

# 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

## PARYUSHANA: A WEEK OF FORGIVENESS

Gurudev Shree Chitrabhanu  
Jain Meditation International Center  
Autumn 1980

**Pary** means “from all directions, from all around.” **Ushana** means “to stay”. **Paryushana** then means to come from all directions and to stay, to be still. It means to stop moving all around and to stay close to oneself. This meaning is a symbol for growth and transformation: the purpose of life according to Jain teaching is to realize oneself, to experience wholeness, peace and reverence for life.

These eight days each year are set aside for the practice of special observation of one’s thoughts, words and actions and for reflection on the past year’s relations and personal experiences. Each aspirant cleans his or her heart of all old resentments and anger, of any jealousy and competitiveness, and seeks forgiveness from others for any pain he or she may have caused.



This is a special time for calm and quiet introspection, for thinking less of oneself and more of others, for renewing one’s touch with oneself and with all life. How can we learn to be more aware and sensitive, to harm life less and bring more joy and friendly feeling into the world? These are the questions of **Paryushana**.

On the final day is the ceremony of **Pratikramana**, which means to step back. This marks the climax of the week of forgiving. It is a time when we look at our lives and remove any traces of negativity, resentment, or injury we find within. In this meditation we free ourselves of heaviness and return to the world refreshed. And we say to one another: *Mi Cha Mi Dukka Dum*, which means, “If I

have hurt you in any way, I ask your forgiveness.”

*(Paryushana will be observed  
September 4 - 11, 2010)*

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### Forgiveness Mantra

May I forgive all souls, let them forgive me.  
Let my heart of hatred and resentment be free.  
Let my love go forth to all that may be.  
Let the perfect souls witness my pledge to be free.

*Khamiya khamaviya mai khamaha  
Savva jiva nikaya  
Siddha sakha aloyena  
Mujja vaira na bhava*

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

### **Mailing address**

P.O. Box 645  
Whitmore Lake, MI 48189  
Phone: 734-449-0611  
Fax: 734-449-5004

### ***For More Information***

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

### **The Beacon Newsletter Staff:**

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

### ***Everyone is Welcome***

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

#### **Everyone is Welcome**

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

#### **Sponsorship**

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

#### **Membership**

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

#### **Getting Involved**

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

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

#### **E-mail List and Mailing List**

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

# Upcoming Lighthouse Events

## September - December 2010

### WEEKLY

#### ◆Sunday Candlelight

#### Meditation and Healing

6-7:15pm every Sunday. All are welcome for a candlelight meditation. Reiki healers are available for healing during meditation.

### BI-WEEKLY

#### ◆Friday Intensive Meditation

7:30pm-10:00pm the first and third Friday of the month. Doors open at 7:00 pm. Meditation lasts approximately 2½ hours, during which time individuals may quietly enter and exit the sanctuary. It is suggested, because of past experiences, that one already be a mantra meditator.

### MONTHLY

#### ◆Sunday Board Meeting

9:30am-11:30am the fourth Sunday of the month. NOTE: Occasionally, due to holidays and travel commitments, the Board meets earlier in the month, so please call *Prachi Patricia Thiel* (734) 449-4381 to verify exact date and time.

◆**Learn To Meditate** Meets on the last Friday of every month from 7:00pm - 9:30pm. Learn how meditation works and try it out! Or come for a refresher- all meditators are welcome. Given by Nirmala Nancy Hanke. Cost \$35.00, \$25 for students or \$15.00 to repeat.

◆**2<sup>nd</sup> Wednesday Meditation & Healing**, 7:00-9:00 pm, facilitated by Judy So Hum Shepard. Love donation (\$20.00 suggested).

### SEPTEMBER

#### **Paryushana, Festival of Forgiveness**, Saturday,

September 4th - 11th, eight days for reflection, meditation, fasting and forgiveness. Paryushana Booklet for daily reflections available on Lighthouse email and website. Jain Temple events in Farmington Hills. Call Prachi 734-449-4381 for more info.

**Reiki I:** Sunday, September 12, 10 am - 4 pm, Given by Penni Raksha Helsene. Cost is \$125. Contact Penni to register at: pdhelsene@aol.com

**Learn to Meditate:** Friday, September 24, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-449-4381, thielp17@yahoo.com.

