

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 Power of the Breath

Gurudev Shree Chitabhanuji
25 June 2014, NYC

Transcribed by Nirmala Hanke

Our life's deepest connection is with the breath. Anybody who wants to know about life, must remain in touch with the breath. In meditation you realize that breath, life and death are not three. They are all one. Your breath is directly connected with life. If there is no breath, there is no life. In meditation, try to remain with your own breath. I am nothing but just breath. You cannot have birth without breath. And breath cannot have life without life; they are connected with each other. When you are breathing, you are in touch with life. If you want to know life, how do you know? Knowing breath, you know your life. What is going on in your thoughts is going on in your life. Nothing will enter in your life without breath.

That is why in meditation, pranayama, breathing, plays a great role. When you are breathing, instead of going anywhere, you come to yourself and say, "I am



experiencing life". But then a new question comes: am I wasting my breath? How am I using my breath? That is very imperative. How you use your breath depends upon your awareness of the breath. When the breath goes, life goes. Our whole existence depends on the breath. No one can live without breath, or without thought. Both are

inseparable. When you breathe you say, "I am breathing life." You are in touch with your life, and your longevity also increases. So whenever you have time, spend time with your breath, in tune with life. Being completely in tune is Samadhi. Samadhi means Oneness. Breath and life become one, inseparable. That is why I say "Meditate on every breath". Who knows, when the breath goes out, it may come back, it may not come back. It is not in your hand, that when the breath goes out, it will come back.

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Our Mission

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

Our Philosophy

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

We believe ... in Ahinsa, nonviolence, in all of our thoughts, words, and actions, including the practice of a vegan lifestyle.

We believe ... that the Truth has many aspects, and we respect other points of view.

We believe ... in acting as examples of humanity, as we express our love and compassion and Ahimsa.

We believe ... that in doing our meditations and spiritual practices, we begin to successfully live at peace within ourselves and in the world.

revised 2005

The Lighthouse Center

The Lighthouse Center, Inc., located at 740 East Shore Dr. in Whitmore Lake, Michigan, is a nondenominational meditation center founded in 1979 by Chetena Catherine Florida. It was incorporated in 1989 as a nonprofit organization, and currently has over 300 members.

Mailing address

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For More Information

Visit us on the web:
www.lighthousecenterinc.org

The Beacon Newsletter Staff:

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

Everyone is Welcome

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

Everyone is Welcome

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

Sponsorship

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

Membership

If you do choose to become a member, pledges in any amount are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$25 in pledge). See form at back of this publication

Getting Involved

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

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

E-mail List and Mailing List

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

Upcoming Lighthouse Events

September 2014 - December 2014

WEEKLY

◆ Sunday Candlelight Meditation and Healing

6-7:15pm every Sunday. Changes to 5-6:15pm on 11/2/2014 when Daylight Savings Time ends. 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. Led by Reiki Master Raksha Penni Helsene.

SEPTEMBER

Meet with Dilip Shah Friday, September 12th, 7:30-9:00 pm, to discuss the Lighthouse and Chitrabhanuji. Please let Nirmala know if you can attend: nirmala.hanke@gmail.com, 734.645.2188.

Chitrabhanuji Visit: Saturday, September 13th and Sunday, September 14th, 10:00-12:00: talks and group photos. Chitrabhanuji will speak on Saturday, Pramodaji, on Sunday. Cost: love offering.

How to Use A Pendulum:

Tuesday, September 16th, 6:30-8:30 pm, by Anne Duffy. Cost: \$35 for the workshop payable through PayPal before Sept 16th to manifest5x1@gmail.com, or call Anne at 734-765-5830 with credit/debit card information. Otherwise, \$40 cash only at the door (no checks please).

Healing Night: Thursday, September 18th, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene. Cost: love offering.

7th Annual Walk for Peace: Saturday, September 20th, at Hudson Mills Park. Gather 9:30 at Rapids View Parking Area; walk 10-12, veggie potluck to follow. Fundraiser for the Lighthouse Center: fill out a pledge form (on the website) with your family and friend sponsors and come walk with us! For more info, contact Niralie Becky Kleinschmidt (734-649-1234; blk1925becky@aol.com).

Learn to Meditate: Friday, September 26, 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.

OCTOBER

Chakra Class: Eight Wednesdays, October 1- November 19, gather 7:00, begin 7:30-9:30, given by Nirmala. Cost: \$75.00 pledging/\$85.00 non-pledging. Prerequisite: 2 months mantra meditation. To register: 734-645-2188 or nirmala.hanke@gmail.com.

