

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

**Clarity and Sanity**

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Don Miguel Ruiz, Don Jose Ruiz and Janet Mills have an empowering little book called *The Five Agreements*:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always do your best
5. Be skeptical, but learn to listen

I have this typed and on the bulletin board above my desk. Being creative and human, I have a tendency to be dramatic. When I am overly stressed and/or tired, it's worse. How about you?

Clarity is clear thinking that helps to add sanity to our busy lifestyles. It helps us make sense of why the top of our body is going right, while the bottom is going left. While juggling, living happens to us whether we want it to or not. Our dogs will learn regardless of whether we teach them or not too.

We had a few days off over the holiday. I talked to couple of close friends. We have busy lives. We shared how when we have long holiday weekends, it is difficult to let-go and relax. One said how, "people at work think I'm crazy because all I want to do is relax with my dog, in my yard." I am with our dog everyday, so I want to relax with my dogs anywhere but in the yard. So I go over to her yard. Hey, it is a different yard.

Our structured "daily" lifestyle enables us to get it all done. We shared how when we finally "stop" to relax, our minds are still churning about the "catch-up" work we'll have if we ignore it for a few days. It seems easier to not vacation, just keep things status quo. Moms especially share that when they go on vacation (camping, travelling) they are still working anyway and come home exhausted.

Structure is not a bad thing. It helps organize our lives, keeping us on track while we multi-task our way through the day, week, month and year. Most of us do not have the privilege of hiring help or bringing an entourage with us on vacation like Angelina and Brad. What can we do?

Embrace who we are and what we enjoy, knowing that "our" vacation can be whatever we choose. Bringing that structure with us is kind of a gift that keeps us sane, whether on a daily basis or on vacation, if that is what works for you. Letting go of the notion that we are suppose to be "instantly" relaxed or be in a particular venue (beach, lake, flying somewhere) I find – relaxes me! Usually, during a two week vacation, people admit that it takes several days to adjust and this is normal. Our brains and bodies like familiarity, even if the familiarity is stress and maintaining day-to-day living, working and juggling.

Integrating clarity and sanity into everyday living, and taking it with us on vacations (anywhere), helps to reduce stress and rules about how we are "suppose" to be.

Simply waking up to a nose-to-navel breath and a big stretch, just like our dogs do, will help clear our thoughts, bring refreshing oxygen to our brain, and start the day off sanely, wherever we are. Instead of, "I'm on vacation, I'm supposed to be relaxed". How about, "I'm on vacation and I am what I am, wherever I want to be".

What works for you? That's all that is important. If you and your dogs, family and friends are healthy and enjoying life, then a vacation can be as close as a breath away.

Enjoy the Journey!