

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

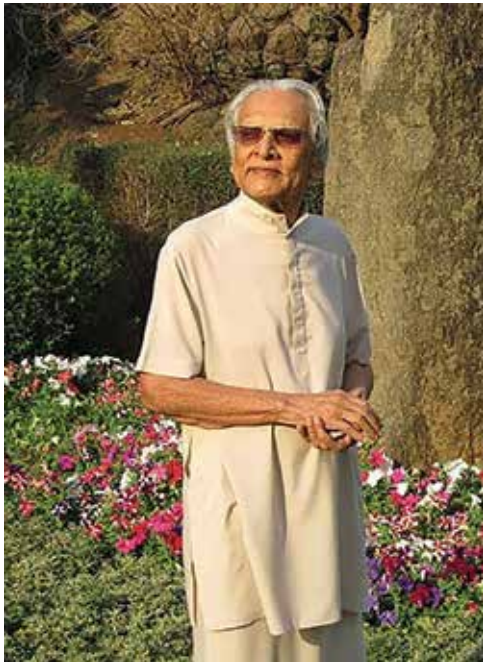
New Year Talk

By

Gurudev Shree Chitrabhanuji

November 8, 2018

This talk was given by Chitrabhanuji in his home in Mumbai on the occasion of the New Year in India, on the last day of Diwali.



Dear Friends,

One thing we have to know, when our time is over, then all earthly things become a means, a support, not an end. When our time is over, Atma meets Paramatma. Always remember, “What is my real form? What is my divinity?” What will survive is my divinity, only my divinity; all other things will go. Inside I know that what appears outside is only appearance. Inside is divine. Inside, you do not need anything. It makes me very happy to see all of you, to see

your divinity. Your divinity will remain whether I am here or there. My divinity will not vanish. When you are feeling alone, don't identify with the outer form. Identify with your divinity.

Sometimes I am exhausted; I forget my form. But today I see myself in you. You and me, there's no difference. It makes me so happy to see all of you.

I see the presence of the Siddhas. When you experience this, you are free. Troubles may come, what we have created, but ultimately they will not bind us. We see the change in the building, but not the spirit.

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January - April, 2019



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 an interfaith 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:

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

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.

Getting Involved

The Lighthouse (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

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 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

9:30am-12:30pm 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 second Saturday 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. Contact Prachi to register 734-417-5804 or cprachi17@gmail.com.

◆ **Healing Night** Second Thursday of every month, gather 7:00 pm, meditate 7:30 pm, Reiki healing 8:00 pm to 9:00. Love Donation.

January

Holiday Message Party: Saturday, 1/5, 7:00 pm. Meditation, messages, potluck. Come learn your path for the new year! Cost: \$30/\$35 proxy for messages.

Learn To Meditate: Saturday, 1/12, 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, \$15 to repeat. Contact Prachi to register 734-417-5804 or cprachi17@gmail.com.

Healing Night: Second Thursday of every month, gather 7:00 pm, meditate 7:30, Reiki healing 8:00 - 9:00. Love donation.

Book Club: CGJung's *Memories, Dreams, Reflections*, 6 Wednesdays, beginning 1/16, 7:30-9:00pm. Cost: \$60 room rental.

February

Chinese New Year: Tuesday, 2/5, 7:00pm on. Come celebrate the Year of the Pig. RSVP with Nayana Nancy Sloan at nsloan5770@comcast.net.

Learn to Meditate: Saturday, 2/9, 4:00-6:30, given by Nirmala.

Healing Night: Thursday, 2/14, 7:30-9:00pm, meditation and Reiki healing.

Memorial for Mitra Marty Kerr: Tuesday, 2/19, 7:30-9:00. Mitra was a longtime Lighthouse member who served as our second Treasurer. He also worked at every Dimensions in Light and was a generous supporter of the Center financially, pledging and funding sponsorships for pujas and many events.

Movie Night: Saturday, 2/23, 7:00pm. A viewing *Ghost*. Cost \$5.00 to Center.

Annual Board Meeting: Sunday, 2/24. All Lighthouse members and friends are invited to attend. We begin with meditation at 9:30; the meeting begins at 10:00. We will be reviewing the goals for the Center for 2019. We look forward to your input and feedback. Please RSVP to Prachi at cprachi17@gmail.com or 734-417-5804.

March

Pramodaji Visit. Pramodaji will visit the Center and give two talks: Friday, March 1, 7:30-8:30 pm: "Every Choice We Make Creates our Life"; Saturday, March 2, 10:30-11:30 am: "How to Find Inner Peace". Saturday luncheon and consultations with Pramodaji will follow.

