

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

Celebrate with Empathy

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Every 4th of July I get excited about the fireworks, barbecues and honoring our independence in celebration.

Having had dogs all of my life, and this does connect, so don't yawn yet, I remember my father playing the violin or harmonica, and me banging away on a little drum set, guitar or keyboard. My dog would howl. We'd laugh, saying, "Sing with us - haha." After a few howlings, my little dog would sense when we would be making "noise" and/or when a storm was coming, and depart for higher ground (Nana's apartment upstairs) or under a bed. She was a smart dog!

Today, I'm wiser and more empathetic. Dogs have extremely keen senses. Depending on the breed or breed mix, they can see what we don't 75 times further, smell and hear what we can't at about the same. That howling is adorable, and sure, some dogs may be imitating us and can tolerate it. More likely, it is hurting their ears, they become anxious, and depart for a safety haven (bomb shelter).

Why else would so many people call behavior coaches asking what they can do about dogs hiding in bathtubs and under beds **before** a lightening / thunder storm? Fact, dogs sense the change in the atmosphere long before we do. They become fearful for many reasons, some our reaction to their fear! Coddling may exacerbate the fear, massage may soothe it and keeping our emotions calm helps.

More importantly, celebrate with empathy. As with cultural diversity among humans, our joys may not be theirs.

Allow dogs to go to a safe place. In the tub and under the bed is not so bad. Just ask any tornado or hurricane survivor.

Could it be dogs are smarter than we are when it comes to knowing that shelters, bathrooms and places that will calm anxiety could save our life, *or from having a stroke?*

Enjoy celebrating with empathy for other beings.

Integrative daily training is empowering and powerful - [Awareness Centered Training – ACT Now.](#)

Enjoy the Journey ... breathing in ... nose-to-fuzzy navel ... ah-ha!