

Title:

Learn How To Meditate From Animals

Word Count:

573

Summary:

One way to learn how to meditate is to watch animals. You can start with your own dog or cat.

Keywords:

learn how to meditate, meditate, meditation

Article Body:

You can learn how to meditate from a book, but meditation is as much an art as a science, and

<P>Learn How To Meditate From Your Cat

<P>Have you ever watched a cat clean itself? It is usually fully involved in the process, and

<P>This is the natural state of "being in the now" that meditators work towards. Of course ani

<P>By using an animal as a model. This takes imagination, one of the strengths of the human br

<P>When you take a walk in the woods, pretend you are a deer. See the woods around you without

<P>Animal Meditations

<P>The point isn't to think like an animal, though that can be entertaining and instructive to

<P>Our minds are more powerful than our conscious thoughts alone. Try an experiment with someo

<P>This is the power of modeling. Our subconscious minds know more than our conscious minds. W

<P>Watch a squirrel run around collecting nuts. He isn't worried. Of course he has fear at tim

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