

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

Aware, Awake, Adapt

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Happy New Year whatever that means for you in any language, culture or species – woof!

I made a resolution in 2012 to finish [Awareness Centered Training – ACT](#), my educational dog book that brings peace of mind (and choice in a non-preachy way) to those who love dogs and themselves. It has been a journey over the last ten years of experiences with people and the dogs. Wow – I’m amazed!

What I am sure about is that each dog is as individual as we are. It is important to know that just because we have goals for our dogs, we have to be sure they are realistic, fair and joyful. I discovered that dogs and people get into relationship / training heartache when they close their minds and get stuck in a ritual of techniques that aren’t working. Like nature, things change. Otherwise, we wouldn’t have the Grand Canyon. Teaching can be a mix of old, new and creative (ours) as long as it works. Do we and the dog feel good? Does it enhance learning and well-being or detract from it?

At this time of year, we should reflect on what we have accomplished more than what we have not! Yet, if you have a goal or vision, it won’t poof into reality without determination, commitment, a plan and effort. Teaching our dogs the simple art of adapting to human lifestyle and companionship is a gift endowing us with skills that we can use anywhere (career, friends and family).

Have you ever noticed how resilient most adopted dogs can be? How about puppies that are generally taken from their mom, littermates and familiar environment, to be whisked into a foreign territory? We can learn from this when life changers throw curveballs at us.

Puppies and dogs adapt to most situations when they are given the opportunity of clear, relatable and understanding communication. Interactively teaching our dogs on a daily basis doing what comes naturally (walking, eating, playing, socializing and sleeping) is easy and works.

Being aware of this before is preventative and proactive. Waking up to the fact that perhaps we missed the mark – our dogs reacted - did something that we didn’t like when we weren’t watching or responsive to their body language, energy levels and well-being.

Dogs teach us many things. Being aware, awake (present) and adapting prevents bad things from happening. Being aware of what is going on around us, prevents aggression, biting, pee-poop mistakes, digging in the wrong places and barking at people (other dogs) for too long.

Adapting, we can change behavior, modifying and/or managing situations - thus our dogs. Tired of your dog performing the Mexican jumping bean when visitors come over? How about barking more than a few times at the UPS person who left 2-minutes ago. “Hellooo, there gone, thank you.” You can change this with joyful, easy and integrative daily [Awareness Centered Training – ACT now](#).

Enjoy the Journey ... breathing in ... ah-ha!