



GOD ON A LEASH

INNER ANIMAL REHAB

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Preface

After spending 12 years with my dog Scooby it became obvious during the last couple years that the end of his life was coming sooner than later. In order to help prepare myself I decided to make a list of all the lessons he brought into my life. Very easily a list of about 20-25 lessons poured out onto the page. Over the last couple year since he died I continued to write about each of the lessons in order to integrate them fully.

Ultimately Scooby turned out to be God disguised as my dog to help us heal our relationship, remind me God lives in and as me, as my best friend, as all of us. He helped heal the relationship with myself and this life, which is really key for true healthcare, knowing thyself.

After over 20 years of working with clients it's obvious that prolonged constant stress is the cause of their dis-ease. So, my number one recommendation to my clients is to strengthen the relationship with yourself and adopt a healthy lifestyle, a healthstyle. It's so important to be aware when you are out of balance and the stress-state is engaged, which is often the hard part. Then, knowing how to self-soothe and truly practice self-care in a practical helpful way is first and foremost.

Over the years I began to see Scooby as an outward manifestation of my inner animal. Often when I would notice he was out of balance it was really me that was in need of attention, love and self-care. I used Scooby as a reflection of myself to help heal my inner animal. Sometimes when our inner animals feel unsafe we lash out at other and/or ourselves in an effort to protect ourselves. Growing up sometimes the ones who loved me the most were also the ones who hurt me the most, so I have had to unravel the

dichotomy of conditional love that is so prevalent in our society. As I result I noticed that my inner animal needed some rehab, just like a rescue dog who isn't acting quite like himself due to the prolonged fight and flight they experienced. We are the same way, experiencing dramas and traumas that have made strong impressions on our lives. Scooby has been such a magnificent teacher in helping me love myself again and let my inner animal/child know he is safe.

Perhaps you don't have a dog and these lessons don't apply to you exactly, but perhaps Life is dressed up as a another character in your life to teach you how to love yourself more effectively and compassionately. May these lessons help inspire you to love yourself more everyday, be your own best friend, and make a vibrant healthstyle your top priority.

1. Synchronicity

I've often been amazed at life when at times it seems a random chaos of events can somehow cause two beings to meet, whether it's two human souls or best friends between human and animal.

One day I was at home when my housemate said that one of her friends had a random dog on her porch with no tags and they were unsure what to do. I don't know why they just didn't call the local dog pound and have them come get him, but for some reason my roommate thought I could take care of it and bring it to the pound because she knew I was good with dogs.

So I went over to check it out and take the dog to the pound.

As I came down the walkway toward the front door there was a kind of cubby around the front door, walls and a roof. I saw him all curled up in a ball in the corner looking out at me as I slowly approached. I took a few

steps and stopped to see how he might react, but he didn't, just laid there looking at me. I continued closer and closer until I was right in front of him. I knelt down in front of him, still with no reaction, and put a leash around his neck. He didn't growl or do anything at all really, but watch me. I stood up and said, "let's go!" and gave a gentle tug on the leash. He hopped right up and came along. I thought it might be good to take him on a walk for a bit before putting him in the car, so we went off around the neighborhood. I've often heard about love at first sight, but this was love at first walk.

During that walk it went from me just going to take this dog to the pound to considering, if no one claimed him, how could I keep him?

After I got home I called the local pounds and put up a few signs in the neighborhood I found him in. I started to ask myself, how can I make this work in my living situation where I can't have a dog? There was an at-home daycare in the house I was living in after all. The idea of, "Hey, can I bring this stray 65 pound pitbull to live at your house where children are everyday?", seemed like an impossible proposition. Not to mention I wasn't in a good position in my life to be adding a dog to the mix, but it was love. After he wasn't claimed and no one seemed to be looking, I somehow convinced the home owner to let me keep Scooby in the old rickety detached garage out back. And so began a 12 year partnership filled with love, companionship, and loyalty for the ages.

I am grateful for all the amazing synchronistic meetings and experiences of Life letting me know I am aligned with and as the open love intelligence I am, we are, together as One. May each synchronicity be a reminder of how taken care, safe, and secure I am.

2. Man's Best Friend

I read once the difference between loneliness and aloneness is in loneliness we are feeling "less than" because of the absence of another, whereas with aloneness we feel alive and powerful in the fullness and presence of our Self. I've often felt lonely throughout my life, which in my early years I had grown to take it kind of personally, some kind of a reflection of my misperceived unworthiness, some deep trauma incorrectly making me think I was flawed. I suppose that flawed idea comes from the whole reward and punishment idea ingrained in religion, or a pattern of original sin being imprinted since early childhood. I incorrectly assumed, if I don't have any friends or meaningful relationships, there must be something wrong with me. Maybe I did something wrong? Did I offend God? Am I being punished? Even though I went to church as a child I still didn't feel like I had a friend in God, let alone feeling loved and supported by God.

As I grew older I learned many techniques and approaches on how to face these uncomfortable feelings of loneliness. Every time those feelings of loneliness arose I first would take a take a breath with myself and tune in with the Liberation of Life I am and recognize how strong and healthy I am alone. Then it's easier to see how much I do have such an epic and awesome friend right here, in me and as me, called Life. Through these lessons this has become more and more obvious in my direct experience. I see this exemplified so awesomely in my dear friend Scooby.

Canines are such great examples of unconditional love and loyalty. What a tremendous gift it is to come home to such joy and liveliness. He so magnificently displayed this when greeting someone; so joyful, his tail

wagging so much his whole butt was wiggling. I often wish I could be that friendly or happy to see someone, especially someone I don't know.

Over the years I noticed I only tended to see Scooby's unfavorable qualities as a reflection of me, but then it occurred to me, what if his good beneficial qualities were reflective as well? If I'm gonna say his insecurities or difficulties are reflective of something in me the same must be true for the uplifting qualities and activities.

I remember being a child when my good nature shined bright. But I sometimes found this brought me unwanted attention as well. It makes me feel sad sometimes to think of how good natured and cheerful I was as a child and how life slowly caused me to be more protective, withdrawn and suspicious of others. My openness as a youth seemed to draw in those who liked to take, whether it was an emotional or energetic vampire or a physical domination by those feeling insecure. I've wondered, how do I shed myself of these barriers and protective mechanisms now as an adult so I can be more open and available to others now?

By being my own best friend and being content in alone-ness. By being joyful and happy to be in the presence of myself. What if I was as happy to be with myself as Scooby was happy to be with me? I can practice this by loving myself more each day than I did the day before. By displaying the same joyfulness apparent in a wagging tail and a wiggling butt.

Perhaps I can recognize now how I have grown and matured as an adult. How I've strengthened my intuition and boundaries through life experience. I can just remember the demonstration on display by Scooby. How kindness, friendliness and a wagging tail often dispensed away with peoples insecurities and tendency to dominate. This opens up their inner child to come to the fore and be acknowledged and recognized.

What a great friend Scooby is, simply by being in his presence and being in relationship with him, I am a better man. This great teaching I take to the relationship with myself as well. By being in a loving relationship with myself, my God Self, my inherent qualities flow into my life as Lyle enlivened. Not with effort or hard work, but by simply being present, holding space and receiving Life's bounty.

Resting here I no longer feel lonely, but strong when alone. No wonder our dog companions are marveled and hailed as man's best friend. They teach us endless miraculous lessons to live life to the fullest. A friend indeed, a friend, all breeds, woof!

May our friendship help guide me to be my own best friend so I am empowered in aloneness. May my relationship with myself be the eternal friend and true support I could ever need. May being my own best friend honor the friendship Scooby and I shared. May the true love and light I am sustain my faith in aloneness. May it be, Graciously.

