

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

LIFE IS LIBERATION

Gurudev Shree Chitrabhanuji

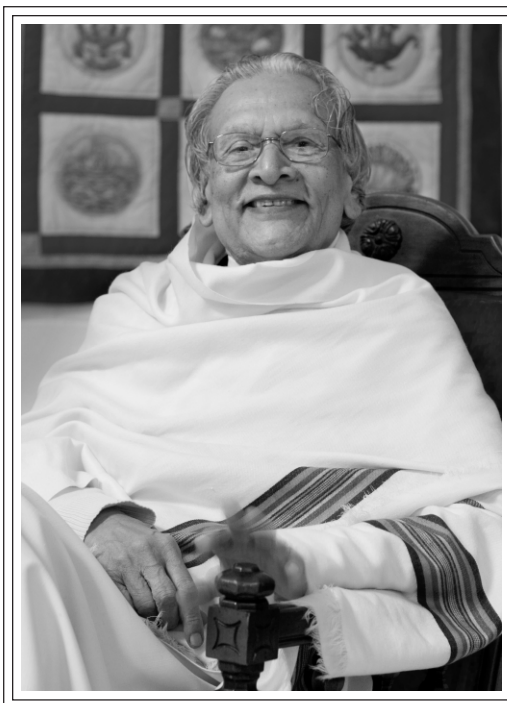
JMIC Newsletter
April-September 1992

Dear Friends. When we meditate and ask: What is the purpose of being human? What do we accomplish by being human? What is the ultimate aim of being human?—we can get an answer from examples as well as from our own experiences.

All the great masters have given examples from their own lives. They distanced themselves from their environment, from their conditioning, from the place where they were born. Their names were different, but for all the differences, they had one thing in common: they were all seekers. They were trying to find their real selves, their home and their essence. The masters may be in this time or past times, because time is eternal. We are only putting limitations on time, with the clock and with our own minds. Such limitations are all mentally-made blocks that keep us from finding the answers from our experiences in life.

In the same way we have made physical blocks of our flame, our spirit. We say, “She is woman; he is man; he is old; she is young.” But the energy, the consciousness, the soul, the spirit is not old or young, he or she, that or this—it is a flame. The flame can be in the body of “he” or the flame can be in the body of “she”. He and she are made by forms. But the flame is not made by anybody. Flame was. Flame is. Flame will be. That is called life. How you look at life makes the difference to you. So, what we have to learn from meditation is how to look at life! How do we see life?

For some, life can be a tragedy, life can be a comedy, life can be a journey, life can be liberation. Somewhere I read that life is tragedy for those who feel. Because the emotions are always mixed up, we go up and down like a yo-yo. Emotions swing up and down according to the mood, according to the



environment, according to our interrelationship with others. We see life through the lenses of emotions. And the emotions sometimes become thick, sometimes thin, sometimes transparent and sometimes opaque. And the person loses the vision because of the lenses. So life is a tragedy for those who feel.

Life is a comedy for those who think, for minds have all kinds of crazy desires. We don't know what we want to be. Sometimes we want to be this, and sometimes we want to be that. We can't fulfill all our desires. So, it is good to take a break sometimes, to step back, to think, and to see the humor in our situation. So if you think, life is a comedy.

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Volume 57
Fall, 2009





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

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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 \$61 to \$361 a year are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$20 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.

LIFE IS LIBERATION....continued from front page

I know one man in New York, a thinker, who was walking one evening near Central Park. It was late. A mugger came and held a gun to his head, and said, "Give me your money or I'll blow out your brain." The thinker answered, "I'm a philosopher and I live in New York. You know that living in New York is very difficult. You can live without brains but not without money. So, you want to blow out my brain? It is all right. But I'm not going to give up all my money." In a split second, he saw that the situation was funny. He said, "You want money? Let's be fair. I don't have a lot of money but I'll give you \$20. Then I'll feel safe and you'll feel gain. But if you try to kill me, who knows, the cops may catch you and put you in prison. So, instead of having a good dinner, you'll be in prison. So be fair. Take this \$20 and go." He saw that life is a comedy and you have to play with it. You have to learn to make it lighter.

Don't make life heavy with your emotions and don't make rules. Rules that the husband should do this, the wife should do this, the mother-in-law should do this, the father-in-law should do this, and the daughter should do this. That way we slowly, slowly make our minds into fossils. We become rigid. And things don't work out the way we expect. We become jittery. We become angry. We become nasty. We become unhappy. And when we are alone with ourselves, we ask, "Why did I become like that? It was not nice." Take it as it is. It's funny. See the funny part in everything. Change your perception and don't make it so serious. Don't make everything into rules. And don't become so righteous. Too much righteousness will make you stiffer and stiffer. People are people, accept that and liberate yourself. And instead of worrying about the potholes, celebrate your journey.

The teachers who have got enlightenment, who have experienced their home, their essence, often went away for many years. What they were seeking was their origin. What they were. And going deeper, and deeper, and deeper, they realized themselves and found their origin, their root, their connection.

