no longer a geographic place. It is a place where everything belongs, and everything can be held, and everything is another lesson and another gift. "Hell" would be whenever life has come to a halt, where there is no rejoining, but all is exclusion, blaming, and denying.

We no longer need to believe in hell as a doctrine or a geographic place. We see it in this world almost every day. Saint Gregory of Nyssa (c. 335–394)—one of the Eastern fathers of the church, and one of my favorites—defined sin as "the refusal to keep growing." The saint and the true elder grow from everything, even and especially their failures.

Adapted from the webcast: The Odyssey: The Further Journey

Gurudev Shree Chitrabhanuji -continued from cover

Master, he told him that he would like to read some passages from the Sermon On The Mount in order to make the Master aware of the teachings of Jesus Christ. The Master was very happy to listen ... so the priest started translating. Then on the Master's face there came a glow; in his eyes there were tears. His whole being was thrilled with joy. The priest was very happy because he thought he was able to impress the Master and convert him. But when the priest said, "I hope you enjoyed the words of Jesus," the Master said, "Jesus? These must be the words of Buddha! Mitha-Friendship, Karuna-Compassion, Ahimsa-Non-Violence do not kill any life because you kill your love and peace before you kill anyone else. Surva jiv sadbhav: equanimity for all life. Save vi jiviyun ichhaie: all life love to live." In diverse words, this is the wisdom that illumines the sacredness of life. Wisdom is translated in various countries in different times, in different places, in different languages, and in different modes of life. What is important is the sacredness of life, and we may say: Revelation for different folks, different strokes!

This is a precious time for us to experience the inner quest of life: live, live lovingly, live peacefully, live healthily, live without hurting the core of our essence, and live in realization of divinity within. So we live normally but with the realization that our essence is incognito God. The main purpose is the wisdom, the aliveness of life, the sweetness of life. Without clinging to the words, just meditate on inner core of sacredness of life. Miracle is our essence. Essence is incognito God.

Truth has always existed, before Mahavira, before Buddha, before Christ or Rama. Do you think truth was born with these Masters? If somebody opens the curtain at noon, you see the sun for the first time. But before the curtain was removed, the sun was there. Instead of basking under the sun, do you cling to the person who removed the curtain? We have good feelings for this person and we say, "Thank you," but we care for and carry the light and the warmth of the truth

Love and Blessings,  
Chirabhanu

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### Letters to the Caring Community Trust Fund

Dear LHC Community,  
Thank you for your generous assistance with my delinquent property tax bill. Words on paper cannot express the sheer relief I felt upon receiving the gift of support. I wish to thank the donor and the Caring Community Trust Fund for granting my request. Living on a fixed income has not been easy and this gift lifted me up in many ways.  
Sincerely,  
CCTF Recipient

Dear LHC Community,  
Brian and I would like to share with you our deep felt thanks to the Lighthouse Center and to the donor of the Caring Community Trust Fund (CCTF). This Christmas Brian and I sponsored a young woman and her 8 month old son whom I had met at the domestic violence shelter in Flint. "Shawn" had left the man who abused her when he pushed her down a flight of stairs at 6 months pregnant. She had a strong conviction that she did not want to raise her son in an abusive family, nor did she want her son to grow up with role models of men acting violently towards women. She never went back to her abuser.

After leaving the shelter, "Shawn" and "Mark" had many needs. When we met them at their apartment, they only had a thin mattress and a thin blanket, a bottle of water, and a small TV, plus the clothes they wore. One of the

things I did was call the Lighthouse Center on behalf of Shawn and Mark. I remembered that in the past, we had given blankets to a nursing home...I wondered if in some way they could help Shawn and Mark?

At the time, I was unaware of the newly formed CCTF, (given by a private donor) that allows the Lighthouse Board to gift or loan up to \$500 per month to someone in the community at need. Upon my request, and application by Shawn, for funds for even basic needs, she was gifted \$300 out of the CCTF. Also she was gifted a \$100 Meijer gift card, donated to her by a private donor. One of the Lighthouse love seats was also gifted to her.

On behalf of Shawn and Mark, her tears, hugs, many thanks, and shock of disbelief that anyone would do such a thing for her, I say Thank you for her. She has been deeply touched by the love, care and generosity. She told me no one has ever done anything like this for her. She still periodically calls me. To thank us and let us know she's O.K. I've told her how so many women stay in abusive relationships...I tell her how strong and courageous she is. I tell her she has such great love for her son and herself. Love always conquers violence.....and we will always support her in that.....

