

# CESAR MILLAN'S SUCCESS FORMULA “THE DOG WHISPERER”

By Judy Huston

- **Exercise/body:** The walk establishes you as your dog's pack leader and is instrumental to your dog's state of mind. While on the walk, the dog walks calmly at your side (almost like a heel position or slightly behind) and never in front. During this walk, there is no need to even talk to your dog. They get into the zone of walking and enjoying the process very quickly. This step is critical to the entire process.

**Discipline/mind:** This is where rules, boundaries, and limitations come in. In Cesar's dog pack, the dogs are balanced. They are not allowed to fight. They are calm and submissive not excited and dominant or nervous and anxious.

Some of the changes in our home include a lot of “quiet” in the house. With a Sheltie, this can be difficult. Now that I'm consistent with my correction, which involves pointing my finger at her and making a shrr sound, all the dogs are quiet after an initial quick alert that someone is coming.

**Affection/heart:** Cesar points out that Americans give affection at the wrong time. We give affection when our dogs are afraid and at mostly inappropriate times. Why inappropriate? Some of us walk into the house and as our dog is jumping around and excited to see us, we pet them and say things that simply make them more excited. We want to give them affection when they have earned it and when they are in a calm submissive state.

## IMPORTANT POINTS TO BE AWARE OF

- Cesar trains people and rehabilitates dogs.
- Humanizing our dogs is our biggest mistake.
- People psychology doesn't work – we need to use dog psychology.
- Dogs live in the moment; no future, no past.
- We have a responsibility to fulfill them and provide balance.
- We need to understand this order:]  
Animal, species: dog, breed, then personality (dog's name)
- Dogs are pack animals; they will either lead or follow.
- It takes a dog 10 seconds to know our role – leader or follower.
- Dogs follow calm and assertive energy, not excited energy.
- The breed is the dog's costume and the work they do best – their particular look.

- All dogs are basically the same.
- Dog reads the world with its nose, then eyes, then ears.
- The dog's gift is to live in the moment.
- It is good for a dog to wait; in the natural environment they wait!
- It is our emotions and reactions that create phobias and trauma.

**There are four levels of energy:**

o Very high, high, medium, low (if you are a medium energy person yourself, you better not have a high or very high energy dog. Breeders need to be aware of this when matching up their dogs to puppy buyers.)

**How does your dog tell you whether you are leader or follower?**

o When he jumps on you, paws at you, barks at you, and otherwise gets you to do what he wants, he is the leader. What does this mean? You will have issues.

**How to approach a dog** – by letting them come to you. No eye contact, no touching, no talking, until they have a chance to get your scent. Remain calm and assertive no matter **what**.

**Dogs will show by their behavior what their reaction to you or other dogs by:**

- o Fight
  - o Flight
  - o Avoid (ignores you, turns head away)
  - o Submit (This is what we want. Happy and calm.)
- The simple walk allows anyone to control any breed.

**More comments from Cesar:**

Remember, they don't need us to be balanced. We need them to be close as possible to how Mother Nature intended them to be. It is our responsibility to fulfill everything in them to accomplish balance. A dog needs to use its body to work for food, which leads to fulfillment. Cesar states that many of the problems with dogs stems from their frustration at not being able to fulfill their basic needs for work and activity.

Cesar reminds us that we fulfill ourselves and our needs through our dogs. We bring them into our lives. It is our job to fulfill their needs.

Everybody wants to have the deep, in-love connection, but this deep connection only comes from fulfilling their needs.

Cesar says: "Dog to me is a reminder of health, a reminder of balance, and a reminder of alignment. They don't need me to be balanced, or aligned. They don't really need me for anything. I really need them."

"My hope is to help people understand how dogs balance each other, or fulfill each other, or become in tune to each other, how they connect with each

other, and how dogs view the world. They all help within the pack to accomplish balance. I hope you can find the balance in your life and with your dogs.”