

## The Lighthouse Center

founded by Chetana Catherine Florida

Presents

# A Weekend Retreat

with

**Gurudev Shree Chitrabhanuji**



and

**William Tuttle, Ph. D**



Lighthouse Center, Inc.  
740 East Shore Drive,  
Whitmore Lake, MI 48189

**Saturday, August 9, 2008**

**and**

**Sunday, August 10, 2008**

## Gurudev Shree Chitrabhanuji

In 1970 Gurudev Shree Chitrabhanu became the first Jain Master in 2,500 years to leave India and come to the West. The Jain philosophy is one of India's most ancient schools of thought. For the many Jains in both East and West who have benefited from the teaching, it is an eternal philosophy of Ahimsa (non-violence) and Reverence for all life. "Jain", Gurudev explains, "is not a religion or an identity, but has its roots in the Sanskrit verb 'Ji', meaning 'to conquer'." This conquest is very much the result of a personal spiritual struggle against our enemies of anger, jealousy, ego, and greed. A "Jina" is one of those enlightened beings who has conquered these inner enemies and thus has seen through the negative clouds which cause to obstruct our natural state of enlightenment.

In the West, Gurudev has spoken at many colleges and universities including Yale, Princeton, Cornell and has worked with many church groups, drug addiction centers and international-minded groups. He was the first to address the United Nations on Ahimsa and has served as founder-president of World Fellowship of Religions in America. He has many books in print in India and in the West. They include *The Psychology of*

*Enlightenment, The Dynamics of Jain Meditation, Meditations on the Seven Energy Centers, and the Twelve Facets of Reality.*

Jain temples all over the world regard Gurudev as their spiritual advisor. He is the founder of the Jain Meditation International Center in New York City, and he does weekly talks in Manhattan. He is also the spiritual advisor to the Lighthouse Center.

## William Tuttle, Ph. D.

Dr. Will Tuttle, acclaimed educator, author, pianist, and composer, has lectured and performed widely throughout North America and Europe. He is the author of the ground-breaking book *The World Peace Diet* and is a recipient of The Peace Abbey's *Courage of Conscience Award*. Devoted to cultural healing and awakening, he is a Dharma Master in the Zen tradition, and his doctorate degree from the University of California, Berkeley, focused on educating intuition in adults. He has taught college courses in creativity, humanities, mythology, religion, and philosophy, and has created 7 CD albums of original piano music. See [www.worldpeace diet.org](http://www.worldpeace diet.org) for more details.

## Pramodaji Chitrabhanu

Brought up in a traditional Jain family, Pramodaji Chitrabhanu started studying Jainism at the age of eleven. Gifted in Sanskrit, Jain mantras, music, vegetarian nutrition, she plays the sitar and has a professional singing voice. After receiving her BA from Bombay University, majoring in psychology, she dedicated her life studying Jain Dharma in depth. She is President of the Jain International Meditation Center in Bombay and is on the Board of Directors for PETA in India. She works for Reverence for Life Society and Beauty Without Cruelty which promote animal welfare and the vegetarian way of life worldwide. She is a director of Jain Meditation International Center in New York City and chairperson of JAINA's Jiva Daya Committee. She has written four books: *Foods of Earth; Tastes of Heaven - Jain Symbols - To Light One Candle* (co-authored with Clare Rosenfield) – *The Book of Compassion* (co-authored with Pravin K. Shah) - *Antim Aradhana*.

## Namrata Lisa Abrams

Namrata Lisa Abrams has been practicing yoga 18 years. Her teaching style combines various yoga traditions including Jain hatha yoga, Iyengar, Sivananda, Kriya and Body/mind centering techniques.

## You Are Invited

We, the Lighthouse Center, Inc., invite you to experience Gurudev Shree Chitrabhanuji -philosopher, lecturer, teacher, author, poet; Dr William Tuttle - acclaimed educator, author, pianist, and composer and Pramodaji Chitrabhanu - gifted in Sanshrit, Jain mantras, music, vegetarian nutrition, she plays the sitar and has a professional singing voice. Come join us on Saturday and Sunday, August 9th and 10th for an inspiring and heart motivating retreat. To accept our invitation, please complete the attached Reservation Form and return it to the address shown on the form.

