

# 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

## Four Steps to Reach the State

Pujyashri Chitrabhanuji

In order to reach the peaceful state of mind you need meditation, and to meditate you need relaxation. The meditation is like a brook that flows, grows, and ultimately merges in the ocean of love. In a flowing brook, there are many obstacles, hurdles, and rocks, and they try to hinder progress, yet the energy of the brook is flexible. It flows, grows, and overcomes all hurdles. The tensions that you create in you become hurdles. The memory of all the hurdles turns into pressure, and a person under pressure is not able to flow and grow. To flow and grow, one needs to be relaxed by learning the art of relaxation.

All mental, physical, psychological and social diseases arise from tension, constriction and suppression. Under pressure, people make wrong decisions. In order to make right decisions, you need to learn how to relax, and meditation helps you to do just that. In the Western world, even the famous institutions of learning offer classes on how to meditate. In the world over, meditation has become an important part of treatment of various mental, physical and social problems. In Jainism, meditation is essential to personal and spiritual growth. You can even achieve Kavalgnan - Nirvana or total knowledge - by practicing meditation. This is the highest miracle of knowledge you experience with the energy of meditation: Dhyana.

In order to attain Dhyana, you need to free your mind from hate and attachment - clinging and aversion - as they work against each other, thus causing pressure and tension. When you are attached to some 'thing,' your mind becomes sticky and loses the rhythm of flow. When you have hate, it is burning inside and your mind becomes like popcorn. When you put grain on fire, it becomes popcorn and starts jumping around. Similarly, when we have hate, energy is burning inside and we continue our obsession with attachment and hate. Those who are very dear we want them very close; and the ones we do not like, we push them



away. Pull and push goes on during our whole life.

A religious place is supposed to give you peace and harmony; however, even when you are in peace and harmony, you form a group with people you like and you stay away from people you do not like. Those who join a new group may not want to go to their old temple and so create a new temple and press others to attend. Why are you building tension in your heart by pressing people to go to a new temple? Why do you have this kind of attachment? You do not want to go to the old temple because you do not believe what they are doing. In order to be efficient, you need to think, feel and know how your mind is functioning. Are you free from pull and push? For instance, in the name of Lord Mahavir so many groups exist. In my opinion we need only to follow Mahavir who experienced Kavalgnan and shared the insight with us. You do not need

Continued on page 3...

## Inside

Upcoming Events	4
Lighthouse Calender	5
President's Message	6
Meeting Gurudevji	6
August Weekend Retreat	7
Recipe Corner	7
A Gentle Reminder of the Practice of Meditation	8
The Lighthouse Center's First Annual "Walk for Peace"	9
Jivadaya	10

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### ***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 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.

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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: Praparkar Dan Pieri  
Layout: 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.

## Four Steps to Reach the State...continued from front page

anything else; just connect directly. In original scriptures, I find that the teachings of Mahavir have nothing to do with groups, such as, swetamber, digamber, sthanakvasi, terapanthi, et al. Jain religion is completely open and it has no room for sectarianism. In original Jain scriptures I found that Agnan – ignorance – which is aversion and clinging, is the root cause of this sectarianism. With a touch of knowledge, and when Agnan is destroyed, the eyes open and miracles happen. A person is able to experience and realize in this life that the God resides within. In order to destroy Agnan and see God within, four steps to meditation are helpful.

### First step in meditation is Padasth Dhyana.

Padasth means the word you recite; you concentrate on its qualities. Prior to starting this meditation, you sit in a comfortable place and posture and you relax and make your mind a friend. If you know how to do it, your mind can be very helpful. There are times when, unknowingly, we are making our mind a friend; nevertheless, if we make it knowingly, it will be a miracle. How are we making our mind a friend unknowingly? Let us consider: when you go to a bank and want to collect money in cash, they will do that for you. As you are in the bank, there might be lot of distractions around you; however, when they are giving you money, you will not pay attention to anything else but the money. Your whole attention will be on every bill. You will not be distracted by anything else around you. Your mind becomes so concentrated that it is like meditation. Similarly, when you are driving your car, numerous distractions are around you, but your whole attention remains on the road. Driving is meditation but you do not know you are meditating. Your mind knows that if you make a mistake, you risk your life. The same way if you make your mind a friend, it will help you. In order to have help from your mind, you need to convince the mind to help you. The mind will not obey if you suppress or force. Request your mind: 'For one hour please do not bring any distractions. I want to sit and meditate and experience the presence of Bhagwan's purest energy in me.' It is the mind which is doing a very good job of prioritizing important activities in your life. The inner conviction makes it happen. If you decide with full

conviction that I do not want to have clinging and aversion, I want equilibrium - Veetraag: no clinging; Veetdwash: no aversion - it will happen. It needs to be your inner conviction, not lip service. It is your inner drive, inner force, and persistence that will make things happen.

