



A PRACTICE FROM THE FIRE · PROP IT AGAINST THE COUNTER

The Second Before She Answers

Most of us watch our dog to learn what she is doing. This week, watch her to learn what *you* are doing. She has been reading you the whole time. Three small experiments, at home, with no one else around. Nothing to get right.

1 The Doorway

Try: The next time you come home, stop in the doorway for one full breath before you speak. Let your shoulders drop. Then walk in.

Watch for: Her ears, her tail, how low or high she carries herself. Set it beside a day you came in hurried.

2 The Wire

Try: Clip on the leash in a quiet room. Stand together. Slowly close your hand around the leash, hold for three seconds, then soften until it hangs loose.

Watch for: When your hand closes, does she glance back, go still, or shift her weight? What happens when it opens?

Keep it short. If she seems uneasy, stop and try another day.

3 The Low Place

Try: Sit on the floor near where she rests. For two minutes, let each breath out be a little longer than the breath in. Don't call her.

Watch for: Who settles first. Whether she comes closer, sighs, or lies down, and what your own body does while you wait.

What I noticed

Write what happened before deciding what it meant.

*She has been answering you for years.
This week, you get to read the reply.*

Want a lesson like this every week?

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