

Around Town



Who wants to go on a Waverunner Eco-Tour?? Call us to schedule your 60- or 90- minute tour and come hang out with us in the mangroves! (305) 453-9881 Pirates Cove Watersports.



Upper Keys Humane Society has broken ground.



Pirates Cove Watersports at Reefhouse Resort & Marina. (Formerly the Marriott.)



Interesting perspective on Jimmy Johnson's Big Chill.

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.

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

We're not aging fine wine...
It's time to address your challenges!

Hurricane Irma's destruction was monumental and her path a wild one. Our community can grow stronger and more resilient with assistance.

Homeowners impacted by Hurricane Irma are invited to register and participate in the Voluntary Home Buyout Program.

Monroe County has funding to purchase homes and property from eligible applicants at current Fair Market Value. Acquired properties will become permanent open space after demolition.



Register today!

<https://www.monroecounty-fl.gov/1133/Voluntary-Home-Buyout-Program>

Call for information: (786) 643-3695

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Daily Happy Hour

4-6 pm

\$3 Well Drinks

\$1 off Bottle Beers

\$1 off House Wines

\$1.25 Domestic Drafts

\$2.25 Specialty Drafts

FREE WIFI PROPERTY WIDE • LOCALS' FAVORITE • LIVE MUSIC NIGHTLY!



Happy Easter

Dine-in or Take-out

12 Beers on Tap

Full Wine Selection

SOMETHING FOR EVERYONE!

HAPPY HOUR - Daily 4:30-6:30 pm

LIVE MUSIC - Friday & Saturday nights from 5:00-9:00 pm

LOCALS DAY - Use your Pilot's License all day Wednesday for your discount and rewards

PRIME RIB DINNER - Make Thursday your #datenight (Thursday only after 4:00 pm)

SUNDAY BRUNCH - Bring the family from 11:30 am - 2:00 pm

KID & PET FRIENDLY!



PIL T HOUSE



Locals Day

Wednesday



Feed the fish!

MM 99.6 Oceanside

ASK ABOUT OUR WEEKLY SPECIALS!



Fish Dip



Grouper Sandwich



P&E Shrimp



Prime Rib Dinner



Tuna Nachos



Kung Pao Bowl

WEDNESDAY to SUNDAY
11:30 am to 9:00 pm

Pilot House Restaurant & Marina • 13 Seagate Blvd., Key Largo, FL 33037

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