

Cherishing the Moments We Share



Celebrating the Emotional Lives of Dogs

I can't - I have plans with my dogs.

A phrase I have wanted to say to others many times over the last several weeks. Life has just been too busy and really I'd rather be at home chillin' with my fur kids.

And yes, I am also grateful to have had the time and ability to do what I have been doing too. But.....

Really wanting to be home with the dogs....did I mention that?

Being aware of our own feelings, our wants, desires, irritations and those feelings that arise as we go through Life is pretty normal.

For us humans.

But, do you ever stop and wonder what your dog feels?

Your dog has feelings just like you do.

We humans often take that for granted.

Our fur kids provide us unwavering support, loyalty, affection, comfort, and fill our lives with joy. They provide for us the ability to have THAT bond like you have with no other type of being on the planet.

But what do we provide them?

How do they feel when we are tense, frustrated, angry, sad, or even just when we leave the house?

Do they worry if we will come back? Do they feel our pains? Our joys?

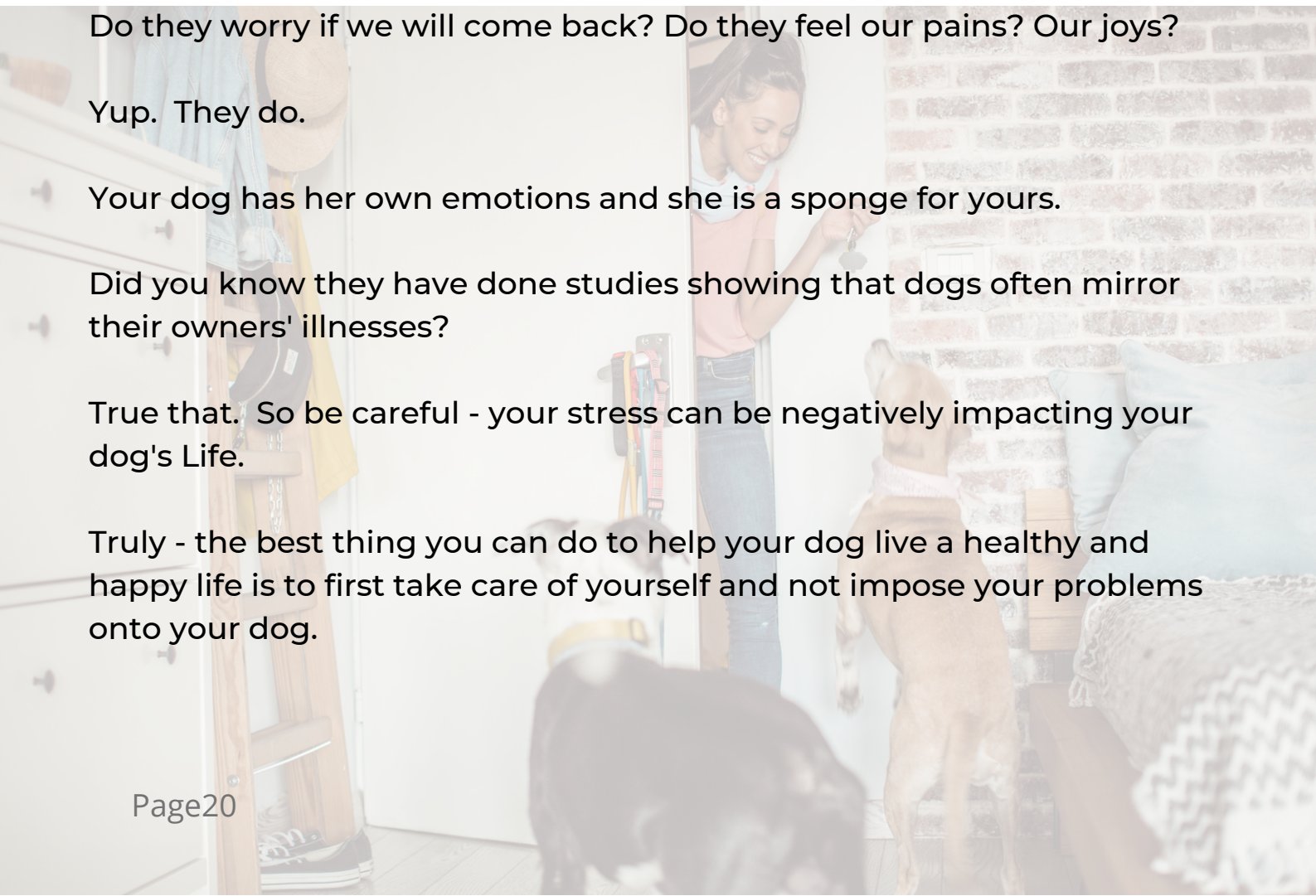
Yup. They do.

Your dog has her own emotions and she is a sponge for yours.

Did you know they have done studies showing that dogs often mirror their owners' illnesses?

True that. So be careful - your stress can be negatively impacting your dog's Life.

Truly - the best thing you can do to help your dog live a healthy and happy life is to first take care of yourself and not impose your problems onto your dog.



Our dogs possess a remarkable capacity for emotions, and can feel as deeply as we do. Their hearts overflow with joy every time they see you, every time you come home.

Here's a little tip for you - every time you come home, before you even put the key in the door - take a breath and let go of your stress, worry or any negative thought you may be carrying. Feel into the happy your dog is feeling and let your pup help you be the person they think you are vs you projecting your negative energy and thoughts onto them.

This one simple act can profoundly improve both your and your dog's health.

So simple.



Such short little lives our pets have to spend with us, and they spend most of it waiting for us to come home each day....

John Grogan

Dogs don't measure time in hours, days or weeks. That's a human condition.

Dogs measure the moments in their lives by the love and companionship they receive.

We all know dogs live such short lives. Let's all try and be mindful of what types of moments we are providing for our dogs.

Our fur kids are with us such a short while. Let's give them the very best Life we can.

That starts with how we are ourselves.

If you can't get out of your bad mood for yourself - do it for your dog.

And then do that one more thing.

Take that extra walk. Play a little longer. Throw the ball one more time than you want to. Stroke their ears and give them a cuddle.

You will never regret that extra minute you stopped and pet your dog. You will never be sorry you spent that extra few minutes playing.

One day you will miss the nose art on the sliding door, the mud on the floors, the barking and that mess on the floor from your sloppy eater.

There is nothing better for your dog all day long than the moment you come home.

Take that moment and cherish it each time you come home. Be mindful of how you come home.

You can choose to BE happy - just like your dog. Or not.

It's the simplest thing.

Just take that breath and enjoy the moment as much as your dog does.

Go ahead. Do the tail waggin' happy dance with your dog.

Who cares if anyone sees you?

You just might bring a smile to your neighbor in the process ;)

V. Lynne
Advisory Board Member

