



## Daily Doga Inspirations for you and your dog

### Meditation Helps to Calm the Mind and Dog Barking

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While writing [Awareness Centered Training – ACT](#), I interviewed several willing dog parents who opened up on how overwhelmed they become in today's zoom world. Sensory overload affects our dogs too. When dogs bark at other dogs or ringing bells, this is high level energy/excitement alerting us. It is not unlike us watching social media ads or trying to figure out is this food, product or service the right one. In times of dangers we would be grateful for dogs barking. The only time we aren't is when we are focused on something else and it annoys the heck out of us like too many ads!

In [ACT](#), I share that daily living and learning with our dogs can be an antidote for slam / bam / rush training that doesn't work long term anyway - and often damages the relationship with the dog. Family members can become embroiled in heated discussions about what is right/wrong while the puppy/dog looks on thinking, "well, all you have to do is teach me in a way I understand and get on the same page about it, I am not that complicated." I echo, "*Dogs are not really that complicated.*" They can be satisfied, healthy and well with very little and do what we want if we communicate effectively. We love them because of the simplicity, devotion and laughter they bring to our lives.

We do repetitive barking too in different ways. How many times have you hashed over the same issues with the same people and still don't have resolutions? Training our dogs takes practice and so does changing our life's patterns and paths. We are creatures of habit. We have a tendency to commit to change, and then fall back into a complacent comfort zone. Me too! It is a step by step determination to change that eventually empowers us. Once you feel it, it feels so good!

Like training our dogs, with awareness, practice and repetition, we can carve our own independent path, while staying connected to those we love and things we need to accomplish. We ARE the momentum in our and our dog's lives. It truly is like living in a house of mirrors. Most of the time, our dogs reflect our own behaviors. It's WYDWYG (WIDWIG - what you do is what you get).

Meditation and breathing, nose-to-navel helps quiet the mind long enough to remind us to change our habitual response. Take a few moments every day to breathe. Integrate training into our dogs daily life will guarantee that the life and dog we create - is the one we desire.

Make a concerted effort to not let anything, including phones, doorbells or barking dogs sap your energy. The next time the doorbell rings and the dog barks - take a deep breath and assess the situation. Where are they? Inside / outside? Where are you? Say - "quiet". If they don't, call them and thank them for alerting you. Then, think about what they can do beside bark (get a toy) or where can they be while you create that precious 10 minutes or hour of focused and empowering time. Teach! Play ring the bell/bark, ring the bell, and say "thank you" and "quiet". Like us, dogs need to learn a new pattern of behavior!