

Mindful Monday Message #17 – 29 August 2016

Pets are very therapeutic. It is important to take the time to reflect on the pets in your life and what they offer. I realise that I have a lot to learn about mindfulness from my dog, Mr Patch. You see Mr Patch lives in the moment. He doesn't seem to worry too much about the future, except at dinner time. Nor does he seem to dwell on the past. Mr Patch does seem sad when I go out, but it is a fleeting feeling. He doesn't hold grudges. His mind seems to be full of happy thoughts and he is always so excited when I return home from being out. He loves going for a walk and seems to focus on every blade of grass and every tree. Recently at a sad time, Mr Patch sat on my feet and didn't move until he was sure that the sadness had passed. He reminds me of the importance of playing and having fun. Have a think about how pets you have or know, live their life. I think we humans can take a leaf out of their book!

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