**3rd Annual Walk for Peace:** Saturday, September 25th, at Hudson Mills Park. Gather 9:30 am at Rapids View Parking Area; walk 10-12, veggie potluck to follow. Fundraiser for the Lighthouse Center: fill out a pledge form with family and friends supporting your walk. See Walk for Peace flyer and pledge form on the website,

lighthousecenterinc.org or contact Niralie Becky Kleinschmidt (734-649-1234; golphers@aol.com).

**Chakra Class:** Eight Tuesdays, September 28- November 16, gather 7:00 pm, begin 7:30-9:30, given by Nirmala. Cost: \$75.00 pledging/\$85.00 non-pledging. Prerequisite: two months mantra meditation. To register: 734-645-2188 or nirmala.hanke@gmail.com.

**Take the Middle Road:** Two Wednesdays, September 22 and 29, 7:00-9:00 pm with Karen Kerns. Polarity sessions on Involution/Evolution and Six Pointed Star. Cost: \$10.00 per session. Register with Prachi by September 10th: 734-449-4381: thielp17@yahoo.com.

### OCTOBER

**Sunday Morning Family Service:** October 3rd and 17th, with Adinath Mark Hutton, 10:30 am-noon.

**Learn to Meditate:** Friday, October 29, 7:00-9:30 pm, given by Nirmala.

**Lakshmi Puja:** Lakshmi Puja Sunday, October 10, gather 2:30 pm, begin 3:00-5:00, led by Asha Sheth. Cost: \$45/family or \$48 proxy.

Call Prachi if you cannot attend and would like to do a proxy.

### NOVEMBER

**Sunday Candlelight Time Change:** With the end of daylight savings time, Candlelight will be 5:00-6:15, beginning November 7, and will continue at this time until day light savings time begins again in the spring.

**Thanksgiving Eve Meditation:** Wednesday, November 24th, gather 7:00 pm, meditate 7:30-8:30, to give thanks for our blessings, challenges and lessons. Veggie potluck follows.

**Learn to Meditate:** Friday, November 26, 7:00-9:30 pm, given by Nirmala.

### DECEMBER

**Christmas Eve Meditation:** Friday, December 24, gather 6:00 pm, mediate 6:30-7:30. A meditation celebrating the Christ Light and the Joy of Christmas.

**New Year's Eve Meditation:** Friday, December 31, gather 11:00 pm, meditate 11:30 pm-12:30 am, releasing all karmas from 2010 and welcoming in a new year of peace and prosperity.



**Lighthouse Center Calendar**

**September 2010**

| Sunday  | Monday                                     | Tuesday   | Wednesday   | Thursday                                   | Friday                                      | Saturday   |
|---|--|---|---|--|---|--|
|   |  |   | 1   | 2  | 3   | 4<br>Paryushana<br>Festival of Forgiveness         |
|   |  |   |   |  | 7:30pm<br>Intensive Meditation              |  |
| 5<br>Paryushana<br>Festival of Forgiveness<br><br>6:00-7:15pm<br>Candlelight                          | 6<br>Paryushana<br>Festival of Forgiveness | 7<br>Paryushana<br>Festival of Forgiveness            | 8<br>Paryushana<br>Festival of Forgiveness                          | 9<br>Paryushana<br>Festival of Forgiveness | 10<br>Paryushana<br>Festival of Forgiveness | 11<br>Paryushana<br>Festival of Forgiveness        |
| 12<br>Reiki I: 10am-4pm<br>Penni Raksha Helsene<br><br>6:00-7:15pm<br>Candlelight                     | 13   | 14  | 15  | 16   | 17<br><br>7:30pm<br>Intensive Meditation    | 18   |
| 19<br><br>6:00-7:15pm<br>Candlelight  | 20   | 21  | 22<br><br>7:00 - 9:00pm<br>Take the Middle Road<br>with Karen Kerns | 23   | 24<br><br>7pm Learn<br>to Meditate          | 25<br>3rd Annual<br>Walk for Peace<br>9:30am start |
| 26<br>8:45am Meditation<br>before Board Meeting<br>9:30am Board Meeting<br>6:00-7:15pm<br>Candlelight | 27   | 28<br><br>7:30 - 9:30pm<br>Chakra Class<br>by Nirmala | 29<br><br>7:00 - 9:00pm<br>Take the Middle Road<br>with Karen Kerns | 30   |   |  |

