

Om's the Word

A meditation CD for dogs aims to have stressed animals singing a different tune.

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Do you leave on the TV or radio to help ease your dog's anxiety when he's alone? If so, Greg Moleski wants you to know about another option: canine meditation.

Moleski, a recording artist and writer, has produced a CD of guided meditations for dogs. "This is a meditation program specifically designed for dogs from a dog's perspective," he says.

Moleski says the program's softly spoken obedience commands and reinforcements against a background of soothing sounds like ocean waves, bells, and harps can ease your dog's anxiety. Each track ("Walk in the Park" and "At the Beach") runs for just over 20 minutes, about the length of a typical meditation session, Moleski says.

He also encourages owners to listen to the CD with their dogs. "You may feel a little silly at first, but eventually you'll discover that meditating with your dog is a wonderful way to enhance the connection you already have," Moleski says.

Listen to a sample of "Walk in the Park."

Listen to a sample of "At the Beach."