Puppy Love

We recently got a new puppy, about six months after we lost our beloved Golden Retriever, Dexter. I really missed having a dog, and am thrilled that our new puppy, Oliver, is such a sweet pleasant little guy. One of the things I missed most about having a dog is the unabashed way they are thrilled to see you every time you show up! It just feels so good to be greeted with such joy and enthusiasm! It makes me realize how important someone’s attitude toward us affects our mood. So, when is the last time you expressed pure joy when you first see your spouse returning from work, your teenager from a night out, or your coworker back from vacation….? An actor who won a Tony award this year said one of the lessons he learned in his life was the importance of surrounding yourself with people whose eyes light up when they see you. This really spoke to me because so often I observe that, in relationships, people rarely do this – light up. We don’t light up when we first see our partner – we just fill them in on what needs to be done. We don’t light up when we see our teenager – we just nag them to do the dishes they left in the sink. And it is understood that this is part and parcel of long-term relationships. While we may feel lucky and grateful and blessed to have that person in our life, we sometimes just grow lax about letting it show. Dogs never do! And that is what delights us. We receive this unconditional love as a gift that lifts us up and makes our day. So wouldn’t it be nice if we tried to spend more time giving this gift to the humans we see – whether it’s your spouse or kid or neighbor or parent or server at your favorite restaurant. Be the person whose eyes light up when you see someone you are fond of. If we make a conscious effort to do this, maybe we can inspire others to do the same. Imagine the kind of happy karma we would spread if we all behaved a little more like our four-legged friends!