**October 2010**

| Sunday  | Monday | Tuesday   | Wednesday | Thursday | Friday                                   | Saturday |
|---|--------|---|-----------|----------|--|----------|
|   |        |   |           |          | 1  | 2        |
|   |        |   |           |          | 7:30pm<br>Intensive Meditation           |          |
| 3<br>10:30 - Noon<br>Sunday Morning Family<br>Service - Adinath<br>6:00-7:15pm<br>Candlelight         | 4      | 5<br><br>7:30 - 9:30pm<br>Chakra Class<br>by Nirmala  | 6         | 7        | 8  | 9        |
| 10<br>Lakshmi Puja<br>3-5 pm open @ 2:30<br><br>6:00-7:15pm<br>Candlelight                            | 11     | 12<br><br>7:30 - 9:30pm<br>Chakra Class<br>by Nirmala | 13        | 14       | 15<br><br>7:30pm<br>Intensive Meditation | 16       |
| 17<br><br>6:00-7:15pm<br>Candlelight  | 18     | 19<br><br>7:30 - 9:30pm<br>Chakra Class<br>by Nirmala | 20        | 21       | 22                                       | 23       |
| 24<br>8:45am Meditation<br>before Board Meeting<br>9:30am Board Meeting<br>6:00-7:15pm<br>Candlelight | 25     | 26<br><br>7:30 - 9:30pm<br>Chakra Class<br>by Nirmala | 27        | 28       | 29<br><br>7pm Learn<br>to Meditate       | 30       |

**Lighthouse Center Calendar**

**November 2010**

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

**Decemrerr 2010**

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

## President's Message

As I begin writing this article, my thoughts are focused yet they wander to my husband's and my 29<sup>th</sup> Wedding Anniversary. The Anniversary date is in a few days and I am reminded of the years, like cobbles in the road of our journey together. I am from Boston originally, and there are a lot of cobblestone streets. In winter or on rainy days those streets are slippery and without the proper footwear, nothing fashionable that is, you twist and turn and stub along. When the weather is fine the cobbles act as waves with their rounded surfaces that propel you along your path. So what brought us to this momentous year of marriage? Has it been love alone? No, I think not. What the journey with some slippery missteps has taught is that, the years have acknowledged potential and renewal of commitment. This renewal is genuine and fearless yet not altogether subconscious. There is work in any relationship... that's where the slippery cobbles make the path appear more daunting than when in the early amour phase, and there is always the remembrance of what attracted us to each other in the first place, which keeps the potential for fires to burn in our future.

I am sharing this because being a member of the Lighthouse Center is very much like being in a marriage relationship: It is the renewal of commitment as Pramodben expressed at the Community Meeting, the potential for a future, and recalling that which attracted you from the start and has held you fixed when your path encountered a slippery cobble. The Center exists because of all of the members' relationships to it and mirrors the relationships we have with each other. Each of us has contributed some part of ourselves now and over the years not only to the Center's physicality but also to its spirit.

If collectively we are the Center and had to use a simple term to describe the atmosphere, the energy, or our future as a Center, what would we use? I think my choice would be "Amour-propre" (self-respect or estimation of your true worth). I have grown to love and respect each of you, and in turn this has raised my true self-worth. Let us use the potential that recommitment generates to re-establish our spiritual home for the next generation. Within each of us is the potential to create the environment that we were seeking and had found when we first came to the Lighthouse Center. With renewed enthusiasm through volunteerism, attendance at LHC sponsored events and classes, creating and conducting a class/event, creating youth led classes/events, finding formats of like-minded or philosophical forums that can lead to getting speakers for future events, reading and responding to LHC emails, and voicing your views, suggestions, etc... by writing emails to the suggestion box (refer to LHC group email sent 7/25/10) we will become the Spiritual Development Center that is Chetana's dream for us all.

Aarti Meg Graff  
President LHC Board 2010-2011



### GOSSAMER VEILS

As the gossamer veils  
of dawn are lifted  
and light filters through  
the trees  
like filigreed gold  
we are woke by the calls  
of a great horned owl  
hooting to his beloved  
as spring blossoms  
in his heart  
and phoebe, titmouse  
and white crowned sparrow  
joyously announce  
a new day  
fresh beginning  
an opportunity  
to love, breathe  
and be  
what came before  
let it go  
like crimson leaves in fall  
toss it to the winds  
and watch it alight  
softly upon sequined waters  
and know that  
you are the  
Divine Light  
that has entered the world  
the gossamer veils  
have been lifted.

