

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

FEEL THE MEANING OF THE WORD and WE ARE BREATH

*Talks given by Gurudev Shree Chitrabhanuji
April 29 & 30, 2011 at the Lighthouse Center*

Transcribed by Nirali Becky Kleinschmidt

If we utter a word and the meaning does not touch our heart, the word becomes lip service. Most of the words we use, we use as lip service. When light extinguishes, the word stops. Words are lip service if the meaning does not touch our heart. Most people don't feel the feeling of the words that they are uttering. The way the word is uttered, if you *feel* the meaning of the word, you are on the path to enlightenment.

In Genesis there is a word; there was light, and what it was, it was a word. Word is a light. When you speak, there is light in you. Light speaks the word. Without light, word becomes an empty bulb. It has shape and size, but it has no light. If we go on using word, there are empty bulbs. In darkness, a big bulb will not help, but a tiny bulb will shed light. There was word and word was light, and light is the word.

When we say "Namaste", there is a very deep meaning. All oriental people use it, but at the same time they fight. So if they are fighting, I know they are using word, but without the light. The moment you feel light, you don't have the fight. You see the same in you and the other person. Another person is a reflection of you. If you have a clean mirror, you can see your figure. If you are alive, you see the figure. If not alive, and you show a mirror to a dead person, the person is there, but the seer is gone.

My friend you are not the figure, caste, creed, woman or man. You are the *light*. When you feel the light in you, you feel it in others. When you *feel* the light, you will not hurt others. You will help. Light will not hurt light. Light will help light. If there are two or three lights, and you bring in another outside light, light will merge with the other light. Light is not separate; inside and outside is in



Gurudev Shree Chitrabhanuji

our mind. I wish and pray that the Lighthouse Center should become center of the light; not outsider. Don't judge anyone who is Christian, Jew or Muslim. See the light, not caste, creed or appearance. Healing starts from this.

Day and night we hurt ourselves because we are separating ourselves. We make someone "mine" or "my buddy" or "my enemy"; mental division is continuous. The world is just to be where you are. Why do we make their problem our problem? You are light and the breath. So when you inhale the

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Volume 62

**October 2011
to January 2012**





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

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For More Information

Visit us on the web:
www.lighthousecenterinc.org

The Beacon Newsletter Staff:

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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 \$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

October 2011- January 2012

WEEKLY

◆**Sunday Candlelight Meditation and Healing**
6-7:15pm every Sunday. All are welcome for a candlelight meditation. Daylight Savings Time changes on November 6th. Candlelight will be from 5-6:15 pm. 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 7:00 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, \$25 for students or \$15.00 to repeat.



OCTOBER

Learn to Meditate: Friday, October 28, 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.

4th Annual Walk for Peace: Saturday, October 22, at Hudson Mills Park. Gather 9:30 at Rapids View Parking Area; walk 10-12, veggie potluck to follow. Fundraiser for the Lighthouse Center: fill out a pledge form with family and friends supporting your walk. See Walk for Peace flyer and pledge form on the website, lighthousecenterinc.org or contact Nirali Becky Kleinschmidt (734-649-1234; golphers@aol.com).

Chakra Class (con't): Four more Thursdays, October 6-27, gather 7:00, begin 7:30-9:30, given by Nirmala.

18th 24 Hour Meditation: 7:00 pm Saturday, October 8 to 7:00 pm Sunday, October 9. Meditate at the Center or at home, for world peace through inner peace.

Maitri Bhavnu Class: Four Tuesdays October 11-November 1, 7:30-8:30 pm, given by Asha Sheth. Cost: \$12/night. Learn Chitrabhanuji's song of amity, appreciation, compassion and equanimity.

Prayer for Food Chant: Wednesday, October 19, 7:30-8:30, given by Asha Sheth. Cost \$12. Learn the Jain sutra for blessing food.

NOVEMBER

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

Thanksgiving Eve Meditation: Wednesday, November 23, 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 25, 7:00-9:30 pm, given by Nirmala.

Brow 4 Class: Four Tuesdays, November 8-December 6 (no class 11/15), 7:30-9:30 pm, given by Nirmala. Cost: \$45 pledging/\$55 non-pledging.

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 11:30-12:30, releasing all karmas from 2011 and welcoming in a new year of peace and prosperity.

JANUARY 2012

Holiday Message Party: Saturday, January 7, 6:30-?. Come start your new year with messages, a roadmap for your year. Cost: \$25. Meditation, messages and potluck.

