

# An Introduction to Dog Meditation

**Dog meditation is the art of learning from your dog's natural ability to live in the present.** In addition to demonstrating present-moment living, dogs help us with mindfulness by reminding us to play and experience joy in our daily life.



## Dogs and mindfulness

### 1. Dogs are mindfulness masters

Dogs are a good reminder that living joyfully in the present moment is not only possible, it's all around us. Dogs can be excellent teachers.

### 2. Dogs give us multiple daily reminders to practice

When dogs beg to go outside or to play with us, it's a chance to stop whatever we're doing and live in the present moment.

### 3. Dogs make us happier and reduce stress

Studies on dogs and their owners have shown that interaction with dogs increases your oxytocin levels and decreases your cortisol levels.

## Meditating with your dog

Dogs break up the rhythm of our day and have their own agenda centered around food, play, sleep, and attention. For exactly this reason, they give us many chances to be mindful:

#### 1. **When your dog needs attention.**

Try to drop what you're doing and shift into a mindset of playfulness.

#### 2. **When your dog misbehaves.**

Remember to pause and breathe before responding.

#### 3. **When your dog reminds you to be present.** Dogs can be our greatest teachers if we simply watch their example.

#### 4. **When you're meditating.** It's possible to co-regulate with your dog, calming her down as you hold her while meditating.