So when I read life is a comedy for those who think, I thought, "There must be something extra." And I thought, "Life is a journey for those who travel." It's a journey. We are all travelers. It's a trip. We don't die. We change the places. We change the town. We change the clothes. And we are always travelers. Travelers cannot afford to waste time quarreling with each other; they enjoy. Make this human trip as light as possible. Allow people to come along or to leave. If somebody wants to live with you, "It's fine." If they want to go, say, "Goodbye." Don't cry. Let go of the attachment. Let go. You know now it is not meant for you.

We always shift our attachment from one to another. When we were young we were with the parents. Later we become attached to the teachers. We grow and we become attached to the wife or husband; and then to the children and grandchildren. We are souls, and we offer lovingly whatsoever we can for the people who have been with us. But if they don't want to remain, there is no need to impose anything on them. Sometimes you are doing a service by not doing, because they don't desire.

The masters have meditated. And in the silence they heard *atma* is *paramatma*: "My soul and the higher soul are one." When the water is calm and there are no ripples, you drop a pebble and it creates circles. In the same way, when you are in silence, when you are in peace, one word of wisdom comes and it creates a circle within. And each word will become a trip to enlightenment. So the first thing the masters found was that, "My soul is not different than the higher soul." The small sapling is no different than the big tree. Only the small tree has grown big. But the seed that was in the small tree is the same as in the big tree. So one is seeing the presence of God within oneself. This is not ego or becoming something superior to others. It is realizing your own nature.

When a person feels, "I am the one with that: the highest; the noblest, the permanent light; and the divine

presence," from that day our inferiority complex will break. Go on meditating. You will feel inseparable. And always you will walk with the feeling of being God incognito. Each person is incognito God. Invisible God.

But there are many distractions which will come and take us away from this essence. They are old feelings, old habits, or things we do under pressure. It may be physical pressure. Sometimes it is psychological pressure. Sometimes we do things because of cultural pressure. Sometimes it is because of family pressure. There are so many kinds of pressures around us. So we do not do things because we want to, but because we are under pressure. So to stay with the feeling of divine presence, we need good company. Good reading. Good environment. Good thinking. Slowly, slowly we get rid of the habits and the pressures. That will be a challenge. Take this challenge in life. Not the challenge from outside. You do not have to win and be better than others. You have to be better than yourself. "I will be better today." So you start working. We don't go ahead of others. We go ahead of our own conditions and our own personality.

When you feel heaven within, then you will find that "I am holding the energy which can heal. Because I created my wounds, I have to heal them. I am both the creator of illness and the creator of healing." Illness does not come unless you do something, either in eating or in emotions: in anger, in hate, in resentment, in bad feelings, in holding something inside and not letting go. In that way we are inviting disease. So if we hurt we also know how to heal. And the healing can be done by each individual. Each person has the healing power. And when you believe that, "I am going to heal," then you take the steps which help you heal your problem.

The spiritual thing is that which breaks our old habits and builds self confidence and conviction that "I can do anything I want to do." You don't use the negative word, "I can't." Instead say, "I can. I can do." Gradually take out the negative word that

Continued on page 6...

Upcoming Lighthouse Events

November, 2009 - January, 2010

WEEKLY

◆Sunday Candlelight Meditation and Healing

5-6:15 pm every Sunday (winter hours). 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 - 9:00 PM. Learn how meditation works and try it out! Or come for a refresher- all meditators are welcome. Given by Nirmala Nancy Hanke. Cost \$35.00, \$25.00 for students or \$15.00 to repeat.

◆**Atlantean Crystal Healing & Meditation** 7:30-9:00 pm second Wednesday every month. Facilitated by Sohum Judy Shepard. Love donation (\$20 suggested).

NOVEMBER

It's Ours, Not Theirs Party Come celebrate paying off our mortgage! Sunday, November 1st, 4-8 pm, dinner provided. See advertisement on page 8.

Atlantean Crystal Healing & Meditation Wednesday, November 11th, 7:30-9:00 pm, with SoHum Judy Shepard. Love donation (\$20 suggested).

24 Hour Meditation Saturday, November 14th, 6:00pm-6:00pm Sunday, the 15th. Come for any portion or join us at home, for a very deep, cleansing meditation.

Thanksgiving Eve Meditation Wednesday, November 25th, gather 7pm, meditate 7:30-8:30, potluck follows.

Learn to Meditate given by Nirmala, Friday, November 27th, 7-9 pm. Cost: \$35, \$25 students, \$15 to repeat. Call Prachi to register: 734-417-5804 or thielp17@yahoo.com.

DECEMBER

Atlantean Crystal Healing & Meditation Wednesday, December 9th, 7:30-9:00.

Christmas Eve Meditation

Thursday, December 24th, gather 6pm, meditation and Christmas Carols, 6:30-7:30.

New Year's Eve Meditation

Thursday, December 31st, gather 11 pm, meditate 11:30 pm-12:30 am. Bring in the new year in the highest vibration.

JANUARY

All Students' Message Party

Saturday, January 9th, 7 pm-on, draw your messages, your roadmap for 2010. Cost: \$25, pot luck

Atlantean Crystal Healing & Meditation

Ednesday January 13th, 7:30-9:00 pm

Astrology Aspects Class

given by Richard Smoot. Six Thursdays, January 14th-February 18th, 7:30-9:30 pm. Cost: \$60 pledging/\$75 non-pledging. Register with Richard at richard@richardjsmoot.com.

Learn to Meditate

Friday, January 29th, 7-9pm.