Learn to Meditate: Saturday, 3/9, 4:00-6:30 pm, given by Nirmala.

Healing Night: Thursday, 3/14, 7:30-9:00 pm, meditation and Reiki healing.

34th 24 Hour Meditation: Saturday, March 16th, 7:00 pm- Sunday, March 17th, 7:00 pm, ending with Candlelight. A deep cleansing and rejuvenation. All are welcome to join in for any length of time, at the Center or at home, to meditate for world peace through inner peace.

Continued from front page...New Year Talk

I am very happy to see the soul in me, and to see the soul in you. An idea can come that some person has hurt me, and that I will hurt them back. Whenever you have a thought like that, to hurt or to help, remember that helping is alright, hurting is not. That is my only request. Think of yourself like this: "Slowly, slowly I will not hurt, I will not retaliate." If today you have any hate, say to yourself, "I hate nothing, I hate no-one."

In this world nothing belongs to me; it belongs to divinity. I am just a caretaker, so hate and dislike are over. Nothing belongs to me. My attachment and ego are over.

Soul is constant. Be one with your soul. You may be happy, you may be in pain; life is constant change. Be one with your soul.

Blessings,
Chitrabhanuji

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:

Jo Price, 87, longtime Lighthouse member, transcended 8 October 2018.

Mitra Marty Kerr, 58, longtime Lighthouse member and former Treasurer, transcended 17 December 2018.

Forgiveness
is not an occasional act,
it is a permanent
attitude
- Martin Luther King Jr. -

Upcoming Lighthouse Events

(Continued from page 3)

April

Ganesha Puja: Sunday, 4/7, 3:00-5:00pm, given by Asha Sheth. Ganesha is the Hindu god which removes all obstacles. Cost: \$45/ proxy \$48.

Healing Night: Thursday, 4/11, 7:30-9:00 pm, meditation and Reiki healing.

Learn to Meditate: Saturday, 4/13, 4:00-6:30 pm, given by Nirmala.

Good Friday Meditation: April 19, gather 12:00, a meditation on forgiveness, 12:30-1:30, in remembrance of Christ's crucifixion.

Sound Meditation Bath: Saturday, 4/27, 5:00-7:00 pm, a workshop by John Steinbauer. Combining Reiki, meditation and sound vibrations for healing on all levels. See his website for more info: www.22lunar.com/ Cost: \$20. Register with Prachi at 734-417-5804, cprachi17@gmail.com.

President's Message

The Birth of Compassion

I have thought of myself as a compassionate person; I have tried to be empathic, understanding, non-judgmental. "Walking in the other person's shoes", so to speak. But it was not until our latest pilgrimage to India this past November, that I began to see with compassionate eyes, feel with an open heart, as if for the first time.

It was moving to visit an animal sanctuary one evening, where thousands of sick or abandoned cows are being cared for. Cows who had eaten discarded plastic, which was strewn everywhere, had developed tumors or obstructions. Many surgeries are performed there; many orphan calves are cared for; many cows stay there until they die. As students of Chitrabhanuji and Pramodaji, we have heard many times about Ahimsa, nonviolence. "Ahimsa is compassion for all living beings". Jains extend compassion to all beings, animals, plants, all of Mother Earth, the universe. Even though some have thought this sanctuary was a waste of time, to save abandoned and sick cows, the workers there are not deterred. They live their compassion every day.

Gurudev, when we visited him at his home in Mumbai, was weak and tired, only able to sit with us a little while. In one of his talks with us he said, "Get used to everything in life." He was showing us by his example, to get used to him, being weak and tired at 96. I was reminded of "Veeram Deeram, Mahaviram", which means, "If Mahavir can do it, I can do it." Gurudev was showing us how he could do it, and be with us even in his weakened state. He was reaching out to us with compassion, an open loving heart,

seeing the divinity within each one of us, and in himself. He asked that we always try to act out of empathy: "First love the person as they are". And love ourselves, as we are.

On the last day of our trip, riding out to see the Jain nun Shilapaji at Veerayatan in Kutch, I found myself tearful, overcome by all the places we had been, and most of all by the generosity and kindnesses of all the people we had met along the way. Feeling compassion for all the cows, all people suffering everywhere. As I began my leave-taking from India, I felt the pangs of missing loved ones at home, in a way I had not felt before. It was almost as if I needed to go to India to be opened up to feel more deeply, walk more fully in another's shoes. This has been my greatest learning.

