

# The Dog News Book Review

***How to Meditate With Your Dog: An Introduction to Meditation for Dog Lovers* by James Jacobson with Kristine Chandler Madera, (Maui Media, \$16.95)**

When the publisher of *How to Meditate With Your Dog* offered me a copy for review, I couldn't resist. For years, I'd tried to meditate with limited success. The biggest hurdle is sitting still while putting a lid on one's thoughts. And if I found it challenging to do it solo, how in the heck could my lovable but none-too-spiritually enlightened, food-obsessed 13-year-old dog Mickey help? This book had to be either some kind of joke or dead serious and thus, unintentionally funny.

Happily, it's none of the above. A longtime advocate and teacher of meditation and a dog lover, Jacobson makes a great case for pairing the ancient practice with your pooch. It can deepen the bond with your canine and offer benefits to both of you, including an improved sense of well being, better health and relaxation, he says. Dogs have a keen instinct for meditation, notes the author; he even refers to them as doggy gurus. Just watch your canine do a quick spin on the carpet or sofa before settling into what Jacobson calls "hound lounge," that deeply restful nap-state, and you've got the picture.

Meditation is elegantly simple and deeply satisfying, once you get the hang of it. You just sit and be in the moment—turn off worries about work, what you need to pick up at the

grocery, that doctor's appointment in the morning, and all the other blah-blah that keeps our brains and bodies on red alert most of the time.

You can find dozens of books that aim to teach it, but most are a little too heavy on the Eastern philosophy, legend and metaphor to reach result-oriented Westerners. Jacobson's book is a refreshing change. It's straightforward, witty, unpretentious and easy to understand, even if you've never imagined yourself

sitting Buddha-like, with or without an animal on your lap or by your side.

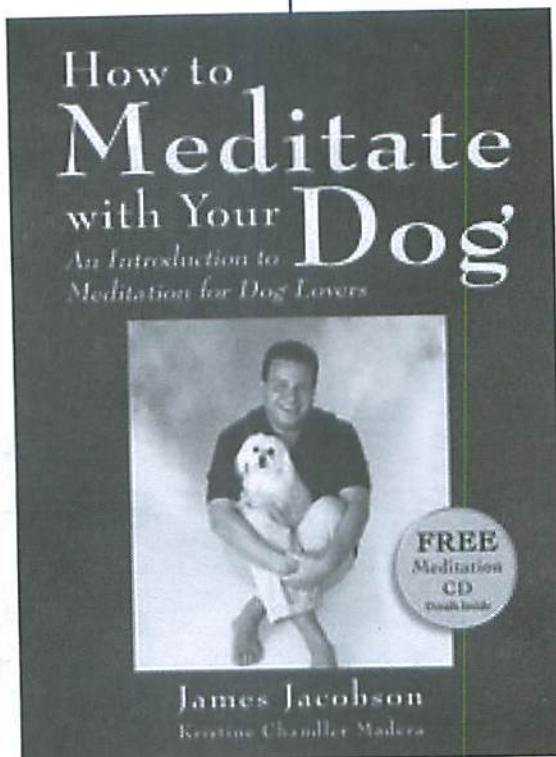
Jacobson instructs the reader to bring his or her breathing rhythms into synch with the dog's, which helps the bonding and mutual meditation process take place.

But what will really hook dog lovers is the book's star, the author's Maltese, Maui. For 12 years, Jacobson's been meditating with his eight-pound canine companion, and the most engaging moments are when he describes their relationship.

For instance:

"One of Maui's recurrent mood changes involves fetch. She goads me into throwing the ball, and for awhile, all is well. But now and then, about the ninth throw, she stares at me blankly, like... throwing the ball is the most inane thing she's seen, and walks away..."