*Peace is the marriage
of the people and
the planet, with all
attendant vows.*

-- Anonymous

Mortgage Payoff

In September our mortgage came up for renewal. This presented us with several options. We had the options of going with a 5 year mortgage, a 4 year mortgage or a 3 year mortgage. We also had the option of paying off the mortgage using the funds that are in our investment account. After presenting all of the options to the Board, it was voted unanimously to use our investment funds and pay off our mortgage.

I went into National City the following week and paid off our Mortgage. I could feel Chetana's energy all around me as I did this. It was as if she were dancing and clapping her hands in joy.

The Lighthouse Center is now **OURS NOT THEIRS!!!** Forever and ever.

With Joy,

Raksha Penni Helsene
Treasurer



Lighthouse Center Calendar

November 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|-------------------------------------|--|----------|--|---|
| 1 Celebration Its Ours Not Thiers Party 4:00-8:00pm Candlelight included | 2 | 3 Chakra Class 7:30 - 9:30pm | 4 | 5 | 6 7:30-10:00pm Intensive Meditation | 7 |
| 8 5:00-6:15pm Candlelight | 9 | 10 Chakra Class 7:30 - 9:30pm | 11 Atlantean Crystal Healing and Meditation 7:30 - 9:00pm | 12 | 13 | 14 24 Hour Meditation 7:00pm Saturday thru 7:00pm Sunday |
| 15 5:00-6:15pm Candlelight | 16 | 17 | 18 | 19 | 20 7:30-10:00pm Intensive Meditation | 21 |
| 22 Board Meeting 9:30 - 11:30am 5:00-6:15pm Candlelight | 23 | 24 | 25 Thanksgiving Eve Meditation 7:30 - 8:30pm | 26 | 27 7:00-9:00pm Learn to Meditate | 28 |
| 29 5:00-6:15pm Candlelight | 30 | | | | | |

December 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--------|---------|---|---|--|----------|
| | | 1 | 2 | 3 | 4 7:30-10:00pm Intensive Meditation | 5 |
| 6 5:00-6:15pm Candlelight | 7 | 8 | 9 Atlantean Crystal Healing and Meditation 7:30 - 9:00pm | 10 | 11 | 12 |
| 13 5:00-6:15pm Candlelight | 14 | 15 | 16 | 17 | 18 7:30-10:00pm Intensive Meditation | 19 |
| 20 5:00-6:15pm Candlelight | 21 | 22 | 23 | 24 Christmas Eve Meditation 6:30 - 7:30pm | 25 | 26 |
| 27 5:00-6:15pm Candlelight | 28 | 29 | 30 | 31 New Year's Eve Meditation 11:30pm - 12:30am | | |

January 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|--|--|--|---|
| | | | | | 1 7:30-10:00pm Intensive Meditation | 2 |
| 3 5:00-6:15pm Candlelight | 4 | 5 | 6 | 7 | 8 | 9 All Students' Message Party 7:30pm --- ? |
| 10 5:00-6:15pm Candlelight | 11 | 12 | 13 Atlantean Crystal Healing and Meditation 7:30 - 9:00pm | 14 Astrology Aspects thru 2/18/10 7:30 - 9:30pm | 15 7:30-10:00pm Intensive Meditation | 16 |
| 17 5:00-6:15pm Candlelight | 18 | 19 | 20 | 21 Astrology Aspects 7:30 - 9:30pm | 22 | 23 |
| 24 Board Meeting 9:30 - 11:30am 5:00-6:15pm Candlelight | 25 | 26 | 27 | 28 Astrology Aspects 7:30 - 9:30pm | 29 7:00-9:00pm Learn to Meditate | 30 |

President's Message

Fall is upon us as we enter a change in season. The fall season has traditionally been associated with bringing in the harvest and making preparations for the long winter months ahead. For farmers this has also been the time to prepare the soil for the next spring sowing. In many ways the LHC Board has acted like the farmers in making decisions that effect the long-term operation and functioning of the Center.

One such decision has been to electronically disseminate information through the website: (www.lighthousecenterinc.org). It is the connection with everything that is going on in our community, and ensures that we all are informed about what opportunities are available for personal growth. The website is updated periodically to keep current with both ongoing and future classes and events. It is also where you can view each edition of *The Lighthouse Beacon*. Thank you Mukta Tana Dean for your continuing stewardship.

In light of the current economic climate, another decision was made to decrease the fee for participation in the second annual August Retreat as well as to accept a Love Donation in place of the fee so that everyone would have an opportunity to partake. Attendance was tremendous with the spirit of loving community permeating the lectures and workshops. During the weekend, there was a bounty of philosophies presented in which seeds of thought were certainly sown. Much gratitude goes out to Chitrabhanuji, Pramodaji, Susan Sharda Segall, Raksha Penni Helsene, Sohum Judy Shepard, Christine Fodor Sheenadwah and Barbara Blanden.

The Board has not accomplished change alone. Like bees that aid the farmer

through pollination to insure a successful crop, you dear members have through your pledging, donations, and participation in classes and events made a Dream of Chetana Catherine Florida's come to fruition. This summer the Board made an historic decision to pay off the Center's mortgage! This decision was made after careful analysis of the Center's financial situation and what potential could be realized from ownership. After a unanimous Board vote there was silence until we realized Chetana's energy... then we whooped with joy! Now is the time to sow "Our" Center's fields with the dreams that can be... We control what the future harvest will reap.

