

The Energy of **LOVE**

You and your dog feed off each other's energy. Make sure that it's positive.



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Love is a powerful emotion. It can soothe the soul and heal us from the inside out. Channeling the highest vibration, love reaches deep into our energy fields, connecting us to the Divine. Infinite in nature, love adorns your relationship with your dog, making each day together a wondrous possibility.

Love's unique energetic frequency is 528 Hertz (Hz). According to Dr Leonard Horowitz, this is a frequency that's central to the "musical mathematical matrix of creation." Also known as the "LOVE frequency", 528 Hz echoes at the heart of everything, stronger than any sound previously discovered. Originating from the Divine, love is the harmonic vibration that lifts your heart and divine voice in harmony with heaven.

Pure unconditional love is the highest form of universal energy. The ultimate expression of God, love sustains all life in the universe. The love you share with your dog can carry you through your darkest moments; without it the world would indeed be an empty, lifeless place to be.

The love you and your dog share can be felt in your body. Gazing into your dog's eyes, you both recognize that feeling that wells up deep inside. Holding the gaze for several moments, you can almost touch the wave of shared energy between the two of you. Promoting these joyful emotions will keep you both in this highly vibrational state throughout your day.

UNCONDITIONAL LOVE IN EVERYDAY LIFE

Developing a profound, loving relationship with your dog brings abundant joy and peace into your lives. Begin by witnessing your thoughts, emotions and reactions through your dog. For example, do you make frequent judgments? Do you find yourself blaming others, your dog or yourself for mistakes? If you feel like a victim, or avoid responsibility for your actions, this will manifest in frustration, impatience and anger towards your dog. That's not healthy for either of you.

Be respectful of his feelings and emotions, keeping a close watch on yours. Work from the same place of unconditional love that he gives you. Understanding that he wants to please you creates the awareness you seek to build more tolerance in your relationship.

On the other hand, if you perceive challenges and problems as venues for transformation, positive thoughts will shift the situation, enabling more loving and productive outcomes. This creates a positive energy flow, making it easier for you to acknowledge the power of love.

THE GIVE AND TAKE OF LOVE

Dogs demonstrate affection through body language. Tail wagging, wiggling and twirling show how excited he is to be with you. Barking, as annoying as it might be, is often an expression of love and excitement. Some studies have shown that leaning on you is another sign of love and trust.

You can reinforce these loving behaviors by recognizing the signs and acknowledging your dog's messages in several ways. Talking to your dog bridges the human-canine connection. Use words infused with loving thoughts and praise. Simply telling him "I love you" fills him up with endless joy.

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Touch or play with your dog whenever you interact with him. A simple belly rub lets him know you love him. Running your hand from his head to his tail is soothing and calming, and it's a great way to praise and reward him during the day.

Your dog seeks the comfort of your presence when he's worried, frightened or anxious. You're his safety net, one he relies upon to protect and guard him when he senses trouble or fear. When you're away for short or long periods of time, send him telepathic messages that you'll be back soon.

Since dogs thrive on routine, stick close to meal, walk and play schedules. This builds trust in your relationship. His gratitude and love will flourish as he relies on you for his needs, which in

turn makes the relationship function more smoothly. This is especially important for rescue pups. Make their daily routines predictable so any uncertainty is removed from their emotional state.

Your dog seeks your scents more than most of the smells he encounters throughout the day. His brain registers your personal signature with reward, love and devotion. Your scent is part of his wiring, and integral to the love he feels for you. It turns out that in the barrage of smells dogs receive on a daily basis, they filter out and prioritize their humans' smells above all.

Love and trust go hand in hand with your dog. He trusts you more than anyone else in the world. He loves you so unconditionally that he'll follow you to the ends of the earth and believe in everything you tell and teach him. Knowing that, train with positive reinforcement. Using positive reinforcement training methods creates a reciprocal relationship where your dog is working to make you happy so that in turn, you can make him happy with a chosen reward. The more you train positively, the better you work together, and the stronger your bond will be.

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THE PRACTICE

Practice meditation together. Meditation strengthens the practice of unconditional love. Focusing on your heart chakra, meditation quiets the mind, connecting you and your dog with Divine energy where pure spirit resides. Meditation opens pathways for telepathic communication between you and your dog, creating a more loving space to "be."

Develop empathy and compassion for others. Compassion helps you develop a sense of understanding of how your dog feels in any given situation. Is his training too strenuous for him? Is he feeling pressured to perform? Maybe the role you've chosen for him doesn't align with his desires.

Tell him aloud that you empathize with him and want to change his routine or his "job." Making a conscious effort to see his point of view with loving intention will validate his perspective, moving out unwanted feelings and emotions from your relationship. Compassion and empathy will help expand unconditional love in your life.

Practice forgiveness. Learn from the inevitable mistakes that you both make as your relationship grows. Like a reflecting pond, your dog's reactions to your words, actions

and energy provide immediate feedback. Your dog is one of your greatest teachers, and his love assists you in responding appropriately to his physical, mental, emotional and spiritual wellbeing.

Access your sense of humor. You create your own life drama, sometimes making it bigger than it is. Distill the problem to a manageable level when possible, using laughter as a solvent.

Remove fear from your life. Fear is a low vibration emotion, attracting more of it when you focus on it. Replace fear with gratitude and love, reminding yourself that your dog's love nourishes and sustains you on the deepest levels.

Reciprocate. Love your dog as unconditionally as he loves you. Focus on the amazing personality traits he has, and appreciate those most of all. Work on changing what isn't working in your lives together, but do it with love.

THE ULTIMATE HEALING JOURNEY

Just as you help shape your dog's happiness throughout his life, his love facilitates your healing pathways. Your dog's pervasive, deep rooted love brings meaning and fulfillment to your life, enhancing your life's creativity, joy and balance together. Achieving a state of unconditional love permeates all aspects of your life together. It will create a newfound freedom, transporting you and your dog closer to the blissful state of divine love. 🐾

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