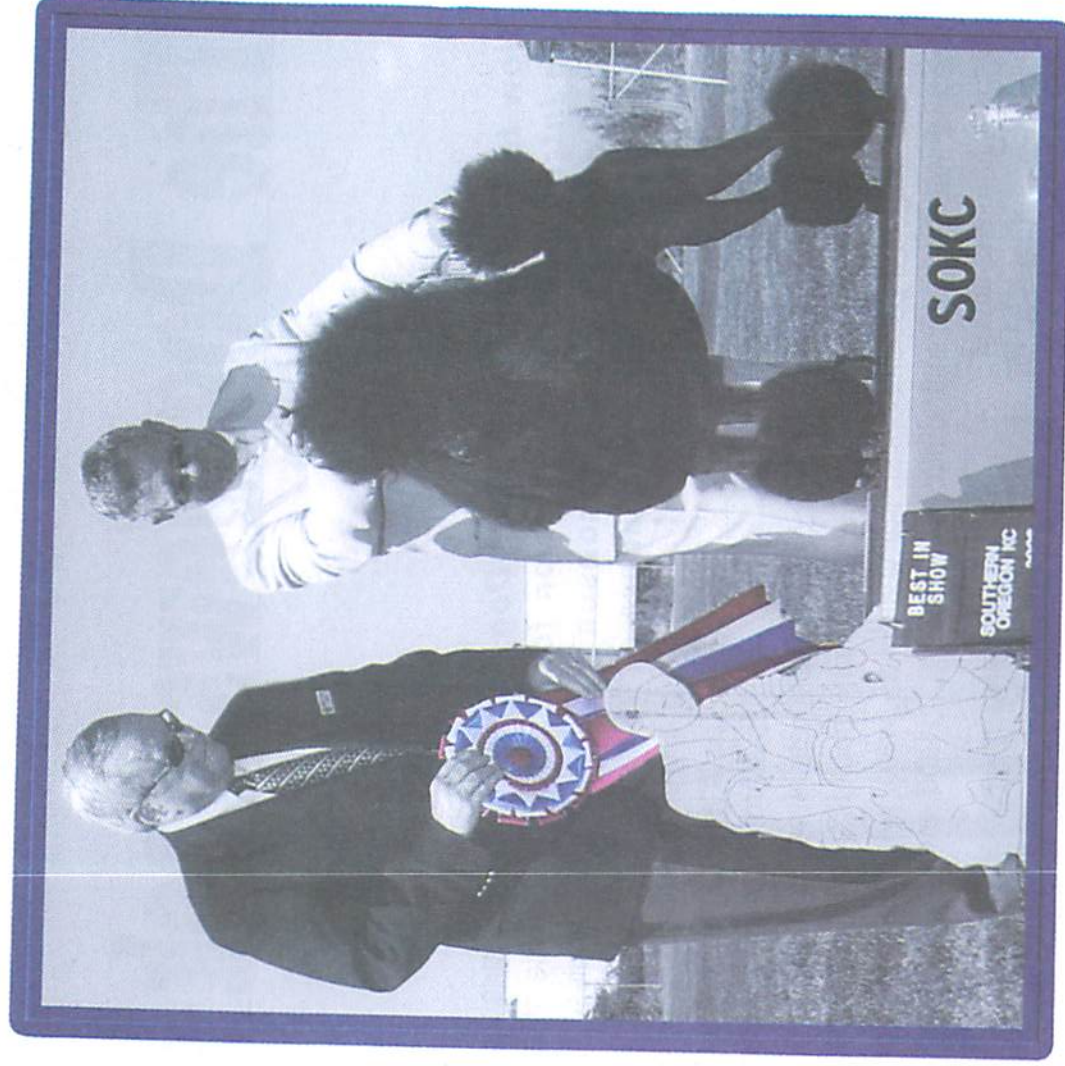
Anyone who regularly feels stressed and disconnected—does anyone not?—could gain a lot from James Jacobson's insightful instructional guide. Mickey and I have just begun our journey to joint meditative bliss. As soon I figure out how to keep Alvin the cat from interrupting our sessions, we'll be on our way. (Hint, Mr. Jacobson: How about a book on "Meditating with Your Dog and Cat"?) •