Each season brings its own unique blessings... And we give Thanks.

Namaste,

Aarti Meg Graff, President 2009-2010

BHADRAHUJI VISITS THE LIGHTHOUSE

On Friday evening, October 9, 2009, we were honored to have Bhadrabahu Vijay come to the Lighthouse Center to give a talk on meditation. A Jain scholar and former monk, Bhadrabahuji has been working closely with Gurudev Shree Chitrabhanuji. He began by chanting the Navkar Mantra and then led us in a meditation "to attune ourselves to the cosmic energy".

Next he outlined the Six Essentials in one of the Jain sacred texts, essential practices that Jains observe in their day to day life. The first is Samayik, the daily practice to "develop a sense of equanimity (Samata), a sense of a balancing attitude" so that one can examine situations in life in proper perspective. "To achieve liberation," he said,

LIFE IS LIBERATION....continued from page 6...

shows incapability. We are capable. Life is liberation when you understand. It is not a tragedy. It is not comedy. It is liberation. If we understand, then life is liberation. We liberate ourselves from the cycle of birth and death. And we become universal consciousness. And all the masters, wherever they are, are living in that light, that love, that eternity. Why can't we be the same? We can be!

This life, in what I saw in my enlightened experience, is very beautiful and blessing-full. So, my friends, I want to share with you. Take out the feeling of dependence and become independent, like each master. We don't come to follow the teacher. The teacher is a catalyst, who helps you develop clear vision and shows you which path to walk. We don't follow the teacher's path but our own path. We come to follow the path which leads to our home. We all have our own home. That happens when we are moving in the direction of liberation.

Life is a tragedy for those who emotionalize. And life is a comedy for those who think. Life is a journey for those who travel. Say, "I am a traveler. This is my journey. I have to make my journey. I have to celebrate my journey with everyone, with all castes, all creeds, all sizes, all colors, all kinds of people, all life." And, life is liberation. As we make our journeys and free ourselves from old habits, old pressures, old conditions, old stigmas, old words, and old programming, we liberate ourselves. So, my friend, life is liberation. Freedom.



Continued on next page...

RECIPE CORNER

This recipe for Chai Tea Biscuits is from the [LIGHTHOUSE CENTER RECIPE COLLECTION 2009: True and Tried Recipes that can Enhance any Dietary Lifestyle.](#)

Pre Heat oven to 400°F

Ingredients:

1-cup milk of choice
3-regular size Chai tea bags
3-tablespoons sugar
¼-teaspoon ground cinnamon
2-cups self-rising flour
¼-cup chilled soy margarine,
cut into small pieces.

Directions:

Cook milk in a small saucepan over medium heat (do not boil). Stir once, and take from heat when bubbles appear. Add tea bags and steep for 5 minutes. Remove teabags squeeze gently and discard tea bags.

Stir together the sugar, cinnamon, and flour in a large bowl. Cut in the margarine or place in a food processor

and pulse until crumbly. Add ¾ -cup milk/Chai mixture, stir or pulse until dry ingredients are moistened. Reserve the remaining milk for later.

Turn dough onto a floured surface and kneed lightly 4 to 5 times. Roll dough into a log, cover in plastic wrap and place in refrigerator for 10 to 15 minutes. Uncover log and cut into ¾ -inch slices. Place slices on a cookie sheet greased or lined with a Silpat. Bake for 6 to 7 minutes or until golden.

Glaze: Whisk together 1-tablespoon of the reserved milk/Chai mixture and powered sugar until smooth. Drizzle over cooled biscuits. Yields 2-dozen.

Meg Graff

Bhadrabahuji Visit from previous page...

“we must be free of all afflictions, by developing equanimity.” The next essential practices are to pay homage to the Tirtankaras, the great ones who have shown the path of liberation, and to the guru. In the Jain tradition the guru shows us the path, throws light on the path. The “spiritual energy of the guru can be with us and lead us to the right path.”

The fourth essential practice is Pratikraman, which means “to retreat towards the self”. By reviewing each day, we can see within ourselves the negative thoughts, words and actions of the day. Once we see the negative, we can ask ourselves, “Why have I collected so much? Why is this negativity necessary for me? Why have I kept it?” With meditation, we can gradually remove the negative layers that cover our divine self. Finally, we become more and more disciplined, vowing each day to do better, to “draw the line between greed and need”, and slowly, slowly reduce the negative energy.

Bhadrabahuji inspired all of us that evening with his beautiful chanting, clear vision and true devotion to the path of liberation. He told us that the Lighthouse is a “House of Light. Everyone should be a lighthouse. When we leave this building, Light should be with us, because we need this Light every step of life.” We all left that evening, feeling the Light within us shining forth, grateful to Badrabahuji and Chitrabhanuji and looking forward to the next times they can visit us again.

Namaste,
Nirmala

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It's Ours, Not Theirs Celebration Party

for

PAYING OFF OUR MORTGAGE

Sunday, November 1st, 2009 from 4-8pm



We will---

- * Have appetizers
- * Meditate at Candlelight
- * Enjoy dinner together (provided)
- * Dance and celebrate!