3. L.Y.L.E.

I've always liked my name Lyle. If you look it up in a name book its meaning is, "to the island". This always seemed fitting for me since I've often felt alone, by myself, not fitting in, in a sea of people, yet not belonging, different somehow, an island unto myself. My parents chose the name because it was something different and unique they had seen in a baby name book.

A number of years ago I met someone who wrote acronyms for a living. I didn't know this when we were first talking, but as we were talking he just blurted out "liberate your life energy, liberate your life essence", and rattled off a few other similar acronyms for "Lyle" in the middle of our conversation. In the moment it was so out of the blue and unexpected, it felt like Life was talking directly to me. From then on I adopted "Liberate Your Life Essence" as my personal life mantra. An intention not only for myself but also my clients. The focus is on Liberation rather than symptoms or problems. A perfect example of true healthcare in my opinion, where the focus is indeed on health as the name healthcare implies. We don't call our current healthcare system, "sick-care", even though it does mainly focus on sickness, symptoms and disease and very little on health and wellness. When manifesting Ultimate Wellness we must be focused on what we do want, not what we don't. This way, even as symptoms and problems arise we are rooted in our own inexhaustible liberation, immaculate health, and radiant well-being, regardless of circumstance.

"Liberate" is one of my favorite words and I love its use in my name and its intentions for myself and all. The dictionary definition is "the act of setting someone free from imprisonment, slavery, or oppression." These words may initially be taken from a literal approach like being imprisoned in jail, but it's also important to look at other ways. Maybe we imprison ourselves with our own thoughts, ideas or belief systems, or how we may be a slave to our emotional dramas, and therefore internally oppressing our natural spontaneous liberation.

The way we "set ourselves free" is by more intentionally joining in the process of liberating our life essence, which is already always underway and on. Liberation points to the fact of something already present within, not

something needing to be cultivated or made, our Presence already present. This is where true healthcare lives, our always on Presence of Life Essence Liberation.

When I speak of “God on a leash” and treating my dog with the same reverence and respect that I would God, I am simultaneously teaching myself to honor myself with the same reverence. Throughout my early life my internal chatter and self talk wasn’t so kind or encouraging, often it was incredibly disrespectful, demeaning and judgmental. Very often this internal negative self talk are the ways our parents talked with us when we were “bad” or not behaving as expected. I know this is one of the reasons I would get so frustrated with my mother’s judgments in the past, because it was a reflection of how I talk to myself when alone. This is one of the reasons for this book and using the acronym L.Y.L.E. as a reminder, because it helped me reprogram the relationship with myself in such a way that the negative self talk became less impactful and influential.

It is my intention to L.Y.L.E., Liberate Yehweh/Your Life Essence, and to love myself more than any other person in this world. May I support, honor, and encourage myself as my own greatest champion. May I continue to bask in the glory of the ongoing liberation of my own God presence/ Highest Self/Christ Self/Divine Self/Blessed Self/Best Self, living eternally and inexhaustibly content with the content of my life. May I soothe myself like no other can, bringing about the greatest liberation in which all types of imprisonment, slavery and oppression whether internalized or externalized, are complexly outshone resulting in pure life satisfaction and flourishing. May this be my creed, my promise, my mantra for life, and my promise to myself. May it be, Graciously.

4. Smile

A smile is a powerful tool and expression. So much can be transmitted by a smile. One of the many gifts Scooby brought into my life was his smile and the smile his smile brought to so many faces on our walks. So many times I would see people look at Scooby and the biggest smile would come across their face. This not only benefited everyone who saw his smile, but also myself by getting to see the joy he brought to others simply by being himself. He wasn't trying to be of benefit in any way, he was simply being of benefit by being himself. If this is true for him it must be true for me as well. I must be of benefit simply by being myself with no special effort or work required.

Bringing a smile to someone's face may seem like a small thing, but if that helps lighten the load for another or helps take the edge off, then I know I at least am contributing in some way to bring about an environment of well being.

When I see how friendly and outgoing Scooby was with others it was another great lesson about the power of a smile and friendliness. It inspires me to simply be present with each and every encounter with a person. What greater gift can we bring to ourselves and others but the full presence of ourselves to the moment, allowing our innate liveliness and power to infuse all around us with love, light and life.

May share the same love and empowerment with my smile as Scooby did. May I receive others smile with openness. May I honor myself and Scooby by recognizing how simple and powerful life can be. May I honor my valuable place in the dance of Life.

5. Partnership

I've always preferred to think of Scooby as my partner and friend rather than a parent or owner. Although I can't deny the parent/child dynamic was present, as he got older over the years I felt it important to shift the perspective to more of a partnership.

In learning how to be a better partner to Scooby over the year I learned to be my own best partner. To love myself more today than ever before and to love myself more than any other person on the planet. This is one of the ways I see my great value. I am participating in the evolution of myself, my family, and the human race by doing my part along the chain of life to be better at loving more powerfully while respecting boundaries and honoring the Life we are in everyday interactions.

So what a great gift Scooby is once again. He helps me practice being a better human, strengthen my relationship skills, and be the best partner with myself I can be. That way I can truly be a partner to another. Most importantly, as I deepen my relationship with Scooby, God on the end of my leash, I am directly harmonizing my relationship with God, with Life, and myself. Thank you Life for this miraculous, beautiful, genius way of teaching me how to love again and be in partnership with myself again, fully and completely.

May I continue to honor, realize, and integrate the magic and brilliance of Life as my partner. May I continue to see so clearly how the process of lively light magic is underway spontaneously and inexhaustibly. May our sacred partnership continue to grow, blossom and evolve. May it be, graciously.

6. Parenting

One of the myriad of lessons Scooby has brought my way is to be the parent to myself that my parents couldn't be for me. Throughout my life I held a lot of resentment toward my parents for some of the circumstances of my life. Although they were great parents who truly loved me and did their best, I had immature judgments that said they should have loved me better, or maintained better boundaries, or been more patient and understanding as I saw it from my limited perspective of my youth. So I decided that if my parents didn't love and support me in the way I thought they should have, then I would be the parent to myself in the ways I felt they fell short. Of course there are many ways where my parents did not fall short and did their job very well. I want to make sure I properly honor my parents for their love, success, and guidance they shared in a myriad of ways throughout my life.

In recognizing my immature judgments of my parents perceived failures, I decided it was a great opportunity to put my money where my mouth was and show them how it's done. I intended to be more loving and kinder with myself when feeling low, insecure and unsafe; to hold space in new and transformative ways for myself so that I may be my own best parent.

I've noticed over the years how poorly I sometimes talked to myself, especially when something went wrong or was painfully unexpected. I sometimes would berate, judge and criticize myself in ways I would never talk to someone else. With someone else I would never be so degrading,

disrespectful or negative, yet with myself I used to allow that behavior and disrespectful way of relating to occur.

I found it takes a lot of practice to be loving and kind with myself and an important lesson from Scooby. As I honor Scooby for the God he is in form and make changes in my way of relating, then I too must honor myself as God in form as well. Commanding self-respect and self-appreciation as the highest form of self care.

Here again is another great teaching from Guru Scooby. Through our relationship I had an opportunity to be a practicing parent without actually being a parent. When Scooby would act afoul it was my practice to respond in a way that I would be proud of and would have like to have been treated myself. As I practiced parenting Scooby in the way I would have liked to have been parented, it then became easier to use kind, supportive and loving relating when I innocently made mistakes in my own life. When I notice the unkind and unloving self talk occurring I recognize this as an opportunity to slow down, engage with myself, hold the space of unconditional love and be present with myself fully and completely even if just for a moment.

