

A newsletter by Ira Franco Your Partner - Your Life Coach  
Issue #3, May 2013: A Challenge: What Can You Learn from Dogs?

**“If you think that adventures are dangerous try the routine. It is mortal” Paulo Coelho**

### **A Challenge: What Can You Learn from Dogs?**

My dear reader, you don't have to be passionate about dogs to appreciate this article. Just read it and let yourself go.

Dogs can teach us how to appreciate nature, on a sunny day they enjoy laying in the sun for no more than 15 minutes as if they have a natural timer that tells them the required amount of vitamin D their bodies need. Humans on the other hand take the necessary dose of the vitamin in pill form because they do not have the time to bask in the sun.

Hanging their heads out of the car window and enjoying the fresh air is a dog's favorite activity, one can even see them smile as they experience this. People in contrast, may refrain from doing this simply because they are concerned that the wind will ruin their hair.

Observing the interaction between dogs is pure and sincere. When they meet a fellow dog, they look at each other, smell each other, and if there is any chemistry between them, they will play together. If there is no chemistry they pull away and each goes their separate way. On the contrary, when people meet, and there is chemistry everything is fine but if there is no chemistry, instead of taking separate paths some attempt to try to make it work which could end in disappointment and frustration.

A valuable lesson of love and respect can be learned when dealing with a dog's basic needs. Their food must be placed in their plates or when it is time to relieve themselves the owner must pay attention to their schedule because they do not have the keys for the front door.

In Spanish there is a saying: "...pareces un perro faldero..". The literal translation to English is "...you look like a lap dog..". This Spanish saying is usually mentioned every time a person is submissive and follows someone else around, but it doesn't have to be that way. If people show each other love and respect, hopefully they will stand by each other's side and show one another unconditional love. The kind of love that shows one genuinely cares for another without expecting anything in return, the kind of love that protects, the kind of love people seek and hope to have in life.

Get out, take a deep breath, and enjoy all the good things that life has to offer!

### **(\*) Sesiones Disponibles en Español**

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