*(Anonymous)*

## SPIRIT DRUMMING

Namaste Lighthouse Family,

The months since Sarita's passing have reinforced my connection to the Lighthouse Center and to Chetena's everlasting presence. I've received comfort and support from everyone, and now I wish to respond in gratitude with an offer to teach a class. Well, not exactly a class, more like a sequence of enlivening experiences. Let me explain by offering some history and then some particulars.

I became a meditator in the early 1960's, inspired by the writings of Bhagwan Shree Rajneesh. In the early 70's my wife Lynne took up Belly Dancing. She inspired me to study Middle Eastern drumming so I could accompany her dancing. I studied with professional Middle Eastern nightclub drummers in Detroit and Dearborn. Lynne, whose Hebrew and dancing name was Shoshana, joined a Middle Eastern dance troupe in Ann Arbor named Ta'amulat and I became its musical director. Ta'amulat invited guest teachers to instruct the troupe. One of these teachers was Hassan Wakrim, a professional Moroccan dancer and musician. Hassan introduced me to Moroccan trance music, a combination of polyrhythmic drumming, responsive chanting, and line dancing. I was immediately hooked. My meditation and drumming experience enabled me to achieve a trance state playing with Hassan. It was a magnificent, enlightening and a totally immersive and enjoyable experience.

Hassan, Shoshana and I went on a three week musical expedition to Morocco. It was intensely magical the whole time. I played, listened to and recorded groups of Moroccan musicians all over the country. When we returned I began teaching Moroccan drumming to the troupe, but the troupe leader felt that I was distracting the troupe away from her main interests which were Beledai (Egyptian, Lebanese, etc.). So I left Ta'amulat and, in 1977, started Magi, a Moroccan music and dance troupe without any real Moroccans. Meditation, drumming, chanting and dance evolved into a collective experience of rhythmically induced states of group universal consciousness. Magi lasted for 25 years.

In its lifetime I instructed hundreds of musicians and non-musicians in achieving a state of total connectedness through rhythm, movement, chanting and focussed intention. Magi performed for more than 10 years at the Ann Arbor Art Fair, The Detroit Arab World Festival, and a host of other events. Sadly, in the end, Magi morphed into a jam session of professional musicians who enjoyed soloing while backed by an accomplished rhythm section. That was in 2002.

I would like to share my experience with you. Most of you know me as that very nice but quiet guy married to Sarita. But I have another very different side. Sarita saw it only once when I transformed myself into Elwood the Dwarf in preparation for celebrating my first Christmas. I propose starting a Lighthouse Spirit-Drum Corps, the purpose of which is to achieve blissful states of elevated group consciousness through polyrhythmic

drumming, responsive chanting and synchronized movement.

We will start with an introductory class of six weeks to cover the basics and get everyone comfortable. The class will include instruction and practice, but will focus on achieving and maintaining higher and higher levels of group consciousness. Because we are all already meditators and group chanters we will have a big head-start. At the conclusion of the class we will decide as a group how to proceed. It is be my hope that the Lighthouse Spirit-Drum Corps surpass Magi in longevity. Drums or drum-like objects will be provided.

The class will begin Thursday, July 29th, 7-9 pm at the Center, and run 6 weeks. No cost; free will offering to the Center. You can join the class at any time. Come one, come all!

With an abundance of love, light and sonic splendor,

Bhagwan



## Lighthouse Center Website Photo Blog and Upcoming eBay Non-profit Donation Link

In July, we had our 3<sup>rd</sup> Annual Retreat at the Lighthouse Center and on Sunday I was able to take some photos of the day and created our first photo blog. You can find the link on the website home page. It was inspiring to take photos of the board members and retreat teachers. There are photos of Gurudev Chitrabhanu's 88<sup>th</sup> birthday celebration with Pramoda Chitrabhanu. What a blessing that these people share their inspiration and wisdom with us in so many ways.

You will also find photos of young people with Gurudev Chitrabhanu, the Lighthouse Center, Asha Sheth singing a birthday song and our group photos for Saturday and Sunday. Once I finished the photo blog, I realized that it will continually bring this day to life. It will always be there for you.

