

Holger Junghardt

# Zen And Mindfulness With Dogs



*To Mali*

# ***content***

Introduction

Do I have to become a Zen monk?

What is the meaning of mindfulness?

And how does it work in practice?

What is the nature of dogs?

What about dominance?

Do dogs have conscience?

How are dogs trained?

Why do dogs bark?

What are calming signals?

How do I know if a dog is aggressive?

Should I get a dog?

Does the breed matter?

When can I get a puppy home?

What supplies do I need for a dog?

Which food is best for my dog?

What is toxic for dogs?

How do I give first aid to a dog?

How to house train a puppy?

Can I leave my dog home alone?

How do you recognize a good dog school?

What should I do when the dog is pulling on the leash?

What should I do when there is trouble with other dogs?

Should I have my dog castrated?

What games are right for dogs?

Are throwing and pulling games suitable?

How do I teach "sit" and "down"?

What commands are also important?

What do I do when the dog goes out for hunting?

What do I do when visitors are welcomed too enthusiastic?

Epilogue

Thanks

Recommended reading

## ***Introduction***

Another dog book? Sure! Whether you want to bring a dog into your home or you already own one, this little booklet can help you to understand dogs better. Especially if you have no idea at all, you will get a first overview at a small price.

The title may suggest religion or even esotericism, but that is not the case. Rather, the findings from Zen and from Buddhism are used to get a different view of the story.

I myself went through an apprenticeship as a dog trainer in the dog school of Rita Kampmann, Munich, Germany, and subsequently trained myself as a Dog Psychologist nTR with Thomas Riepe. I have gained my practical experience with dogs with my Beagle Mali, who got 18 years old, as well as in the dog school, in a dog daycare and with numerous dog guests at my home.

My Buddhist background began in the last century. Since then, I have been practicing mindfulness in everyday life, meditation, and have attended retreats and Dharma lectures.

Of course, reading this little booklet is not enough to solve all problems with dogs. There are very good dog books, but they are hard to find in the mass of publications. In the appendix you will find an overview of recommended literature. Each of these books is fully recommendable.

We all have a personal relation to dogs, so I will call them "he", for all female and male dogs.

If even one dog should gain a happier life through this writing, the trouble of writing has already paid off.