



### THE BUDDHA DOG SUTRA

- ∞ When loved ones come home, always run to greet them.
  - ∞ Never pass up the opportunity to go for a joyride.
- ∞ Allow the experience of fresh air and the wind in your face to be pure Ecstasy.
  - ∞ Take naps.
  - ∞ Stretch before rising.
  - ∞ Run, romp, and play daily.
- ∞ Thrive on attention and let people touch you.
  - ∞ Avoid biting when a simple growl will do.
- ∞ On warm days, stop to lie on your back on the grass.
- ∞ On hot days, drink lots of water and lie under a shady tree.
- ∞ On cold days, find a warm spot and stretch out in it. ∞ When you're happy, dance around and wag your entire body.
  - ∞ Delight in the simple joy of a long walk.
  - ∞ Be loyal.
  - ∞ Never pretend to be something you're not.
  - ∞ If what you want lies buried, dig until you find it.
- ∞ Shit wherever you have to. Be grateful that someone else will clean it up.
- ∞ When someone is having a bad day, be silent, sit close by, and nuzzle them gently.