In September, Richard Smoot, Treasurer, and I will be working on setting up the Lighthouse Center as a non-profit on eBay. This means that anyone can choose to donate a portion and up to 100% of the sales

from their online listings. This is such an easy way to support your spiritual community. Perhaps this will encourage you to get rid of some items that you have been thinking about selling.

The website is like the universe, always changing, always giving.

Namaste,  
Mukta Tana Dean  
Website Manager

### RECIPE CORNER

#### Three Sisters Salad

Makes about 8 cups

Native Americans referred to squash, corn and beans as the "three sisters" because they grow well together and their flavors and textures complement each other nicely in cooking.

2 cups butternut or kabocha squash, julienne or cut into 1/4-inch cubes  
1 cup jicama, julienne or cut into 1/4-inch cubes  
1 red bell pepper, diced  
1 15-ounce can corn, drained  
1 15-ounce can black beans, drained and rinsed  
1/2 cup red onion  
1/2 cup chopped cilantro  
1/4 cup pumpkin seeds  
1/4 cup seasoned rice vinegar  
2 tablespoons lemon or lime juice  
1 teaspoon each: cumin, coriander, chili powder  
1 garlic clove, pressed or minced

Combine kabocha squash, jicama, bell pepper, corn, beans, onion, cilantro and pumpkin seeds in a large bowl.

Mix vinegar, lemon juice, cumin, coriander, chili powder and garlic. Pour over salad and toss to mix.

Per 1/2-cup serving: 85 calories; 4 g protein; 18 g carbohydrate; 0.7 g fat; 5 g fiber; 221 mg sodium; calories from protein: 17%; calories from carbohydrates: 77%; calories from fats: 6%

Recipe from Healthy Eating for Life for Women by Kris Kieswer  
Submitted by Shardaben

#### Lighthouse Board Of Directors

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## The Lighthouse Center Caring Community

Namrata Lisa Abrams

Would you like to see the Lighthouse Center community help you if there were ever a time of medical need? For some of our members, the Center is their primary or only source of spiritual sustenance, like a church or temple is for others. The Lighthouse Center Board listened at the Spring Community meeting and responded with a new committee, called the Caring Community. Its purpose is to help Lighthouse Center members when they have serious medical challenges such as surgery. The Caring Community can provide services like reiki, meals, and transportation. As a matter of fact, we launched it recently, with much success.

The procedure works like this: when a member feels they would like the support of the Lighthouse Center, with all our gifted healers and delicious cooks, they simply need to contact a board member and let them know. The Caring Community then is notified and will form a "Core Support Group" (CSG) of Lighthouse Center folks, designed specifically to help this particular member. Communications then begin with that specific core support group for the person requesting support (usually via email). CSG participants respond to the email requests for help, and a master schedule is sent to the Core Support Group weekly.

This is a "work in progress", meaning we're still determining how long to provide the services; what, if any services can be ongoing; and deciding what, if any, other types of services can be provided. We're always open to feedback and your ideas of how to help support our Lighthouse Center members. The Caring Community is a way of building our community through acts of loving kindness and showing that the Lighthouse Center cares about you and is here to support you!

The Caring Community is also a way to put into practice Gurudev and Pramodaben's New Year Message: "I will do more than care, I will help. I will do more than belong, I will participate. I will do more than be friendly, I will be a friend." At our recent July retreat, Pramodaben encouraged us to

each volunteer 2 hours per week to the Center (o.k. how about 2 hours a month, or 2 hours every other month!) Please consider signing on to a Core Support Group team, the next time an email request goes out asking for volunteers to help a member in need. You will be a friend in deed!

---

### My Experience with the LHC Caring Community

Prachi Pat Thiel

I was the first person to receive the precious gifts of the Lighthouse Caring Community. I received so much Love, Light, Compassion, Nurturing and Support while I was in the hospital and at home recuperating. It was like having a big family with many sisters and brothers. What kinship! I can't say thank you enough!

The Core Support Group (CSG) gave me Reiki, Esoteric Healing, Crystal Healing, Massages, other healing modalities, homemade vegan and gluten free food in the hospital and at home, help checking out of the hospital, flowers in the hospital and decorating the outside of my house, help with housework (since I had a 5 lb weight restriction), groceries for my cupboards and refrigerator, transportation to and from appointments, financial aid and lots of heart to heart talks. I even got some precious stuffed animals as a gift in the hospital- nice to have when you miss your cat!