Once you have made your mind a friend, you recite Namu Arihantanam. As you do that, you imagine the Arihantas who have removed all their inner enemies, and have eradicated aversion, clinging, anger, greed, jealousy, lust, false pride. When you say Namu Arihantanam, the personality of Arihantas with their inherent nature comes in front of you. For example, if you are fond of mangos, and somebody says, "Today we are going to have mango juice," the word creates a picture and brings saliva in your mouth even though a mango is not in front of you. Words have an impact. If somebody uses abusive words to you, it will make you angry. If somebody says a negative word, the picture of this word comes in front of you. In the same way, when you say Namu Arihantanam, the picture of Arihantas who have conquered clinging and aversion come to your mind and slowly you develop the qualities inherent to Arihantas. Eventually these qualities become part of your nature. For instance, when the twenty-third Jain Tirthankara Lord Parshwanath is meditating, the celestial being Dharnandra is doing praise and devotion because this is his nature. While Kamath, who harbors negativity, he is harassing which is his nature. And with Lord Parshwanath, he is maintaining his equilibrium which is his nature. Kamath and Dharnandra both are doing their own thing; however, Lord Parshwanath remains peaceful with balanced consciousness. The nature of thorn is prickling and the nature of flower is perfuming. Thorns cannot become flowers and flowers cannot become thorns, as each has its own nature. Similarly, Arhanta Lord Parshwanath's nature is to stay balanced. As you say Namu Arihantanam, the pictures of Arihantas come in front of you and how they conquered raga: clinging; dwasha: aversions; maan: pride; moha: greed; krodh: anger; and how they have become peaceful. The moment you recite the sloka, such a picture appears in front of you and you start the process of developing qualities of Arihantas and that is

Padasth Dhyana. Once you have mastered the step, you go to the second step of meditation.

**Second Dhyana is Rupastha:** an idol – a meditation in which a form, a shape, comes in front of you when you meditate. Your mind is watching the shape of the idol that is peaceful, quiet and pleasant. Bhaktamar Sloka, a well known Jain prayer, indicates that the best of the best of the qualities of atom, the peaceful vibrations, are taken from the universe and the image of God is created. When a Tirthankar was born, the best of the atoms and all the best of the elements of the universe were there to compose his life. You imagine that the best of all those atoms have created the image of Paramatma: soul, and in your mind you feel the peaceful vibrations that are coming out of the image and are spreading inside you. Therefore, the idol becomes the living presence of the best of the atoms. Upon mastering this step, you practice the third step.

**The third is Pindastha Dhyana** where you imagine that the image, idol or words are within you. You think that you are holding within whatever was outside in the temple. You simply see Bhagwan within you - no aversions or clinging, no other thoughts, and just peaceful thoughts. It is like a garden where beautiful thoughts are blossoming. Your body is relaxed, you are sitting like God, and the image you see in a temple you see it in your body. How well you are doing depends on your effort, commitment, intensity, concentration and longing.

Upon mastering the Pindastha Dhyana, you go to the **fourth step: Rupateet Dhyana**, which simply means you feel the quality of God within you without word, images or imagination. You maintain equanimity and continue to develop freedom from aversions, clinging, false pride, jealousy, greed, anger, lust. You become content and confident, positive and peaceful.

Adapted by Sharat K. Jain, Ph.D and Rohan K. Jain



# Upcoming Lighthouse Events

## WEEKLY

### ◆ Sunday Candlelight Meditation and Healing

6-7 pm 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 p.m. 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-11:30pm 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) 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 or \$15.00 to repeat.

"Knowledge is important, but much more important is the use toward which it is put. This depends on the heart and mind of the one who uses it."

*Dalai Lama*

## August - September 2008

### AUGUST

**Weekend Retreat** Sat-Sun August 9-10, 8 am-6 pm at the Center. Talks by Chitrabhanuji and Dr. Will Tuttle; guided meditation by Pramodaji, yoga with Namrata LisaAbrams. Early registration until Aug 5th on the LHC website:

www.lighthousecenterinc.org or with Prachi 734-449-4381—\$130 two full days; \$75 one full day. After August 5th: \$145 two full days; \$85 one full day. Full days include breakfast and lunch. Afternoons only \$35 per day. Discounts: 10% off for pledging LHC members; 50% off for children under 18. See article on page 7 for more info.

**Astrology Class** given by Bon Rose Fine, Sun, August 24, 1:45-4:30. Call Bon Rose 734-434-4555 for more info.

**Learn to Meditate** given by Nirmala Friday, August 22, 7-9:30pm. Cost: \$35, \$15 to repeat. Call Prachi 734-449-4381 to register.

