

# YOUR INTUITIVE SELF



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Intuition is one of our most valuable and powerful tools. It is a natural phenomenon arising from our third eye or brow chakra. The intuitive energy that flows in and out of our brow chakra is directly connected to our inner wisdom, discernment and knowledge.

Using our intuition as energy strengthens our spiritual connections, assists in our decision-making and expands our ability to grow as spiritual beings. Our intuitive senses also enhance our human-canine relationships enabling us to co-create deep, everlasting and meaningful bonds through trust, understanding and experience as we grow together.

## HARNESS ITS ENERGY

Intuition is readily available to all of us; however, our conscious and rational minds often doubt its power, dismissing its effectiveness in guiding our decisions, thoughts and warnings.

We're taught to listen to our inner voice and our gut feelings and told to pay attention whenever they arise. Yet, we rework the energy to suit what we want to hear, often acting upon what we believe we *should* do rather than what our inner selves truly feel is right for us. As dog owners, this can be problematic when we ignore those early warning signs and cave to decisions that we intuitively know aren't in our dogs' best interests.

In spite of our own tug-of-war with intuition, we recognize how strong canine intuition is. Our dogs know instinctually what's safe or dangerous, whom to trust whom not to trust, and how to form lasting bonds with their human caretakers.

They rely on instinctual responses to secure their survival and use their senses to guide them. I believe they reach us telepathically using intuitive tools, choosing us as their partners because they know what their purpose is with us and how they can help us become better human beings and reach our ultimate goals in life. We don't tend to question their intuition but often skip out of the equation when we are faced with our own. Using intuition in our canine relationships serves a myr-

# CANINES DON'T HIDE THEIR EMOTIONS SO WHEN WE USE THE POWERFUL TOOL OF INTUITION WE CAN ENHANCE OUR RELATIONSHIPS WITH THEM WHILE BUILDING EVERLASTING BONDS.



iad of purposes. Being keen observers of their behavior, we immediately sense their emotions and mood.

We know exactly when our dogs are happy, sad, hungry, depressed or tired. We recognize their fear, shame, pride, shyness and many more states of being by being attuned to the physical, emotional and mental signs they show us.

## **COOPERATIVE ENERGY**

Imagine a situation where you've entered a large dog park. You observe a pack of dogs playing together and notice the cooperative energy taking place. None of the dogs are really aggressive or playing too roughly with one another. Taking stock of the situation, you know that your pup

will meet and greet these playmates easily without any problems.

Had the situation been less friendly, your intuition would have told you to back off or leave the park. If one particular dog was acting defensively and charging the others, you might have withdrawn from the play circle. Depending on your dog's comfort level, you would have made an educated decision using your very own intuition and reading the signals.

Listening to your own inner voice would have helped you avoid an uncomfortable incident for both of you.

## **NOT ENOUGH QUESTIONS**

We all recall the time we walked into our new veterinarian's office only to realize we

hadn't asked enough questions about the type of practice he offered. Recognizing this vet is not holistic and may not respect our opinions, do we have the courage to get up and leave? Using this experience moving forward, we learn to do our homework in advance, making our dog's holistic health care our priority.

The importance of understanding our dogs' energy translates to dogs in competition like agility trials. When we pay attention to fatigue, irritability, boredom or lack of motivation, we give our dogs permission to take a break from their jobs.

I can still recall a show dog who *told* her owners this was not what she wanted to do. When the owner listened, her dog was remarkably happier and healthier. When

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we tune into this intuitive energy, we nourish the soul partnership that is key to balanced relationships with our dogs.

What if we applied these same principles in our own lives, opening the channels to our own deepest thoughts and feelings? When we tap into our personal intuition in this way, we can access our innermost wisdom and discernment, the kind that nourishes our soul and helps us better connect to Spirit. A few simple steps bridge the connection to our inner selves while brightening our intuitive selves for our dogs' benefit.

### HOW TO ENHANCE YOUR INTUITIVE ABILITIES AND APPLY THEM TO YOUR DOG

**Acknowledge your inner voice.** Trust that you have an inner voice, your intuition. You're born with it and using it will enhance your life and your relationship with your pup. Believe that practice and using your intuition will help you make more authentic decisions for both of you.

**Go within and be still.** Learn basic meditative or breathing exercises and use them to access, feel and retrieve your innermost

thoughts. Stillness allows you to stimulate your intuition, which flows independently once you're quiet, more tuned into your inner self and open to its energy.

**Set your intention on heightened awareness.** Tell yourself that you're receptive to the messages that will come on their own, without judgment or conscious effort. Communicate telepathically to your dog asking him to collaborate with you and help you strengthen your skills.

**Be willing to accept messages.** Trust any messages that appear, even if they don't resonate at first. Allow the truth of what you're feeling and experiencing in your life to shine through. Facing an unpleasant realization can be the lynchpin of change, enabling your intuition to grow.

**Perform an honest reality check.** Take stock of where you are in your life physically, emotionally, mentally and spiritually. Are you and your dog getting along? Is your dog calling the shots or is the relationship balanced and smooth? Acknowledging difficulties can bring relief and willingness to change.

**Notice Coincidences.** Coincidences that unfold are synchronicities, connections

that validate your intuitive self and your life path with your dog. Your relationship with your dog can change for the better.

**Visualize.** Use visualization to set up and guide your daily activities with your dog. Visualization will enhance your creative self, stimulating your intuition. You can practice this any time, especially before you fall asleep, because during sleep we access the soul level where all is possible.

### INTUITION IS REAL

Intuition is a very real part of our consciousness, heightening our awareness of people, places and circumstances that affect our daily lives. It may appear as a sharp "aha" moment or a rumbling in your gut. Though it may seem fleeting and illusory, it has the power to transform our reality in a split second.

Intuition is our pathway to our higher self, guiding our spiritual best interest above and beyond our physical reality. Our dogs can feel the ensuing joy that results from trusting our inner voice, making this energetic guidance an invaluable asset for our shared lives together. Intuition confirms the profound wisdom we seek to become better human partners to our dogs. 🐾



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