

MEDITATION WITH YOUR DOG

Regular meditation can lead to many improvements in your life and help you connect with your dog.



Ellen Kohn has a diverse background in energy healing and spirit to spirit communication. She is a Reiki Master Teacher, Meridian Practitioner and Healing Touch for Animals Practitioner. She has been communicating with animals since childhood. She is a Spiritual Counselor, using psychic tools to read past lives and the seven layers of the aura. She is a certified aromatherapist, works with flower and crystal essences and is a medium and spiritual dowser using pendulums and dowsing wands in her work. Learn more about Ellen at enlightenedanimals.com

gently moved out of your consciousness, while more harmonizing feelings and emotions are allowed to enter your mind.

By calming the mind, an expanded, relaxed state of being emerges. After meditation, you're more focused, mindful and productive. From your emotions to your physical health, establishing a permanent meditative practice generates change in all areas of your life.

LET'S BEGIN

Maybe you feel that meditation is too daunting, time-consuming and difficult. This is a temporary obstacle that will resolve once you get the hang of it. Don't be discouraged if you have trouble sitting

still for a few minutes daily. Stick with it, and the benefits will be immense.

Program yourself for 10 or 15 minutes to get you started, removing all distractions around you. Choose a quiet spot inside or outside your home. Nature is a great companion to meditation because she sets the space, allowing you to connect with her energy. Select a time of day, preferably in the early morning before you go to work or get started with your activities.

Sit quietly, with your eyes closed. Follow your breath in and out. When you breathe in, visualize the good things you intend for your day, whether it's a productive training session with your dog, playtime, or more ease and flow in your relationship.

When you exhale, let go of your thoughts and worries and any negative energy that no longer serves you.

INVITE YOUR DOG TO JOIN YOU

Ask your dog to join you while you sit quietly. Your dog will usually come willingly, loving the cuddly moment to connect. This is a time to bond; you both feel the regenerative energy coming into the sacred space. Watch as your dog relaxes, naturally moving into a trance-like state. He knows exactly what to do without any instruction, so observe his big release breaths and his ability to disconnect from the world for a few minutes.

Once you're in a relaxed state of being, breathing in and out easily, you can work with divine energy or light to enhance your meditations. Using your visualization, imagine a beautiful orb of light surrounding you and your dog. It's divine energy, and it will serve as a protection, bringing in love and healing energy to your space.

In this more expansive state of being, your energy field reaches a higher vibration, creating greater perception and awareness of life around you, while encouraging a more mindful relationship with your dog.

BENEFITS OF MEDITATION

As you develop your meditation practice, you should experience some changes in your mental and emotional states.

REDUCED FEAR AND ANXIETY

You develop a greater sense of mindfulness, paying attention to the subtle signs that the universe is sending you. Your perception and awareness of how things work shifts to a new level, and you find answers about how they can be resolved naturally.

IMPROVED FOCUS AND BALANCE

This new focus enables you to respond,

rather than react, to stressful situations and challenges. Your dog will respond eagerly to your presence.

INCREASED SELF AWARENESS

You have a greater sense of your body and its tensions, and how to let those go. You learn to acknowledge your emotional states, and how to shift them. Accepting the changes that flow with meditation, you see new aspects of your self emerge. Your dog will validate these qualities in you by showing even more joy and loyalty when he's around you.

STRONGER MIND-BODY CONNECTION

The mind and body are inextricably linked; they influence each other every moment. Once you learn how to release negative emotions, thoughts and feelings, positive ones replace them. This is a form of mind control, empowering you to stay firmly in a happier, stronger state. Your core strength is renewed, translating into all aspects of your life. Your dog will intuit these shifts with parallel behavior.

A CLEANER ENERGY FIELD

Proper energetic flow in your aura and chakras is critical to good health. Keeping them free of negative energy via meditative techniques will ensure better physical, emotional, mental and spiritual health. By rebooting your energy field, meditation demonstrates how to be less reactive and more contemplative. Good health will abound once you learn to keep your energy flowing.

LONG TERM PEACEFULNESS AND BALANCE

An ongoing meditative practice will bring increased inner peace and a greater energetic flow in your life. With new internal and external perspectives, you will discover new ways of coping with life's challenges.

All of these positive attributes are transferred directly to your relationship with your dog. Lots of the anxieties and worries

around your dog care will gradually fade away, and you'll trust that your answers will be found. You and your dog will enjoy a higher quality of play, joy and interaction with this enhanced perspective.

EXPANDED SOUL JOURNEY

Since meditation touches the invisible realm, it reaches far beyond the physical body. It accesses the depths of our soul, where we yearn for something much greater and more permanent than our earthly existence. Answers often come while in a meditative state. Connecting to the Divine can provide a more lasting feeling of life on earth, and meditation is the pathway to do that.

Whether you explore meditation to improve your health or find answers to life's questions, meditation offers many short and long term benefits. By releasing fear and bringing in more love, hope and trust, we align ourselves with divine energy and the natural rhythm of life. Your dog's emotional and physical health will mirror the changes, readily joining in when you experience meditation's many gifts. 🐾

Watch as your dog relaxes, naturally moving into a trance-like state. He knows exactly what to do without any instruction, so observe his big release breaths and his ability to disconnect from the world for a few minutes.



Year-Round Pet Health

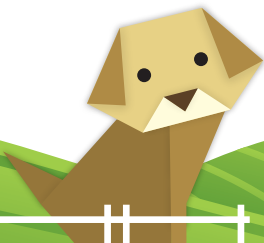


Support a Healthy Immune System with NOW® Pets

With Immune Support from NOW® Pets you can support your pet's immune system as the seasons change and cold weather approaches. Made with natural herbs and botanicals, an organic mushroom blend, and free radical-scavenging selenium, Immune Support not only assists immune system function, but also helps to enhance liver and kidney function. Immune Support is formulated by renowned veterinarian Dr. Barbara Royal, DVM, CVA, and is certified by the National Animal Supplement Council (NASC).

Look for the complete line of NOW Pets supplements at fine health food and pet stores nationwide.

- G.I. Support
- Immune Support
- Joint Support
- Omega-3 Support
- Pet Allergy
- Pet Relaxant
- Urinary Support
- Weight Management
- L-Lysine for Cats



nowfoods.com/Pets