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MM 102.3 • Bayside, Key Largo

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TELEGRAPH CLASSIFIEDS

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BUYING

Buyers agent is buying old things. Old costume jewelry, furniture, antiques and anything old of value.

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WE BUY COINS No collection too large or too small. We pay cash on the spot and we offer private consultation in our location or yours. Call Bill at 305.942.0911.

Classified ads will not be accepted without payment.

BOOTH SPACE

Island Market has inside air-conditioned table space available for \$50 a weekend. Call Alice 609-287-1767

CLUBS

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room 7pm. Free/open to the public. 451-3000

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles! Go to: www.thekeyplayers.org

Your Ad Here

Send us your ad!

PERSONALS

Send us your ad to go into the Classifieds.

MUSICIANS WANTED

The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 451-4530.

Amateur musicians wanted!

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\$10 per col.inch per month! (generous 1.88 column width) Bold Listing \$12./inch per mo.

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Questions? Call 305.304.2837

Control Letting the Curves Take You

The answer to control is practicing surrender.



Trying to maintain control in this life is a bit like trying to maintain control on a roller coaster. The ride has its own logic and is going to go its own way, regardless of how tightly you grip the bar. There is a thrill and a power in simply surrendering to the ride and fully feeling the ups and downs of it, letting the curves take you rather than fighting them. When you fight the ride, resisting what's happening at every turn, your whole being becomes tense and anxiety is your close companion. When you go with the ride, accepting what you cannot control, freedom and joy will inevitably arise.

As with so many seemingly simple things in life, it is not always easy to let go, even of the things we know we can't control. Most of us feel a great discomfort with the givens of this life, one of

OPEN 7 DAYS

which is the fact that much of the time we have no control over what happens. Sometimes this awareness comes only when we have a stark encounter with this fact, and all our attempts to be in control are revealed to be unnecessary burdens. We can also cultivate this awareness in ourselves gently, by simply making surrender a daily practice. At the end of our meditation, we might bow, saying, "I surrender to this life." This simple mantra can be repeated as necessary throughout the day, when we find ourselves metaphorically gripping the safety bar.

We can give in to our fear and anxiety, or we can surrender to this great mystery with courage. When we see people on a roller coaster, we see that there are those with their faces tight with fear and then there are those that smile broadly, with their hands in the air, carried through the ride on a wave of freedom and joy. This powerful image reminds us that often the only control we have is choosing how we are going to respond to the ride.

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