Learn to Meditate: Friday, January 27, 7:00-9:30 pm, given by Nirmala.

Life changes

New Beginnings

We send Love and Light to these new young ones who have come to join us on earth:

Justin Daniel Stark, grand nephew of Prachi Patricia Thiel, born July 31, 2011.

Dennis Lee Stark, Jr., grand nephew of Prachi Patricia Thiel, born February 4, 2010.

Elijah Jacob Thiel, grand nephew of Prachi Patricia Thiel, born November 5, 2009.

Transcended Beings

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

Gordon Eugene Gibson, 77, father to Genia Jarema, transcended August 13, 2011.

Paraska Chalawa, 87, mother to Aruna Olga, transcended August 14, 2011.

Rose Hanes, 89, mother to Tara Devi Tressa Parmann, transcended August 23, 2011.

Irene Peterson, 89, mother to Kavita Carolyn Booth, transcended September 19, 2011.

Edith M. Gusack, 98, grandmother to Nayana Nancy Sloan, transcended September 25, 2011.

Lighthouse Center Calendar

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 4 pm Diane Bablas 6:00-7:15pm Candlelight	3	4	5	6 7:30 pm Chakra Class	7 7:30 pm 1st & 3rd Friday Intensive Meditations	8 7 Pm 24 hr Meditation begins
9 24 hr meditation until 7:00 pm 6:00-7:15pm Candlelight	10 Columbus Day	11 7:30 pm - 8:30 pm Maitri Bhavanu Class Asha Sheth	12	13 7:30 pm Chakra Class	14	15 12:30 pm - 3:30 pm Asha's cooking class at Asha's
16 6:00-7:15pm Candlelight	17	18 7:30 pm - 8:30 pm Maitri Bhavanu Class Asha Sheth	19 7:30pm - 8:30pm Prayer Chant Class Asha Sheth	20 7:30 pm Chakra Class	21 7:30 pm 1st & 3rd Friday Intensive Meditations	22 10 am to noon LHC Peace Walk Donations neded
23 8:45am Meditation before Board Meeting 9:30am Board Meeting 6:00-7:15pm Candlelight	24	25 7:30 pm - 8:30 pm Maitri Bhavanu Class Asha Sheth	26	27 7:30 pm Chakra Class	28 7pm Learn to Meditate	29

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 30 6:00-7:15pm Candlelight	October 31	1 7:30 pm - 8:30 pm Maitri Bhavanu Class Asha Sheth	2	3	4 7:30pm 1st & 3rd Friday Intensive Meditation	5
6 Daylight Savings Ends Note new time 5:00 pm Standard Time Candlelight	7	8 7:30pm - 9:30 pm Brow 4 - Nirmala	9	10	11 Veteran's Day	12
13 5:00-6:15pm Candlelight	14	15	16	17	18 7:30pm 1st & 3rd Friday Intensive Meditation	19
20 5:00-6:15pm Candlelight	21	22 7:30pm - 9:30 pm Brow 4 - Nirmala	23 7:30 - 8:30 pm Thanksgiving Eve Meditation	24 Thanksgiving Day	25 7pm Learn to Meditate	26
27 8:45am Meditation before Board Meeting 9:30am Board Meeting 5:00-6:15pm Candlelight	28	29 7:30pm - 9:30 pm Brow 4 - Nirmala	30			

Lighthouse Center Calendar

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 7:30pm Intensive Meditation	3
4 5:00-6:15pm Candlelight	5	6 7:30pm - 9:30 pm Brow 4 - Nirmala	7	8	9	10
11 5:00-6:15pm Candlelight	12	13 Tax Day - April 15th Consider an end of year donation before December 31st!	14	15	16 7:30pm Intensive Meditation	17
18 5:00-6:15pm Candlelight	19	20	21 First Day of Hanukkah	22	23	24 6:30 pm Christmas Eve Meditation
25 Christmas Day	26	27	28	29	30	31 11:30 pm New Year's Eve Meditation

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 5:00-6:15pm Candlelight	2	3	4	5	6 7:30pm Intensive Meditation	7 6:30pm Holiday Message Party
8 5:00-6:15pm Candlelight	9	10	11	12	13	14
15 5:00-6:15pm Candlelight	16 Martin Luther King Day	17	18	19	20 7:30pm Intensive Meditation	21
22 8:45am Meditation before Board Meeting 9:30am Board Meeting 5:00-6:15pm Candlelight	23	24	25	26	27 7pm Learn to Meditate	28
29 5:00-6:15pm Candlelight	30	31				

President's Message

The path begins with the individual- the Self. That which supports the practice of self-awareness is the Community. The Lighthouse Center, Inc. (LHCI) is a unique community of people in the process of reaching their highest self or Divine Self. Being self-full rather than selfish defines the LHCI community through shared experiences, teaching and/or learning practices such as mantra meditation, and exchanging esoteric knowledge and interfaith beliefs- all conducted in attunement with "Ahinsa".

