



Inside this Mind, Body, & Soul Issue



FLANGO'S
YOGIC
ROUTINE

THE WISDOM
OF SUZY THE
DOG



BOOKS ABOUT
SPORTS



MEGAN'S
MINDFULNESS
CHALLENGE



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GERMAN AND
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Flango's Yogic Routine

by: [@pinkflango](#)



Hey Guys,

As some of you already know I am a certified Hatha Ashtanga yoga instructor, and today I will describe the most important parts of my yogic routine in order to show you some of the advantages of practicing yoga. For my humans and me this has been a very big part of our lives for many years now, and we try to maintain this lifestyle so the benefits can make us healthy and most importantly: happy!

A yogi must start their day by the yoga practices, and execute accordingly. I try to practice mindfulness every time, which is an important part of real meditation. Overall, I should practice yoga and meditation day and night.

How to become a successful plushie yoga practitioner?

In case you are wondering, you can improve your life through through yoga too. I will tell you some things you can do. First of all, as a yogi (a male plushie practitioner) or a yogini (a female plushie practitioner), you must try to live a disciplined life where your body (including fur and paws) is regulated, and negativity would not overpower you. You reflect and respond mindfully to things. Your actions are more thoughtful than usual. You are in control and in charge of your sensory organs, action organs, mind, body and intellect.

What about food?

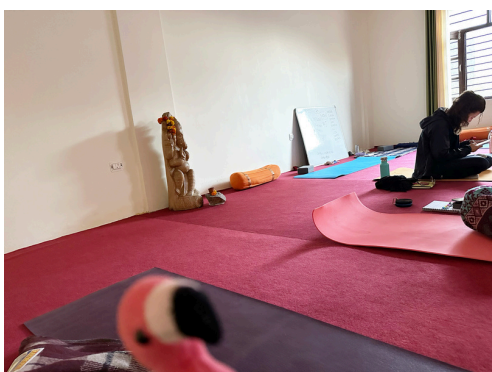
Also yogis advocate a vegetarian or vegan diet, but this is not compulsory. One of the basic principles of yoga is not to harm any living creature. I have a vegan diet and vegetables and delicious pulses make me a very happy flamingo.

Yogic lifestyle

Rooted in ancient wisdom, yogic living is a holistic approach that seeks harmony between body and mind. In Rishikesh, India, my gurus taught me how to explore the philosophy behind this practice, where balance and well-being are not just goals but a way of life. I sing mantras every day so I can express gratitude and send my love to every creature in this world.

I invite you to try to start meditating some minutes a day, focus on your breathing and enjoy what life gives you every day. I am grateful for everything I have in my pink life now.

I hope you can discover the power of yoga and being present in your life. We, plushies and humans, are more than this body. Our mind is an important tool and we need to put love first so we can enjoy our lives in a really special way. Please feel free to contact me if you want to know more about this amazing discipline. Love you all. Namaste





Books about Sports

In the spirit of the European Football Championship and the Olympic Games this summer, this issue of Pet's Mews presents reviews of books about sports! We hope you will enjoy these books about tennis, ice hockey, football/soccer, American football, chess, and cricket.

Carrie Soto is Back – Taylor Jenkins Reid (2022).

Review by @spybatmissions

Carrie has been playing tennis for as long as she can remember. As a little girl, she played every day before and after school with her dad as he coach. He always believed she could be the best, and after many years of training and competing she secured the record of being the female tennis player with the most grand slam titles. Until Nicki Chan comes along. Carrie has already retired from professional tennis, but she can't stand the thought of not being the best, so she decides to come back and win again. Training harder than ever and fighting a body that is no longer young, Carrie is determined to show the world that she really is the best female tennis player of all times. But is it really worth it to sacrifice everything else just to win, when her health and relationships with important people in her life are on the line?

This is a book about determination bordering on being obsessive, wanting something so much that it might ruin you. But it's also a book about love, both for a sport and for people around you, and about striving for your dreams. It's inspirational and no matter what you really think about Carrie as a person, you still want to know how it will end.