RSVP: Prachi 734-449-4381 by October 25th!!!

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ANIMAL FRIENDLY BILLBOARD

This animal friendly billboard is located on the Southfield freeway just south of I-96. Tom Progar, a member of VegMichigan, and the promoter of the billboard, says that 50,000 people a day will see the billboard as they drive by. A powerful way to plant the seed that "Animals are friends, not food".

In keeping with our Lighthouse Center philosophy of Ahinsa, non-violence to all beings, the Board of Directors decided to support the billboard with a donation. Hope you see it if you're over that way.



WALK FOR PEACE

On Saturday, September 12, 2009, we had our second annual Walk for Peace walkathon fundraiser for the Lighthouse Center at Hudson Mills Metropark in Dexter. It was a warm, breezy, sunshiny day as twelve of us set off on the three mile trail: Aarti, Bella and Jim, Bharati, Nirali, Nirmala, Michael, Prachi, Richard, Samata, Stephen SoHum, and Judy SoHum. All traveling at our own pace, we enjoyed the lingering, summery day and the early fall colors. At one point we came upon three cranes in the tall grass, and watched as they scurried out onto the walk when a dog on a leash got too close. Afterwards we enjoyed a delicious veggie potluck by the river and saw a little dog perched on a passing boat (part of the day's "Critter Boats").

A day of camaraderie and exercise, and we also raised over \$1200 for the Lighthouse. Thanks to all of you who supported the walkers and the Center. We're already looking forward to the third Walk for Peace next year—hope you can join us!



SOUL QUEST

They say off of Dreamers Rock
dreams will oft come true
they beat with the drums of a
gathering
softly thud on goose wings too

They are vibrant like a dancing fish
silhouetted against the crimson sky
they are carried into nature's mystery
gathered by the rhythmical drumming
high

Voiced by the Elders chanting
offered to the burning sun
screeched by the screech owls
hooting
collected by the dust on the moon

At midnight I dream of water lilies
a spirit appears into view
she emerges from the depths of the
water
like a lotus clean and blossoming
the dream of Dreamers Rock
came true

A flower that blossoms
in the wilderness
rarely appears in view
Dreamers Rock's ancient drumming
brought visions of
our soul quest too

-Nirali-

My How Our Website Grows and Changes

As our website continues to connect our community and begins to reach out to those who are seeking a spiritual home, it continually changes and is updated often. We encourage you to use it to find information and to share with others.

There are changes on the home page. Under the page links is the [Calendar at a glance](#) where you can view all the activity and classes. All of the class information has been moved from the home page to the [Classes and Meditation](#) page where you'll find specific class and activity information so you can register and choose what you would like to attend.

Our [Lighthouse Blog](#) was updated twice in September by Aarti Meg Graff, our president. Visit and read what she has to share with us. The blog is an idea where we can create current postings. And visit the [Photos](#) page where you'll see photos from this summer, Chitrabhanuji's birthday celebration and the painting of Mahavir that was gifted to the center.

Enjoy your visit to our virtual community,
Mukta Tana Dean

It's Up to You: an Astrological View of "2010"

by Richard Smoot and Victoria Peltz

Now that 2009 is coming to a close, it is a great time to look at how we co-create the future using the astrological energies and trends in 2010.

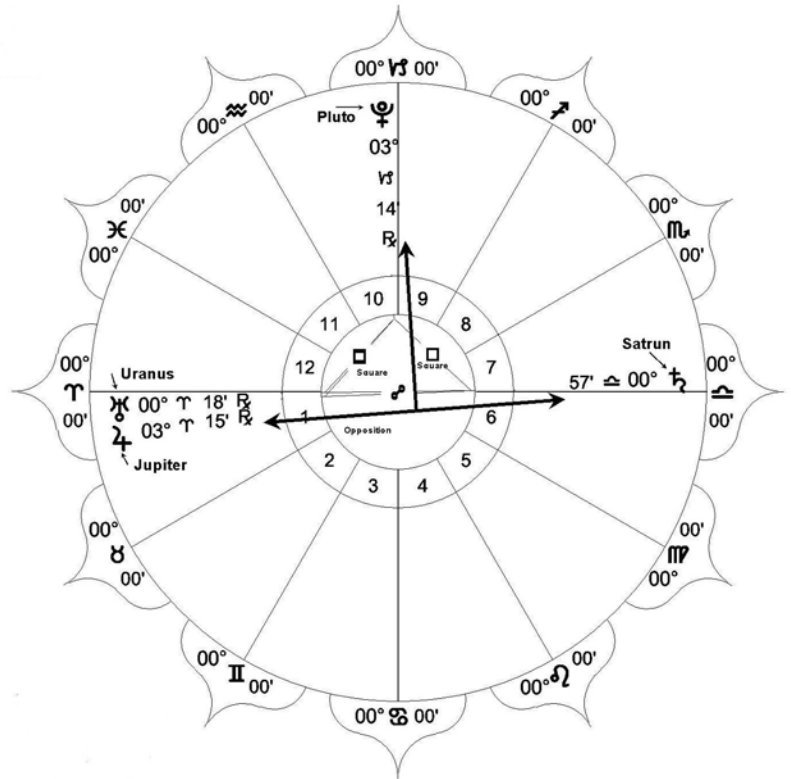
Typically Sun Sign astrology focuses on the energies of the day or month of each sign. Our forecasts are more about how each sign's gifts can work in creating your own reality than in being "controlled" by the heavens.