Understanding who and what constitutes our community strengthens the bonds among us. Under the leadership of Gurudev Shree Chitrabhanuji and Pramodaji, September's Healing Weekend exemplified our continued connections through joining together spiritually. The Healing Weekend was a celebration of the LHCI's bond with our spiritual leaders and among the members when we all enjoyed an Indian vegan luncheon, provided by Shrikant and Neena Mehta, honoring the 89th birthday of Gurudev Shree Chitrabhanuji. In light of celebration, we rejoiced in the completion of the rebuilding of the cupola, that which signifies our name "Lighthouse". Without the continued

financial support of the LHCI through membership pledges and donations, this project could not have been possible. The Weekend ended in a joyous exchange of self-filling energy.

For several years, the Board has been focused on updating operations and reorganizing the finances of the Center, thus putting the Center on a more sound foundation. During these coming months before the LHCI calendar year ends in December, may we all remember the September Healing by participating in upcoming calendar events, fulfilling our pledges, and renewing for 2012.

As we prepare for 2012, a new direction presents itself...one that can be referred to as "Reach Out"...with the potential of off-site programs and guest speakers. The Board's wish is that you join us in this new venture as we begin the process of expansion into infinite possibilities. Take the first step by visiting our re-vamped website at www.lighthousecenterinc.org.

Aarti Meg Graff
President LHCI Board

Listen to Gurudev Chitrabhanu's Healing Audios on the Lighthouse Website

Like others, I have much to take care of in my life and I'm always glad when I get extra time to spend on the Lighthouse website, which is growing and changing.

Gurudev Chitrabhanu has graciously offered the audios of his healing talks at the center over the 3-day weekend that he spent with us in September. You'll find them online at the **Media-Video-Audio** page where you can listen to them online, anytime.

There is a new page that has been added, **Pramoda Chitrabhanu**, who has generously shared with us the Jain Ceremony at Claremont Lincoln University on September 6, 2011. We look forward to her spiritual insights, teachings and joy that she always shares with all of us when she visits our center.

You'll notice on the **Classes and Meditation** page that classes now have their own page with photos of the teachers, bios and some really great descriptions of the classes being offered. You can easily register and share this information with others by placing the page link in your email and letting others know about the classes offered at the center.

In the works is the **Vegan Lifestyle** page. As this page becomes available you will be able to find recipes and articles about the many benefits and Ahinsa lifestyle that you can personally create and how it has benefitted many at the center.

Namaste,

Mukta Tana Dean
Internet Communications

Gurudev Shree Chitrabhanuji -*continued from cover*

breath, you are inhaling the same breath breathed by Jesus, Moses, Mahavir, Buddha, Rama, and Krishna. They didn't breathe different breath. It is the same breath. Millions of years have gone by, but breath is the same in the Universe. If you realize, *I am breath*, you will not die. Everything changes. You will breathe somewhere else. So when body dies, breath is still there. You will take another form. You will breathe somewhere else.

Many people say "God bless you". At that time, I hesitate. Why use a third person? Why not say "I bless you"? But take out the ego. When you say "Bless you" you have to have a loving feeling. Heart blesses. Say it as if the person is your son, daughter, loved one. They are someone's loved one.

Go a little deeper into self. Everyday life is a process of healing. Heal. Not later on, but every day. We don't know when breath goes out, it may not come back, and we will be gone. Can you ask a palmist, and when seeing your palm says "Your time is very long". But this does not decide it, your life depends upon your breath. When the breath exhaled does not come back, it is over. *We are breath*. When you know breath, you don't want to pollute breath.

Why do you fight with people? It is because of your concept. This person does not agree with me, so they are not my friend. You like "yes mister, yes miss"; everyone who says yes and agrees with you. That is conditioning. But if you have breath, then you are OK if someone disagrees with you. If you have lunch together, you don't see shape, size, etc. There is harmony inside. So live in this world and realize the divinity of consciousness. Don't cause any illness to your mind, body or senses. I am going to become my friend today. Everyone will heal and make a commitment from today on that I will be my own friend. So what advice I give to others I will give to myself first. So when you don't hurt yourself, you are not hurting others. You must be hurting yourself first. I will not have anything that will hurt my consciousness. We know the law, and we see, but we don't meditate on it.