**Paryushana:** Jain Festival of Forgiveness, August 28-Sept. 4, with daily events at the Jain Temple in Farmington Hills. Paryushana study booklets available at the Center to help guide you through the 8 day festival. More info: Prachi 734-449-4381.

### SEPTEMBER

**Paryushana and Breaking of the Fast:** The festival ends on September 4th with the breaking of the fast at the Jain

Temple. All are invited to attend this inspiring ceremony. Call Prachi for times.

**Heart Empowerment Class** given by Prachi, 4 Tuesdays, 7-9:30, Sept 9-30. A deepening experience at the heart chakra. Pre-req: 2 months mantra meditation. Cost: \$65 pledging/ \$75 non-pledging.

**Movie Night:** Friday, Sept. 12, gather 7, begin 7:30-9:30. Hosted by Nirali. Movie title to be announced on the Lighthouse email. No cost, love donation.

**Walk for Peace Walk-a-Thon:** New Lighthouse fundraiser and good for you too! Saturday, Sept. 13th 10-12 at Hudson Mills Park in Dexter. Three miles for peace and veggie potluck afterwards. See the flyer/pledge form on page 9.

**Energy Medicine Weekend Workshop:** given by A Miracle Today and Lighthouse Board member Judy Shepard. Fri. Sept 19-Sun Sept 21 at the Howell Nature Center. See ad page 16 for more info. 10% of profits donated to the LHC.

**Learn to Meditate** given by Nirmala Friday, September 26, 7-9:30 pm. Cost: \$35 or \$15 to repeat. Call Prachi to register, 734-449-4381.

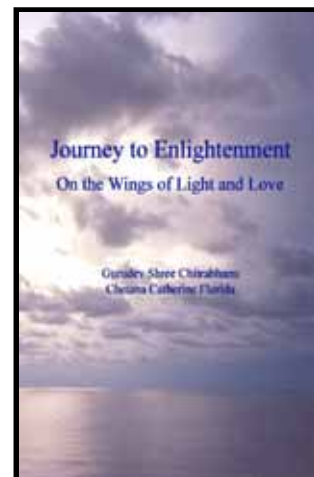


## JOURNEY TO ENLIGHTENMENT: ON THE WINGS OF LIGHT AND LOVE

Inspired by Gurudev Chitrabhanuji, this book of all of Chetana's and Gurudev's messages together in the Beacon newsletter will soon be published by BookSurge.com. "Journey to Enlightenment: On the Wings of Light and Love" will be available at the Center as well as on Amazon.com.

Nirmala Nancy Hanke and Raksha Penni Helsene have worked on the book over the last several years, and Richard Smoot readied it for publishing online. Photos were contributed by Aum Terry Abrams and Jyoti Betsy Thorne, and Liza Cheuk May Chan provided the photo for the cover.

Here is your chance to have a collection of all of Chetana's and Chitrabhanuji's messages together—an easy way to re-read and study them. Most of all this compilation is in remembrance of Chetana, whose journey was on the wings of light and love.



Lighthouse Center Calendar

August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Intensive Meditation 7:30 - 10:15pm	<b>2</b>
<b>3</b> Candle Light Meditation 6 - 7:15pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9 Weekend Retreat</b> 8am - 6pm See article for details
<b>10 Weekend Retreat</b> 8am - 6pm See article for details Candle Light Meditation 6 - 7:15pm	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Intensive Meditation 7:30 - 10:15pm	<b>16</b>
<b>17</b> Candle Light Meditation 6 - 7:15pm	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Learn To Meditate 7:00 - 9:30pm	<b>23</b>
<b>24 Board 9:30-11:30</b> CandleLight Meditation 6 - 7:15 <b>8/31/2008</b> Candle Light Meditation 6 - 7:15pm	<b>25</b>	<b>26</b>	<b>27</b>	<b>28 Paryushana</b>	<b>29 Paryushana</b>	<b>30 Paryushana</b>

September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Paryushana</b>	<b>2 Paryushana</b>	<b>3 Paryushana</b>	<b>4 Paryushana Ends</b> <b>Breaking of the Fast</b> Jain Temple in Farmington Hills	<b>5</b> Intensive Meditation 7:30 - 10:15pm	<b>6</b>
<b>7</b> Candle Light Meditation 6 - 7:15pm	<b>8</b>	<b>9</b> <b>Heart Empowerment</b> <b>Class 7 - 9:30pm</b>	<b>10</b>	<b>11</b>	<b>12</b> <b>Movie Night</b> 7:00 - gather 7:30 - 9:30pm	<b>13</b> <b>Walk for Peace</b> <b>Walk-A-Thon</b> 10am - Noon Hudson Mills Park in Dexter
<b>14</b> Candle Light Meditation 6 - 7:15pm	<b>15</b>	<b>16</b> <b>Heart Empowerment</b> <b>Class 7 - 9:30pm</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>Energy Medicine</b> <b>Workshop</b> see ad page for details Intensive Meditation 7:30 - 10:15pm	<b>20</b> <b>Energy Medicine</b> <b>Workshop</b> see ad page for details
<b>21</b> <b>Energy Medicine</b> <b>Workshop</b> see ad page for details Candle Light Meditation 6 - 7:15pm	<b>22</b>	<b>23</b> <b>Heart Empowerment</b> <b>Class 7 - 9:30pm</b>	<b>24</b>	<b>25</b>	<b>26</b> Learn To Meditate 7:00 - 9:30pm	<b>27</b>
<b>28</b> Candle Light Meditation 6 - 7:15pm	<b>29</b>	<b>30</b> <b>Heart Empowerment</b> <b>Class 7 - 9:30pm</b>				

