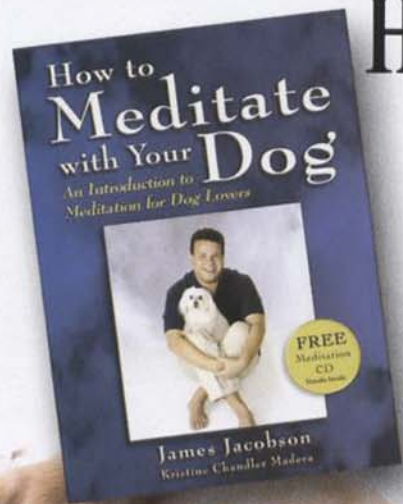


Outlands Magazine

Reno, Nevada

February 2006

For more information visit
Dogmeditation.com



How to Meditate with Your Dog

by Angela Brooks

The title of the book says it all. James Jacobson a lifelong meditator and dog lover walks you through practical tips on the benefits of meditation and how to involve your dog.

Jacobson says dogs are natural meditators. The book is very instructive on the steps involved in simple meditation with your dog. Readers will learn:

- How to use the love they have for their dogs as the basis for a regular meditation practice
- How to deepen the bond between pack leader and dog
- How to cultivate compassion and bring peace and focus into daily life
- How to live in the moment and let go of stress
- That life is a bowl of liver snacks

James adds little stories into the book. He includes the story of how meditation

helped his little Maltese Maui get back some of her eye sight. Maui was

diagnosed with SARDS (Sudden Acute Retinal Disease). With the help of meditation she regained some of her sight and baffled the vet.

James says meditation is the single most important thing that people can do to better themselves and the world we live in. At the end of each chapter he has simple instructions with bullet points for reminders. The book is a fun read and contains a dozen or so cartoons from classic comic strips like Marmaduke and the Peanuts.

Full of valuable lessons, this humorous book shared the message that mediation is accessible to everyone and shows dog-lovers or animals lovers that they have the added advantage of a natural meditator just waiting to learn at their feet.

If you buy this book at the end of it is a page telling you how to get your free meditation CD that can be used with your pet during meditation? For more information about the book or the CD check out www.DogMeditation.com.

ENTERTAINMENT