

Summer and Pets: Keeping Them Safe in the Heat

What we love most about summer, the sun, is probably the biggest potential hazard for our animal friends, especially our dogs. Heat prostration or heat stroke takes the lives of many dogs every summer because their humans are not thinking.

Dogs have a much higher body temperature than humans to begin with and since they cannot sweat off heat like we do, they can seriously overheat faster than you might think. On a 70-degree day, a car left in the sun, even with the windows partially open, can reach a deadly temperature for a dog in only 10 minutes. So, my general rule of thumb during summer weather is: Unless you must take the dog and are sure you will not have to leave your dog in the car or you know you will be parking undercover in a cool or permanently shaded area, leave the dog at home.

Remember that the sun moves, so just because you park in the shade, does not mean the area will remain shaded. You will need to check on the car and dog frequently which could mean, every 10 minutes.

Now there may be times when you have no choice and must take the dog with you in



Our Animal Friends

by Martha Norwalk

the car during hot weather. If that is the case, be wise and be prepared. Take water and a bowl. Also be sure you have a leash and collar so you can take the dog with you if necessary when you leave the car. Just in case you cannot take the dog, let's say you are traveling and are stopping at a restaurant to eat, have a crate along with you (there are collapsible models for easy storage in or on top of your car). Crate the dog in the shade outside of the car and be sure you can see them from wherever you are eating. If you are traveling with human companionship, you can eat in shifts so the dog is not left unsupervised. If none of the above is possible, order to go and eat with your dog.

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Gains & Losses: A Matter of Perception?

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way of saying, "No, not that way. Go the other way, and value yourself enough to say no to what doesn't work for you." What you gain is a tremendous sense of freedom. If you are headed down the wrong path, you will be rejected. What else could spirit do? What about betrayal? How is it that betrayal can be seen as a gain? Betrayal is spirit's way of saying, "I am giving you the opportunity to see another's point of view and to recognize that not everything is about you. I offer you the chance to forgive."

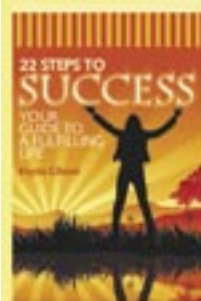
Forgiveness is one more way to bring in the light and to individuate.

What about abandonment? How can you see abandonment as a gain? Abandonment is spirit's way of saying, "Go within, be alone and find yourself. I love you and I want you to love you too." And finally, stepping into the unknown is spirit's way of saying, "It is time for some endings and some new beginnings. You deserve something better and it is on its way."

Changing the way you see requires practice like most things we are unfamiliar

with, but this incredibly small change can have huge ramifications to the level of happiness in your life and light in your container. You have the absolute power and authority to fill your container with light and to allow no one to diminish that light, ever.

Boston Carter is author of "The Mechanics of Perception," a karma specialist, medical intuitive and general psychic. To learn more about the four patterns, please visit her website at NowAgeKnowledge.com. She is available for private readings or coaching appointments. Call (206) 799-6153.



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