Healing Night: Thursday, October 16th, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene. Cost: love offering.

Parswanath Puja: Sunday, October 26, 3:00-5:00, given by Asha Sheth. Come participate in this puja with the healing vibrations of 23rd Tirtankara Parswanath, for yourself, and your family and friends. Cost: \$45.00, proxy \$48.00. Register with Prachi.

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

NOVEMBER

Sunday Candlelight Time Change: With the end of daylight savings time, Candlelight will be 5:00-6:15, beginning November 2nd, and will continue at this time until daylight savings time begins again in the Spring.

24th 24 Hour Meditation:

Saturday, November 8, 6:00 pm - Sunday, November 9, 6:00 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.

Chakra Class: Continuing, Wednesdays, November 5, 12, and 19.

Healing Night: Thursday, November 20th, gather 7:00, meditation and Reiki healing 7:30-9:00.

Thanksgiving Eve Meditation: Wednesday, November 26th, gather 7:00 pm, meditate 7:30-8:30, to give thanks for our blessings, challenges and lessons. Veggie potluck follows.

DECEMBER

Healing Night: Thursday, December 18th, gather 7:00, meditation and Reiki healing 7:30-9:00.

Christmas Eve Meditation: Wednesday, December 24, gather 6:00 pm, meditate 6:30-7:30. A meditation celebrating the Christ Light and the joy of Christmas.

New Year's Eve Meditation: Wednesday, December 31, gather 11:00 pm, meditate 11:30-12:30, releasing all karmas from 2014 and welcoming in a new year of peace and prosperity.



Continued from front page...

The value of the breath can be seen with Alexander the Great. When he was 33, all of a sudden he felt breathless. So he called in all the physicians and said, "I need breath." The physicians said, "How can we give you breath? We can give you medicines, but we cannot give you even one breath." Alexander for the first time in his life felt sad; for the first time he felt very poor because he could not buy one breath with all his wealth. In his last, dying day he asked all the physicians, "Can any of you give me life? I will give half my kingdom for breath. How can I breathe? I want breath," he said." But the physicians could not give him more life, not one more breath. After fighting all the wars, conquering everyone, he came back to Macedonia, and could not breathe, and was dying. He was the richest monarch but could not buy one breath. There is a saying that before he died, he gave instruction to have his body in the coffin carried by all the physicians, not the soldiers. He said, "Tell the world: Alexander had wealth, kingdoms, everything, but could not buy one breath."

So do not waste your breath. Alexander could not buy one breath. Compare him to one who is living with the breath, and alive with the breath: that person is the richest. In this world your wealth is your breath. And how are you using your breath? That we have to see. Are you properly using your breath? For often we waste our breath on worry, anxiety, borrowing trouble from tomorrow. Many people borrow trouble from tomorrow. So more and more when you are alone, be with your breath. Just go near the river, or the woods, sit by yourself. When you are with your breath, you are with God. God and breath, life and death, they are not separate. Where there is breath, there is life, and where there is your breath, there is your God. Meditation is to tune in with your breath. Whenever you have time, moment to moment, be with yourself. It will be a very deep experience, to experience your aliveness in your breath.

When you are with your breath, meditation becomes deeper in every cell of your body, every cell of your brain. Breath plays a very great role in our life. So be watchful. When you are angry, you are burning your breath. When you have to prove yourself to someone, with your ego, you are wasting your breath. Being in tune you feel as one

with yourself. As you are connected with your life, you will feel connected with all of life. This practice will help you to have peace in meditation. Have the habit of taking a deep breaths peacefully, pleasantly, happily, smoothly. Without creating any tension, just allow and float on breath. That will help not only your health, but also your longevity. Because you have taken all the breath you need, you will have a good stock. With this good stock you are with yourself. To prove life you don't have to have anything except breath.

So our meditation today is: have the deepest connection with your breath, and bring all your thoughts and beliefs and ideas into the breath and absorb. In this way, you will have much peace, rest and longevity. Try to spend as much time as you can on yourself and your breath. Observe the time you are wasting on other things: worry, anxiety, creating problems. These things affect the breath, causing the breath to be shallow and anxious. All these things happen because you go away from your breath into the future. But in the breath in this moment you are with yourself. You go nowhere, you are with yourself, and you are at peace.