May I be the most magnificent parent to myself and those in my life. May my inner guru Scooby continue to shine our light of unconditional love as an example of true love and what is possible in parenting. May the self-parenting I practice be a dedication to all parents and children everywhere, encoding the matrix with parenting solutions bathed in true love, the utmost self respect, and a divine friendship with Self. May it be, Graciously.

7. Brother

Learning healthy boundaries has been one of my life long goals. How do I maintain boundaries with myself and others without the use of domination, force or aggression? How do I use the Love I am in a wrathful way to hold my space in a respectful, loving, and powerful way?

Growing up there were times when my brother would take out his pent-up hyperactive energy on me through physical domination. I have shared this with a couple people in my early adult life and they often just brushed it off, like no big deal, this is what older brothers do to younger brothers, but this didn't feel like that. I had been over at friends' houses many times as a kid and seen these types of interactions at play and this wasn't that.

Scoobs helped me to outshine these dysfunctional behaviors through the years and has been another great gift he brought into my life. When Scoobs was young and wily he would sometimes go into a bit of a freak-out mode, getting himself all worked up. He would start jumping all over me and trying his best to get on top of me. He was snarling, drooling and biting, not with the intention to kill, he wasn't going for my jugular or anything, but clearly in an aggressive domination mode. It didn't feel like play anymore. This is often how I felt when my brother's inner animal was feeling insecure or unsafe and he was engaging in his domination in order to make himself feel better. No one was teaching us how to go within to self soothe, love ourselves, and be our own best friends.

I still see signs of this dynamic in action within my life mirrored through Scooby. An uneasiness around a man to my side, a brother archetype. A behavior I noticed Scooby demonstrating and teaching me was when my old roommate would come home. He was a man, around the same age, someone to my side, so to speak, a brother in a way.

Scooby and I would be sitting on the couch just chillin' when my roommate came home. Of course, Scooby jumped up to greet him and say his hellos. But then as my roommate and I would talk he always would go get one of his toys and just start gnawing the crap out of it. He would go to town on it, so entranced and totally antisocial. This kind of neurotic chewing behavior always got my attention, it just seemed unhealthy. It reminded me as a kid sucking my thumb or biting my fingernails. An indescribable unidentifiable uneasiness where the only way to get some relief, release energy, and attempt to self soothe is through personal pain, self degradation or hurting another.

The root of all these dysfunctional behaviors stems from what my greatest teacher called reification, the belief in the independent nature of things. A belief that says myself and/or others are separate from Source in some way and I need to get love, energy and attention from outside. This give-and-take, conditional love dynamic of our society, that we are born into, is so ingrained and habitual that it often feels like an incurable disease. So personally oppressed by conditional love that True Love seems miles away even though it is here, now, as we are. The conditional love dynamic creates so much mental/emotional turmoil.

So when I saw Scooby incessantly gnawing in the presence of "brother" I knew that on a subconscious level my inner animal, my inner child, was displaying protection mode. He is feeling unsafe on some level. When seeing Scooby displaying behaviors that indicated my inner animal was unsafe, my response was to love, support and help my inner child to feel safe. Not only to stop him from gnawing, but provide the space and love to pattern interrupt the coping mechanism and therefore the gnawing naturally stops on its own.

The same goes for me, when I notice I'm gnawing at myself, I can let that be an indication that I need to self soothe and practice self care.

To do this I simply remember who I am, inexhaustible spontaneous Life Liberation. I simply rest as the liberation I am and allow all I am to subsume any troubles Lyle may be having. Not by any effort or trying to change something, but by being the space in which unsafe feelings and memories can be seen, acknowledged, and faced by the true love I am.

This is the wrathful love I have sought most of my life. The one that maintains boundaries in a loving, respectful, and powerful way. The Pure Perfect Presence I am, here and now, always on. This is the love my inner child was looking for. The love within that all great religions point toward. The solution to all reified thought forms, behaviors, and outdated defense mechanisms.

One thing that is very obvious to me and evidence of change within myself was seeing how much more respectful Scooby and I related with one another in the later years of his life. I see how much more patient I had become, how much I appreciated slowing down. Through our relationship I have learned to be softer in my approach and my way of engaging with others. I've slowly drawn out the domination approach to one of respect. I've learned how to create boundaries with wrathful love in which all are honored.

In so doing, when he and I were out and about, our way of relating with others became much easier and relaxed. As a result, I felt safer with others in my space. Thank you Sacred Master Scoobs.

One of my life goals and values is having a healthy relationship with myself and a healthy relationship with Life, which is really one in the same. I like to use the word Life instead of God these days. I don't really like to use God

very much, even though I have used it many times in this text and in the title of the book. It reminds me of church and this reward/punishment way of relating or some kind of personified being on a cloud making judgments of good or bad. Even though this may be a common view of God, but not what I have experienced in my relationship with God. I do find “God” has it’s place because the truth of God has nothing to do with reward and punishment from my perspective. God would never dream of punishing anyone. She/he would only want to see the most magnificent version of ourselves to shine.

Once upon a time I had been so mad at Life, at God, for the circumstances of my life, a part of me still stuck in the reward/punishment paradigm. While functioning in this old paradigm I had been denying the very part of myself that held all my dreams, solutions, and connection. After all, the uncomfortable places we don’t want to go within ourselves are the very places that contain our superpowers once we uncovered and outshine these perceived demons.

Scooby taught me how to harmonize my relationship with my inner animal and with my inner child. He taught me how to bring love and space to my inner child in the same way that I have done with him. Rather than trying to stop a protective behavior, I instead loved the one who felt in need of protection, therefore having no need for protective mode to be activated in the first place. I've been able to give myself the space and support that I was unable to get when I was a child. I taught myself how to be my own support, my own internal ever-present indestructible home, in which I am soothed and loved forever. I have been looking for this love all my life, outside myself, and now, much to my delight, I have looked within and found that Love is right here, as I am, present, abiding, liberated.

Thank you, dear Master Scooby, for teaching me the power and potency of brotherhood. Thank you for helping us heal and merge back together as One, Life and I, like a super hero merging two aspects of self together to create one super being, LYLE, emerging full of delight, good vibrations, and beauty. Thank you, Scooby, for being so willing to heal our relationship into a relationship of honor, companionship, friendship, learning, grace and brotherhood.

8. Suicide

I've often thought about committing suicide. I guess the biggest reason I wanted to do that is because of the unrelenting pain year after year , for decades, of feeling unable to express the joy, love, and truth of who I am. I felt so imprisoned by my own thoughts, enslaved by someone else choices, and oppressed by an invisible wall of self doubt and insecurity that I couldn't seem to resolve no matter how hard I tried.

One of the biggest things that had prevented me from actually committing suicide over the years, of course, was my best friend Scooby. Probably his most important gift. Seemed like it would be such an epic betrayal to him after finding him all those years ago and agreeing to take care of him, only to bail on him after so many years together. I couldn't do that to him.

Interesting that I didn't feel that same way about abandoning myself.

Recently a very popular TV personality committed suicide. From the outside he seemed to have it made with a successful career, money, wife and children, friends, and huge smile, yet with all this he still decided it would be best to take his own life. It makes me sad to know that we can be

in so much pain that we take our own lives, or even consider it in the first place. It's interesting how things like career, money, friends and family are not where we find our life satisfaction and contentment. True contentment comes from an authentic relationship with Life and ourselves. This is my number one intention in life, to truly discover unconditional love and contentment within myself and to experience directly true life satisfaction and flourishing. It is my intention to know God/Life as all the great sages described in my own personal experience, to know myself as Life in the first person, to feel completely soothed, supported and truly loved no matter what is happening outside myself.