## President's Message

Dear Lighthouse Center Members,

Namaste! Please help me in welcoming our new and returning Board Members as of May 2008: Akash Jon Swanson, Kanak Claire Mautner, Mukta Tana Dean, Sarita Susan Wolf-Sternberg, Judy Shepard, Nirmala Nancy Hanke, Vice President, Raksha Penni Helsene, Treasurer, Poorna Gail Salata, Asst. Treasurer, and Aarti Meg Graff, Secretary.

Please feel free to join us the 4th Sunday of each month at 9:30 a.m. for our monthly Board meeting. We would love to hear your ideas. The food is good too!

We have experienced so much beautiful inspiration and energy this past spring and summer, starting with a group trip to see the Dalai Llama, followed by two visits from Gurudev Chitrabhanuji and Pramodaji Chitrabhanu. Their second visit in June included a special invitation to help celebrate the 10th Anniversary of the Jain Temple in Farmington Hills. Here we discovered, yes, we CAN DANCE!

August 9th and 10th will be our Spiritual Retreat with special guest speaker Dr. Will Tuttle, author of *The World Peace Diet*. Dr. Tuttle's book is a tool to educate us about how our eating habits and animal cruelty directly impact peace on our planet. We will also experience yoga, taught by Namrata Lisa Abrams, have meditation and silence with Pramodaji Chitrabhanuji, and talks in the afternoon by Chitrabhanuji. A

delicious vegan lunch will be cooked by Asha and Nick Sheth.

Dr. Tuttle's book will be available, as well as LHC's publication "Journey to Enlightenment On the Wings of Light and Love". This book includes all of Chetana's and Chitrabhanuji's Beacon messages up until 2003. It is very special.

The Board has been brainstorming about new initiatives, and one is to hold a "movie night" the 2nd Friday of each month starting in September. Movie to be announced. Popcorn a must.

Another new initiative is to hold our first annual "Walk for Peace" on September 13th at Hudson Mills Metro Park (please see pledge form). This will be followed by a vegetarian potluck.

For information about classes, special events and activities please go to [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org). Mukta Tana Dean continues to do a wonderful job updating our website.

The Lighthouse Center continues and thrives because of you. Each individual is unique in your expression of love, time, talent, ideas and energy. You make the Center's Beacon shine. We thank you endlessly!

Love,  
Nirali

## Meeting Gurudevji

Sometime around April 1988, Julia Ward, (Gentle Rain) called Mamata at The Jain Meditation International Center in New York City, to order additional books for Chetana's (then known as Cathy Florida) Advanced Meditation Class. The book was, *The Psychology of Enlightenment: Meditations on the Seven Energy Centers*, by Gurudev Shree Chitrabhanuji.

As they talked about the class and the westerners who were students of meditation, Mamata informed Gentle Rain that Gurudevji would be visiting the Jain Society in the Detroit area in July. Gentle Rain, in her always gregarious and friendly manner, asked whether Chetana's students might be able to see him. Mamata volunteered that if we could get ten or more students together, that Gurudev would probably come to visit us in Whitmore Lake. Gentle Rain replied, "Oh, I think we can get twenty." Mamata said that Gurudev would come.

On Monday morning, July 11, 1988 in a rented space that we used for large gatherings— for the first time, in this lifetime—Gurudevji came to speak with the Lighthouse Center group. Over *ninety* Lighthouse members and friends were late for work that morning.

*And*, this became the first step in a spiritual journey that has taken us around the world, as well as all across this country, with Gurudevji.

*(to be continued)*

*Reported with Love by Lalita, (then known as Lucille Doke), unofficial Lighthouse historian*

## AUGUST WEEKEND RETREAT

For Chitrabhanuji's August visit the Lighthouse Board is pleased to present a weekend retreat, on Saturday and Sunday, August 9-10, from 8am-6pm. Each day will begin with Yoga from 8-9 with Namrata Lisa Abrams, followed by a light breakfast. Then Pramodaji will lead a guided meditation, time for introspection, Q and A, and silence. Lunch will be provided by Ashaben Sheth.