Take a matchstick. It can ignite anything, but before it ignites it, it must ignite its own face first. If you take a picture when you are angry, you don't want to see your face. How cloudy your consciousness is. You don't want to see your face when it is clouded by anger; and this anger makes someone unhappy. How much we destroy ourself, and our happiness from anger, because anger lingers after the event is over. This is when we bring in forgiveness. Mahavir says "Michhami Dukkadam."

Prayer is not for bread and butter. Prayer is to experience, and our prayer is Shivamatsu Sarva Jagata. All the words, may the whole universe be peaceful. Shiva means blessing. I have to be a blessing to myself. I will not hurt myself. Start the day by giving a blessing to yourself. Shivamatsu. Whatever you do, you do with blessings. That is your commitment.

Pay attention to tension. Why are you holding tension? Tension creates disease. You have lost ease...*relax*. Why lose ease? Disease is illness. Healing is nothing but to come back to ease. Healing is when you are at ease. When you are not at ease, there is disease. Bubbling with possessiveness, control, etc. will not be at ease. When you have tension, take a breath and relax. Breath is nectar, and it is available all the time. It is available on the plane, train, and when you are walking or sleeping. It is no charge.

Breathing is a life giving energy. Light needs oxygen breath. Lamp needs breath, oxygen to burn. But we don't pay attention to breath. People pollute breath with smoking. This brings cancer. Man does not know how to live. It is basic what we need. Here we understand the value of breath. Make time. Whenever you have time, take a deep breath. The more oxygen you have the more you are going to live. Breathing with yourself, not away from yourself. Moment breath becomes less, power of thinking becomes less. Breath touches the neurons. Breathe in peace, love, I am, So Hum. With more breathing, your mind is blossoming into a flower.

Chetana said she wanted to be initiated at Palitana. I told her it was not possible, because she was smoking and polluting herself. I would not allow it. She said she couldn't give it up, and I said "fine, I won't take you to Palitana". She gave up smoking, because she wanted to purify. Congratulations to this soul! She was initiated at Shatrunjaya. Before she was living on props and smoking, etc. and thought she couldn't live without it. But all you need is breath.

I can live with anything as long as I am breathing. With breath, I can be my own best friend. Shivamatsu. The whole universe, the whole world is my friend. No christian, jain, jew, muslim, etc. These are all adjectives. Essence is pure consciousness. Everyone is pure consciousness. We are incognito God. You feel "I am incognito God" Atma is paramatma. Paramatma is purified soul. Mahatma is better human being, like Gandhi. Because he was practicing Ahimsa in politics and everything. When a person completely purifies he becomes paramatma. Same consciousness as we go on upgrading, we feel paramatma. Healing is inherent in us. Deep breathing. Focus on this healing. We want to heal this ourselves, before we go on to the next body. We go on changing. Experience "I Am". If you feel "I Am" you will not be controlling. Then you can live with people without controlling others. Who are you to control others? You are insecure if you are controlling. People are empty because they are insecure. The weakest people on earth are controlling. Hitler and Mussolini. They made their nations poor. Controlling people are empty inside like a vacuum. It is like a stuffing, like what you see inside some toys. We are stuffed with ego, caste, creed, position and post. Once you realize "I Am", I am not big because of an adjective or degree. Otherwise, always we live on other people's approval and dependence.

Gurudev Shree Chitrabhanuji -continued from page 7

You have to be sincere. I am not going to depend on others' approval, but on my own inner conviction. What I feel, I tell. How can people know you as you are, if you become someone else to be with them? We always try to become someone else. How can they know? We are always complaining "People don't know me", but how can they if you do not allow them to? Why are you a chameleon? How can they know you? Go on feeling I am love, I am peace, I am pure breath. I am breath of Mahavir, Buddha, Krishna; whomever you identify with, and that is OK. The mind needs that.

In the beginning this is very difficult. It's like having your hand in plaster. When you take it out, your hand can't move. We have become stiff for so many years. People are in plaster of beliefs. To get movement, meditate. Meditation is therapy. We have become stiff with ideas and identification of Christian, Jain, Muslim, etc. Those who structure you are your teachers. But they themselves are structured. Close your eyes. Don't go anywhere. Go to self. Take a deep breath and be peaceful. Inside voice will come. Awaken the inside.

