

Angel Meditation

A meditation with your angels can add a new gentleness into your normal meditation routine.

Although your host of spirit guides encompasses many diverse beings, meditating with angels can be a uniquely insightful experience. The angels stationed at your side are both powerful and knowledgeable. They possess a limitless understanding of your needs and desires, your strengths and weaknesses, and your purpose. Angels take an active part in our lives only when invited to do so. Meditation allows you to make contact and lovingly request that they participate actively in your day-to-day life.

To begin, retreat to a solitary place where you won't be distracted. Incense and candlelight may aid you in achieving a meditative state but are not necessary. However, laying an image of an angel, an angel statue, or an item symbolizing your angels in front of you can improve focus. Sit comfortably, breathe deeply, and relax. When you feel peaceful, invite your angels to sit with you as you meditate. Mentally repeat your request and reiterate that this time together is important to

you. In your mind's eye, visualize a bright white light floating above you. As you breathe, draw this light first into the crown of your head and then into the whole of your physical self. Allow this light to spread through your arms and hands, your core, and your lower body. Repeat this with a violet light.

Again, ask your angels to be with you. Let the stillness enter your soul, and open your heart to your angel guides. If they wish to communicate a message, they will do so. Allow them to wrap their wings around you and infuse you with their bountiful love. Breathe them in as you did the light. As the meditation draws to a close, you may feel a presence, fluttering wings or billowing fabric, or you may see an angel in your mind's eye. Thank them for providing you with love and light, and being with you. If you don't sense or feel anything, no worries — you can be certain your angels are with you. You will become increasingly adept at recognizing when your angels are near.

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Key Largo Library Summer Reading Program

READ THE RAINBOW



Exciting Weekly Programs bursting with color and imagination in June & July for Kids and Families!

Explore a world of stories, creativity, and discovery through weekly programs designed to entertain, educate, and inspire. Each session will feature a unique guest, performance, or hands-on experience. Free and open to all ages!

Visit keyslibraries.org or the Key Largo Library social media pages, or stop by for more info!

Monroe County Public Library - Key Largo Branch
101485 Overseas Hwy.
in Tradewinds Center
305-451-2396

- Fantasy Theater Factory Tues., June 3, 1:30 PM
- Marine Lab Wed., June 4, 1:30 PM
- Patty's Primary Songs Thurs., June 12, 2 PM
- Windell Campbell, Puppeteer Wed., July 2, 2 PM
- MC Sheriff's Office Animal Farm Wed., July 9, 10:30 AM
- Didgeridoo Down Under Friday, July 25, 10:30 AM
- ...and many more surprises!

NUM THAI RESTAURANT & SUSHI BAR



Mon. - Fri.
Lunch 11:30 - 3:00
Dinner 5:00 - 10:00

Sat. - Sun.
5:00 - 10:00

103200 Overseas Hwy, Key Largo, MM103 Bayside
(305) 451-5955

SAVE TIME... ORDER ONLINE!



www.numthaiandsushi.com

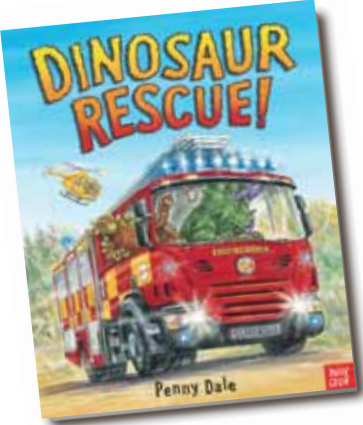
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A Non-Emergency Situation: EMS By the Book

by Karen Beal

People were wondering what was up in mid-May when there was an ambulance parked outside of the Key Largo Library. Three paramedics went into the building. Was it an injury or medical emergency? Why was it taking so long?

Far from an emergency, it was a wonderful opportunity for the EMS crew members and dozens of youngsters to laugh and visit over Story Time. Three paramedics: Michael Sao-Pagan, Louis Turo and Julian Serrano-Reyes made their entrance in uniform to a welcoming crowd.



Story Time included several favorite books read aloud. The most exciting book was Dinosaur Rescue by Penny Dale and the EMS crew provided background



sounds of the various rescue vehicles and helicopters throughout the story. It was a big hit, according to everyone.

Being good sports, the EMS crew also participated in the much-loved Hokey Pokey.

The visit ended with a tour of the ambulance where youngsters and parents could examine equipment and ask questions. The paramedics hoped that if the children needed to take a ride inside one day - it would be a little less scary for them.



Everyone got stickers and a big wave as the crew prepared to drive away. They ended the visit with a quick chirp on the siren, flashing lights and saying goodbye on the microphone speaker - thrilling everyone one last time.

Joy Smith, Key Largo Librarian, who does StoryTime Tuesdays and Thursdays at 10:30 am, remarked "Several of the medics had toddlers at home and really knew how to engage our youngsters and their parents. I think they enjoyed a situation where there was no emergency involved and they were certainly the heroes of the day."



The next First Responder interaction for kids is June 18. See the Library schedule, page 17 for info



American Legion Post 333 - Key Largo

Come in for \$2.00 Busch Light from 12-3 p.m. Happy hour daily 3-6 p.m.

Open 7 Days a Week, Noon 'til 10pm

We now have Taco Tuesday from 1 to 7 pm.

Thursday Night Jam from 6 to 10pm. Food served 6-9 pm.

We have wheelchairs, walkers, and other medical supplies available for our Veterans.



Stop by and see Aimee!

2 Seagate Blvd. • MM 99.6 • Key Largo • 305-451-0307 • www.legionpost333.org