So there is power in the breath and its connection with longevity, our health, our peace, and self-realization. As long as you are breathing, say, "Yes, I am. I realize". Today's meditation is on the breath; try to go deeper and have your own experience. What I am telling you is not enough. It must be yours. How much you feel, how much you are in tune with yourself. And in that way take time to meditate and be in tune with the breath and have peace.

Om Shanti, Shanti, Shanti



TRIBUTES TO GURUDEV SHREE CHITRABHANUJI

Here are tributes written by Lighthouse students in honor of Gurudev Shre Chitrabhanuji. They will appear in the upcoming biography of Chitrabhanuji by Dilipbhai Shah.

Gurudev

Your light is divine brilliance.
 Your love is boundless.
 Your peace is pure elegance.
 Your energy is healing.
 Your joy is contagious.
 Your simplicity is inspiring.
 Your life is courageous.
 Your bliss is apparent in your smile.

Your practice is nonviolence, in thought,
 word and action.
 Your teaching touched my soul, recharged
 the flame and lifted me up.

I think about you every day and know
 I am loved and at the deepest level of
 my being, I am humbled and grateful for
 all you have given us.
 -Namrata Lisa Abrams

Living His Philosophy

Chitrabhanuji is a beautiful example of truly living his
 philosophy: he is non-violent to the nth degree. His
 peaceful presence is a goal you can witness and look
 toward because you've experienced his energy.
 -Aruna Olga Bachmann-Thompson

Thank you Dearest Teacher

He is the Gift of a lifetime. In the presence of Gurudev
 Chitrabhanu, I am loved unconditionally and I will always
 be grateful. We are all blessed with his light and his
 presence. He has taught me not to follow any dogma or
 teacher without questioning, to be respectful, but to know
 that my true spiritual guidance is within me. Because of this
 great teacher each day is a practice of loving kindness to
 myself and *all other beings*. Thank you, Dearest Teacher,

because of you I am learning to live every day with great
 joy and giving.
 - Mukta Tana Dean

A True Teacher

On my spiritual journey I had been seeking a true teacher.
 I found one in Chitrabhanuji. There is no division between
 his beliefs and how he conducts his life. His example has
 influenced me to seek a path that has the highest intention
 for my life, which in turn has led me to embrace the Jain
 philosophy. I know of no other teacher being attuned to
 each student's place along his or her spiritual path.
 Because of this, he has the ability to assess what lesson is
 needed to help the student. He imparts the lesson so
 skillfully and with love and compassion, that even what
 may be difficult to hear is accepted.
 -Aarti Meg Graff

Unconditional Love

So many souls have been touched by his energy and
 magic. I'm always in awe of his levels of Ahinsa, non
 violence towards others and self, and on so many layers I
 don't even understand, even after doing Mantra
 Meditation for over 30 years. He is such a great teacher
 on so many levels! And he always "walks his talk" so
 effortlessly with Ahinsa, Anekantavada, and
 Aparigrahapa. I love watching him flow with Divine Order
 and always changing the structure to fit the situation. He is
 unconditional love in motion in all situations. And totally
 present in the moment. He is one with the Divine. And
 I'm so blessed to be born in the same lifetime as his.
 -Prachi Thiel

His Teachings a Touchstone

As I reflect on the profound influence of Gurudev
 Chitrabhanuji on my life, I feel a warmth in my heart and
 an immense gratitude for his presence. I am thankful that

my Soul has been touched by his in this lifetime. His teachings, his personal guidance, his living example have all transformed me. For more than twenty years, his philosophy of ahinsa, personal responsibility, and compassion have remained a touchstone for my growth. His teachings of knowing and growing the Self call upon our deepest selves to put those principles in place through meditation and living. Thinking back to all the experiences with him—traveling in India, visiting in New York, and attending his lectures in Michigan, I see his integrative spiritual Presence and Power. He brings acceptance, love, and clarity to all his actions and all his students. With him, Chetana, and the Lighthouse Center, my journey of awakening was initiated and is sustained.

