

## Conversations with Dog

At the farm we have our family pet, Freckles the Jack Russell. Like all Jack Russell's she's into everything, running here and there and has never been very obedient. Not that she's really needed to as there is no traffic and there's plenty of space for her to wander as she pleases

Well that was the case until recently. On farms there are some less pleasant tasks needed to maintain the business and one of those is to keep the feral rabbit population down, which we do using poisoned carrots as bait. And it just so happens that Freckles loves eating some unusual food for dogs. She loves apples and also really enjoys fresh raw carrot

So while the carrots are being put out we have to ensure that Freckles doesn't eat any - and this requires the obedience to come when she is called

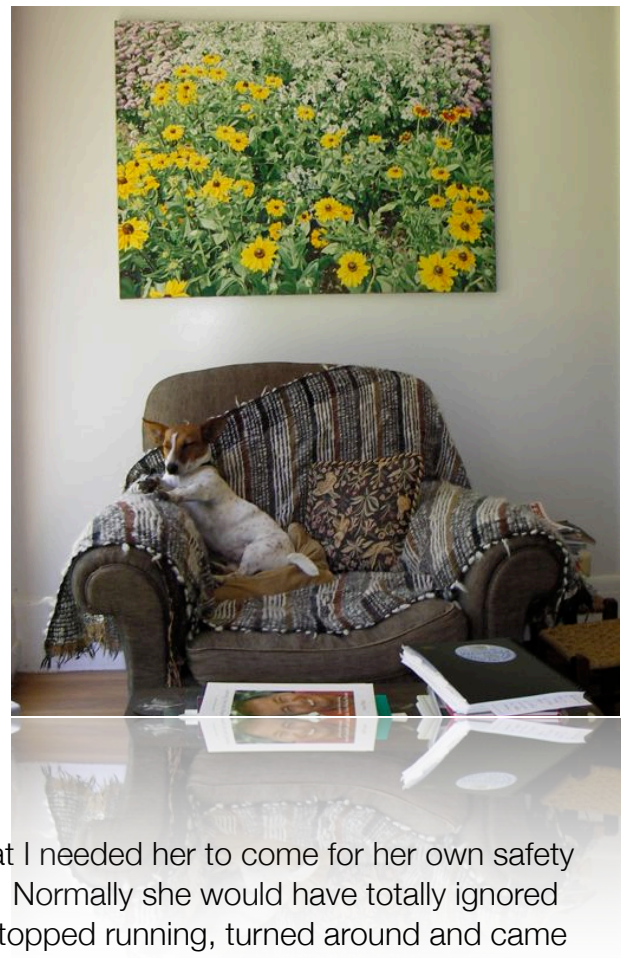
And here is what Freckles taught me. Knowing that I needed her to come for her own safety and that her not coming wasn't an option, I called. Normally she would have totally ignored me, however this time, much to my surprise, she stopped running, turned around and came straight back

I thought about this, realising that something had changed in the way I called her. I had called expecting her to come because her not coming and eating a bait just wasn't an option to me. What did I do I wondered?

As I reflected on this I realised these things...

- my intent was that she must obey my command
- and I became aware that I had lowered the tone of my voice, and that this deeper tone was far more commanding

I also remembered that when I called before, it was usually at a higher pitch which also had a pleading tone to it. Often I stand at the back door 'pleading' for her to come and she would just sit up in her chair (see above!) ignoring me, until she heard the back door shut and knew that I was going out for sure. By then I would have to walk back and open the door for her



Well with my new found knowledge, and thanks to her wise teaching, now when I need Freckles to come, I lower my tone and call my 'command' and she comes straight away. At first I was still amazed at how well it worked! Now I just expect it. Sometimes she even comes with her tail between her legs, not cowering, just letting me know that I am 'the leader of the pack'

When your next making a request, you might like bring to some mindfulness to it by asking yourself...

- what is my energy signal?
- do I expect them/it to respond?
- and am I in command of my power?