Only one life. It is very valuable. If you miss it, it is gone. You can't buy this life again for a million dollars. How we are wasting it. How we live exchanging each day of our own life. One has to know the value of the day. My day is valuable. You cannot buy it.

Recently, one of my friends at the age of 65 was sick and he was home. He was meditating. He knew his time had come. Two or three doctors came and said "Now we will take you to the hospital". He responded "No doctor is going to give me life. You can make a person breathe with a machine, but you can't make the life. Not even my wealth can give me one extra minute. Let me breathe and experience life at home. Let me go at home". The gift we have my friend, cannot be bought with a million dollars.

The President of the Blind Association in India, Dr. Rajendra Vyas was blind himself. When he got a son, everyone said "You have a very handsome son!" At that time he said, and the word he uttered I still remember and can't forget "I can give a million dollars to a doctor who can give me eyes to just glimpse my son and wife's face". We take our eyes for granted. We are blessed with our ears, eyes and hands. We have freedom of movement. We are not counting our blessings. We are counting money, positions and degrees.

The Lighthouse Center becomes a center of the light to connect with light. See the light in everyone. Practicing meditation I have not got anything. Then why meditate? By meditating I

have lost so many things. Meditation is to lose. I have lost, not gained anything. I lost my anger which was a long time with me, I lost my ego, I am Jain, I am guru. I lost all these things. One, by one, they fell away. Now, I found my Atma, soul.

Tension brings disease. Look to see why I am tense? Use your inside doctor. Continuously meditate on commitment to self. I will not hurt myself. I will be my own best friend; your own buddy wherever you go. The whole world will then be your friend.

There are five steps I want to share with you to live by:

1. **Meditate.** Be with your breath. Realize I am the light. Inhale, regularly, deeply, and properly.
2. **Eat plant based food.** Eat what nature gives you. Fresh with variety of grains and veggies. Fresh life, growing life.
3. **Exercise regularly.** Don't become a couch potato. Good to do something everyday.
4. **Breathe** deeply.
5. **Think peacefully**

I promise you if you eat plant based food you will collect blessings from the universe. Have prayer and thank your food for giving nourishment to you. You will be evolving. Fresh life and growing life will grow in you, and they will come back with a better life.

Because of affection and love, mother cows make milk. Moment she becomes mother, blood turns into milk. Mother cow's milk is for the baby cow, not grown up people. The mother cow is so happy. At birth she licks her baby. The dairy industry is so cruel. They take away the baby and send to the veal industry. There is such sorrow and crying. Imagine someone taking your baby away by such a monster. Such pain and suffering. The mother and baby cow suffer. Baby food is milk, ice cream, butter and cheese. How many babies must die. Killing the innocent mother and calf. Milk is like poison. Many people say I can't give it up, but it is not giving up, it is *feeling*. Many people who are vegetarian and don't take potato, will take milk. They don't have the consciousness and feeling. How much suffering I am causing because of this body which is going to be buried. Take the blessings not the animal's curse and pain.

Live spiritually. I am Divine. Don't criticize. Have compassion. Whatever, whomever they are, let them be happy. Today my friends the feeling we have is of healing. Let everyone be happy. Let all the faults and weaknesses disappear. Shivamatsu. Let light be in everyone. Let everyone be engaged in one another's well being. Let everyone be a friend to oneself and to each other, and not to hurt others.

Friendship is the only cement that holds the world together.
Chitrabhanuji - September 2011

Teaching the Sanskrit Prayer that Chitrabhanuji Shared with us at the Lunch

Ashaben Sheth will be teaching the Sanskrit prayer that Chitrabhanuji shared with us at the lunch on Saturday, September 10th. It is a short prayer and Ashaben believes we can learn it in one evening. Chitrabhanuji said that this prayer comes from the heart and therefore helps conquer ones inner enemies.

