

 **Daily Doga *Inspirations for you and your dog***
Relationship, *Maureen Ross, MA*

When Awareness Centered Training – ACT came out two years ago, I went gang busters attending book-signings and events for authors. I found the questions interesting like, “What is the difference between awareness and positive?”

I encourage curiosity because I have an insatiable one. With social media (Facebook, Linked In, Twitter, Pinterest) I get to connect with like-minded and no-so-genuine people too. It’s our advantage to increase self awareness and observations skills with people and dogs while recognizing the differences. We know today that dogs do not need alph”ing” but do need boundaries, teaching, much like parents do with children. Dogs are different! We know this right?

Recently on Facebook, there have been global videos with trainers / behaviorists sharing, “I am not a Pack Leader”. Love it! This motivates me to keep asking questions like, “what are we to our dogs and what are they to us?” Only we can decide in our individual lifestyles AND by observing our dogs. Are they happy, healthy and well? Do they like and trust us? They should, even when we are saying “Hey, no, don’t chew that, chew this”.

ACT training is not about our dogs. It’s about self awareness, observing our dogs, and relationships with everyone (career, friends, family, cultures). Sure, there is some learning theory for potential trainers and history, but the message is universal. Use what works for you and your dogs, be kind, and treat others the way you would want to be treated when learning, especially when developing a relationship with a different culture or species.

ACT is simply joyful - easy - training with SAM (socialization and manners) while daily living and learning with ourselves and our dogs! Remember, training doesn’t start and stop in a class, book or video. Learning is integrated for a lifetime. That’s what makes living with dogs interesting. They teach us how to be better humans (and teachers).

ACT is about lifestyle and energy balance, relationship, education and well-being, a BREW for happy, healthy and confident dogs.

*Happy Holidays with Gratefulness,
Enjoy the Journey!*