

GREAT STORIES, HEALTH & BEHAVIOUR ADVICE AND MUCH MORE!

Canine Zone

The magazine for all dog lovers



ROTTIE (-ology)

Strong & True

Preparing your dogs for

WINTER

5

Signs that your dog loves YOU

AT THE VET...

Helping your dog cope

BOREDOM BUSTERS

SAVING SHEPHERDS

Protecting your dog during a BREAK-UP

R34.90 incl. VAT April/May 2017



CANINE ZONE | MARCH 2016 | 1

WHEN A LOVING PET DIES – HOW SOON SHOULD YOU ADOPT AGAIN?

By Marybeth Haines



school exam can make us feel calm and safe. Pets help lower our blood pressure in response to mental stress. One study has shown that a group of people having experienced a heart attack resulted in a one-year higher survival rate because of having pets in their lives.

The proof is in the pudding; animals are here to love, be loved, heal and much more. When the time comes for their passing and transition from our earth, it can lead to emptiness in our hearts that is vast and deep. Feelings of sadness, depression, anger and other emotions can emerge, needing time, care and tools for healing.

The love from a dog is deeply unique and an experience that can't quite be explained in words as the vast expansiveness of the bond and connection runs deep. Trying to explain this in the right words is something only a fellow pet lover would understand. Would you agree with this sentiment?

I've had many conversations with fellow pets lovers who have told me that they feel the only downfall of loving a pet is that their lifespan is not the same as a human's. And each time they say this to me, I nod my head in agreement. More times than not, we will invite a pet into our lives AND also experience having to say goodbye to them. As with all life, death is a part of it and is inevitable. We cannot get away from that and it is one of the rules of life and one we must live by. However, because of the many gifts animals bring to us, we can learn to accept that and although it will be hard, it is worth it because of the deep and loving bond shared.

THE HUMAN-ANIMAL BOND

The human-animal bond can be defined as a relationship that is mutually beneficial between both humans and animals and positively influences the health and wellness of each other. There are numerous studies shown on how the mere presence of an animal before surgery or a

WHEN IS THE RIGHT TIME FOR A NEW PET TO JOIN MY FAMILY?

We all have different personalities. Some of us will always need a furry companion in our lives, while others feel more comfortable to have some quiet time before inviting another in. One question that I am often asked is about when the right time is for a new animal to join the family and if so, is that a dishonour to the pet that has passed?

If you are experiencing the loss of a canine friend and are thinking about the addition of a new furry family member into your life, you might have many questions running through your mind.

In part one of this two-part series let's identify and ask some of these important questions and answer them one by one:

IS IT TOO SOON?

Q. I miss my dog so much. I don't know how to move on without him/her in my life. I feel so lost, but I feel it's too soon to get another. What can I do?

The very first step that you can take when asking this question is to identify why you are feeling this way. When you can become present and in a space of

Giving a dog in need the gift of a new home can be just what the doctor ordered

ADVICE

understanding, things begin to make more sense and the heaviness of confusion can become lighter so you can then take the next step from here. Let's discuss some matters that can support you in identifying your current thoughts and feelings and where they are coming from.

IDENTITY

The energy from a dog is one of many things – playfulness, love, companionship, safety and, of course, unconditional acceptance. Dogs ask for nothing in return other than for you to love, play, feed and be with them. I think that's what makes the death of a pet even harder sometimes than when experiencing a human loss. We as humans demand much more from others, that's just how we are wired. Dogs don't do any of that. If anything, they gently demand that we become genuinely open to love without judgment. You can see it in their eyes when they "speak" to us of their love every single day.

Having doggy energy in your home is a calm and warm energy when felt deep inside your core. No wonder it's so hard when trying to move on without it. Feeling lost is very normal and natural. You see, your dog helped create an identity for you and that very identity is what you use every day. When your dog passes away, that identify and feeling of who you are when you are with him/her is severed

and can lead to feelings of loss of direction, routine and, most of all, love.

There are several factors that you can incorporate into the decision of when it's time for a new dog to come into your life. Let's move on to this next question and explore.

WHEN IS THE RIGHT TIME?

Q. When is the right time to invite another dog into my life?

Inviting another animal into your life is unique to each person's experience. It is important to remember here that what is right for one may not be right for the other. Therefore, following your own inner guidance and what feels right for YOU is best. Others will try to help you in a way that they know how; however, their recommendation may not match your highest needs so it's always best to make your decision based

on your identified requirements. This is an important decision that you will need to live

with each day forward and therefore you are encouraged to make the best decision for you. Some prefer to wait and give their heart time to heal while others cannot stand to be without a pet and go out right away and adopt another.

