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RDPETS

Paws to Meditate



MEDITATION can relieve stress—for you *and* for your pet.

“It’s a terrific way to bond, and it’s good for the health and well-

being of both of you,” says James Jacobson, author of *How to Meditate with Your Dog*.

And teaching Spot to find his inner stillness isn’t as difficult

as it may seem: Sit with your pet on your lap or next to you. Put one or both hands on him. Shut your eyes, breathe deeply and empty your mind.

The key is to do it consistently, say, each night after dinner. Don’t be discouraged if your pet scampers away—just keep trying to establish the ritual. And don’t expect too much. “Cats are very good at teaching us how to give up expectations,” says Jacobson. Now, was that a “meow” or an “om”?

NANCY COVENEY