

# Water Meditation

Because water is life, meditating with it can create a profound experience.

Our bodies are more than 50 percent water, so it makes sense that human beings have always considered water to be a sacred source of life and healing. It is literally half of who we are, and well over half of the Earth's surface is water. Water cleanses and hydrates, contains and produces nourishment, and when we enter it, holds us in an embrace that leaves no part of us untouched. Meditating with water can be a powerful way of aligning ourselves more fully with this support system that makes life both possible and pleasurable on so many levels.

We may wish to conduct our meditation while in physical contact with a body of water, whether in the intimacy of our bathtub or the vastness of an ocean. We might float on our backs in a swimming pool or sit with just our feet submerged in a pond or creek. On the other hand, we may simply close our eyes and select a location based on our imagination. Whatever we choose, we begin by

closing our eyes and listening to our breath. At the same time, we tune in to the particular music of the water we have chosen — the loud rushing of a river or waterfall, or the surreal silence of the world beneath the surface of the ocean. We might consider how the type of water we opted for reflects what we seek — the peace beneath the hectic surface of life, the cleansing power of a river racing through a canyon, or the mood lifting, bubbling of a lively creek. As we move between awareness of our breath and awareness of the water in which we find ourselves, we can release the things we no longer need or release ourselves completely into the water's embrace. When you feel you are ready to return to more solid ground, ease your body back onto Earth. In your mind or in reality, lie flat on your back, allowing the water to bead and roll off your skin. Let it soak into the Earth and evaporate into the air, leaving you cleansed, healed, and renewed.

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## Find Your EASTER BUNNY NAME



First Letter of First Name		First Letter Of Your Last Name	
A. Lily	N. Nibbles	A. Lemon Drop	N. Lollipop
B. Whisper	O. Goldie	B. Bunny Hop	O. Sprinkles
C. Candy	P. Pop	C. Doodles	P. Peep
D. Clumsy	Q. Pink	D. Marshmallow	Q. Candy Pop
E. Sparky	R. Leo	E. Bubbles	R. Snuggle Bunny
F. Cutie	S. Smartie	F. Happy Feet	S. Sunshine
G. Flower	T. Trixy	G. Baby	T. Sugar Drop
H. Thumper	U. Carrot	H. Rain Drop	U. Cup Cake
I. Purple	V. Bugs	I. Fluffy Tail	V. Sugar Kiss
J. Daffodil	W. Hoppy	J. Sugar Cakes	W. Sparkle Pop
K. Dizzy	X. Shimmer	K. Carrot Cake	X. Carrot Stick
L. Wild	Y. Sweet	L. Blow Pop	Y. Choco Latte
M. Sparkle	Z. Lucky	M. Cotton Tail	Z. Kid Spanks

## PIRATES COVE WATERSPORTS

ReefHouse Resort, 103800 Overseas Hwy.  
[www.pcwatersports.com](http://www.pcwatersports.com)

**305-453-9881**



Jetski & Boat Eco Tours  
Sunset Cruises  
Stand Up Paddleboards  
Boat Rentals

## KEYS ADVENTURES

Jimmy Johnson's Big Chill, 104000 Overseas Highway  
[www.keysadventureswatersports.com](http://www.keysadventureswatersports.com)

**305-731-9472**

## "Red Right Return"

- Triangle
- Red
- Even number



### Navigation Tips for Florida Keys Boaters

from [saltstrong.com](http://saltstrong.com), for more go to the website and watch the video with Capt. Mark "Hollywood" Johnson from [FloridaKeysFunFishing.com](http://FloridaKeysFunFishing.com)

Here are some phrases to help you remember what each marker means:

#### "Red Right Return"

This is the most important phrase and it means that whenever you're heading from sea to home port, the red marker will be on your right side. This is true if there's a red and a green marker, or if there's only a red one.

#### "Red & green, stay in between"

If you see red and green markers, they mark the channel, stay in between. One thing to note here is that local and private channels don't always follow these same rules, but if you're in waters controlled by the United States Coast Guard, this is how they set things up.

If you're in clear, shallow water, a good pair of polarized sunglasses will go a long way towards helping you navigate safely. They'll help you see depth and bottom structure, which, in addition to the channel markers, can help you navigate.

Here are some phrases to help you:

#### "Blue, blue, run on through"

If you're in shallow water and you see blue, that means it's deeper water and you're usually good to go.

#### "Green, green, nice and clean"

If you're in shallow water and you see green, that also means it's likely deeper water and you're usually good to go.

#### "Brown, brown, run aground"

If you see brown, that means it's likely muddy bottom or there's grass or oyster bars, so the water will be shallow and you may run aground.

Thank you Dottie!



## Eric Warner Beattie

10-13-1964 - 02-25-2025

Eric Warner Beattie, age 60, passed away on Tuesday, February 25, 2025, at his home in Key Largo.

Eric is survived by his son, Craig W. Beattie, age 24, of Jacksonville, FL, and his former wife, Elizabeth Beattie, of Amelia Island. He is preceded in death by his parents, Alan G. Beattie and Susan A. Beattie, and his brothers Bradford G. Beattie and Craig A. Beattie.

Eric was born in New Jersey, but moved to Key Largo as a teenager. He was an Eagle Scout, and a Divemaster, and worked as a real estate broker for many years.

Eric will be missed by his son Craig, and the many friends he made over the years in the Upper Keys.

Arrangements by Allen-Beyer Funeral Home.

## 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 4 until it's gone.

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](http://www.legionpost333.org)