**Puppy Mindfulness**

* **Relax:** “Relax and allow your puppy [mind] to wander, but if she gets too far away, gently and lovingly carry her back.”
* **Rejoice:** “Now, the puppy is familiar with you and loves you, and she likes to sit next to you. When she does, you rejoice. If you catch her wandering, also rejoice at having such a lovely puppy before gently bringing her back.”
* **Resolve:** “Now the puppy is a young dog and is ready for training. During training, you resolve to firmly enforce discipline [attention], in a gentle and loving way.”
* **Refine:** “Now that your young dog is properly trained, it is time to refine her skills [attend to the subtle nature of the breath].”
* **Release:** “Your dog is well trained and can be unleashed. . . . Let go of all effort and allow the mind to just be.”