-Jagruti Lucinda Orwoll

Lavendar Skies

Dear friend
 Friend of the animals
 Nature, earth, all living beings
 The universe
 The essence of Ahinsa
 Dances with you
 Light footed and sure
 Skirting tiny grasses
 And jewel bugs together
 You are in sync
 In tandem
 One

Dear friend
 May the blessings you share
 Multiply and become melodious
 And surround you
 Like effervescent spring rain
 Plinking into puddles
 From periwinkle clouds
 And lavender skies
 Air perfumed
 With love
 - Nirali Becky Kleinschmidt

Bhakti (Devotion)

You walk quietly into my life
 helping me to see
 how really I am fine, ok
 just the way I am
 and yet
 could become so much more

Namaste
 the Divine in me bows
 to the Divine in you

“Ahinsa”, you say,
 be kind to all
 let the inner enemies
 fade away
 in the Light
 of Love and Forgiveness

“Stay on the balcony”
 watch the drama
 on the stage
 no need
 to get caught up in it
 watch, so clearly you may see

“You don’t have to take
 what others are dishing out”
 you say, be like the Buddha,
 giving water
 to quell his heckler’s
 parched throat

In the beauty
 of your silence
 I can be at home in mine
 reaching out to find
 we are all One
 after all

Namaste
 the Divine in me bows
 to the Divine in you
 always
 - Nirmala Hanke

Reflections on My Teacher, Gurudev Chitribhanuji

There is an old Arabic proverb: “Repetition teaches even the donkey”. Perhaps the most outstanding gift Gurudev has repeatedly given me during the last two decades is the reminder to stop my inner chatter long enough to understand the lessons I am to learn in this lifetime about who I really am. He has done this with the simplest of phrases, delivered in the kindest of manners. At times, I have not immediately understood the content of Gurudevji’s teachings when they have been delivered, however their import has been made clear over the days, weeks, months and years I have been his student and exposed to the Jain way of life. I will always be grateful for the opportunities I’ve had to hear him speak, read his profound writings, or have my questions answered on all levels. The repetition of his teachings has guided my steps and will continue to do so.

I have numerous examples of Gurudev Shree Chitribhanuji’s profound influence on my life. I will share one here. The first time I had an audience with him, as a new student, I was full of questions about how to mindfully raise my two children. As a worried parent, I wondered about their lives; what they were doing, what they were thinking, and why they made the choices they did. Listening patiently until I was finished with my chatter, Gurudevji looked into my eyes and said “Love yourself”. Two words. I left puzzled and remained so for more than a few weeks. I then began to understand those two words and return to them now, decades later, when the ego wants to exert control over others.

-Siddhi Edith A. Lewis

Chitrabhanji Stories

To me there are two stories from Chitrabhanuji that have such meaning in my life. One is the story of the boy that was supposed to go to the woods and kill the chicken, but no one was to see. After a few days the boy returned to say he could not do it because he would see and he was someone. I use this a lot when I have conversations with clients that are feeling down about themselves or have no confidence in themselves. I remind them they are someone.

When people talk about their lives and how they feel like they are getting nowhere, maybe traveling the same path over and over, or doing the same thing and it never works, I try to reflect the story that Chitrabhanuji told us. How the two fishermen had drunk and drunk bhang (a stimulant) and sat in the boat rowing all night to get to the other side, only to find themselves in the same place at day light, because they didn’t untie the boat. So you either keep on rowing over and over or untie the boat to get to a new path, new ground, and new direction in life. So these Chitrabhanuji stories have given me new ways of moving on, believing in myself. But also trusting if I untie the rope, it will help me to get to a better place.

-Priya Tammi Johnson

Words Cannot Describe...

Gurudev Chitrabhanuji! What can I say about him? I have known Gurudev Chitrabhanuji since 1969. We met in India when I was teaching Pathshala at Sahkar Nivas, Mumbai. I remember that Gurudev had a very unique personality, and he would speak in a way that would leave you speechless. It was that powerful. And since then, I have always considered him a father figure and myself as his Shishya.

Gurudev Chitrabhanuji is an incredible person, and words cannot describe the immense love, kindness and gratitude he has for us all. I will never forget how my family used to get into many car accidents, but with Gurudev’s blessings, they stopped. We all feel very grateful to know Gurudev. Not only has he made a great difference to our lives, but he has also made a great difference to others in the United States. He has been a pioneer in spreading the Jain dharma.

-Asha Sheth

**A teacher affects eternity; he
can never tell where his
influence stops.
Henry Adams**

THE CROW AND THE PEACOCK

A Story from Chitrabhanuji

___ Who is Happy ??? ___

A crow lived in the forest and was absolutely satisfied in life.

But one day he saw a swan. “This swan is so white,” he thought, “and I am so black. This swan must be the happiest bird in the world.”

He expressed his thoughts to the swan. “Actually,” the swan replied, “I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation.”

The crow then approached the parrot. The parrot explained, “I lived a very happy life—until I saw a peacock. I have only two colors, but the peacock has multiple colors.”

The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him.

After the people had left, the crow approached the peacock. “Dear peacock,” the crow said, “you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet.”