In the afternoons there will be talks by Chitrabhanuji, who will speak on "What is Life and How to Live" on Saturday and "The Power of Presence" on Sunday. He will be joined by Will Tuttle, Ph.D., author of the groundbreaking book, "The World Peace Diet". Vegan for 27 years, Dr. Tuttle is also an accomplished pianist and composer and is a Dharma Master in the Zen tradition. He will speak on "The World Peace Diet" on Saturday, and "The Liberating Power of Nonviolence" on Sunday.

Early registration until August 5th is: \$130 for two full days; \$75 for one full day. After August 5th, the cost is \$145 for two full days, and \$85 for one full day. Full day fees include breakfast and lunch. Afternoons only are \$35 per day. There is a 10% discount on all fees for Lighthouse pledging members, and a 50% discount on all fees for children under 18.

We are looking forward to an enlightening and energizing weekend! Hope you can join us for all or part of it. For more information or to register, visit our website, [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org), where you can use PayPal if you'd like, or register directly with Prachi at 734-449-4381.

### RECIPE CORNER

#### Vegetarian Enchiladas

Makes 8 stuffed enchiladas

8 flour tortillas  
 1 cup sautéed fresh or thawed or squeezed dry frozen spinach  
 1 cup of black beans  
 1 cup of corn  
 1 cup salsa or tomatoes with chilies  
 1-2 cups of shredded Monterrey jack or pepper jack cheese  
 Enchilada sauce (red or green)  
 Optional: add chopped jalapenos, lime and cilantro to taste for more flavor

Pre heat oven to 350 degrees and lightly grease a lasagna type pan.  
 Mix all the vegetables in a large bowl. Divide the filling evenly between the eight tortillas and roll up like a burrito. Place in the pan and sprinkle the cheese on top. Pour the enchilada sauce along both ends of the enchiladas and bake until the cheese is melted and browned. Serve with sour cream, jalapenos, and salsa. This recipe can be made vegan by using soy cheese.

Submitted by Sarita Susan Wolf Sternberg

### Lighthouse Board Of Directors

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## A Gentle Reminder of the Practice of Meditation

Recently I was asked to teach a meditation class at the Pilates studio in which I work out. There was no hesitation, since I had given numerous classes to beginners after I had completed Mantra Meditation training 10 years ago with Deepak Chopra. The class was to take place two weeks after seeing the Dalai Lama in Ann Arbor and a week following Chitubhanuji's visit to the Lighthouse Center. The notes from Deepak Chopra and the text of the talk were pulled out and reviewed as preparation prior to the class. As I reviewed this material, thoughts about my own practice of meditation came flooding to me especially at two points in the talk that were in bold face type.

**Posture: Sit in a chair with back slightly away from the back of the chair or Taylor sit.**

**Meditate for 20 minutes twice a day—once in the morning and once in the late afternoon or early evening.**

My posture had degraded to slightly reclining on the sofa with several pillows used to prop the head much like that while watching television, and I now justified a one-hour meditation over two-twenty minute sessions in the course of the day. How had one forgotten these simple yet vital components to the practice of meditation? The answer found itself in my thoughts without even having to meditate. It was easy!

Meditation is a disciplined practice, which the Dalai Lama emphasized numerous times in his prelude to the dharma. Posture is part of the discipline that the ancient yogis emphasized for energy to freely flow along the kundalini. As energy flows along the kundalini, the kundalini rises lifting the veils from the un-awakened state to that of awareness and eventually to enlightenment.

Meditating in the morning and the late afternoon for a minimum of twenty minutes has always been part of the prescribed format, but why? There was no immediate thought as to the answer so I meditated, this time in proper posture. Yet with each successive meditation no hint or answer to this question revealed itself, not of course until the middle of the talk on the day of the class. With a slight ringing in the ears, Pramodaji's voice was heard in my head saying, "...meditate more..." which was her response when I spoke to her about the changing patterns of my practice. Then suddenly out of my mouth was the following long forgotten reason from my training: Meditate upon waking helps to establish the energy that you bring to the day by setting your true intention for that day. By having contacted your soul or higher self first thing in the morning you have the ability to make right choices throughout the day. And it's no wonder Chitubhanuji wakes with

the declaration "Today is the first day of my life, my birthday and it is good. All of yesterday is the past as we have slept and today is a new start."

What about the early evening meditation? Here is where the ancient yogis were such keen observers; it has to do with digestion and sleep. During meditation the metabolic rate decreases and if we eat prior to meditation, food would not be digested properly. Twenty to forty minutes of meditation has similar benefits to REM sleep and therefore may not allow a person to feel sleepy enough to fall asleep if practiced close to bedtime. Therefore, meditation too close to bedtime may invigorate the individual disrupting natural sleep patterns. Early evening meditation also has the benefit of relieving or ridding stress accumulated through the day's activities. What a great way to prepare and eventually be fully present for dinner!