As a child it was obvious that I was very emotionally and energetically sensitive. As I grew older into my early teenage years these sensitivities became more problematic, like feeling the emotions of others and not knowing they were someone else's emotions, intense vivid daydreams with equally intense emotional overlays, various times when I seemingly lost consciousness for no reason and feel like I left my body, coming back the same but different somehow, where who I thought myself to be was somehow changed.

When I was young my mother took me to many types of healers and doctors to help me get a grip on what was happening. In a way it was great my mom was honoring my spiritual possibilities and being open to helping me find answers. At the same time, constantly seeking help subtly ingrained in me that something was wrong with me. A subtle form of internalized oppression taking shape. Many times during encounters with these spiritual healers or therapist they would comment about my energy being different or special in some way, but they never really seemed to be able to give me any specific help, just a generalized mysterious hint that something

was up. This added to my frustration and just seemed to add more burden. As an empath I ignorantly took on the vibrations of others and found my burden and boundaries becoming more and more uncomfortable and difficult to deal with.

The lack of borders and boundaries in my day-to-day life in my early family dynamic imprinted strong protective mechanisms within me. As with most church goers reward and punishment was a prevalent theme. Be good go to heaven, be bad and go to hell. Sometimes growing up the ones who loved me the most were also the ones who hurt me the most, which made me question why I was being punished even though I was a “proper good little boy” who rarely did anything wrong.

As a result, one of the defense mechanisms I adopted early on with my family of origin was to punish my family by not sharing me, my joy, or participating in any way. If my parents did something wrong in my view I wasn't able to punish them like they could with me., so the only way to punish my family was to not participate; to clam up and not share my gifts or my smile. This worked great with my family in truly pissing them off and allowed me to get back at them the only way I knew how.

Later in life as I had continually falsely assumed that undesirable circumstances in my life were a result of bad deeds. I projected my reward and punishment relating back on God and my relationship with life. And so, as life had seemed to continually punish me the older I got with unwanted circumstances, the only way I could see to punish God would be to end my life, commit suicide, and no longer participate or share my love, my God given gifts, or myself. Somehow trying to give God the big middle finger on the way out.

As I look back on these situations and defense mechanisms I have established within myself I see how my ignorant immature attempt to punish God and Life was really punishing myself. After all, Life, God, Myself, is all the same thing. With age and experience I have come to know that Life does not function on a system of reward and punishment at all. And that the undesirable experiences were not there to punish me, but to mold me, shape me, and prepare me to live as the magnificent, powerful, magician I already am, displaying my epic worth and value. These life challenges and difficulties gave me direct experiential evidence of where this world and humanity needs so much help. These aches and pains of humanity, the most perfect motivating force, catalyst for change, and source of inspiration.

May I embrace and welcome all harsh lessons, betrayals, and abuses as a dedication to the benefit of all, and in this way totally and completely honor myself. May I live this life to the fullest, in honor of all who have suffered, including myself, my family of origin and entire family line, my soul family, and throughout the entire tree of life.

May I remember these intentions during my daily life, so when undesirable experiences arise I remember my dedication, helping me to be empowered in every situation. May this secure in my mind how much I mean to Life. May it fill me with dignity and strengthen my willingness and capacity to love. May the healing of my desire to commit suicide and the meaning discovered herein be a healing for all. May my vibration be a healing matrix available in the matrix of all to be accessed and downloaded, so anyone considering such an act as suicide has another blueprint on how to find meaning, purpose, and connection with our inner Spirit that soothes all. I dedicate this moment to breathe, open-eyed and present as the

inexhaustible Liberation I am, allowing these intentions to take hold in the group soul of humanity and the matrix of life. I am grateful for being the space in which these vibrations are experienced and liberated for the benefit of all. May it be, Graciously.

9. Sharing My Toy

One of Scooby's favorite activities was playing fetch with the ball, especially if swimming was involved. When we played ball, he wasn't interested in sharing his ball with the other dogs. If other dogs got too close to the ball in his mouth he would avoid them and sometimes if they persisted he would give a little growl. I can respect this in a way, Scooby is asking for space, just giving a little growl, a simple communication that other dogs always seem to honor. But sometimes it seems like overkill in terms of his focus and infatuation with playing. He totally excluded others. It was just me and him and don't anybody bother us or interrupt.

Seeing Scooby as a reflection of my inner animal I couldn't help but see how a parallel was presenting itself to me. A reflection of how I subconsciously act around other people. An instinctive unconscious protective mechanism where I clam up into myself. Hoarding my gift, my light and my love all to myself. Refusing to share who I truly am as some sort of protection or punishment toward God and myself, steeped in self-righteousness and shame. Any who would come near me I'd energetically bark at them and make them keep their distance for fear of them betraying and hurting me in some way. Core wounds from being betrayed at a very young age from my core group. This created a very dysfunctional relationship with love, life, and other people. One of my most important life goals is to not pass on this

dysfunctional pattern to the next generation or anyone in my day-to-day experience; to practice love and boundaries with respect, kindness, and power without the use of physical abuse, aggression, degradation of spirit, or power plays of separation.

My practice as a result of this observation was, and is, to intend, either silently or aloud, to share my inner toy, my inner magical ball of light, my heart, my gift, my love with all on my path, animal and human alike, before I went on my walks. I also liked to practice the mantra, “I am safe with others in my space”, as I walked.

In the direct recognition of the inexhaustible wellspring of indestructible immaculate love I am, I freely and openly share my overflow with anyone I meet, anywhere that I go, and with all that I experience for the benefit of all, that begins with Lyle.

As I made these intentions, I noticed that Scooby was much more tolerant of other dogs in his face and space. I noticed people were much more friendly and open to Scooby and I, my interactions were more relaxed, I enjoyed our walks more, and savored the moment.

In this way I can give myself a pat-on-the-back for truly living life in honor of my core beliefs and values. As I continually honor myself from within, my inherent flourishing generous nature becomes more and more obvious in each moment. This benefits others and myself creating a magical feedback loop with all those on my path and humanity at large.

May I use this recognition to fuel, feed and satiate the insatiable part of me that continually goes looking outside itself for satisfaction and nourishment. As I fuel, feed, and love myself so completely from within may all strategies of going outside myself for well-being, the old way of

soothing myself, be spontaneously dissolved from my space, and the liberation of true love take its place. May it be, Graciously.

10. Animal Speak

There is an excellent book by Ted Andrews called “Animal Speak” that I have used throughout my life. One of the many things it contains is a list of animals and their symbolism. Over the years I have tried to keep both sides of the conversation in mind when communicating with Scoobs or any animal for that matter. We often are so proud to teach our dog all these commands, like, “sit”, “stay”, “lay down”, “jump through the hoop I’ve made with my arms”, but how many dog “words” do we know? How have we as humans learned to communicate as animals do?

All too often it is an out of balance relationship where we want the other to bend to our ways without a willingness to bend back. So when thinking about the other side of the conversation I think about how animals are communicating, not with words, but with body language, facial expression, vibration and the Universal Language. The innate universal love language common to all living things, yet forgotten by most humans.

Within this non-verbal communication there are many levels, not only is a communication happening from soul to soul, but also a symbolic archetypal communication. According to Ted Andrews, the symbolism and archetype of dog represents “faithfulness and protection”. He says, “It takes a lot to break a dog’s spirit. It’s ability to love, even when abused, is tremendous. It’s spirit and willingness to love and to be a companion is great.”

In the book “Medicine Cards” by Jamie Sands and David Carson they talk about the medicine of loyalty dogs bring. One of my favorite paragraphs is, “If dog has been yelled at or paddled, it still returns love to the person who was the source of its bad treatment. This does not come from stupidity, but rather from a deep and compassionate understanding of human shortcomings. It is as if a tolerant spirit dwells in the heart of every canine that asks only to be of service.”