Cost: \$12.00

Place: Lighthouse Center

Date: Wednesday, October 19th

Time: 7:30 - 8:30pm (may run a little over)

Prerequisite: none

अहो जिणेहिं असावज्जा वित्ती साहूण देसिया ।
मुक्ख साहण हेउस्स साहु देहस्स धारणा ॥

*aho jīṇehim asāvajjā
vittī sāhūṇa desiyā
mukkhā sāhaṇa he-ussa
sāhu dehassa dhāraṇā*

Jain Pratikraman Sūtra — Sādhu Kriyā

O Victorious ones

*who have become masters of yourselves,
what a wonderful teaching you have given us!
You have taught us how to nourish the body
— with only that food which issues
straight from the benevolent earth,
which is not tainted
with the pain of bloodshed.
You have taught us why we eat —
to sustain the body in health so as to
use it to attain liberation
and to serve our fellow beings.*

To those I love and to those I do not know I love,
May life bless with the joy of creation within and without.
Kanak Claire Mautner - Brow 3 class

Chetena's Vision

A long time ago, around 1980, Chetena talked about having a place ... a real brick and mortar place where all of us could gather and carry on what she was teaching us.

Those of us who were on this plane with her at the time and had those talks knew she had a specific vision. Today we are all blessed to know that vision is the Lighthouse Center in Whitmore Lake.

2011 has been a year where I have been able to see Chetena's vision more clearly than ever before. Starting in February I had a medical condition which is 85% fatal. And of the 15% who recover everyone has some long term effects.

Not only have I survived but I have prospered and the long term effects are manageable.

While I was in a medical coma for nearly a month, I had the time to take a psychic vacation and to again talk with Chetena and others, while back here the most extraordinary efforts were being made on my behalf, by a team of 13 doctors and hundreds of nurses and other medical professionals ... by my family who went through hell while I was close to heaven ... and by members of the Lighthouse who were so caring and loving in ways words cannot express. I remember waves of energy washing through me continuously, unendingly!

And after all that I generally came back the same as I went in. The odds of this happening are just crazy wildly against it. The number of things which could have and likely should have gone amiss is so long that it might take an entire book to explain. But everything went right from the highest to the most minute vibration levels.

And then here this week at the center itself we are able to see Chetena's vision! The work is going smoothly and the workers are having an extraordinarily fine time repairing the cupola and it will last for many years. We can see the effects the Center is having on these workers.

This is amazing and very ordinary at the same time, as was Chetena and her vision with and for each of us. Mind you that because this is happening here on this plane of existence a great deal of effort is required to get these real and positive results. Much of those efforts come from the officers and board of directors of the Lighthouse Center.

These folks put a great deal of sweat and tears into the planning and organizing of everything that goes on at the Center and to its members. This too is part of the vision.

We should all take great happiness and satisfaction, even delight, that we are each playing a part in a movie of life which is Chetena's vision.

Prabhakar

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Recipe Corner

Apple Cider Doughnuts

(From Vegetarian Times Issue: September 1, 2009)

You can make your own superfine sugar to dust doughnuts by pulsing granulated sugar in a food processor several times.

Ingredient List

Makes 18 mini doughnuts

- 1 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. salt
- 1/8 tsp. ground cloves
- 1 cup apple cider
- 1 1/2 tsp. egg replacer, such as Ener-G
- 1/3 cup soymilk
- 5 Tbs. apple butter or applesauce
- 4 Tbs. nonhydrogenated vegan margarine
- 1/2 cup superfine sugar

Directions

1. Preheat oven to 350°F. Coat doughnut pan with cooking spray.
2. Whisk together flour, sugar, baking powder, cinnamon, nutmeg, salt, and cloves in large bowl.
3. Bring cider to a boil in small saucepan. Boil 10 minutes, or until liquid is reduced to 1/3 cup; remove from heat. Whisk egg replacer with 2 Tbs. water in small bowl; stir this mixture into cider reduction. Add soymilk, apple butter, and margarine, stirring until margarine is melted. Cool.
4. Stir cider mixture into flour mixture.
5. Fill each doughnut mold half full with batter. Bake 12 minutes, or until toothpick comes out clean. Roll hot doughnuts in superfine sugar.

Nutritional Information

Per doughnut: Calories: 117, Protein: 1g, Total fat: 3g, Saturated fat: <1g, Carbs: 22g, Cholesterol: mg, Sodium: 109mg, Fiber: <1g, Sugars: 14g

Our Cupola is installed!!!



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BIO GEOMETRIC INTEGRATION

On Sunday, October 2nd, from 4:00-5:30 Dr. Diane Babalas gave a free talk at the Lighthouse Center on Bio Geometric Integration(BGI), a non-traditional approach to chiropractic medicine. BGI uses light pressure to release tension stored in muscles, joints and connective tissue. Diane demonstrated the technique with participants and also offered a discount to any participant wanting an assessment in her Ann Arbor office. Thank you Diana!



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**Directions to:
THE LIGHTHOUSE CENTER
740 East Shore Drive
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.*)

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