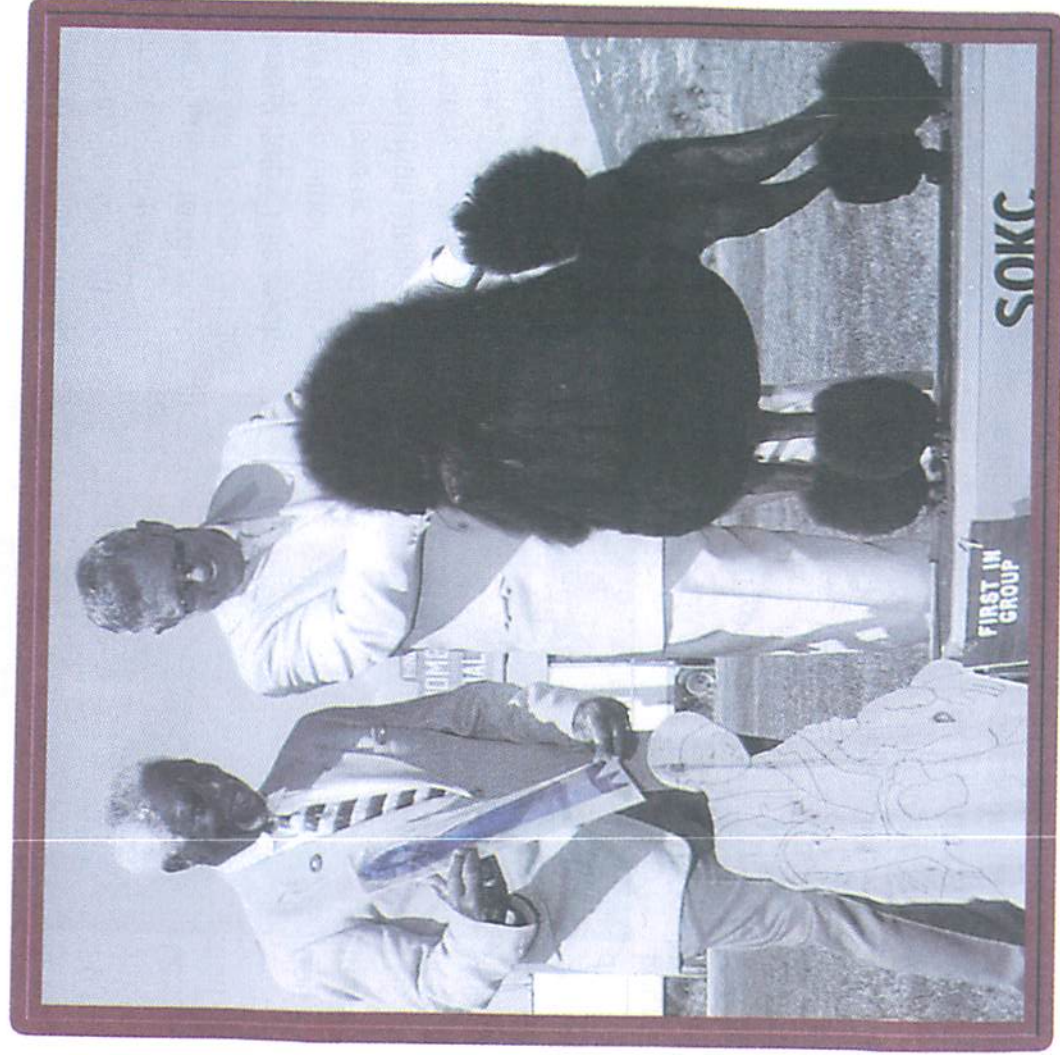
# AFFIRMATION

BEST IN SHOW

Robert H. Slay



JP FIRST  
Eugene Blake



Breeders  
& Martin Sosnoff  
Monta

Breeders  
Randy Garren  
Dennis McCoy

Handler  
Tim Brazier  
Assisted by Penny Dugan

Ad & portrait by Holloway