

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

Make like a Log

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When I am in a hurry, meeting deadlines, juggling tasks and feeling like I need to come up for air, I have learned to be a log, even for a few moments. Making like a log, allowing the wind or flow of current to gently jostle you around is a good mini-meditation during Holiday moments of sensory overload.

Being still like a log is not repression or wasting time. It's refraining and renewing - for a few moments to catch your breath. When we get too excited, a surge of energy (adrenaline) take over disguised as feeling good. It usually happens in a mad dash, shopping at the mall, warehouses, and being fashionatistas. I discovered that I make better, more meaningful purchases, for me and others by breathing for a moment, being a log, and letting go of the result. I let people know, rather than play "emotional" games, "Hey pass it on or take the gift receipt and change it if you don't like it. I won't be offended." It's freeing.

Conversely, I don't agree with the notion (and this has happened to me) that if someone is passionate about horses or dogs, you give them cat stuff because you love cats! To parrot Dr. Phil, "That's just rude and self-centered". It makes me wonder who they were shopping for, themselves or me.

And, I'm guilty. I've done the "re-gift" thing, but I try to take a few moments, breathe and ask, "Will the receiver like this - or I trying to dump it off so I don't throw it out?" I try not to delude myself, after a glass of wine, that the stuffed pillow with "Woof Woof" on it would look good next to my friend's 8 other stuffed pillows with "Woof, Meow, and Dogs Rule", etc. Sure, they'd be polite and say, "Oh thanks so much", but if I pay attention, their expression would likely say, "Oh crap, not another one." Better to package gifts in doubt nicely and drop them off at a shelter, bin (Planet Aid) or Salvation Army.

Do you watch the show "The Mentalist"? It makes sense when Simon Baker says, "I'm not a psychic, I simply pay attention." I think a show called "The Observist" would Neilson rate well too.

Watch your dogs and others. Body language tells us a lot. When frantic with energy or fear, dogs either freeze or do something dumb. We do too while shopping like the Tasmanian Devil (let's get this, that, this, that, one for me, one for them, two for me, three for someone who might show up).

When dogs are excited (see a rabbit at midnight), they either bark and the rabbit runs away, freeze and watch, or run in pursuit to hopefully catch, grab, shake, dissect and partially consume. They may get injured, especially in a pack (like the Mall). We might - shopping!

Making like a log helps us balance energy and make more sensible decisions. Taking in a deep nose-to-navel breath, ah-ha. Now, let's see, will they like this, will I, and does the dog rip the toy to shreds in a second or play with it for months? ***Enjoy the Holidays without having a stroke ... breathing in ... ah-ha!***