The "forecasts" in the article will come from the point of view that 2010, not 2012 is the "end of the Mayan Calendar." As we are aware, the mere mention of "2012" or the Mayan Calendar stirs all kinds of reactions, fear, intrigue, and occult control of our lives. There is now a movie about the destruction of the world, titled (you guessed it) "2012."

The "End of the World" advertisement always plays well in the press and the public. Now that we have a document from an ancient culture that speaks to the end of the world, the Mayan Calendar plays into our fantasies and "doom" mentality in believing the calendar's end is also the "end of the world." The Mayans used blood letting and human sacrifice as sacred ritual and stripped their environment resources bare. Even if the Spanish had not hastened their demise, they were still literally destroying their own civilization. If their kind of consciousness that features butchery AKA war to appease a God created in one's own image and a reckless destruction of nature is coming to its end, that seems like a rather good idea, right now, for the whole earth. Do consider our own war-like and wasteful ways.

The Mayans were an isolated culture. In their astrological wisdom, the Mayans developed their own astronomical based system to follow the cycles of the stars and tell time. To put this in perspective of importance, many calendars have been used around the world and the Mayans' was just one of them for their own culture. As a result of calendar changes, such as described below, the Mayan calendar seems to be "out of sync" with the calendar we use.

There is growing evidence that over time the hyped date of 2012 in the Mayan Calendar is more closely aligned with "2010" and not "2012." The major configuration that is occurring is the planets Jupiter and Uranus are in conjunction



at 0 degrees Aries; Saturn is at 0 degrees Libra, opposed (180 degrees) the Jupiter/Uranus. In addition, Pluto at 3 degrees Capricorn is square (90 degrees) both Saturn and Uranus. This "T-Square" represents inner and outer awareness. This cardinal T-Square, on the mal-adaptive side has all the negative trappings of 1929, yet on the adaptive side, the wonderment of collective action and world consciousness. A zodiacal representation of the energies described above appears at the top of this page.

For this reason, the forecasts developed here, are based on the fairly rare characteristics occurring in "2010" for the entire world. Yet we must remember, as was quoted in a recent article, "Cardinal Consciousness: 2010 and Beyond" by astrologer Jeff Jawer:

The future is not to be forecast, but created. What we do today will decide the shape of things tomorrow.

– Ervin Laszlo, *The Chaos Point: The World at the Crossroads*

Our understanding, and that of a growing group of astrologers, is that "2010" is a very exciting year in which we, as world citizens, can take the initiative and play an enormous role in



shaping our own destiny and the collective destiny of the world. It may be the “end” of the Mayan calendar and their civilization’s way of thinking, but I believe it’s the beginning of our “new” period to create the future. This is our (year) day “in the Sun”! It’s up to you and all of us.

Aquarius

The gift for Aquarians is having a world vision and the practicality to develop that vision. For 2010, Aquarians have a unique opportunity to use their intuition (not their enormous intelligence) to “feel” and act out of the box solutions and ideas. This year, Aquarians become the ‘salesperson’ of the ideas and ideals of the “Age of Aquarius”. In addition, Aquarians may desire to relate with others and satisfy need for compatibility of others (not typical for Aquarians). They will be much more focused on problem solving and gaining stable values. During 2010, Aquarians have a strong sense of responsibility to themselves and others. There is a caution to not be more generous with their finances than they should be; however, their best guide will come from intuitive thoughts relating to help humanity without sacrificing themselves. This is an elegant opportunity to teach and break conventional methods and practices.

Pisces

A year of change, Pisces! 2010 brings a bit of an inner struggle between the force of being stable and organized (words usually not associated with Pisces) and the will to release themselves and act on their own. There is real joy for Pisces this year and even “luck” and opportunity. It is advisable to take advantage of all opportunities and not just “let things slide” because things are going well. In 2010, there is an excellent aspect that brings great energy and drive to your spirit and vitality. There is a lot of “go get ‘em” this year. Note of caution: there are two energies that are most prominent; the “break/gas pedal” syndrome. Your year can be filled with urges to breakout and be proud of how individual you are. It appears that others could impose their values on you. Suggestion my dear Pisces: Do what you have a talent to do; follow your intuition and push forward.

Aries

What a super time to be an Aries (but all times are a super time for an Aries). This year brings unique, unusual excitement into your life. There is a strong urge for freedom and independence coupled with pressure from others to focus and possibly to restrain you. This type of tension can drive you further in finding yourself and setting limits where others are concerned. Yet you may find things going “too well” as you may be not listening to yourself and are becoming over-involved with yourself. If this is the case, you will do wisely

to closely examine yourself, your motives and the actions you are taking. This is a year of deeply exploring your “ego” decisions verses decisions based on blessings for all others; a year of asserting your will (be careful of the solar-plexus chakra). Aries, in one way you are looking at an internal “war” between ego definitions and true divine soul mission. Finally, this is a good time to discern and set boundaries on how much others influence your emotions. Any active meditations (perhaps physical) are highlighted. This will bring focus to the new creative direction you are heading in and sharpen your discernment for others’ hidden motives. I did say it is a super time to be an Aries.