It is always amazing how the universe intervenes with gentle reminders of why meditation is a disciplined practice.

Aarti Meg Graff

### *Wind*

The pessimist complains about the wind.

The optimist expects it to change.

The leader adjusts the sails.

~John Maxwell~

## The Lighthouse Center's First Annual "Walk for Peace"

- What?** A walkathon fundraiser, plus vegetarian and vegan food! Bring your own place settings, drinks, and a dish to pass.
- When?** Saturday, September 13th, 2008. Register 9:30 am; Begin 10am to 12pm. Potluck follows.
- Where?** Hudson Mills Metro Park, 8801 N. Territorial Rd., Dexter, MI 48130. Meet at "Rapids View", park phone # (734) 426-8211
- Cost?** Daily car permit at Hudson Mills is \$4.
- Contact:** Nirali Becky Kleinschmidt (734) 649-1234, or [golphers@aol.com](mailto:golphers@aol.com). Please call for directions or info.

Here's what you need to know:

**Collecting Pledges:** Pledges for the Walk for Peace will not be based on miles or minutes, but just one set amount for the whole walk. As you collect your donation pledges, fill out your pledge sheet, and turn in the donations and pledge sheet when you register on the day of the event. You may collect cash or checks from your sponsors (checks made out to the Lighthouse Center).

**Donations will go directly to the Lighthouse Center**, a non-profit spiritual organization. As a community we come together to meditate, practice Ahimsa and bring peace into the world, one person at a time. We are dedicated to helping others in need within our local community, as well as offer classes on meditation, vegetarian cooking, iconography, reiki, laughter workshops, to name just a few. For more information please go to [www.lighthousecenterinc.org](http://www.lighthousecenterinc.org).

**Checking In:** Upon arriving, come to the Rapids View parking area, and find our registration area (picnic table). Be sure to wear your most comfortable walking shoes!

**The Walk:** The walk will begin at the Rapids View parking area at Hudson Mills, and follow the paved, circular 3 mile route. Walkers can elect to either walk as a group, or walk individually. We will enjoy lunch after the walk.

**What should I wear?** Dress for comfort, and for the weather. We will walk rain or shine, unless there is a case of severe weather.

### "WALK FOR PEACE" PLEDGE FORM

**Name of walker:**

**Sponsor Name:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**Amount:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**THANKYOU!**

Total Amount:

## JIVADAYA: Compassion to Living Beings

The Sanskrit word Jivadaya has a unique connotation in the literature of Jain Dharma. Jiva means life and daya means compassion—compassion to all living-beings. The idea behind Jivadaya is to have a sensitive heart that makes a deep empathic relationship with every form of living life starting from the micro-beings to macro-beings.

Its foundation is laid on the strong bedrock of our own practice of non-injury to life called Ahinsa and on one's genuine reverence for all life. Bearing this in mind, it become our prime concern to know and feel how we are affecting others, so as not to hurt anyone through neglect, apathy or intention, subtly or openly, subconsciously or consciously. It is the secret thoughts and tendencies entertained by us that make up the subconscious which is mainly responsible for the actual actions that one ultimately takes.

We know that human beings and indeed all lives are dominated by suffering. Our cravings, attachment and desires for the material things lead us to violence and destruction. These kind of hidden atrocities go unnoticed in our daily living that is the root cause of pain and agony.

In today's time of increased global warming and hostility the people all over the world are feeling more and more insecure, threatened and unsafe to live in a world plagued

with the epidemic of power and position, violence and hate. The antidote for this is Reverence for Life and Ahinsa. As Bhagwan Mahavir rightly said, "Knowing that all the evils and sorrows arise from injury to living beings, and that it leads to unending enmity and hatred which is the cause for great fear, a wise man who has become awakened should refrain from all sinful (harmful) activities."

In the olden days, the idea of Jivadaya was limited to animal shelters. It inspired people to spend their resources for animal sanctuaries where animals are protected and taken care of until they die. But today the story is different. Violence on dumb and mute animals has increased to such great heights that it has caused moral and mental degradation to human-kind. It is because of this that the idea of Jivadaya has acquired a broader meaning of bringing awareness and spreading the message of compassion and nonviolence in the fields of clothing, food, cosmetics, entertainment, experiments, and medicine.

All glory comes from daring to begin. The journey has begun. It is our desire to see a world free of pain and cruelty, for it is the fury of violence and barbarity that has perpetuated suffering, dominating our lives and those of all animals on this earth.