The peacock replied, “I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo.

I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days I have been thinking that if I were a crow, I could happily roam everywhere.”

That’s our problem too. We make unnecessary comparison with others and become sad. We don’t value what God has given us. This all leads to the vicious cycle of unhappiness.

Value the things God has given us.

Learn the secret of being happy and discard the comparison which leads only to unhappiness.

Lighthouse Board Of Directors

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“To be yourself in a
world that is
constantly trying to
make you
something else is
the greatest
accomplishment.”

~ *Ralph Waldo
Emerson*

RECIPE CORNER

Poorna's Black Beans and Veggies over Rice

2 cans black beans (I buy Meijer organic) drained and rinsed
1 red onion chopped (medium size)
3 cloves garlic chopped
1 green pepper chopped (large)
Better than Bouillon vegetable bouillon
Olive oil
1/4 c. Balsamic vinegar
2 bay leaves
1 tsp garlic powder
Red pepper flakes

Saute vegetables, and garlic in olive oil. Add garlic powder. When veggies soften, add beans, 1 cup water, 3tbsp veggie bouillon, 2 bay leaves and 1/4 cup balsamic vinegar. Add a few shakes of red pepper flakes. Cook liquid down until it is thicker.
Serve with brown rice.

Lovingly submitted,
Poorna Gail Salata

LHCI NEW Website Everything Under One Roof

Have you visited the new LHCI website? The center's website presence was growing which created pieces of information in different systems. You had to visit the website for an overall view, Shutterfly for the photos and the blog for recipes and articles.

The new website means everything is '**under one roof**' with an easier interface where a team of editors and writers can now come together to contribute to the LHCI community. And you can get the information you are looking for easily.

When visiting the site notice on the right column it says, '**Subscribe to this website**', for those who have joined they receive updated blog posts in their email when they are published. Subscribe to join and stay informed by receiving the most recent blogs.

Hopefully you'll find this new website easier to use and one that you will want to contribute recipes, articles or LHCI related photos. It's a joy to create with the many wonderful spiritual people at the center.

Lovingly Submitted,
Mukta Tana Dean

Lighthouse Center Calendar

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Intensive Meditation 7:30 PM	6
7 6 - 7:15pm Candlelight	8	9	10	11	12 7:30-9:00 pm Meet with Dilip Shah about Chitrabhanuji	13 Chitrabhanuji Visit 10:00 AM
14 Chitrabhanuji Visit 10:00 AM 6 - 7:15pm Candlelight	15	16 Pendulum Workshop 6:30 - 8:30 pm	17	18 Healing Night 7:30pm - 9:00pm	19 Intensive Meditation 7:30 PM	20 Walk for Peace Hudson Mills Park 9:30am
21 6 - 7:15pm Candlelight	22	23	24	25	26 Learn to Meditate 7pm - 9:30pm	27
28 Board Meeting 8:45 am - 12:00 pm 6 - 7:15pm Candlelight	29	30				

October 2014

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

Lighthouse Center Calendar

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Time Clocks to 1am at 2am 5 - 6:15pm Candlelight	3	4	5 Chakra Class 7:30 - 9:30 pm	6	7 Intensive Meditation 7:30 PM	8 24 Hour Meditation Starts 6:00pm
9 24 Hour Meditation ends 6:00pm 5 - 6:15pm Candlelight	10	11	12 Chakra Class 7:30 - 9:30 pm	13	14	15
16 5 - 6:15pm Candlelight	17	18	19 Chakra Class 7:30 - 9:30 pm	20 Healing Night 7:30pm - 9:00pm	21	22
23 Board Meeting 8:45am - Noon 5 - 6:15pm Candlelight	24	25	26 Thanksgiving Eve Meditation 7:30pm potluck follows	27	28	29
30 5 - 6:15pm Candlelight						

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Intensive Meditation 7:30 PM	6
7 5 - 6:15pm Candlelight	8	9	10	11	12	13
14 5 - 6:15pm Candlelight	15	16	17	18 Healing Night 7:30pm - 9:00pm	19 Intensive Meditation 7:30 PM	20
21 5 - 6:15pm Candlelight	22	23	24 Christmas Eve Meditation 6:30pm	25	26	27
28 No Board meeting 5 - 6:15pm Candlelight	29	30	31 New Years Eve Meditation 11:30pm			

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

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-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-VUHDE-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

-----Classifieds-----

Richard J. Smoot
Professional Certified Astrologer
"because life moves in cycles."
Consultation by appointment

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734.389-5014

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nirmalanh@aol.com

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:

Annis Wilson, 102, a special great aunt of Kadambari Stacy Brodock, transcended January 8, 2014.