## What You Need To Know

**Place:** The Lighthouse Center  
740 East Shore Drive  
Whitmore Lake, MI 48189

**Clothing:** Please wear loose comfortable clothing. Slacks are appropriate for women. Out of respect for Chitrabhanuji as a Jain Master, please do not wear shorts or sleeveless tops. Light colored clothing is preferred.

## If You Have Questions or Need More Information

Please call *Prachi* (Pat Thiel) at 734-449-4381. If you get the answering machine, please indicate times when you will be available for a return call.

## Saturday, August 9, 2008

8:00-9:00 Yoga with Namrata  
9:00-9:30 Break/Light snacks  
9:30-9:45 Chanting  
9:45-11:45 Meditation, Contemplation, Q & A,  
Silence—Pramodaji  
12:00-1:00 Lunch  
1:00-1:30 Registration for the afternoon  
1:30-2:30 **“What is Life and How to Live”**  
Chitrabhanuji  
2:30-2:45 Break  
2:45-3:45 **“The World Peace Diet”**  
Will Tuttle, Ph. D.  
3:45-4:00 Group Photo  
4:00-6:00 \*Individual Blessings-Chitrabhanuji  
\*Consultations —Pramodaji  
Book Signing—Will Tuttle, Ph. D. and  
Chitrabhanuji

*\*Contact Prachi for scheduling an Individual Blessing with Chitrabhanuji and/or private consultation with Pramodaji at 734-449-4381.*

## Sunday, August 10, 2008

8:00-9:00 Yoga with Namrata  
9:00-9:30 Break/Light snacks  
9:30-9:45 Chanting  
9:45-11:45 Meditation, Contemplation, Q & A,  
Silence—Pramodaji  
12:00-1:00 Lunch  
1:00-1:30 Registration for the afternoon  
1:30-2:30 **“The Liberating Power of  
Nonviolence”**  
Will Tuttle, Ph. D.  
2:30-2:45 Break  
2:45-3:45 **“The Power of Presence”**  
Chitrabhanuji  
3:45-4:00 Group Photo  
4:00-6:00 \*Individual Blessings-Chitrabhanuji  
\*Consultations —Pramodaji  
Book Signing—Will Tuttle, Ph. D. and  
Chitrabhanuji

## Directions to The Lighthouse Center

740 East Shore Drive  
Whitmore Lake, MI 48189

### FROM I-94, US-23 NORTH AND ANN ARBOR

Exit US-23 North at Exit 50 (6 Mile Road), but do not turn left or right, just go straight and follow Main Street into Whitmore Lake (past middle school on left). Turn right on East Shore Drive (the first stop light). Follow East Shore Drive 1.2 miles and the Lighthouse Center will be on the right.

### FROM I-96, US-23 SOUTH AND BRIGHTON

Exit US-23 South at Exit 53 (8 Mile Road) and turn left. This street becomes southbound Main Street. Follow Main Street through Whitmore Lake. Turn left on East Shore Drive (the third stop light). Follow East Shore Drive 1.2 miles and the Lighthouse Center will be on the right.

## Early Registration

*by August 5, 2008*

*Please Print*

NAME

ADDRESS

CITY/STATE/ZIPCODE

HOME PHONE/WORK PHONE

### Early Reservation:

Please select which session(s) you'll be attending.

\_\_\_\_\_ Full conference (Both Days) \$130

\_\_\_\_\_ One full day (Saturday/Sunday) \$75  
*(Please circle day)*

Total Enclosed: \_\_\_\_\_

For early registration, please mail this form, along with your donation written out to the **Lighthouse Center, Inc. to:**

Weekend Retreat  
Lighthouse Center, Inc.  
P.O. Box 645  
Whitmore Lake, MI 48189-0645

### Registration at the door:

Two full days - \$145

One full day - \$85

Afternoons Only \$35/day

**PLEASE NOTE:** For all registrations, 10% off fee for LHC pledging members and 50% off for children under 18 years old.