



Karma Dog Training Playsheet II

The following is a conscious exercise that you can immediately do to improve the quality of life for your best friend and YOU!

Write down 3 reasons why you would be hesitant or even unwilling to incarnate as a dog in your next life, if it was guaranteed that you would experience the same exact “duplicate” life you are now providing for your dog. List your concerns, one by one.

Example:

If I were to incarnate as a dog and have to experience the same exact “duplicate” life I am now providing for my dog, I would be hesitant or even unwilling to do so because of the following concerns:

- 1) **I would be so bored all the time! I would need much more fun and excitement!**
- 2) **I would want a lot more bones to chew on!**
- 3) **I wouldn't want to hear my owners talk on the phone all the time or have to listen to the TV at such a loud volume, especially if I am trying to sleep! Remember, I don't even understand what they're saying. It would be similar to you watching the news in Spanish!**

CREATE YOUR OWN:

If I were to incarnate as a dog and have to experience the same exact “duplicate” life I am now providing for my dog, I would be hesitant or even unwilling to do so because of the following concerns:

1)

2)

3)

Next, underneath each of your concerns, write down what the solution would be and hear in your dog's voice, as if he was talking directly to you.

Example:

1st Concern: I would be so bored all the time! I would need much more fun and excitement!

Solution (In your dog's voice): Please take me to new places every day, change it up, and please keep it interesting. Remember also that my greatest joy is to run free off-leash. I also really enjoy sniffing! And I like to dig. Also, please bring me with you everywhere!!! I get so cooped up in this house. I love going with you! I don't care where we go as long as I get out of this house.

2nd Concern: I would want a lot more bones to chew on!

Solution (In your dog's voice): As my evening activity, please bring me home a big meaty bone to chew on so I can enjoy 3 uninterrupted hours of peace. P.S. They sell Marrow Bones & Beef Knuckle Bones at Whole Foods and other fine supermarkets! ☺

3rd Concern: I wouldn't want to hear my owners talk on the phone all the time or have to listen to the TV at such a loud volume, especially if I am trying to sleep! Remember, I don't even understand what they're saying. It would be similar to you watching the news in Spanish.

Solution (In your dog's voice): Please be respectful that I am trying to sleep when you are home doing your thing and walking from room to room. Close my door in the room I am sleeping in if possible. Also, please talk on your phone (if it's a cordless or cell) outside the home if it's a nice day. I'm not trying to make your life harder than it is, I just find myself becoming so frustrated and even agitated at times having to continuously hear you talk on the phone day and night since I'm a light sleeper. Also, can you please invest in a product called "The TV Listener"? (You can easily buy it online). It will improve the quality of my life by 50%, I'm not even joking. It's specially made headphones to watch TV with so I don't have to hear that noise every day. I really don't want to hear that TV all the time! Remember, I don't even speak English, I speak dog, I don't know what they're saying and I'm probably trying to meditate or sleep while it's on.

CREATE YOUR OWN:

1st Solution (In your dog's voice):

2nd Solution (In your dog's voice):

3rd Solution (In your dog's voice):

Finally, underneath each new solution your dog is telling you, create a powerful new affirmation or declaration that you can repeat to yourself and program into your subconscious mind. This is a new standard you'll hold yourself to that will guarantee you hear what your dog is trying to tell you and act upon it.

Example:

1st Concern: **I would be so bored all the time! I would need much more fun and excitement!**

Solution (In your dog's voice): *Please take me to new places every day, change it up, and please keep it interesting. Remember also that my greatest joy is to run free off-leash. I also really enjoy sniffing! And I like to dig. Also, please bring me with you everywhere!!! I get so cooped up in this house. I love going with you! I don't care where we go as long as I get out of this house.*

Affirmation 1

I now take my dog to new places all the time and I keep it extremely interesting for them. I make sure that he gets to experience the off-leash freedom he truly lives for on a consistent basis. I also allow him an abundance of sniffing opportunities and a lot of digging. I now also take him everywhere I can with me knowing how much he enjoys getting out of the house and coming with me, no matter where I go.

2nd Concern: **I would want a lot more bones to chew on!**

Solution (In your dog's voice): *As my evening activity, please bring me home a big meaty bone to chew on so I can enjoy 3 uninterrupted hours of peace. P.S. They sell Marrow Bones & Beef Knuckle Bones at Whole Foods and other fine supermarkets! ☺*

Affirmation 2

I now take pride and pleasure in making sure my beautiful precious dog has a special evening activity each night by providing him with a big meaty bone for him to chew on. I love seeing him enjoy himself. It makes me feel so good!

3rd Concern: **I wouldn't want to hear my owners talk on the phone all the time or have to listen to the TV at such a loud volume especially if I am trying to sleep!**

Solution (In your dog's voice): *Please be respectful that I am trying to sleep when you are home doing your thing and walking from room to room. Close my door in the room I am sleeping in if possible. Also, please talk on your phone (if it's a cordless or cell) outside the home if it's a nice day. I'm not trying to make your life harder than it is, I just find myself becoming so frustrated and even agitated at times having to continuously hear you talk on the phone day and night since I'm a light sleeper. Also, can you please invest in a product called "The TV Listener"? (You can easily buy it online). It will improve the quality of my life by 50%, I'm not even joking. It's specially made headphones to watch TV with so I don't have to hear that noise every day. I really don't want to hear that TV all the time! Remember, I don't even speak English, I speak dog, I don't know what they're saying and I'm probably trying to meditate or sleep while it's on.*

Affirmation 3

I now take into consideration that although my dog can't tell me verbally what's on his mind, it's safe to assume that the same things that would bother me if I were trying to relax or sleep, would bother my dog. I am grateful that I know now this information and that I'm able to act on it. I consistently come from a place of compassion and sensitivity to make my dog's life a more comfortable one.

CREATE YOUR OWN:

Affirmation 1

Affirmation 2

Affirmation 3