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Waves of Healing Ocean Meditation

There is much we can learn from the ocean as we have a similar inner landscape within us as well.

Like us, the sea is ever-changing. And, like us, the earth's vast oceans appear at a distance to be stable and homogenous. But beneath the mask of solidity that both we and the sea wear, there lies unpredictability, sensitivity, and power. There is much we can learn from the ocean, representative as it is of our inner landscapes.

The rough sounds of the sea's waves are spiritually soothing, and its salt can purify our physical selves. Yet not everyone has the luxury of living by the shore or even visiting the coastlines where water and land meet. The ocean, however, exists in our conscious minds, put there by images we have seen and descriptions we have read. Wherever we are, we can access that mental image and use it as the starting point from which we can help to heal our emotions by meditating on the sea.

To begin, gather together any ocean artifacts you may have on hand. Seashells, a vial of sand, beach glass, stones rubbed smooth by the pounding surf, or a recording of ocean sounds can help you slip more deeply into this meditation, but they are not necessary. Sit quietly and visualize the ocean in your mind's eye. Allow all of your senses to participate in your mental journey. Feel the tiny grains of sand beneath your feet and the cool spray of mist; hear the sea's rhythmic roar as the

waves meet the beach and retreat; smell the tang of salt in the air. Watch the sun's rays play over the ocean's surface, creating shifting spots of teal, cerulean, cobalt, and green.

Don't be surprised if you see dolphins or whales frolicking in the waves—they are there to assist you. Spend a few minutes drinking in the ocean's beauty and appreciating its vast splendor.

Once you are fully engaged with the setting before you, visualize yourself sitting on the beach, facing the ocean, and watching the waves advance and retreat. As each new wave of seawater approaches, imagine it carrying healing energy toward you. The magnificent ocean in your thoughts is sending you light and love while the sun supports your healing efforts and Mother Earth grounds you in the moment so healing can occur. When you feel you are finished, grant the ocean your earnest gratitude for the aid it has given you. Thank the sun, the sand, and any other elements of your visualization that offered you guidance.

Perform this meditation daily or monthly in order to rid yourself of negativity and reestablish emotional equilibrium. Just as the ocean's tides sweep the shores free of detritus, restoring balance, so can the waves in our mind's eye cleanse our souls of what no longer serves us.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

Dear
Anny Bannanny



Dear Anny Bannanny,

It never fails. You sit down and light up a cigarette and suddenly there appears a cigarette bum. They won't spring for a pack of their own but they expect you to give them yours. It's rude and annoying! How can I keep people from grubbing cigarettes?

Signed,
Sick of Bums

Dear Sick of Bums,

You are absolutely right to be angry. The US Congress just increased the tax on smokes from 39 cents to \$1.01 per pack* and they may be going up more. People are guarding their smokes closely.

My advice is to get ruthless and rattle off all of the health risks of smoking. Tell them that what you do to your own body is your own problem, but that you refuse to destroy the health of others. If they choose to smoke they must buy their own poison.

There are over 4,000 chemicals in tobacco products. 43 are known to cause cancer and another 400 are poisonous! The brand you are probably smoking is made from a product called "recon." They take stale and used cigarettes, filter, paper and all (it's called "reclaim") and grind it into a soup mixture, add chemicals, dry it up, flatten it out and it looks just like tobacco! Here are just a few of the nasty ingredients: acetone, benzene, cadmium, polonium, ammonia, butane, formaldehyde, nickel, turpentine, arsenic, carbon monoxide, hydrogen, cyanide, nicotine and ambergris which is whale vomit.

However, medical studies have proven that you can still live with one lung and most forms of cancer are treatable at least for awhile. This is only one of hundreds of products that are slowly killing you. Smoking does not affect the fetuses of women that are not pregnant. You can smoke and drive or operate heavy machinery if you want to. Refusing to inhale drastically reduces the risk of lung cancer.

Yours Truly,
Anny Bananny

* This is a reprint from May 2009 so the tax is probably much higher now. I am reprinting because my favorite Aunt recently died after a 2-year battle with lung cancer. January marks six months since I have smoked a cigarette. How did I do it? See the Keys Vapors ad in the centerfold of this issue. I smoked 2 packs a day for 40 years. To date I have saved \$1,800 and I can take a nice long deep breath. Starter kits run \$45 and up. Start saving money and your life now.