Namaste,
Nirmala



Lighthouse Center Calendar

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Intensive Meditation 7:30 PM	5 Holiday Message Party 7:00
6 6-7:15 pm Candlelight	7	8	9	10 Healing Night 7:30pm - 9:00pm	11	12 Learn to Meditate 4-6:30pm
13 6-7:15 pm Candlelight	14	15	16 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	17	18 Intensive Meditation 7:30 PM	19
20 6-7:15 pm Candlelight	21	22	23 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	24	25	26
27 Board Meeting 9:30 am 6-7:15 pm Candlelight	28	29	30 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	31		

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Intensive Meditation 7:30 PM	2
3 6-7:15 pm Candlelight	4	5 Chinese New Year Celebration 7:00pm	6 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	7	8	9 Learn to Meditate 4-6:30pm
10 6-7:15 pm Candlelight	11	12	13 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	14 Healing Night 7:30pm - 9:00pm	15 Intensive Meditation 7:30 PM	16
17 6-7:15 pm Candlelight	18	19	20 Book Club: <i>CG Jung Memories, Dreams, Reflections</i> 7:30 PM	21	22	23 Movie Night: <i>Ghost</i> 7:30pm
24 ANNUAL Board Meeting Everybody Welcome 10am-noon 6-7:15 pm Candlelight	25	26	27	28		

Lighthouse Center Calendar

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pramodaji Visit <i>Every Choice We Make Creates our Life</i> 7:30 PM NO Intensive Meditation	2 Pramodaji Visit <i>How to Find Inner Peace</i> 10:30 am - 11:30 am Luncheon and Counsultations will follow
3 6 - 7:15pm Candlelight	4	5	6	7	8	9 Learn to Meditate 4-6:30pm
10 Daylight Savings Time Clocks set to 3AM at 2AM 6 - 7:15pm Candlelight	11	12	13	14 Healing Night 7:30pm - 9:00pm	15 Intensive Meditation 7:30 PM	16 24 Hour Meditation 7:00pm onward through Feburary 17th
17 24 Hour Meditation concludes with Candlelight 6 - 7:15pm Candlelight	18	19	20	21	22	23
24 Board Meeting 9:30-12:30 6 - 7:15pm Candlelight	25	26	27	28	29	30
31						

April 2019

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



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

Anna Purna 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

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

Rujuta Rita White (RU-JU-TA) Straightforward about things

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

Sohum Tana Dean (SO-HUM) Loving heart.

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 Rea (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

Lighthouse Board of Directors

President

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...because life moves in cycles.

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734-417-5804 *Patricia Thiel*
WHITMORE LAKE, MI 48189

VEGAN RECIPE CORNER**Butternut Squash Soup**

SAVORY AND HARDY TO WARM YOUR SOUL

(Serves 4 - 6)

INGREDIENTS

- 1 butternut squash, peeled, deseeded, and roughly chopped.
- 1 Tbsp of oil
- 1 tsp grated ginger
- 1/2 tsp ground cinnamon
- 4 cups (approximately) of water
- Salt and pepper as desired

METHOD

1. In the oil, saute grated ginger for a few minutes and then add the squash; stir well.
2. Add water and bring to a boil, then turn down to simmer and cook the squash is tender, about 20 minutes.
3. Alternatively, if making in advance, you can slow cook by bringing to boil, cover and turn off the heat, and leaving for at least one hour.
4. Liquidize until smooth.
5. Empty into a bowl and add cinnamon and salt as needed.
6. Serve with a garnish of pepper.



From: *Rainbow Food for the Vegan Palate*, Pramoda Chitrabhanu, Jain Meditation Center, New York, NY, 2015. Page 100.

Copies of this book are available at the Lighthouse Center, Inc, Whitmore Lake, MI and through the website: <https://lighthousecenterinc.org/books/> Please contact Prachi Patricia Thiel at 734.417.5804, cprachi17@gmail.com, to purchase.

**THE TREE OF LIFE**

The Tree of Life
 Of Mt. Shatrunjaya
 Sits nobly and humbly
 Atop its peak
 Asking for nothing in return
 She provides shade to the scorched
 Coolness and oxygen to the fatigued
 She freely shares
 Vibrations of peace
 And contentment
 As she shelters the pondering pilgrims
 She has all she needs
 and inspires the aspirant
 to give
 to love
 to have no wants
 except simply
 to BE
 with Love and Peace,
 Nirali

**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