

Mooditation

There's a new way to get away from stress and find inner peace. Meditate with a cow in its cowshed

Posted On Tuesday, March 02, 2010 at 01:06:37 AM

London: Feeling stressed-out? Well it's time to join the latest fad in finding peace of mind, just like the stressed out businessmen in the UK. They are ditching the rat race — to meditate with a herd of dairy cows and are paying about £800 a session for the privilege.

But the mooditation, involving hours spent interacting with the beasts in their stalls, doesn't come without its unpleasant problems as the cows often answer the call of nature without warning, the sun.co.uk reports.

Dutch farmer Corné de Regt, who runs the cow seminars, said, "It is all part of the meditation experience, even though some people complain about the smell.

"In the final analysis, all senses are stimulated in the cow-stall through meditation with the animals. There are no laptops, no mobile telephones allowed — the only interruptions are contributed from the cows peacefully cohabiting the same space.

"It is a unique experience. And most of the managers that come here like it." He dismissed out of hand accusations that he is milking the trend for alternative therapies.

He claimed his cow seminars are "very popular," and he spent "many years" formulating the concept at his farm near Holland's border with Germany.

He added, "My concept for therapy counts upon the fact that the businessmen who come to me have red cheeks before they leave.

"They are 'refuelled' — and not only with fresh country air but also with the unique experiences they have on the farm and in the cow stalls."