WHICH WAY IS THE CORRECT WAY?

My answer is that it really depends on your personal and unique situation. When you identify what situation yours fits into, it can guide you in finding out the best way for you. There are several variables to think about. Let's go through them here together:

Step One – Begin by asking yourself why you want another dog in your life at this time. Is it because you need that unconditional love and support only a dog can give, that you enjoy doggy energy in your home and feel it's beneficial to both you and your furry family member? Or is there something deeper going on that might go back into your earlier years or even childhood that needs healing/resolving? In my book *From Empty To Empowered – A Journey To Healing From Unexpected Pet Loss*, I cover this in more detail. You see, sometimes we "mask" situations that happen in our lives with things that make us feel better. An example would be receiving the love and devotion from another sentient being who gives unconditional support just like a dog.

Although having a loving dog in your life can be a positive tool in helping to heal, it's really important to ask yourself if you are indeed and truly giving yourself the





time, the opportunity and steps of action to that particular healing. If you continue to ignore and dodge what you truly need to face, it will keep coming back again until it's dealt with, whether having a dog in your life or not. If you find yourself in this category, you may wish to delve deeper into what else you can incorporate to help with this healing. And of course, a dog can help you with that as long as you're taking the active steps you need resolution and healing with.

Step Two – Helpful questions to ask yourself and guide you when deciding to bring a new dog into your home -

Q. Is this new animal coming into my home to replace my beloved pet that has died?

If you find that inviting another animal into your home is to replace the one that has died, you might find that you become disappointed and that the sadness deepens. I have had several clients I work with do this and become very disappointed and even angry because their new furry companion is not the same as the one that has died. Their expectations of bringing this new animal in to their home was so that the situation and experiences from the deceased pet would continue forward in the new pet.

If I may share openly from my heart in this very moment with you reading this article, if you are wanting to adopt a new pet only to replace your deceased pet you miss so dearly, it's important to remember that all animals are unique and will have their own gifts to share. If you're looking to adopt a new dog into your life, I invite you to become open to their differences and mannerisms and to get to love them for who they

are and not for who you think they should be. This is a very important and key aspect in identifying the right time to offer a new home to a loving pet yearning for this comfort and care.

Q. Is this dog coming into my home here to start a new relationship, a way that I could rescue him/her and adopt with no expectations other than building a loving bond and future together?

There are thousands of dogs that are looking for a new home, someone to love them and give them the chance to show just how much they can bring to your lives.

Giving a dog in need the gift of a new home can be just what the doctor ordered. As humans, our deepest core is always screaming out, "I want to make a difference. I want to be loved. I want to be accepted." A dog can bring all of that to your life and that is something that is such a profound gift to be held in our hearts forever.

Inviting another dog into your home can be the right decision. Instead of "replacing" a new dog with your dog that has died, offering the gift of life to a dog in need can be one of the most unselfish ways you can help this new furry companion AND also honour your dog that is no longer with you. In fact, I often think that if we could give a human "voice" to our dogs, they would want us to be happy, to enjoy life and to do so in their memory by inviting a new canine friend into our lives.

If you are ready to accept another dog into your life and are open to knowing that this dog will be unique and holds potential to be quite different from your loving pet that has died, and full of new journeys to

be had together, then inviting him/her into your life can be an absolute blessing.

Before making this decision, I sincerely invite you to review both a) and b) above, as it will lead you to the next best steps for YOUR personal and unique healing experience.

Please join me in the next issue of Canine Zone magazine as we continue this journey together in Part Two with the offering of guidance and support in determining the best time to invite a new canine family member into your home.

As we take this journey together, I wish to thank you for being here. This is one aspect of healing and when we unite together, we can also heal together. It feels wonderful knowing that we are doing this collectively. 🐾

About the writer: *Marybeth Haines empowers people to make choices that promote action, personal growth and healing. She is an author, speaker, consultant and grief specialist from Ontario, Canada. She is a wife, sister, daughter and a mother to her furry children with tails and whiskers. Marybeth is the author of "The Power of Pets – 7 Effective Tools To Heal From Pet Loss" and "From Empty To Empowered – A Journey To Healing From Unexpected Pet Loss". In 2012, she founded the "I Believe In The Power of Pets" movement. Her focus is teaching proven step-by-step strategies in reinforcing the bond and connection between pets and people. Her books are available on Amazon.com or via her website. For a limited time, Marybeth is giving away FREE copies of her book at: www.author-marybethhaines.com. There is no obligation or anything to buy when receiving this book. All that is required is a request and your book will be electronically delivered to you right away.*