Taurus

Taurus: Stable, down to earth and practical, they always test before committing. Oh, how different your year will be. No sitting down for long with the remote, it will be a busy year. Using the theme that presents itself for all of us in 2010, Taurus will find plenty of bright spots using their intuition. While Taurus generally uses practicality; the use of intuitive approach will prove fruitful. It is quite possible that there is a struggle between long term and short term goals. It appears that both sets of objectives need to be considered; and this can lead to the stability Taurus desires. Interestingly, you may find that your emotions run deep in 2010. This is to say that emotional exploration moves to the core of the Taurus soul. This can bring a transformation of your needs and sense of security. You will need to do a lot of inner emotional exploration and testing new dimensions of yourselves before taking action to manifest their visions. There are very positive indicators of a good use of your power to express yourself; “Thy will, be done”.

Gemini

The intensity of the unique “T-Square” is beginning to be stronger in the sign of Gemini. Here is the good part. Because Gemini is an adaptable, flexible and intellectual sign; they will be most “at home” with this approaching energy. As the energy of “creative consciousness” is approaching, you will love gathering the information and teaching others in this “shift” that is occurring. During the year, you have emotional strength and find deeper questions to ask yourself about self-love, relationships and the ability to transform all friendship in their life. Deep emotional strength can be a challenge for some Geminis, so this year is a time to explore, discover and renew “love” verses “Love”. This is a good year to expand your strength and personal focus. Jupiter and Saturn are working for you and the positive energy of these two planets will come from your work and home. Listen to others, for they will be the ones delivering the awareness you need.

Cancer

Cancers are thought to be protective, nurturing and mood oriented. Of course not all Cancers are like this. Cancer starts with the yin side of the crown chakra and continues down on the yin side of the root chakra. In 2010, Cancer will experience a decidedly yang energy of action and activity at work, home and partnerships. Strong transformational challenges of the spirit will test your vitality as you are given lessons from the outer world to dig deep into your psyche to uncover truths about yourself. They will need to work on these challenges as both your spirit and emotional sense of self become ready. There is also a strong intuitive energy in 2010 that may come through in dreams, fantasies, perception and inspiration. It would do the Cancer wise to blend both the intuitive with the action that will be required. Finally, Cancer, you are blessed this next year with the strength and will to move mountains, especially where work and creativity are involved.

Leo

Whenever I think of Leo, I recall the song from the musical *Hair*, "Let the Sun Shine". Proud, entertaining and with a child-like playfulness, Leos are the leaders and fiery motivators of the zodiac. In 2010, not much will change for the Leo, except that you may experience some additional challenges and rewards. There is a strong and positive need for unfettered independence and freedom and to act unconventionally. This is true, of course, if you are the kind of Leo that embraces change. If you are not this type, the best suggestion is "don't fight the river, let it flow". There is strong resolve and willpower this next year and the ability to press your point of view with conviction. At the same time, however, Leos may find intense emotions are hard to keep under control and may erupt with either a powerful dramatic display or just walking away from the situation. Education and travel is highlighted and persistent attention to your health and developing a strong routine.

Virgo

The symbolism of Virgo is that of a filter; starting with coarse material on the top and very fine pure sand at the bottom. Virgo strives toward perfecting themselves and the world while providing service to others. Logical and practical, Virgo is earthy. Working in their forest, you only see the tree in front of them. In 2010, Virgos have the opportunity, through other people, to develop and practice your intuitive and inspirational abilities. There can be a philanthropic attitude next year and if it's not about money, then it's spreading blessings. Yet the planets of Saturn and Uranus are playing break and gas pedal with you and relationships. It may be that you believe you have no room or time to be social (a Virgo is always so busy) or that the need for new people in your life is driving you to reach out for connection. This could

be a distraction with all the creative flow you have next year. Practice doing both your work and relationships at the same time and practice trusting your intuition, rather than your logic.

Libra

Noted as peacemakers Libras are real nice people who use "We" rather than "I" statements. 2010 is a year of strong focus and determination and perhaps a shake up of relationships. Libras will seek truth in your relationships and may have to cut the cords. This is quite un-Libra like. Perhaps this new "assertive Libra" comes from a transformation going on in your home and/or soul. This can be a deep study of one's security, spiritual understanding and coming to terms with yourself. Aside from these energies, the Libra in 2010 is more introspective and relies on her/his internal self worth rather than the opinions of others to find self worth. Finish up routine and work, and follow through with health regimens. This next year the Libran can unexpectedly meet with dynamic and unusual people who may knock you off balance. But then, there is also a possibility of deepening personal commitments and intimacy with a partner.

Scorpio

Scorpion or Phoenix is the life choice for Scorpio. Should I be ego driven in the relentless pursuit of the Truth or to dig into the personal depths of soul to emerge and be reborn with the Truths of the Universe? Desire or Death/Rebirth? This next year will be more subjective for Scorpio's (more than usual I should say). There is more concentration on developing ego, personality and their perception of reality and there in lies the choice to not act as judge and jury, but to open oneself for universal truths to be explored. The energy for independence and freedom is quite noticeable, especially at home, either the physical home or your inner self. In 2010, Scorpions are challenged with service/sacrifice issues and the ability to change their belief system surrounding their unconscious and work or health. This may mean that the Scorpio may look at their beliefs regarding volunteerism versus paid work or that they will focus in healing their inner self and physical self. A possible note of caution would be to be that you're abundant energy is not diffused in choosing a direction that could be overly self serving.