I really like the part of them returning love even after abuse, not because of stupidity, but understanding. I think this such a great point and gift. I’ve often felt like I withhold love from family members who have hurt me in the past and that loving them was/is somehow condoning and/or rewarding their behavior. But holding back love is not true unconditional love. Here again, we are blessed by the teachings of Ascended Master Scoobs, as seen in his demonstration of Life. A life of devotion built on loyalty, faithfulness and protection. Such a magnificent example and my intention for living my own life.

May our Divine Union be a testament, example, and legacy for the Ages on true love. May our bond continue to transform each other and all, for the benefit of all. May the divine speech of my voiceless heart speak clearly and potently with the unconditional love, precision, and majesty that we are, that I am, spontaneously and perfectly shining forth in each moment without any effort, just like right now! May it be, Graciously!

11. Evolution

Through this process of honoring all the great lessons and teachings from my dear friend I have become increasingly appreciative for the opportunity to actively and knowingly participate in the evolution of myself and humanity at the same time. It is really remarkable as I reflect on all the blessings my dog has brought into my life. As I look back at the times when the ones who loved me the most were also the ones who hurt me the most, I've really had a deep desire to do things differently. Sometimes Scooby has not done things I may have liked, and at times I responded with more aggression, dominance and degrading comments in order to get my way, to force my way, just like others forced their way upon me at times when I was younger.

Although often for me it wasn't the force forced upon me, but what I saw forced upon my brother. Not to say I had awful parents who were beating us all the time. They were very loving and supportive and took good care of us, but sometimes physical punishments were handed out. Mostly I saw it happen to my older brother. A handful of times I saw my father physically punishing my brother for his wrong doings. These few memories are seared into my consciousness and created a fear of my father, which is something I would not want for any children I may have one day, nor for my dog.

My brother seemed to be in a lot of trouble those days. Stamped by the medical profession as "flawed" by the ADD/ADHD diagnosis. Twisted up in a disease-based, symptom-based system, in which you endlessly take pills for symptoms, not curing the actual cause of the problem. Creating more problems than solving them.

Of course, I do think there should be consequences or discipline as long as love and respect are woven through all aspects of the lesson. Sometimes in "punishment" there is a feeling degradation of spirit and/or shame. Over

the years I have done my best to be the change I wish to see in the world in this regard and have put it into practice in my day-to-day life with my teacher Scooby. How can I relate lovingly and respectfully while maintaining boundaries? How can I relate differently than my parents? How would I relate differently if God was the one who I was relating to when disciplining, setting boundaries and giving out consequences? Reflecting on these questions I can see how valuable and worthy I am because I am actively working to evolve myself, which automatically and simultaneously evolves each person I encounter and therefore humanity at large. This has so much value and importance on this Earth and in society today. This gives me something I can feel good about. I am fueling myself from within to bring about life satisfaction and at the same time dissolving old outdated patterns of going outside myself for value and worth. I am doing my part. I can rest easy. I am safe, secure and full of purpose. Ahh. Cosmic pat on the back applied. I am grateful for the life I am in action, on purpose, love fueled, cosmically aligned as the exquisite evolution of life, lived as Lyle. Woohoo! How awesome!! May it be, Graciously!!

12. Patience

Patience is often referred to as a great virtue. I'm not really sure I would count myself as a patient person. I suppose in some ways I am and in some ways I'm not. Here again, I honor the great gift of Scooby the dog! My best

friend! My most favorite dog in the whole wide world! And that's a lot of dogs!!

As he got older, he became slower, especially on our walks, which was really difficult for me. One of the things I love most about having a dog is going for walks. It's one of the ways that I practice true healthcare. When I walk, I like to keep a brisk pace, just enough to get my heart rate up a bit and walk for a good 20-30 minutes at least. I find such a nice rhythm and relaxing open-eyed meditation arise. An excellent way to empower my immune system, strengthen my heart, and clean up my mental/emotional diet.

As Scooby moved into his later years, he didn't want to even go on regular walks very much, but when we did it was very slow. If we went swimming at the beach, that was a whole different story, he walked brisk then for sure! On our regular walks though, they were aggravatingly slow. When I was aggravated with the pace it was a good reminder to practice "God on a Leash." How would I respond differently to God aggravating me? Truly though, it's not even God aggravating me, it's my aversion to the pace at which life is unfolding because I felt unsafe on some level. Plus, not wanting to fully acknowledge how sad I was about my friend's life coming to an end. There were times when I would get very aggravated with God/Scooby going so slow, or even just being aggravated by the pace of my life's unfoldment, and would attempt to hurry him along or be aggressive due to my aggravation. But then, I don't feel good about being aggressive toward God, Scooby, or my Self, so I decided to use these as opportunities for me to rest, slow down and practice Patience aka practice loving myself, aka practice L.Y.L.E. - Liberating Your/Yahweh Life Essence, aka God on a Leash.

Patience isn't about just learning how to wait without getting annoyed. It's about honoring life exactly where it is and how it is. It's about faith and trust even if circumstances are favorable or not.

A common defense mechanism for me is to avoid, leave, hurry along, or flee when feeling uncomfortable or unsafe, classic flight behavior. So being in a hurry is an excellent red flag that it's time to love myself, and to do that, I simply need to slow down, breathe and remember L.Y.L.E. Remember to Liberate Your/Yahweh Life Essence. Simple, but perhaps not that easy sometimes.

It's such a change from when I first got Scooby over 12 years earlier. Then he had boundless energy and would walk way out ahead of me if I let him. I'm not surprised he slowed down in his old age though. We spent over 10 years hiking the mountains of Colorado, sometimes hiking all day. One day we went up to the top of the continental divide and back. Not to mention the myriad of road trips driving all around the country in exploration.

Wow! This dog has seen some miles and that brings me smiles!

May I honor patience in each moment for its beauty and majesty, knowing there is nowhere to get to; only now and here to appreciate. May patience remind me there is nothing to do, and no one to become, since we already are One.

May patience help slow me down and allow life to unfold as it will. May I see evidence of these intentions working in my direct experience. May these blessings flow forth into my day, blessing every being who encounters my energy field, every location I anchor energy into, and through every experience of existence, all planes of dimensions, every particle of matter, through time, no time, and every time in between, for the benefit of all, that

begins with me, Patience. Patience I am. I am Patience. May it be, Graciously.

13. Death

As Scooby grew older and his ailments became more impactful on his health I couldn't help but ponder his death. This is why I started this list of lessons, because I knew his death was coming sooner rather than later. This got me thinking of my own death. I can't say for sure, but it feels like I've died a number of times throughout my life. When I say die I mean, my heart stopped, I stopped breathing, I left my body, went to heaven and hung out for a bit, then returned to my body after about 2 minutes of Earth time having passed.

I'm reluctant to even share this because it seems unbelievable and maybe I just have a wild imagination. I can remember 4 or 5 times in my life where I remember episodes like these. Where I was fully aware I lost consciousness and tried to convince myself "I just passed out", "no big deal".

What I didn't want to acknowledge was perhaps I died each time.

In my meditations I went back and reviewed these and other episodes, like a random night out with work colleagues where an ambulance took me to the hospital, the time partying at a "friend's" house, or the lunch room in junior high school. These were not simply just fainting like I always told myself, but actually death. I must say every time I came back I felt different in an indescribable way, which definitely has always gotten my attention and clued me in that something was up.

When I was done reviewing these handful of episodes I remembered throughout my life, I spontaneously remembered another few episodes that I had forgotten about. But when my memory was cued I totally remembered it happening, like a car accident as a teenager. Following that round of memory activations I was shown another bundle of incidents that I had no recollection of whatsoever, like when I died a few short moments after my birth.