Shanti Shanti Namaste Kadambari



# Lighthouse Members

To receive a spiritual name from Gurudev Chitrabhanuji, one must be committed to Ahimsa (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) 1<sup>st</sup> Tirtankar

**Ajit** Rodney Smith (AH-GEET) 2<sup>nd</sup> 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 (UhmEE-tah) Infinite; all things belong to me

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

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

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

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

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

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

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

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

**Bhakti** Brita Orwoll (BHAK-tee) Pure devotion

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

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

**Chandana** Marianne Dean MacGregor (CHAN-DUHN-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-LAREE) 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 (KAH-DUM-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 (KAH-RUNE-AH) Compassion

**Kaveta** Candice Hrubovsky (KA-VEE-TA) Beautiful blessing of the heart that makes poetry come from the heart.

**Kirtan** Khita Whyatt (KEER-ton) Prayer

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

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

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

**Lalita** Lucile Duke (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.

# Spiritual Names



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

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

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

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

**Prakash** James Hunter (PRAH-KASH) Light

**Prabhakar** Dan Pieri (PRA-PAR-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

**Perna** 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-ANNA) 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 16<sup>th</sup> 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) 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, 24<sup>th</sup> Tirtankara Brave, victorious

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

**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

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## Recipe Corner

### Vegan Indian Fruit Salad

Two cups of silk soy milk, Vanilla, regular or light (Optional how much you want to make).

1-1/2 tsp. of custard power (optional)

You can also use cold soy milk if you like or boil milk and add custard powder and mix with spoon. Let it cool down.

Add small pieces of banana, grapes, mandarin oranges, peeled apple, and strawberries. (Depends on how much fruit you like to put in) Also, if you like, you can add can fruit without juice.

Sugar (up to your taste)

Cardamom powder 1/2 tsp.

Mix everything and chill for 1/2 hour and start eating.

Love and Light  
Asha

## LIFE CHANGES

**New Beings:** We welcome into the world with Love and Light

*Yafeu Akke Kwabena Tor Knaphus-Exum*, grandson of Siddhi Yah Ohenewah Edie Lewis and Akash Jon Swanson, born February 22, 2011.

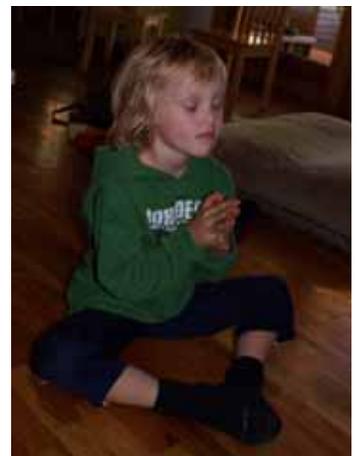
**Transcended Beings:** We send Love and Light to these transcended beings for their transition and to their families and friends:

*Marion Mays*, 88, mother of Clarita Mays, transcended October 4, 2010.

*Jeanne McCowell*, 90, mother of Jerome McCowell, transcended December 1, 2010.

*Pratibha Pankaj Doshi*, 55, sister of Asha Sheth, transcended December 27, 2010.

*Barbara Pieri*, 93, mother of Prabhakar Dan Pieri, transcended January 5, 2011.



Still trying out this meditation once in a while.....  
Zachary Brodock 5 years old.

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## RELAX and say "So-Hum"! It's Not Just You, It's the Planets!

Literally almost everyone I have met recently, both astrological consult clients and everyone I speak with, seems to be pushed to their maximum and they are very tired. Multiple deadlines with dire consequences, multi-tasking, serial days filled with scheduled tasks, hurried days and thought filled minds. I have never experienced people being both pushed, driven and feeling overwhelmed in my forty years as an astrologer. For some it's a good challenge; for others, a difficult challenge.

Planetary cycles not only can affect each of us personally, but also exchange energy with the whole planet Earth. Case in point is the current cycle which seems to promote a challenge to a country's authority, as in the Middle East and, to a lesser degree, most countries on this planet. There appears to be great discontent and the desire to hold their respective governments accountable. The same seems to be accurate in our personal lives these days.

One of the cycles occurring for all of us is on a general 84 year cycle. The last time this particular cycle occurred was in June, 1927. We are standing at the precipice of quick change and growth in our view of ourselves and the world. This time will bring new ideas and a desire to learn everything, especially via computers and technology. At the same time, the world (and ourselves) does not take well to restriction or unpredictable change and movement.

It would be wonderful if there was just one planetary cycle we had to deal with, however this is not the case. Another current cycle can create the feelings of being pulled between enthusiasm and restriction. You may choose to be either expansive or structured and then attract a partner who does the opposite for you. When you can blend these two energies you are capable of great things.

In another cycle of these times, the symbolism points to a need to learn to have confidence in yourself even when life deals you a few blows. This can range from being over confident or completely lacking in confidence. The choice of your thoughts and your experience are for you to select. In a quote attributed to Albert Einstein, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

The final and most notable cycle is between two Titans of mythology Saturn and Pluto. One Titan wishes to give form. The other Titan wants to purge and destroy form and merge with the collective consciousness. It is the typical struggle of power verse structure. In this period, which usually equates with a physical war on the world level, also draws meaning for us. We may have difficulty accepting our faults, which we may see as weaknesses. This is because we are spurred to ambition by our need for security. Once we learn to accept our own and another person's limitations we will wield much personal strength and compassion.

All cycles pass. They are there for us to find peace within ourselves and outside ourselves. Difficult, yes; impossible, no. Now, if you do not mind, I've got a 20 minute meditation to do.

Blessings,  
Rohit Richard Smoot

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**Lighthouse Hotline (734) 449-0611**

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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 high 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.*)

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