

17 Spiritual Lessons From The Dog Whisperer And... The Tao Te Ching



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A few days ago one of my students from Florida told me about this unusual TV program they are showing on the Discovery Channel called The Dog Whisperer! Do you know what it's about? If not I'll tell you about it in just a short while but before that I want to tell you something on a little different tangent.

600 years before Jesus' birth, a man called Lao Tzu lived in ancient China. He was a man around whom many mysteries and myths surround but as far as I can tell from cross referencing history, this man worked for the imperial government as a record keeper or librarian of sorts. According to biographies and legend, he got tired of the city life and the continuous wars and traveled to the west to live as a hermit in at the age of 160! At the gate of the kingdom he was recognized by a guard and the guard requested the old master to write something that would preserve his wisdom. This is the legendary origin of the Tao Te Ching (loosely translated as: the book of the great way). This book, in its 81 beautiful short verses, captures the essence of spirituality like no other text I have personally encountered. Some scholars say that it is one of the wisest books ever written and I very much agree.

The philosophy of this work focused on the following concepts: tao, wu (emptiness), wu - wei (nondoing) and Fu (the return of all things to their origins). The goal of the Taoist philosophy is, to become one with Tao, the great way, by aligning your self with the universal laws and return to origins. But to achieve this, the student has to achieve emptiness and simplicity, practice non-doing, and dedicate his life to the understanding of the great way.

Here is the very first verse of Tao Te Ching for those of you who would like to appreciate the beauty of this master work:

***The Tao that can be spoken of is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The name is the mother of the ten thousand things.***

***Send your desires away and you will see the mystery.
Be filled with desire and you will see only the manifestation.***

***As these two come forth they differ in name.
Yet at their source they are the same.
This source is the mystery.***

The mystery itself is the gateway to all understanding.

~Verse 1: Tao Te Ching

The reason I am mentioning Tao Te Ching right at the beginning is this. In my journeys and adventures over the years in search of the truth, I have come to understand that there is indeed a great way (and then eventually found Tao Te Ching and many other similar teachings and saw the parallels of my own realizations). You can call it the universal laws, the archetypal patterns, the natural forces or will of God.

This “great way” is simple and observable in all of nature. It is said in certain secret traditions that there is a language of the world that is spoken by everything and everyone. And if you understand that language, there is guidance for you directly from your Source, or the Universe, or God on every step of your life. Unfortunately, most of the time we are too preoccupied in our material pursuit to notice this guidance, and eventually we turn our entire life into one great struggle.

But this guidance, or the great way, or language of the universe exists. And even if on a small scale, I am a living example of someone who constantly follows that guidance or pays attention to that language which shows you the right way at every turn of your life. I am not saying this to boast, there is still a long personal journey for me before I can feel that I have truly mastered this language, but I simply want you to know that this is the truth. I have lived with this for years now and I would be lost if this guidance stopped making itself known to me for some reason. That is just the fact.

Now what has all this got to do with a television show called The Dog Whisperer? Patience my friend... If you have not already experienced my roundabout way of telling stories, you might as well get used to it. Because I don't think I'm changing any time soon :)

So here is the relevance. One of the great realizations that came upon me right from the beginning of my own personal transformations (incidentally through my professional practice of hypnotherapy) is this: the world outside is a reflection of your inside. People, circumstances, animals, relationships, success, failure, work, play etc are all reflections of your inside. All these things and their relationship with you dynamically change according to your own personal and spiritual development. As I keep saying over and over to all my students: *when you take care of the inside, the outside automatically takes care of itself*. The great way shows its guidance through everything and everyone. And according to how the world is treating you, you can tell quite accurately what is happening on your inside, and vice versa.

Now here is one of the best indicators of what is happening on our inside: our dogs! They will always react according to your inner energy patterns. If you are frustrated and angry and have a scrambled energy pattern within you, your dog will be challenging and undisciplined and have a restless energy within them.

We have been living with our dogs for hundreds of thousands of years now. They have walked with us as a committed friend since we lived in caves and hunted the prehistoric animals. They are our personal direct communication module with nature. And they know more about us that we'd like to admit. They cannot tell us in words what they know, but they sure do express themselves which we most times misinterpret. But one man in California, originally from Mexico, Caesar Milan, has decoded this language and brought us some very valuable teachings through his TV show “The Dog Whisperer”.

The Dog Whisperer is a show where Caesar rehabilitates some of the most impossible type of dogs. The dogs that are sometimes so disturbed that they are flagged as “red zone dog” meaning they can actually kill another dog or seriously harm a human being if they get the opportunity. Caesar rehabilitates those kind of dogs and shows over and over that nearly EVERY dog can be the perfect dog that you want them to be: disciplined,

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