

# Jumping spiders are meditation teachers



**Highland Views**  
Chris Highland  
Guest columnist

A woman wrote to say she was reading my columns as "meditations." I appreciate hearing that, though I don't en-

courage people to chant, burn incense and bow while reading! There are many forms of meditation of course and I sensed the reader saying she found some contentment in reflecting on my reflections. That seems good and fair.

Speaking of meditation, during good weather I often like to eat my lunch on our deck below pear and sycamore trees. While blocking blossoms from

dropping in my tea I try to be meditative myself, mindful of the birds, bugs and anything else that might be enjoying their lunch at the same time.

One afternoon I noticed one of my favorite outdoor companions moving toward my plate. A jumping spider. Once you begin to notice these tiny arachnids, you see them often. It's not hard to see why that is.

A web search for "jumping spiders" sometimes lists them as "pests," but we also find interesting facts: there are over 5000 species and 300 live in the U.S.. According to Mother Nature Network, this makes the jumping spider "the largest family of spiders in the world." No wonder they can be found "in just about

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