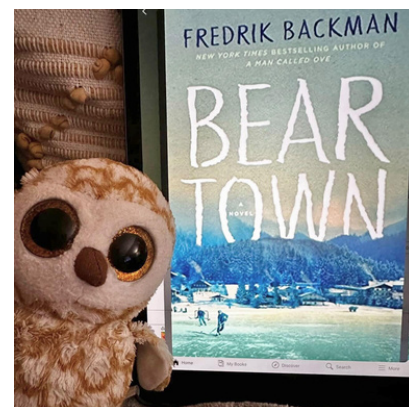
Bear Town – Fredrik Backman (2016)

Review by @lilbruciethewl

A dark tale of how a town can become consumed by hockey. (Trigger warning: SA)

Beartown is the first book in a series written by Swedish author Frederik Backman. He is of my favourite authors. The story takes place in a small town in northern Sweden where you either play hockey or you watch it, obsessively. The local junior boy's hockey team, the Bears, haven't won in a long time but there are a few players on the team that could take them to the championship. Namely Kevin Erdahl, the team captain. If they can make it to the finals, Beartown will be considered for a new hockey academy. The town sees this as a way to turn their fortunes around. Immense pressure is placed on the players, coaches and the General Manager of the Bears. Things take a dark turn when after celebrating a semifinal win, Kevin is accused of rape by Maya, the GM's daughter. News of this divides the community. Tensions are high as charges are laid against Kevin. Toxic masculinity permeates hockey culture in this small town. One teammate comes forward to say he witnessed the attack, however the case against Kevin is dropped due to a supposed lack of evidence. Maya suffers greatly from the trauma of the attack, and she seeks revenge.

The book also goes through many other characters perspectives of events which is very interesting. Although the book is long, it draws you in and can be read quite quickly.



The Passing Playbook – Isaac Fitzsimmons (2021).

Review by @spybatmissions

Spencer loves to play soccer and when he starts at a new school for tenth grade, chances are good that he will get a starting spot on the team. This new school is very liberal, which makes Spencer feel ok with being openly queer, despite the heteronormativity of the sports. He really enjoys training with the new team and quickly makes friends. However, when its time for the team's first game against another school, things get tricky. Because Spencer is trans, and his birth certificate says he is a girl. This means that the laws prevent him from playing games on a boys' team. Passing as a boy suddenly becomes difficult, and Spencer has to decide whether it's more important to him to blend in with the group or to get to play the sport that he loves. Either way, life will not be easy for him.

This is a book where sports, training, friendships and everyday school life get an extra twist when the main character doesn't follow the norms and isn't like everybody else. It's an important book for trans representation and can be an eye-opener about the transphobia many people have to tackle every day. At the same time, it's just a book about a regular guy wanting to do what he loves, and you really want to keep reading to see how everything will turn out.

Kneel – Candace Buford (2021).

Review by @spybatmissions

Russell lives in a small town, and like most of his friends, he really wants to get out of there as soon as high school is over. But that's not so easy for Russell. He needs a scholarship to be able to go to college, and that is an actual possibility, since he is so good at American football. He plays on the school team and does it really well, too. The goal to get a scholarship and play at a national level is really close, when something happens that turns everything upside down. Society's injustice is everywhere in his small town, and one day it strikes close when Russell's best friend is arrested for something he didn't do. Russell knows that he has to do something, and one night, as a game is about to begin, he kneels when the national anthem is played. Suddenly, he isn't the big star of the team anymore, but someone to be hated and mocked. Does this mean he can kiss his dreams of college and a career in football goodbye?

The way this book is written, the racism and injustice that is still prevalent in many places today comes really close. You get to see how it can affect both large groups of people and single individuals. At the same time there is hope, hope for change that will benefit everyone. Russell's future becomes really important as you read, and at some points you might find yourself wanting to join his fight for justice and for the right to play sports no matter who you are.



Check & mate - Ali Hazelwood (2023)

Review by @spybatmissions

Mallory used to play chess all the time, with her dad. But after what happened with her dad, she quit and never wants to play again. She just finished high school, but since she has to take care of her family, she has to work instead of going to college. One day, not quite sure how or why, Mallory is convinced by her best friend to participate in a chess competition during a charity event. To her and everyone else's surprise, she beats the guy who is ranked as the best chess player in the world. After this, life completely changes. Drawn by the prospect of earning more money to support her family, Mallory is convinced to start training to play chess professionally. It's just that it feels like she is letting her family down, and she keeps it a secret from them. On top of that, the number one ranked guy she beat at the charity event won't stop chasing her for a rematch. It's not only irritating because Mallory isn't sure that she wants to play, but also because he is annoyingly handsome and kind.

This is a sweet romantic comedy set in the world of chess, where the characters have depth and you really get close to their troubles in life. You and the characters alike learn that love can be found in the most unexpected places, like on the opposite side of the chess table, and that family can be more understanding and loving than you may ever have thought.

The Taliban Cricket Club - Timeri N. Murari (2013)

Review by @travelswithmycat

Rukhsana, a spirited young-journalist-in-hiding in Kabul, is summoned to the infamous *Ministry for the Propagation of Virtue and Prevention of Vice* to face its terrifying minister, Zorak Wahidi, who it turns out, wants to marry her - a thought not only unpalatable, but heartbreaking for Rukhsana whose heart lies elsewhere. Meanwhile, a cricket tournament is announced offering the winning team a trip to Pakistan (and perhaps, escape?). The problem is, Rukhsana is the only one in her family who knows how to play cricket, but of course, women are not allowed to play. Can she help her brothers and cousins form a winning team? Rukhsana devises a cunning and crazy plan, which if it falls through, could have devastating consequences for them all.

