

# Ocean Meditation

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

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.



Wed @ Gilberts  
Thurs @ Snooks  
Fri @ Gilbert's (day)  
Fri @ Skippers (late)  
Sat @ Skippers (day)  
Sat @ Mandalay (late)  
Sun @ TBA

**305-360-1127**  
**bobbbrown.com**

## SHIPWRECKS

OPEN 11:00 AM to 9:30 PM EVERY DAY

### KEY LARGO'S HIDDEN TREASURE!

DAILY FOOD & DRINK SPECIALS

Sunday - Live Music 2-6 pm

**FRIDAY NIGHT FISH FRY 5-9 pm**  
MAHI ALL-U-CAN-EAT • Fried \$12.99 • Blackened/Grilled \$13.99

**SATURDAY - PRIME RIB DINNER**

**HAPPY HOUR: 4-6 pm EVERY DAY**  
▶▶▶ Bud & Bud Light \$1 Drafts ◀◀◀

LOCALS' FAVORITE 305-453-3153 45 Garden Cove Drive MM 106

## JON & JOANNA DREAGER

# The Art Box

ART CLASSES • ART SUPPLIES  
RESTORATION • MATTING & FRAMING  
FRAMING SUPPLIES • CANVAS STRETCHING

Checkout our **FEATURED ARTISTS**

FULL ONLINE STORE: **www.ArtBoxKeyLargo.com**

WITH **KEY LARGO PACK & SHIP**

Trust a Professional!  

- LOW COST PACKING MATERIALS/BOXES
- SHIPPING: FREIGHT & INTERNATIONAL
- CRATING & SHRINK WRAPPING



Plus! FAX • PRINT • SCANNING • LAMINATING  
COLOR COPIES • DIGITAL ARCHIVING

100650 Overseas Hwy **305-451-5461**  
Key Largo 33037 artlife@artboxkeylargo.com 

# CONGRATULATIONS, SHARKEY'S - SWEET SIXTEEN!



Jimmy Hawkins & an all-star band



Delicious food for everyone!



Free t-shirts from Reggie & friend



Bartender appreciation



Emilie, Stephanie and Walter



Randy and Lisa Wetzel would never miss a Sharkey's anniversary party!

RAFFLE & BBQ PROCEEDS BENEFIT



## ROCKIN' THE DOCK

SPONSORED BY  
**Florida Keys Brewery • Captain Morgan • Smirnoff Promotions**



305-453-1905 • 305-453-0999