I noticed that at a point along my journey I started dying without having to go through physical death. I began to feel like a snake shedding its skin. A part of me began consciously detaching from my body, going through the death process, processing life in the higher dimensions, discarding old outdated aspects and patterning, returning to the body, all while my body remained alive. Each time a part of my old outdated programming dies the more my innate liveliness liberates and illuminates all, beginning with Lyle. Little by little, bit by bit, moment by moment, inexhaustibly and continuously, without rest, while at rest. A very peaceful feeling while still expressing the liveliness of life, as Life.

May my new orientation with life and death empower me to live freely, openly, and confidently in the direction of my dreams. May the recognition of my physical death be in honor of the death of every moment. May my death and the death of each moment, each thought, each emotion, and each experience be lived in honor of the Life Essence fueling all I am. I am grateful for Scooby's death being a rebirth within myself, igniting my innate liveliness, good nature and magnetism as the perfection of Death I am. As I honor each death and it's vital role in our lives may it help to bless every death everywhere, whether physical, mental, emotional, Spiritual, existential, or otherwise. May each death be filled with understanding,

safety, and support. May the death of my past and future family members be blessed by the blessings I am blessing now. May this be true for all my relatives alive who will one day step through Death's doorway. May this be true for me and all death spontaneously and effortlessly occurring across all time, space, dimensions of existence and moments of presence. I love you Death, thank you for being my best friend. With every breath is death. May this divine dance be performed with grace, elegance, and majesty as I die and am reborn anew inexhaustibly for the benefit of all that begins with Lyle. May it be, Graciously.

14. No Heart

Life has been broken my heart so many times I feel like I no longer have a heart. Only to discover I am the heart of the Multiverse, which has remained unchanged and present no matter how many times my human heart felt like it broke for the last time. Year after year life seems to have broken my heart repeatedly. It felt like life crushed my heart into a trillion pieces and then scattered those pieces far out along a sandy beach just before high tide, soon to be washed out into the ocean, cycled back into the great expanse.

I see how necessary this was to release me of attachment and place firmly in the awareness that I am the heart of the Multiverse, unbreakable, vast, all-pervasive, inexhaustible. Thank you Life for breaking my heart so completely.

May gratitude seal this blessing of my heart and all hearts. May I honor the necessity of heartbreak to reveal the truth of who I am as Love. May I continue to love openly, passionately, and courageously even in the face of heartbreak. May the true love I am soothe my heart chakra across all dimensions and experiences for my highest and great love. May it be, Graciously.

15. Friendliness, Liveliness, & Attractiveness **Integrated**

In an effort to help prepare myself for Scooby's death I set some intentions for that moment to help me remember and see first hand what a gift and pleasure that transition, transformation and experience would be. I am so grateful for all the gifts Scoobs has brought into my life over the years. I see how he has helped me recognize in obvious and real ways how beneficial I am to myself and all.

As I see how people responded to Scooby in the myriad of ways they did, it helps me see how they are responding to the light I shine. It helps me see what they may see when they see me and to be okay with some people judging a book by its cover. It helps me see in my direct experience how beneficial, valuable and ridiculously important I am.

Throughout my time with Scoobs I have been so awed at his friendliness, liveliness and how incredibly attracted most people were to him. His overall attractiveness and magic smile blessed and enlivened all those who were on his path. There have been so many times we would be out walking together when I see someone look right at him and the biggest smile sprung across

their face. A very simple thing, yet a very beneficial one. Especially these days where there seems to be plenty of things in our world to get stressed about. It's so great to see something as simple as a happy dog can help take the edge off someone's day. This can't be underestimated in value. Maybe we don't always have to move mountains to change the world, maybe we could simply offer up good vibes or a wagging tail to those on our path. If Scooby is mirroring me, than I can use this as evidence, the Universe "talking" to me, showing me in real time what people are seeing in me and how beneficial and worthy I am. Thank you Master Scoobs for amping up my worthiness.

Sometimes in the past when my innocence was feeling unsafe and in survival mode it would act out in undesirable ways to protect itself. There have been many times in my life when I have been stuck in seeing things from that limited protection mode perspective and felt totally depressed. It felt like the liveliness of life has been extinguished, my friendliness suppressed and my attractiveness sapped, stomped out by the trials, traumas, and tribulations life has brought my way.

As I watched Scooby deteriorating into the later years of life with severe arthritis in both elbows and knees, noticeable cysts and lipomas all over his body, a heart murmur, lost most of his vision, hearing loss, barely able to walk more than a half a block, and unable to participate in his normal activities of daily living, I still saw the spark. The liveliness of light, love and life shining brightly regardless of the very uncomfortable data he was experiencing in his day-to-day life.

What an amazing example on how to live. He still wanted to meet and greet, wag his tail, say hello and bring a smile to your face and heart. Of course, the day did come when he didn't get up off the couch to say hello

anymore, just a lift of the head looking in my direction with a sad glance. That's when I knew it was time.

It was my intention well before Scooby died, and most especially when he did die, that I integrate his engaging friendliness, his wellspring of liveliness, and the shining attractive bright light he radiated. I intended at his death that we merge our light and being-ness together as one super being of utmost magnificence. May I bring these innate super-being upgraded qualities into my lived everyday experiences and interactions. At the moment of his death may his lessons, friendliness, liveliness, attractiveness, light and love manifested us as one united integrated whole; empowered and strong, friendly and wise, kind and healing, attracting all to the all-beneficial lifeblood of life we all are. May it be, Graciously.

16. Unconditional vs. Conditional Love

As I have continually empowered the Liberation I am as my everyday lived reality I see more clearly the conditional love often experienced growing up. A love wrapped up in the idea of reward and punishment in which love is dependent on certain circumstances to be in place in order to get that love. If circumstances change in some way the love can be withheld, removed, or dangled as a carrot in order to manipulate for something in return. Growing up I can see how both forms of love were present in my family dynamic. Even though sometimes they unconsciously used conditional love, the unconditional love was always there, but only occasionally shined through in an obvious way.

I know my family truly loved me even though they couldn't always express it. Love was often used as a tool to get what they wanted, like a bargaining chip. Shared more with some than with others and expressed in much different ways between different family members. Sometimes I took these exchanges in which love was withheld or used in a way that didn't feel good personally, but I see now how in actuality my parents were just following the pattern of reward and punishment from their parents, churches, and life experiences.

In the end, when we are afraid and out of balance, our animal instincts kick in and we protect ourselves from pain and harm even if it is at the expense of our loved ones and family. Many behaviors and activities are wrapped up in getting love and wanting to give it away in order to get rewarded in return. Give and take, right and wrong, hurt and relief, a life of pain and misery, lacking satisfaction and fulfillment, the life most live, a hell on Earth. Not a place I like living.

It's been one of my important life values and goals to unravel this conditional love paradigm I was born into and unconsciously grew accustomed to. To transmute it into the Pure Love that is my true nature, my innate true identity. My source of Unconditional Love.

May the Love I am as Life and Light magically and miraculously do its fine divine liberation through me; think as me, emote from me, express by me, for the benefit of all, that begins with me. May I love myself more this day than any other day, and everyday, with every breath I breathe, every beat of my heart, and every step I take on the path of transmuting the perils on conditional love into the perfection of unconditional love.

May my Presence help to enliven the unconditional love within all, rise to the surface, automatically and spontaneously transmuting any density that

veils It's presence, easing the tension of life, providing the space for all to feel safe, and the willingness to be the change we wish to see. May I continually liberate Life for the benefit of all in obvious and profound ways that helps make me feel good, empowered and purposefully on point. Thank you Scooby for demonstrating and teaching me the ways of unconditional love! May it be, Graciously.