The more we reflect within ourselves the more our belief and conviction of universal kinship deepens and we awake to the truth that we are all interconnected and interdependent. All life is therefore viewed as a gift of togetherness, accommodation and assistance. Without the one the other cannot exist. Bringing imbalance on one end brings imbalance on the other end.

Keeping this in mind, may we never get too busy in our own affairs that we fail to respond to the need of others with kindness and reverence. May we all be part of this circle of compassion and extend our feeling of love and care to all those who cross our paths on the journey of evolution.

Pramoda Chitrabhanu, Chairperson, Jivadaya Committee, JAINA

"A human being is part of a whole, called by us the 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty."

(Albert Einstein)

## Aligning Actions And Words

### *Actions Speak Louder Than Words*

Words carry a lot of weight in this world, from how we say them to what we say with them, but it is through our actions that we bring things into being. This is what we mean when we say to one another that actions speak louder than words. In many cases, what we say doesn't necessarily line up with what we are doing, and it is here that it becomes clear that it's easier to talk about doing something than it is to actually do something. At the same time, it's easy to keep doing something that we don't necessarily acknowledge ourselves doing verbally. It's good for all of us to take a look every once and a while to make sure there is alignment between what we say and what we do.

For example, it's easy to talk about our dreams, but it takes a lot more energy to take the many small steps that lead to bringing our dreams into reality. If all we ever do is talk about it, we begin to lose faith in ourselves because nothing changes on the external level. In this way, being all talk and no action is actually a form of self-sabotage. It's also useful to examine our actions to see if, through them, we are following through on our words. For example, in expressing concern about the environment, we can look to make sure that we are taking the simple steps we can take to put that concern into action.

It's always helpful to observe what we talk about and who we say we are, and then to observe what we actually do in the world. Sometimes we realize our actions haven't caught up with what we are saying, and at other times we see that we might change our words in a way that it will more adequately reflect what we do in the world. Either way, the more we align our words and our deeds, the clearer we are

<http://www.dailyom.com/articles/2008/14012.html>

## Sun Sign Astrology as a Metaphor of the Growing Season

### *Richard J. Smoot*

If the astrological zodiac of twelve signs were to be represented within the seasonal living cycle of a plant, then each of our roles in life would become more evident. Let's look at both the Leo period (August) and the Virgo period (September)

**Leo** (7/24 to 8/23) With the Sun in Leo, our plant begins to show itself as an individual. A plant develops its own unique character and expresses itself. Plants at this stage are good to look at and they are at their strongest. Leos are proud, vital and strong. Full of courage, Leos are leaders. If you want to find out just how good Leos are, just ask one. Leos are entertaining, creative and often like to be "on stage." Because our seedling is young, Leos are the children of the Zodiac and are known to be playful and young at heart. A tip for non-Leos', be sure to recognize a Leos work. A compliment or recognition is what Leos love (and need).

**Virgo** (8/24 to 9/23) During Virgo, our plant is fully developed and is differentiating and cultivating its various functions and mechanisms. People with their Sun in Virgo are equally discriminating and selective. Virgos are neat, orderly, logical, clean and refined. Reaching a goal and taking the necessary steps to reach that goal are of the highest priority for Virgos. Virgos developed the "Things to do Today" list. Because of this, Virgos can fail to see the larger picture, for they are often wrapped up in the details. I suspect the phrase "They can't see the forest through the trees" was written about Virgos. They are analytical to a fault (Did I say "fault?" Virgos do not have any faults). It is rumored that Virgos are critical, picky and nagging. This is because they care about their world and don't want anything to endanger it. On a higher plane, Virgo is service. They must serve, whether they serve a boss, a master, or humanity they must serve.

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## Vision Stories by Kay Gould-Caskey

Since I was young I have experienced clairvoyance, for which I am very grateful, and for many years did traditional psychic readings. These readings changed dramatically in 1981 when I asked for inner guidance in helping my husband overcome severe headaches. Guidance came as a story that proved to be both instructive and deeply insightful. Since that time I have done what I call Vision Stories for hundreds of people, and have found that each story presents and illumines issues specifically for the person meeting with me. Individual details and histories are interwoven with the language of metaphor in a way that enables the person receiving the story to see his or her life from new and insightful perspectives. Vision Stories are teaching stories from the invisible world; a way of knowing that has been used by cultures throughout time as a potent tool in our journey to learning and wisdom.

Vision Stories weave living tapestries from threads of our worldly experiences together with threads from unseen forces that influence our lives. Vivid images emerge as our individual challenges and circumstances are revealed from multiple vantage points. The stories can involve past, present and/or future situations. Many people say that the experience of receiving a Vision Story stimulates the awakening or deepening of intuitive abilities. Others share that the images linger in their hearts and memories long after the actual presentation, providing ongoing points of reference and help in understanding emotional and spiritual challenges and opportunities. Still others speak of the personal transformation they experience as a result of having a story done.

