

## **Daily Doga Inspirations for you and your dog**

### **Living in your right brain, like dogs do!**

Among the many flaws that I have, dogs do not recognize them, or if they do, they only encourage me to keep exploring. I was practicing in front of the mirror brushing my teeth with my left hand instead of my strong one, the right. I have a Sony power brush. Imagine the look on all three of the dog's faces when the toothpaste spewed on the mirror, my hair, face and on them! We looked cute speckled in white.

I held the brush down and said, "Want to try?" Siriusly (Dog Star) was the look, "okay, lick, lick?" It is a good experiment to practice right and left brain activity especially if you live life in the fast lane. Do you think fast, eat fast, drive and do everything fast? If so, you likely are living according to your verbal, logical, judgmental left hemisphere of your brain's cerebrum.

Wouldn't it be nice to slow and be curious again like a puppy? Ah to relax and live life experiencing your creative self, in the moment, relieved of burdens and the chatter of the analytical left brain?

[Dr. Jill Bolte Taylor](#), a neuroanatomist, details in her book, *My Stroke of Insight*, it is possible to quiet the chatter of your brain's left hemisphere and strengthen your brain's right hemisphere by learning to control the squeaky wheel. **Her suggestion:** live our daily lives more like our dogs do, in the moment, with a sense of curiosity and playfulness.

Is that a surprise? Aren't we lucky? Living and learning with dogs is healthy, keeping us centered and beyond the right or wrong. Dog's teach us how to live in the now better than any other species. Next time your dog knocks you out of your computer chair and laughs when you splatter toothpaste all over the place, say "thank you dear dogs." They watch us be silly and they "it is okay."

[Visit right / left brain / whole brain](#) – for a look --

### **A Puppy in Your Path**

Today as I was walking,  
I couldn't help but feel  
This thousand-pound weight,  
Holding me to the ground.  
It tugged on my dreams,  
That usually float in the sky,  
So that I was staring down at them,  
Loathing around my feet  
Then: out jumped a motion from my right side eye!  
A puppy! Bounding to me!  
It hopped from side to side  
Landing on my toes,  
It licked my hand  
And said, I pick you!", "ME?" I said looking around  
"Yes, you!" the puppy grinned.

As I pet the floppy brown foil of my compressed mood,  
I only felt the fur, softly gliding through my palm.  
I only felt the energy, of love given and returned.  
Then the puppy hopped away and said, "I love you!"  
And it was gone.  
My heart beat – was it beating before?  
The sun shone, was it shining before?  
My face smiled, could it do that before?  
My dreams went back up to the sky to whisper to the gods:  
"The self-pity is gone,  
And she is ready to live –  
To spread the word to others that  
There is always a puppy in your path.  
Based on the true events at St. Scholastica Monastery on 11-08-11  
-Katie Schleicher

Enjoy the Journey!