17. True Healthcare

These days most of our healthcare system has us looking outside ourselves for all the answers and solutions, but the most important part of true healthcare is honoring, recognizing and empowering the health, vitality, and Life, that is present within ourselves. What we traditionally call "healthcare" in this country is really "sick-care", primarily focused on sickness and symptom management, not health as the name implies. In true healthcare, care is given even when you are feeling well, not only when symptoms are present. In true healthcare the emphasis and focus is on our always-on lively life intelligence and the solutions therein. In true healthcare the caregiver's primary objective is helping you to recognize the healer you already are and want nothing more than to see you healthy and thriving.

Certainly there is a time and a place for outside influence and help. Medication and surgery are necessary and save lives everyday, but their overuse is what is at issue in my opinion.

Sometimes what we do for the body the body stops doing. If every time we feel sick we fill ourselves with antibiotics, cough suppressants, decongestants and the like, our body doesn't get the opportunity to do these important functions itself and misses an opportunity to strengthen and cleanse itself. When the body coughs it is removing impurities, when snot is produced it is moving out the gunk and the junk, when fever raises the temperature of the body it is protecting us.

All too often we stop the body from doing the very things it is doing to help, heal and protect us, therefore weakening the immune system, shoving these impurities deeper within the body and setting them up for more complicated problems in the future.

Back pain treatment in the medical profession is a good example of a symptom based approach. If someone goes to the medical doctor because of back pain they are given an anti-inflammatory, muscle relaxer, and pain killer. Subsequently removing all the emergency measures the body had taken to prevent someone from further damage. In the short term emergency situation this may be an appropriate response because you have responsibilities and you need to do what you need to do to get back on the road, but all too often this is the same treatment that happens year after year for decades. Over the long term this continued treatment plan leads to complete breakdown, which, of course, they recommend surgery and more medication, hence the opioid epidemic.

A true healthcare approach addresses the cause of a problem, not only the symptoms. The problem may be due to physical (trauma, repetitive motions), electrical (thoughts), chemical (emotions), outside toxins, or something else?

In my over twenty years of practice the number one problem I see is people are suffering from an overactive and overstimulated nervous system, they're very stressed out. This sustained chronic state of flight/flight/freeze is what is causing the majority of people to be out of alignment, both physically with their spine and in life.

When the the electrical system of our homes have too much charge running through the wires because too much power is being pulled from multiple sources, the fuze is flipped. This prevents the wires in the wall from getting hot and burning the house down. Similarly when our nervous system, the wires of our body, are overused, like when we are really stressed out, our spine goes out of alignment in a similar fashion as the fuze box in your home. An important and necessary protective mechanism no matter how inconvenient and painful.

There are ways to empower our immune system and change our vibration so we are not a vibrational match to the viruses and bacteria that are always present within ourselves and our environment. This doesn't mean we never get sick or illness never comes our way, it just means when illness comes our way we are empowered and grounded while our body goes through its innate process of protection, which is pretty awesome if you think about it. Here again, the beauty of having our canine friends in our lives is a great way to practice true healthcare.

True healthcare is about taking care of the health, vitality, and Life that is already present and on. Taking a dog for a walk is one of my favorite personal healthcare practices. I make sure to walk with a brisk pace to exercise my heart, both physically and energetically. I don't have any computer devices going. I like to listen to my breath, hear the birds, and be aware of my surroundings. Walking with Scoobs for me was a walking,

open-eyed meditation, where I tuned in with, become more aware of, and breathed as the Health, Vitality, and Life he and I are. Walks are a mental/emotional/physical reset, a great way to practice true healthcare. Walking with clarity helps to consistently reset my consciousness from so many of the data streams flooding our everyday activities, like social media, phone calls, emails, texts, conversations, streaming services, etc.

By consciously bringing ease to our mental/emotional state the nervous system is able to shift out of the sympathetic nervous system and into the parasympathetic nervous system. Para means “to the side” or “next to” and so the parasympathetic nervous system is always on right next to the sympathetic nervous system. The parasympathetic side is responsible for rest, digestion and repair, but when the alarm is on a.k.a. the sympathetic side is firing, less energy is available for digestion, repair and immune response.

I have met so many clients over the years who have a constant low-grade 4-5/10 stress level that they have become totally accustomed to and view it as normal. While this may be common for many people it isn't normal. Just think when the smoke alarm has gone off in your home, office or school. It's a 10/10, loud, obnoxious, and gets all your attention. You can't hear the t.v. or the person on the phone, you can't concentrate on something you're reading, you can't continue doing whatever you're doing. If it were sounding off at a level 4 or 5/10 it would still be very annoying, but perhaps you could get used to it, but it would certainly distract you from your work, conversations, or activities.

This is the case for so many clients over the years, they are constantly in pain, physically, mentally and/or emotionally, because the alarm rarely goes off in their day to day experience, and their healing activities of Life

are not fully active because of tending to the alarm. This over time, depletes energy levels, lowers immune function, causes body aches and pains, and accelerates degeneration into an early death. So in order to practice true healthcare, a healthy mental and emotional diet is of paramount importance. Take your dog for a long brisk walk and practice loving yourself and honoring the Life you are, we are, together as One. If you don't have a dog you always have your own inner animal, God on a leash, to walk with and enjoy.

When fear is triggered, the sympathetic nervous system is engaged, the flight, fight, freeze, fawn response is activated, and our immune system takes a back seat, using energy to tend to the threat or emergency. All too often in our lives the threat or emergency isn't actually present but perceived in the mind and instigating an emotional/hormonal cascade suppressing our body's innate healing presence.

When each of us is growing inside our mother's womb we are building our bodies without a thought. A supremely sophisticated harmony of systems, organs, and cells. Somehow we grow a circulatory system like a tree grows its branches and leaves. We have a digestive system that knows how to break down a peanut butter and jelly sandwich into tiny bits and use it to build and energize ourselves. An intelligent immune system blooms that knows self from non-self.

A nervous system, our electrical and informational system, electricity and internet running on the same wires. How cool would it be if when you plugged your computer into an outlet for electrical charge you also got an internet connection? That's what our nervous system is, information and power somehow communicating on the same wires with every system, organ and cell of our body.

We grew bones magically supporting all the systems together as a framework of protection and stability, skin holding it all together in a sac of perfection, an endocrine system pumping hormones for growth, function and mood. Lymphatic channels carrying away waste, organs filtering impurities and supplying building blocks. All together a magical mysterious masterpiece that we create without thought or effort.

No matter who you are this is true for you. No matter if you hate God and don't believe in God, this is true for you. We grew in our mothers womb and did so without effort or strain, we grew. No matter the color of our skin or the culture that contoured our lives, we grew as perfection in action while being totally at ease, in the dark, warm and cozy.

As we are born we enter into a life where we are given a name, gender, family, etc.; slowly creating a perceived separation from the magical identity we just were while growing inside our mothers. As we are taught the ways of the world in our childhood many slowly forget how powerful, capable and programmed we are for health, vitality, and healing.

Remembering and recognizing this part of our identity is key in empowering our health today and knowing how to heal ourselves. This is so critical during times like these with things like pandemics because surely there will be more disease and sickness appearing on our planet. With this knowing we can be better prepared for any disease in the future because we have learned to empower the healer within. With an empowered view on our health it helps us feel like we are actually contributing in a proactive way.

It is so important we re-identify with the Life we are at our core, that many have forgotten about during our human experience and upbringing. When growing within our mothers womb there was no effort, no figuring out, just

doing without doing, doing while at rest. Just as the trees grow and flowers bloom, so too can we allow the nature within each of us to flourish. It is simply done by resting as Liberation and practicing over and over. Resting and allowing, resting without any contrivance, resting without any trying, simply resting as Life, always on and present, inexhaustibly shining forth in every breath, every heart beat, every step we take, each and every day.

