

THE POWER OF THOUGHT



HOW THOUGHTS CREATE REALITY AND CAN EVEN HELP YOU MANAGE YOUR DOG'S BEHAVIOR.



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Siddhartha Gautama Buddha perfectly captured the essence of thought power: "All that we are is the result of what we have thought. The mind is everything. What we think we become."

What Are Thoughts?

Thoughts are pure energy, alive with dynamic power that affects all aspects of our lives. Directed thoughts, or intention, naturally organize themselves into a stream of biophotons that move as fast as the speed of light. Each focused thought acts like a laser and has the ability to change the molecular structure of matter. This means that thoughts reach deep into your cellular makeup, profoundly impacting the physical, emotional, mental and spiritual levels of the body.

Furthermore, quantum physics posits that our individual thoughts are all connected to the universal matrix, or Over-Soul, where there is no duality or separateness. This is called entanglement, meaning that you and your dog are connected via energetic thought forms that impact every emotion, action, behavior and event in your co-created life.

Your dog perceives your thoughts as energy, interpreting whether the vibration resonates as positive or negative in his energy field. Whether it's how you feel about him, what types of activities you

do together or the level of happiness you bring to each other, thoughts can direct outcomes and guide you in a positive or negative direction. Maintaining a positive outlook on life is your best option, because this will shape your reality.

The Yin and Yang of Thought Power

From your dog's perspective, your thoughts can be confusing and hard to read. He might be wondering "What did I do wrong? Why doesn't she love me unconditionally? I'm getting a lot of attention for this behavior, but she seems so unhappy and distressed. I know she loves me, but this doesn't feel like love."

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For example, let's say you and your dog begin search and rescue training, a vigorous program that requires physical and mental strength. Your dog is well suited to

the challenges, but you find the physical tasks too daunting. You decide to stop, seeking a different alternative for you both.

In response, your dog might blame himself, thinking "I'm not good enough. I'm disappointing her. I'll never become what she wants to be. I'm a failure." He may act depressed or stop eating, believing he has displeased you. You may respond by wondering if he's sick, or upset with you. The cycle might continue until you both come to terms with the emergent energy pattern, taking steps to shift to a workable solution for both of you.

From Subconscious To Conscious Thinking

Your subconscious mind interprets the predominant, repetitious thoughts circulating in your conscious mind. Like a giant soup pot, worrisome and happy thoughts blend together, creating a potpourri of energy. Whether negative or positive, they remain unfiltered unless you until you shift your awareness, choosing to release the negative thinking before it manifests as more of the same.

Becoming Self Aware

The key to discovering inner freedom, peace and self-awareness is the act of observing your thoughts. Without self-awareness, your thoughts control who

you are; with self-awareness, you choose your thoughts, allowing your consciousness to expand. Through practice and introspection, you can become the master of your mind instead of a slave to it.

Each time a thought comes in, pause and take stock of where it originated. Are you calm or upset? How does your dog react to your emotions? Does he mirror your thoughts by his own reactions? Remain honest and judgment-free so you can develop a clear perspective. Decide how each thought might best serve yourself and your dog, releasing the unwanted ones quickly. This can be accomplished in several ways.

Visualization

Visualization is an energy changer. The key to visualizing is to live and feel as if it's happening now. Your subconscious will act upon the images you create within, whether they reflect your current reality or not.

For example, what if your older dog reacts unexpectedly with extreme jealousy when your new puppy arrives home? Having chosen the "perfect" puppy, you take the situation personally. Now you doubt yourself, wondering whether you made the right decision.

Negative thought forms compound the situation. Both dogs are unhappy; your new puppy doesn't know what to do. Rather than hold on to these thoughts, you employ visualization to transform the energy between them, creating a story with a happy ending.

Mentally picture the two dogs playing happily in the back yard, eating together and sleeping peacefully. Watch as the youngster defers to the senior dog, showing admiration and loyalty. This practice will help shift the tension and help everyone

relax. Do this technique for at least five minutes daily, seeing success and happiness in their evolving relationship.

Replacement Thinking

A positive thought will consciously replace an undesirable one. Once you identify your core thought, you state "Cancel that thought." Immediately put another thought in its place, one that focuses on what you want instead of what you don't want.

Replacement thinking works well with dog training. You choose the words to describe any situation, allowing creative thoughts to come in instead of negative ones. If you start thinking your dog is difficult to train, or has some behavior issues, change your thoughts to read "I help my dog overcome his feelings," or "I accept training challenges that bring me new experiences."

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Affirmations

Affirmations are a proven method to redirect your thoughts. They shift the energy, opening creative pathways and activating the ensuing synchronicity. Your deepest thoughts can be excavated and reframed into workable, affirmative ones. Discovering your own self-talk channel helps you create functional, workable language.

Here's another example: you tried several training techniques to help with your dog's

incessant barking, to no avail. Scolding him is a temporary solution and one you're uncomfortable with. You're frustrated with your dog and ready for a change.

You select the affirmation "I seek training methods that use positive reinforcement to help my dog learn." After several days, you happen to notice the clickers in your local pet store. Drawn to the idea, you give it a try.

Soon you and your dog are having a blast with clicker training. You and your dog approach clicker training with enthusiasm and eagerness. Shifting your awareness to a different mindset, you allowed synchronicity to guide you both to a better solution. The thought "picture" shifted, and has been replaced by a positive one.

Pure Thought = Pure Energy = Healthy Life

Freeing your mind from impure and negative thoughts is a lofty goal that many of us wish to achieve. Your subconscious mind is the storehouse of your deep-seated beliefs and programs. Reprogramming your subconscious thoughts gives you control over them, bringing more positive outcomes to your life. Pure thought, in turn, creates a better relationship with your dog, filtering into his health and happiness.

You are ultimately responsible for engineering a positive outlook for every thought you put out into the universe. Though invisible, you have the power within to access tools for thought transformation and change. Changing your thoughts changes the energy and removes undesirable life patterns. The process begins within you; mastering it is a rewarding and enriching experience that benefits you and your dog, ensuring a long and happy journey together. 🐾

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