I give much gratitude to Namrata for organizing this group. Without her time, energy and patience it wouldn't have been such a huge success. Thanks again Namrata!

Love & Light,  
Prachi

P.S. Please forgive me for not listing all of you personally, but there was so many of you and I can't trust remembering everyone, especially with the effects of the anesthesia and pain drugs in my system.

## Gulf Prayer

To All Beings in the Gulf of  
Mexico

Let's give energy of love and  
gratitude to the waters  
and all living creatures in Mexico  
Gulf with this prayer:

To the water, whales, dolphins,  
pelicans, fishes, shellfish,  
planktons, corals, algae and all  
creatures in our Gulf of  
Mexico

I apologize  
Please forgive me.  
Thank you  
I love you

—Masaru Emoto  
May 9, 2010

## LIFE CHANGES

Transcended Beings

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

Margaret Jean Porter Baker, 87,  
mother to Barbara Blanden, tran-  
scended  
May 21, 2010.



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Contact Nirmala

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## Tending Your Own Energy Field

*Fill Yourself from the Inside Out*

Life presents us with many opportunities to gain mastery in tending our own energy fields. At times we may want to protect ourselves by using energy shields of color, light or angelic presence. Or in order to become more grounded, we may run energy down through our feet or first chakra, rooting ourselves to the earth. Sometimes it's appropriate to play openly with others in an expansive, flowing state; and at other times, we may want to limit our availability to a chosen few. In certain public environments such as graduation ceremonies, work conventions, or even weddings, it may be important to remain open-hearted and able to connect, while still preventing our individual systems from depletion or overwhelm. In these situations, rather than putting a barrier between ourselves and the world around us, we can fill our energy fields from the inside out. In doing this, we become so filled with our own personal energy that no room is left for outside influences or discordant energy to enter in and affect us.

# DailyOM

When you need to connect with people on a one-to-one basis, separate from the bustling environment around you, here is a visualization technique you might try. You can start in the morning and repeat any time as needed. Begin by taking a few moments to breathe deeply and relax. When you are calm and present, envision a ball of light in your solar plexus area just above your belly button. Allow it to build there, growing stronger and stronger. Eventually, allow the light to expand throughout the rest of your body until it fills your entire physical and energetic field.

By filling yourself with your own energy in this way, you become fortified with your own power. You retain access to all of your intuitive and mental abilities. And, you are able to act from a loving space in the midst of any situation.



## Lighthouse Center, Inc.

**A Center for Spiritual Development founded by Chetana Catherine Florida  
Donation/Pledge Form**

*Please print*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

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.**

Enclosed is my **DONATION** of \$ \_\_\_\_\_

I want to **PLEDGE** for the calendar year of \_\_\_\_\_ and will be a \_\_\_\_\_ Member (choose one option below)

**Gold Membership:** \$361.00/year (\$30 mo.) Receive a \$36 Gift Certificate and your choice of book\*

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**Bronze Membership:** \$101.00/ year (less than \$10 mo.) Receive a \$10 Gift Certificate and choice of book \*

**Basic Membership:** \$61.00 per year (\$5 mo) Receive and your choice of book \*

Choose one gift book: \_\_\_\_\_ "On the Wings of Light and Love"  
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**(Gifts and book are shipped to you once your pledge is paid in full)**

\_\_\_\_ Check will be mailed to the Lighthouse Center. \_\_\_\_ Please mail me envelopes.

\_\_\_\_ My monthly payment will be done online through PayPal.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**We are a non profit charitable organization under Section 501(c)(3) of the Internal Revenue Code;  
therefore, gifts to the Lighthouse Center, Inc. are tax deductible as provided by law.**

Please make checks payable to **Lighthouse Center, Inc.** and mail to:  
**Treasurer, Lighthouse Center, Inc.**  
**P.O. Box 645**  
**Whitmore Lake, MI 48189**

*\*For any questions regarding volunteer hours,  
Contact Prachi at 734-449-4831 or thielp17@yahoo.com*

Update: 04/12/10

**Directions to:  
THE LIGHTHOUSE CENTER  
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Whitmore Lake, MI**

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

**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.*)

**FROM I-96, US-23 AND BRIGHTON**

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

Lighthouse Center, Inc.  
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