**To schedule a Vision Story for you or to give one as a gift, call 734-747-9810 (Falling Water) and leave a message for Kay. She will be happy to answer any questions you may have regarding the process.**

### Comments by Recipients of Vision Stories

*"The last twenty years, I have been truly blessed, and my life path has been deeply enriched by Kay Gould-Caskey's powerfully revealing Vision Stories. Each is meticulously crafted in metaphorical terms, which speak directly to my heart and life. These stories lovingly mirror my present, speak of my past, and hint at exciting possibilities of new directions yet to unfold. With each story I have gained a deeper insight into what I most need to know and honor to continue to grow, evolve, and live in harmony with my life's purpose as both a physical and spiritual being.*

*Kay possesses an incredible gift that she lovingly shares with others through her Vision Stories. This gift has only grown stronger over the years the more Kay uses it. Recently, I have been going through a very challenging time in my life, but lacked eyes to see, or ears to comprehend its deeper hidden meanings. Unaware of what I was experiencing, Kay boldly wove a vision story so moving, so universal in its raw power, beauty and truth, that with tears of gratitude streaming from my eyes, I was able to find a sense of peace by understanding my role in the universal dance of life. This story is now woven into the fibers of my very being, and brings me great comfort as I contemplate it, continue to learn from it, and grow toward the light."*

*Sarita Susan Wolf Sternberg – Michigan*

*"Kay's Vision Stories are like looking through a pinhole in the fabric of what we accept as our daily lives, and through this pinhole, a vast panorama, at once brilliantly surreal and soundly plain, is revealed. The stories are spun slowly with meticulous detail and extraordinary care. Scenes unfold, fierce and tender, magical and ordinary, opening our hearts and minds to the beauty and wisdom waiting in this interior landscape. In their complexity, they help us re-view the challenges of our daily lives, our sorrows, confusions, joys and achievements. They are archetypal visions that portray the epoch of human endeavor in which ordinary acts and gestures can be seen as the sacred work they truly are."*

*Grace Maestas - New Mexico*

*"Kay Gould-Caskey's Vision Stories give to us, in the holistic language of metaphor, a very personal and insightful story, clearly reflecting the inner essence of our life's journey. They feel like an intimate conversation with the invisible world and are always filled with a quiet sense of wisdom and loving concern. Because of their personal nature, they tend to give a very individual focus to the already powerful images of metaphor. They speak in the most direct and intimate way to the person for whom they are being addressed, while at the same time they reach out to people universally.*

*The Vision Stories Kay has done for me have consistently been directed to what I most needed to hear at that moment in time, while also helping me to understand where I have been and where I am going. And through my contemplation, effort, attention and devotion to what I have been given, that seed becomes a living presence within me, one that continues to grow and nourish me, year after year. I can honestly say that the first Vision Story Kay did for me, more than twenty-five years ago, still continues to whisper its secrets, still continues to let me know the invisible world truly does exist, truly does care, and is always present."*

*Jim Johnston - Michigan*

Classified Advertisement

**The Center for Creative Pursuits**

Established in 1978, The Center for Creative Pursuits is dedicated to the cultivation of the creative spirit within each of us. Emphasis is on creativity for the total human being – physical, mental, emotional & spiritual. The Center strives to offer material that promotes healing and balance in our lives. Private sessions are available with Kay.

Classes will be held in the new Dakota Building – 1785 W. Stadium Blvd. – Ann Arbor, MI – Suite 201 A. For information, calls are being taken at Falling Water: 734-747-9810.

**Instructors**

**Kay Gould -Caskey:** author & artist, Kay is founder/owner of The Center for Creative Pursuits & co-owner of Falling Water in Ann Arbor. Kay has been teaching spiritual development and art since 1970. She is the author of *Within the Bones of Memory*. Kay closed The Center 12 years ago due to an automobile accident. She has recently reopened and is very glad to be back.

**Jim Johnston:** co-owner of Falling Water. Jim has taught creative writing through public educational systems and privately since 1973. He is the author of *Solitary*, *Beneath the Rushing Moon*, a book of poetry.

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*(indicate fax, cellular, etc.)*

Email address \_\_\_\_\_

Put me on the Lighthouse Center email list: Yes \_\_\_\_\_ No \_\_\_\_\_

Put me on the Lighthouse Center postage mailing list: Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_ Please check if this is a new address, phone, or pledge change

**I want to help maintain our Lighthouse Center on a firm financial base.**1. Enclosed is my **DONATION** of \$ \_\_\_\_\_.2. My total **PLEDGE** for the calendar year of \_\_\_\_\_ is \$ \_\_\_\_\_, to be paid in equal installments of \$ \_\_\_\_\_ (or in volunteer time at \$10.00/hour\*)

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**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 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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