

🐾 **Daily Doga *Inspirations for you and your dog***  
**Quid Pro Paw**  
**Counselor Cali-Rose and Maureen Ross, MA**

I am writing Daily Doga today because it is long overdue. Many have asked where my inspirations are. Frozen solid. I was born in the south, a racing Greyhound. My life journey took me to Second Chance Greyhounds in Georgia, then Gadsen Prison in FL. It's warm! I have been with my new family since 9/11 (not kidding), a little over 2-years. Winters in NH are cold.

As things go, the way I survived my life's journey is with resilience, flexibility and **quid-pro-paw**, similar to what you human's call quid-pro-quo. BTW, it is very much like Maureen's book, Awareness Centered Training, and we hear this every day, "You do something for me and I'll do something for you."

Life doesn't always work to perfection or exactly as we like or want. We can choose to change what we can and manage the rest. Thus, I wear very warm snoods and coats, fashionable too, as you have seen with my Poochi hats. I am working on Maureen, Gary, and the other dog's wardrobes. I have a job to do and this enriches my life, keeping me out of trouble.

They rely on the look in my expressive big brown eyes and the direction my ears go. One can go NW while the other goes NE. I can wag my tail in a circle at the same time. Can you do that? Like anything we truly want in life, It takes practice.

I look forward to writing more inspiring words for you in the future. I will consulting with Detective Tate McSniff and Agent JJ Bucket. Life is more fun working as a team. It may not be every week because the Goddess, I mean Maureen, prefers to edit first, so nothing goes out X-rated. She's busy marketing her book, Awareness Centered Training. Personally, I'm sick of hearing about it, but I understand how important it is. It takes Sisyphus effort (I looked that up on Wiki) when a book isn't smut related. Every day we hear, "Have to market this book or no one will buy it. It's not *Fifty Shades of Grey* you know." I reply, "Well, should have titled it like one of the Chapters in ACT, ***Dogs Balls and Balance, Does your Dog have Balls?***" Facebook loved this chapter. What IS this world coming too?

Anyway, remember to stay warm; dogs like me get cold very quickly. I have learned to pee and poo balancing on one paw in 2.3 seconds. Have a good rest of winter. You will hear from me again if my paw doesn't fall off in the cold. I suppose I can type with one paw or my nose.

**Enjoy the journey with awareness, balance, relationship, education and well-being,  
Breathing in, nose-to-navel, exhaling, ah-ha ... let it happen, learn, let it go ...**  
**Counselor Cali-Rose**