This book is a surprising novel that is at heart a love story, with plot twists, humour, and insights into the restrictive life in Afghanistan. It was made all the more bitter-sweet because in the edition we read, the regimen had just been defeated and there was hope for a more liberated way of life that even included female sports teams. We can only hope that these days will return and that the hope remains. Read this book even if you don't like or know anything about cricket and want a lovely story to read.

Looking for inspiration? Spybat says it's possible to read on different ways: print, E-Book, and audiobook!

P.S If you click on the links to the books (see titles) and buy through Amazon, we get a little commission which will go to the [@PlushieHelpNetwork](#) Fund. [#Plushiesbuildbridges](#)



The wisdom of the old plushie dog Suzy - an interview with Suzy from the Black Forest

by [Miu @ausruheulen](#) and Chat GPT

A quote to change your mode:

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankl

Black Forest, August 2024: In a cosy corner of a children's room sits a small, old plushie dog named Suzy. Suzy has been here for many years, perhaps even for generations. Her button eyes have seen a lot and her soft ears have heard countless stories. Today she is ready to share her own thoughts when the little plushie owl Miu comes by to conduct an interview. Miu is curious about Suzy's life and experiences, especially the things Suzy has learned about life.

Miu: “Hello, Suzy! I've heard that you've been here for a long time and have experienced many interesting things. May I ask you a few questions?”

Suzy (smiling gently): “Of course, little owl. I'm looking forward to talking to you.”

Miu: “What would you say was the most important thing you learned in your life as a plushie dog?”

Suzy: “The most important thing I've learned is that true freedom lies in our thoughts. There is a sentence by Viktor Frankl, a wise man, who said that true freedom lies in getting into the space between stimulus and response. This means that no matter what happens to us, we always have the freedom to decide how we react to it.”

Miu: “That sounds very interesting, Suzy. Can you give me an example?”

Suzy: “Of course. I remember a time when I was brand new. A child who loved me very much was visited by a classmate. He was very cheeky and threw me on the floor. The stimulus was very unpleasant. The cheeky boy looked at me disapprovingly, said “stupid dog” to me and on top of that the wooden floor was hard and cold. But at that moment, I decided to stay calm and not be offended. Instead, I used this situation as an opportunity to take a new perspective on the world. Suddenly I saw things that I would never have seen from my place in bed: the vastness under the bed, the shimmering dust particles in the light. I could have been sad or angry, but I chose not to be. This is the space between stimulus and reaction.”



Miu: “That's impressive, Suzy. Do you think this can also help humans when they are going through difficult times?”

Suzy: “Oh yes, I think so. Each of us has the power within ourselves to decide how we react to what happens in life. Another time, I was forgotten in a dark drawer for a while. It was lonely and quiet. But instead of feeling alone, I decided to use that time to reflect and recover. And when I was brought out again, I felt stronger and ready to be back where I was needed.”

Miu: “That's a very wise attitude, Suzy. Is there anything else you would like to pass on to the readers of PETS' MEWS?”

Suzy: “Yes, little owl. I want everyone to understand that it's not always what happens to us that matters, but how we deal with it. We all have this freedom within us to use the space between stimulus and response to make the best of every situation. Life is not always easy, but if we remember that we have the power to choose our reactions, then we can maintain our inner calm even in difficult times.”

Miu: “Thank you very much, Suzy. That was a profound conversation. I hope readers can learn a lot from your wisdom.”

Suzy (smiling warmly): “It was a pleasure, Miu. Thank you for interviewing me.”

And so, the little owl Miu says goodbye to the wise old plushie dog Suzy. Suzy's words echo in Miu's mind, and she flies away with a new understanding of what it means to be free - a freedom that lies within us all, no matter how old or young we are.

And another wise owl sets us a Mindf-OWL-ness Challenge

by Megan @meganmylifeisahoot

Mindf-OWL-ness Challenge

<p>M <i>Meditation</i></p> <p>I <i>Intention</i></p> <p>N <i>Nature</i></p> <p>D <i>Deep Breaths</i></p> <p>F <i>Focus</i></p> <p>O <i>Openness</i></p> <p>W <i>Writing</i></p> <p>L <i>Letting Go</i></p>	<p>N <i>Nurture</i></p> <p>E <i>Exercise</i></p> <p>S <i>Serenity</i></p> <p>S <i>Simply Being</i></p>
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