

Love Like a Dog: Cultivating the Heart with Our Beloved Pets



An essential thread of mindfulness practice is cultivating a loving heart. With so many stressors and challenges in our day to day lives, how can we do this? Dogs, cats, and other pets may be our greatest teachers. Animals naturally live in the moment, fully present to what is. They may get annoyed with us, but they never judge us or reject us because we eat too much, have credit card debt, or don't get to work on time. Our animals love us, even if we don't love ourselves. Being with or even imagining our beloved pets, we can easily tap into the innate wholesome qualities of the heart.

In this workshop, we will alternate contemplation of each of the 4 wholesome states: loving-kindness, compassion, joy, and equanimity with practices that include our pets. Then by attuning to our animal companions in different ways, we will explore generating these qualities for ourselves and others. Participants can practice with their pets, a photo of their pets, or even a stuffed animal representation of an animal companion.

A portion of the proceeds will be donated to animal rescue.

Date: Saturday, May 22, 2021

Time: 10:00 am - 2:00 pm

Fee: \$60

Location: Online via Zoom Video Conferencing

Instructors: Robin Boudette & Jamie Roberts