Keith Joseph Brodock, 73, father of Brian Brodock, transcended June 7, 2014.

Muriel Salata, 92, mother-in-law of Poorna Gail Salata, transcended June 9, 2014.

Betty R. Lyons, 83, aunt of Kadambari Stacy Brodock, transcended June 11, 2014.

Elaine Kus, 61, step-mother of Kadambari Stacy Brodock, transcended July 9, 2014.

Margaret Louise Casazza, 93, mother of Margaret Casazza, transcended August 17, 2014.

NEW BEGINNINGS

We send Love and Light to welcome to earth these new beings:

Gabriel James Smoot, first grandchild of Rohit Richard Smoot, born on June 2, 2014.

Jaydenn Joseph Canfield, nephew of Kadambari Stacy Brodock and Brian Brodock, born August 5, 2014.

Lighthouse Center, Inc.

Founded in 1979 by Chetana Catherine Florida

A Spiritual Development Center Bridging the East and the West

Pledge Form



Please Print

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone #: _____ Cell #: _____ Other Phone #: _____

Email Address: _____

If you are renewing your Membership and if any of the above information has changed, please circle the new information so that our records can be updated. Thank You.

Put me on the Lighthouse Center, Inc. email list: Yes _____ No _____

Put me on the Lighthouse Center, Inc. postage mailing list: Yes _____ No _____

Your Pledge is already at work supporting the LHCI in providing a Spiritual Home to many, its Mission and Outreach programs.

I am **PLEDGING** for the calendar year of: 2014, from January to December.

Please check Membership Level of your Pledge:

Platinum Membership: \$1212.00/year (\$101.00/month) & Receive a \$100.00 Gift Certificate* to the LHCI Store.

Gold Membership: \$601.00/year (\$50/month) & Receive a \$50.00 Gift Certificate* to the LHCI Store.

Silver Membership: \$241.00/year (\$20/month) & Receive a \$24.00 Gift Certificate* to the LHCI Store.

Bronze Membership: \$101.00/year (less than \$10/month) & Receive a \$10.00 Gift Certificate* to the LHCI Store.

Basic Membership: \$61.00/year (\$5/month)

Alloy Membership: Enter a Pledge amount above the Basic Membership \$_____.00/year (_____.00/month)

You will receive a Gift Certificate* to the LHCI Store valued at 10% of your Yearly Pledge up to a maximum of \$100.00.

***Gift Certificates will be mailed to you when your Pledge has been met on/or before December of the year pledging.**

Payment Preference (Please check one):

Check* will be payable to the LHCI as a single yearly pledge amount

Check* will be payable to the LHCI monthly

Check* will be payable to the LHCI quarterly

Credit card (contact Prachi at 734.417.5804 or at cprachi17@gmail.com)

**Bank checks will be payable to the LHCI (please write "Pledge" in notation section of check)*

OR

A single payment will be made online at the LHCI website* via PayPal.

A monthly payment will be made online at the LHCI website* via PayPal.

A quarterly payment will be made online at the LHCI website* via PayPal.

Signature: _____ Date: _____

The Lighthouse Center, Inc. is a non-profit organization under Section 501(c)(3) of the Internal Revenue Code
Pledges and Donations to the Lighthouse Center, Inc. are tax deductible as provided by law.

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

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

Attention: Treasurer

Lighthouse Center, Inc.

P.O. Box 645

Whitmore Lake, MI 48189

**For any questions regarding Pledge Information or Volunteering at the LHCI,
Contact the Director of Operations, Prachi at 734.417.5804 or at cprachi17@gmail.com**

**Directions to:
THE LIGHTHOUSE CENTER
740 East Shore Drive
Whitmore Lake, MI**

Lighthouse Hotline (734) 417-5084

FROM I-94, US-23 AND ANN ARBOR

Exit US-23N at Exit 50 (6 Mile Road), but do not turn left or right, just go straight and follow Main Street into Whitmore Lake (past middle school on left). At the traffic light at East Shore Drive, turn right. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

FROM I-96, US-23 AND BRIGHTON

Exit US-23S at Exit 53. Turn left. This street becomes southbound Main Street. Follow Main Street through Whitmore Lake. At the traffic light at East Shore Drive, turn left. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

Lighthouse Center, Inc.
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Whitmore Lake, MI 48189