Every moment, even when we sleep, our healing grace is always on and working on our behalf without any work being done by us, or any gratitude being required, though it helps.

We live in a go go go world with electronic devices and reward for effort achieved in which many often forget to rest and simply be. Being, like our canine friends have mastered so well and demonstrate for us so effortlessly and eternally. Being, what all the ancient sages and texts have spoken of, the lost art of living. Let's try it now, right here, simply stop thinking just for a moment, open eyed, looking forward, and be breath...what do we notice?

I notice Life, on and living, energy, liveliness, presence, power, calm. For some it may not feel that way at all, maybe it feels uncomfortable, uneasy, or weird. No matter what you may feel when you rest easy, Life is always there, just like your body starts healing you right away when you cut your finger. You don't have to tell it to go into action or how to heal, it just knows, YOU just know, WE just know. Even if the mind is silent or racing, our Life Essence is present, just like in our mother's womb. It is this Life Essence that we must reacquaint ourselves with and make primary for Ultimate Health.

May I recognize and realize the Ultimate Health I am, liberating forth as I go about my day today, enlivening my body with healing grace, easing my

mind with openness, soothing my emotions with awareness, and guiding my life like the light of the sun warms us with power and precision. May it be, Graciously.

18. Happy Death Day!

Well, death day has come. Scooby was put down on Monday January 16th 2023. What really led me to make this very difficult decision was when I began to come home from work and he didn't even get up off the couch to greet me. He simply lifted up his head and looked at me as I walked in the door, then put his head back down. He did this twice about 3 weeks before his death, then again 2 weeks before, and again the last week. This was the final indication for me that it was time.

A few months before his death he definitely had a change in his appetite. He has always been very food driven, devouring his food as I would pour it into his bowl, but a few months before the end he just didn't seem that interested. He would stand back a few feet away as I would put the food in his bowl and give me an odd look, which I found very odd. Then he would only eat about half the food and finish it a few hours later.

When we went to the veterinarian he said there was nothing really to do for him at that point. I asked the doctor if he had any kind of criteria in order to make the decision to end his life. He said that when you no longer are able to do two of the three most favorite activities with your dog, that's

when you make the decision. When he said that I realized I was 5/5 of no longer able to do the activities I enjoyed with my best friend Scooby. We couldn't play ball anymore. He didn't want to lay on the couch together anymore. We could barely go for a walk. No more road trips or hikes. As I honor all the ways I enjoyed spending time with Scooby it helps me be appreciative of our time together. By honoring his life I honor his death and help to honor all death.

May I embody the teaching of my friend God, aka Scooby, that lived at the end of my leash for a while before diving into and as my heart. May we all remember and know the invisible, unbreakable, etheric leash that always has us tethered with and as the Divine. May the lessons, teachings, and godliness of Scooby be integrated totally and completely within my soul. May I radiate this attitude of gratitude with the same ease, grace, and joyfulness of my best friend God/Scooby. May it be, Graciously.

19. Ashes

The last couple years of Scooby's life we lived in California. One day I came home after surfing. I hung up my wetsuit so it could dry and my booties that help keep my feet warm. I saw my bag on the floor and almost walked by and just left it there, but then I thought maybe there's a wet towel in there. I open my bag, and oh yeah, the empty container Scooby's ashes had been in earlier that morning was there. I totally forgot that after surfing I went down the coast and found the perfect little spot to spread Scooby's ashes into the ocean. "Oh yeah, did THAT today."

I decided to go sit in my room and be quiet for a bit and let things digest. I thought I would put on some nice gentle background music, like some nature sounds. As I opened the music app it was on a different type of station and I immediately went to change it to the nature sounds, but then I somehow felt Scooby's presence telling me to leave it, "this songs for you". I immediately recognized the song that was coming on, I had had heard it before, but never really paid attention to the lyrics or artist. So I looked them up quick while the song began to play, a band called Milky Chance with the song "Cold Blue Rain".

Cold blue rain

I don't wanna think about it

Same old place

Makes me wanna think about it

See your face

Remembering that I'm mad about you

So I embrace all the things that you do

I know that we'll be forever

Forever together as one

And our hearts will share the same shelter

We share a place under the same sun

I know that we'll be forever

Forever together as one

And our hearts will share the same shelter

We share a place under the same sun

Cold blue rain

I don't wanna think about it Same old place

That I would never want to leave

See your face
Knowing that I'm mad about you
So I embrace
Make me feel like my dreams come true
I know that we'll be forever
Forever together as one
And our hearts will share the same shelter
We share a place under the same sun
I know that we'll be forever
Forever together as one
And our hearts will share the same shelter
We share a place under the same sun (yeah, yeah, yeah)
Under the same sun
Under the same sun
Under the same sun
Under the same sun
Under the same sun
Under the same sun

“Forever together as one” is exactly how I felt. A total union and merging of he and I as one. My inner animal was magically transformed from the outside in a costume called Scooby, to my liberated inner child inside. Life’s magical and mysterious way of wrapping itself up in all of us characters, pretending we are not all part of the same Source, is feeling more endearing.

May I be more open and available to seeing the wisdom and fun Life has on offer. May I transmute all the hurt, heartache, and difficulties from heavy lead-like loads into shiny golden roads. May the sacred golden phoenix

grace my space and rise triumphantly from the ashes of my life, liberating all Life's jewels to enrich myself, this world and the cosmos. May all these teachings, lessons, and gifts be recognized, realized, and integrated fully by my soul and all aspects of being. May this serve as exactly what I needed to hear and learn to totally and absolutely liberate me. May it be, Graciously.

20. Content with the Content

One time I was at work and the next patent's file popped up on my screen with all their information, including their occupation. This next client's file said their occupation was "content". When I first read this my mind immediately went to the emotion of being completely satisfied and at ease, content with what is, used as an adjective. But then it dawned on me that she did social media "content", using content as a noun. She didn't make a living simply being content with life, she makes a living helping people put content on their media platforms. But that got me thinking, what *if* my occupation was simply to be content with the content of my life? What would that look like? How would it feel different? How would my life be different?

One of the many lessons that our dog companions share is how content they are to do nothing. They don't need a phone or electronic device to be content. They can simply be in a space resting as they are; as the love, light, and life they are, that we are. That's one of my practices these days, to simply rest for a moment, eyes open, as the Light, Love and Life we are, totally content with the data of my life, weather positive, negative or indifferent. Master Scoobs is an excellent teacher in being content with the

content of my life. As long as he had food, exercise, love and boundaries, all was well. How often have we seen our canine friends just chillin' in the moment, nowhere to be, nothing to do, present, aware, balanced, and totally content.

May my occupation in life be total abiding contentment with the content of my life, whether that content is perceived as good, bad or indifferent, may I be content. As I practice LYLE, Liberating Yahweh Life Essence, may I rest as the always-on liberating contentment that I am, as Life in action as Lyle. As I rest as Life I recognize how content I am, with nothing needing to be done or accomplished. May I fully realize, recognize, and integrate the eternal Liberator I am, blushing full of inexhaustible contentment with all the content of my life. May it be, Graciously.

Summary

The most important aspect to True Healthcare is a healthy relationship with Self. Mental and emotional stability is key for Ultimate Health. That's why I put together these lessons. As a reminder to evolve and deepen our relationship with Love/Life/God, whatever word works best for you, so we can soothe, empower and heal ourselves from the inside out. May these teaching help us rehabilitate our inner animal, harmonize with life, and trust God on the end of our leash. May it be graciously.

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