



3 things Max taught us...

Description

Canine companion's third lesson most profound

By **Tammy Rowland**

If you have ever been to our home you would have met Max, our loving dog who can look a bit intimidating if you are wary of big black dogs. That being said, most of those who were skittish before they met Max have joined his fan club.

Max came to us at the age of six from Animatch, a recue centre for dogs here in the Montreal area. Six may be mid-life for some dogs, but as a fit, mixed shepherd-husky cross, we figure he has several good years of dogging around left.

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The first thing I learned was that six was not too old to adopt a pet. Max was calm, yet playful from the beginning. We were also not too old to bond with a dog that was not a puppy, as was our past pet Caleb. I love puppies, but no longer into the training and work involved at that age or ours. Age has nothing to do with decisions of the heart.

The second thing we learned was that when you take loving care of another being, they return their affection unconditionally.

The second thing we learned was that when you take loving care of another being, they return their affection unconditionally. This was true for my children as well, but who knew it would be that way with a dog. Our last dog Caleb, was miss-wired so was too busy to notice much outside of running until he dropped and getting enough food in... to run until he dropped. The law of attraction always shows up, even when caring for another being.



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The third lesson was more profound. I understood the idea of being in the moment or as I have called it, "being where your feet are". Dogs do this perfectly, always. Even when they're excited to go out, they are enjoying the moment of excitement.

You only have to watch Max circle with his husky smile full on, to know he is having a terrific moment... right then. He will have another moment going out the door and yet another when he stops to smell the stop sign a block from here, and so on. Max lives in each moment, completely.

This takes practice for us humans as we have incredibly long to-do lists, important meetings to prepare for and attend, etc. I am busier at times and less so at other times. The key is to stay focused on that moment.

I hear some of you mumbling, easier said than done, right? Yes I start my day with my planner to sort out my priorities and where my time will be spent then get started. I do have interruptions, like everyone does. Determine the importance of each interruption then act accordingly.

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Scenario: I am at this moment writing, and the phone rings. Do I answer it?

If I was waiting for this call, then yes. I give it the full attention for a specific amount of time then get back to what I was doing.

If I am in the moment and have only scheduled one hour to complete this task, then no I do not. I can call back upon completion.

I am chuckling right now because I received a text I was waiting for while writing this and stopped to read it and reply quickly. Thirty seconds away from writing and 2 minutes to get back to where I was in my head. Lessons are everywhere!

A dog sniffs around finding the right space to do his business, he is single minded in his task. It is important and the only thing on his mind. It can be all messed up as well... by another dog or 2. I witnessed this on our walk last week.

Max was busily sniffing away and 2 dog pals headed our way. He was interrupted, stopped sniffing then ran around instead. He was in the moment, but it took him away from his task.

We left his playmates and the sniff started again. Not a moment later, a neighbour and their dog showed up and distracted Max again. Yes he played again, but we got all the way back home before he could do his business, uninterrupted, in his own backyard.



Distractions for a dog could be difficult, but they find a way back to the task and take care of business because they are always in the moment.

It can be difficult at times to get back to that moment, that idea or story I was writing. It is easier to set myself up for success doing whatever the task, then to refocus after leaving it, even for a few seconds.

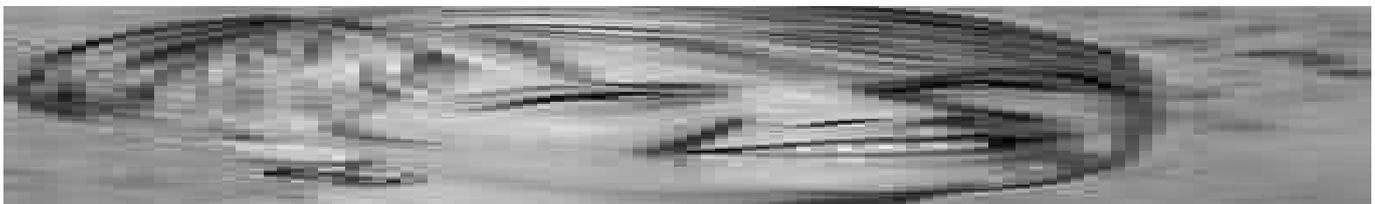
Max is an older dog now at 11 and a half so doesn't do much during his day. He basically does what he wants except he eats when we feed him and walks when we walk him. But whatever he is doing, he is where his paws are, always. Max is a constant reminder to be where my feet are.

But whatever he is doing, he is where his paws are, always. Max is a constant reminder to be where my feet are.

In the end, being where my feet are is more efficient, less frustrating, and definitely less stressful. There is full acceptance of what I can do versus what I may feel I should be doing when I stay focused.

So, be where your feet are, follow your heart, and know the law of attraction will give all that you give back to you.

Image: courtesy of Tammy Rowland



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Tammy Rowland is a writer/motivational speaker/business and executive coach. She lives in Montreal with her husband Steve and old dog Max, and is the mother of adult children Kelly and Kyle. Visit her website tammyrowlandcoaching.com and listen to her free teleseminars, sign up for her blog, or send a note or question.

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1. Animal Welfare
2. Animals | Pets

Tags

1. being focused
2. dogs
3. life lessons
4. Tammy Rowland

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