Sagittarius

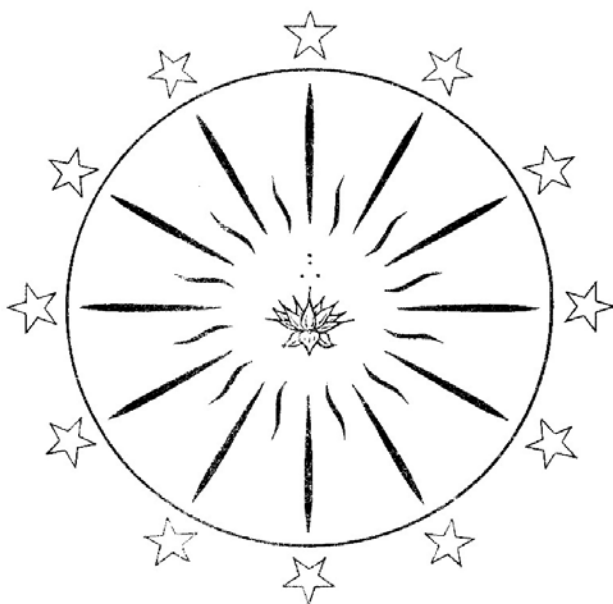
Have you ever met a Sagittarius you did not like? Then you have not tried to harness their drive for freedom and independence. Very complex creatures, "Saggies" love to experience experiences, travel physically or in reading a good book. Of course they tend to say YES to about everything, so follow through can get out of hand. In 2010 there is a strong ability to communicate your point and to complete projects. It

might be a year where you begin to learn to say “No” to requests made of you and to develop boundaries with your friends, and family. Finding out what your true values are is highlighted.

Capricorn

Capricorns seem to have an age reversal down to a science; the younger they are in age, the older they are in character and the older they get in age, the younger in character they act. Known for being serious, practical and work oriented (some say with no humor either), Capricorns are the steady mountain goat that cautiously works its way to the top of the mountain. Oh my, what a 2010 year it’s going to be. The cardinal signs (Aries, Cancer Libra and Capricorn), are affected the strongest in 2010 than most of the other signs. This is a “power” year for Capricorn in the area of self, career/ work and home. There is great strength in accomplishing as much work as possible. This next year seems to bring out strong personal power directed at a “search and destroy” attitude for the purpose of transforming themselves, their emotions and how they relate to others. While you may find pressures in these energies, you know that they are necessary to grow and achieve a new level of security and recognition of your work and being. Can you say splenic and root chakra? Meditate Capricorns; this is the year where you are the destiny makers!

So 2010 is just about like any year, except in 2010 we can expect more inner and outer challenges shared by the entire world. It is up to each one of us to bring blessings to all in our path and shape the planet in divine unification.



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HEALING SONG

Me cha me duh ca dum...
Me cha me duh ca dum...
Me cha me duh ca dum...

Rise up oh consciousness!
Rise up oh consciousness!

Rise up oh energy!
Rise up oh energy!

To this place,
Let there be peace and harmony;

I ask...for forgiveness
I've come...to mend our brokenness
I come...with love and peace.

I thank you for my life...With all I have to give
I am ALIVE!...because of your energy!
I am ALIVE!...Life is my gift.

And I will live with clarity...and Ahinsa as my goal...
I vow...to raise my consciousness...
To live...my life fully and whole

Let this place be of sacred harmony...

On August 8, 2009, the Lighthouse Center was having a spiritual retreat. I attended a lecture with Guru Dev that day and also was able to have a personal blessing with him. Soon after I left I was in a head on collision with a tree due to wet roads. I hydroplaned and hit a tree head on on Main St. in Whitmore Lake. I do not remember any of the accident. I had a broken nose, a broken ulna bone in my right arm, a traumatic brain injury and lots of bumps and bruises. My car was irreparably damaged, but I was alive. All I can remember is Guru Dev giving me a blessing and telling me he is always with me. And I know how very much that is true! I lived! I lived!

I still cannot recall much more of that day. I love the memory I have. It brings me peace.
But I was very upset thinking of the tree I hit. I know if the bark is off a tree, bugs will get to the tree and it will die. I

could not live and let the tree die. I called Guru Dev and told him of my concern. He understood my concern for the tree, and said I'd learned his teaching of Ahinsa well, caring even for the trees. So the last day of Paryushana, the Forgiveness Festival, I decided would be the day I went back and pruned the tree. When I arrived, several bugs were eating at the tree. I pruned it. Bugs festered everywhere. I prayed I was not too late. One week after pruning, I returned to check on the tree. The bugs were gone, the bark re-adhering, the leaves still green. I think it was successful. The tree will thrive.

I was so happy! I was mending the tree, mending the energy, and mending 'us'. Now when I think of that place, where I have asked for forgiveness for the damage done, to the trees, the energy, myself...the energy now is in harmony and peace.

I go to speech and occupational therapy five days a week. I too am thriving. Please join me in sending healing Love and Light to the nine other people who transcended that day in the near vicinity due to the rainy, slippery roads.

Kadambari



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