

HOW DOGS CAN CHANGE OUR LIVES

CANINE CONNECTION WITH HEART

TRULY MANS BEST FRIEND

We can learn a lot from a dog. I've heard that said before but never gave it too much thought or believed it might really have some merit. I now know from my own direct experience that dogs can make a profound contribution to the quality of our lives.

I'd like to share with you a few ways in which I know dogs being the unique species that they are, can show us how to live a happier more fulfilling life.

Dogs Are So Happy Most of The Time

Scientists who have done research on dogs believe that they don't spend time thinking about the past or worrying about the future but rather primarily live in the present moment. We as humans visit the past and re-live it over and over. We also worry about things that don't exist and often it's about the future. We create negative emotions which have profound damaging consequences for our mental and physical health. Just like dogs we can learn to reside more in the present moment. Start by becoming aware of your thinking!! Hear what that voice is saying to you. Is it true and does it serve you?



an opportunity for us to embrace and encourage that expression of our dog's love. Welcome home!!

THE JOY OF BEING ALIVE!



The Greeting!

What a gift every time you open the door! I feel the joyful greeting from my dogs every time I return home. The unwavering consistency and pure joy of the greeting creates



Love So Freely Given

Dogs have the amazing ability to freely offer their love and affection. To experiencing another sentient life without judgement or expectation is rare for humans but is the space that dogs occupy. By seeing with our heart and not analyzing with our minds we can become kinder, happier and contribute to the greater good of all life.

Dogs Are Good for Our Health

It's been well researched that sharing our life with a dog can contribute to our health. Having a dog can decrease blood pressure and reduce cholesterol levels, lower stress levels and increase oxytocin known as the love hormone and promote more physical activity. Dogs can help us to improve the quality of our emotional wellbeing by getting owners out of their homes with their dogs and socializing with others. Just petting a dog can be very comforting and increase our positive emotions.



New Roles for Dogs to Be of Service

For thousands of years dogs have been selectively bred to perform specific tasks to serve people. Many dogs are now bred to have a role as a companion animal. What has also arisen are numerous types of service dogs. Service dogs for the blind, emotional support, diabetics, bomb detection and more. We've discovered that dogs can be trained to perform amazing new tasks in service to mankind. Recent research has shown that dogs have much greater cognitive and social intelligence than previously known which allows them to take on new and valuable roles. Importantly I believe their great adaptability, desire to be with us and their unwavering character has helped to allowed them to be the oldest and most successful domesticated animal.

I'll be writing monthly future topics that I hope will be of interest and real value to my readers. My Website will be up shortly and I'll forward that onto my subscribers.

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