

My BTS to successfully adopting  
an abandoned adult dog

AKA how I became a better,  
happier person and found my  
'business niche'

**By – Vrushali and Blossom**



**Title:**

**My BTS to successfully adopting an abandoned adult dog  
AKA how I became a better, happier person and found my 'business niche'**

This book gives a real feel to BTS life with an adopted adult dog- pre, during and post adoption stages!  
Ideal for WFH (work from home) corporate executives or senior citizens. Own your own humanitarian story!

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## **My BTS to successfully adopting an abandoned adult dog**

### **AKA how I became a better, happier person and found my 'business niche'**

This book gives a real feel to BTS life with an adopted adult dog- pre, during and post adoption stages!

Ideal for WFH executives or senior citizens. Own your own humanitarian story!

#### ***What's my motivation?***

- My motivation for writing this book is to share my journey about rescuing an adult dog with an unknown background.

#### ***Who is my audience?***

- Is WFH executives and/or senior citizens who are considering adopting an abandoned adult dog.

#### ***What is the core question or issue for my reader?***

- If I want to adopt an abandoned adult pet dog, is this possible and what do I do to have a happy ending **beginning**?

***What is my point?***

- With the right planning and step-by-step approach, it is possible to bring home an abandoned adult, yet loving dog.
- The message I want to share is- not knowing is the easy route, knowing is a difficult route to choose! Yet, I want to choose to know- even if it is “I know I made a mistake” even better “I know I made a good decision” gives me a good night’s sleep, and gives me my own humanitarian story!

***What do I want readers to know/think/believe?***

- Adopting a abandoned dog is no more or no less work in comparison to raising a brand new puppy.
- Adopting a abandoned adult dog is actually a better return on time and value investment in comparison to raising a brand new puppy.
- I want my readers to be well informed to know in depth about this decision and still want to adopt an abandoned adult dog.

***What is the takeaway for my readers?***

- My readers, the executives and senior citizens get a BTS at the entire process- the thought, research, visits, more visits,

more research, tentative decision, final decision, bringing the dog home, making the dog part of my family, being guardian to such a dog- the works!

- WFH executives and senior citizens will gain a loving, sensibly trained, well mannered adult pet dog.
- Did I mention...  
Adopting a abandoned adult dog is actually a better return on time and value investment in comparison to raising a brand new puppy!

**How will this decision make the life of my readers better?**

- WFH executives and senior citizens will have their own on-demand oxytocin supply.
- Their own special humanitarian story.
- Contribute towards eliminating the breeder-high population-abandonment loop.

***What viewpoint and knowledge makes my eBook unique?***

- Being a WFH pet owner and mother to a

human child, I have the personal experience of being care taker for an adopted adult pet dog which has been distilled in this eBook.

- The BTS with a dog who has settled into the family (over active child included!), is healthy, well behaved and also has his own boundaries that we have learnt to respect and acknowledge.

***What approach sets me apart from everyone else?***

- This is my story and my successful journey- 4 years and counting!





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## Reviews

“The book is a very informative read for any pet parent looking to adopt and bring home a new family member.

The planning and the research done by the author for every decision, and the thought process behind it is explained very well.

We are very glad that Marshall and Blossom have such a loving and thoughtful parent ”

- *Mypalclub Foundation*  
[www.mypalclub.org](http://www.mypalclub.org)

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“Vrushali’s book is a well put together e-book which chronicles her journey with her dog Marshal from preparation for his arrival to his adoption and adaptation to his new life.

Within all her explanations and details, Vrushali gives prospective adopters suggestions and procedures that they should follow in order to have a good outcome of their own journey with their adoptee.

In addition, videos are included to demonstrate certain concepts such as the one with the leash and collar.

Believe me, this is the e-book to read if you are considering adopting a dog from a shelter and do not know where or how to go about it.”

- *Rose Agrusti*


<https://www.darlingvoices.com>

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“Vrushali has written the wisdom of adopting a dog through self experience. Giving a second chance to an abandoned animal in itself is such a noble deed. But it can come with few challenges. So equipping oneself with the tools to face those challenges is very helpful.

Vrushali has acquired skills and knowledge through many well established platforms, courses, workshops and self learnings. Ofcourse, her experience with her own dogs are most important.

Being such a pet parent myself, I highly recommend new pet owners to read it. It'll be of immense help.”

- With love and best wishes 

*Shweta, Sasha and Skye*

[www.instagram.com/sashaskye\\_shenanigans](http://www.instagram.com/sashaskye_shenanigans)

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This book is for WFH professionals and senior citizens who need on-demand Oxytocin supply that comes with having a pet dog.

They will be aware about the possibility of adopting an abandoned adult pet dog, the pitfalls and also the effort-and-time investment needed.

This book is for individuals who have the time and are willing to put in an initial effort of a minimum 30 minutes every day to being proud owners of a dog who their neighbors will feel has been with them 'since a puppy' yet, comes without all the puppy stage mess, vaccination bills and training expense.

This book is my BTS process to adopting Marshal and includes:-

### **Chapter 1- The Homework**

Make the decision- do I have time to make the initial energy investment required to welcome a dog into my family.

### **Chapter 2- The Research**

Visit various organisations and look for The Right Fit.

Introduce all members of the family to this potential new entrant beforehand.

### **Chapter 3- Pre Welcome**

The changes I made to my household to welcome the new entrant with minimal risk.

My most useful Dog friendly accessories.

Restricting measures that worked and did not work.

Clear time on my calendar to supervise this new member as much as possible the first month.

### **Chapter 4- Celebrate**

From Day 0 to day 7 and the 1st season.

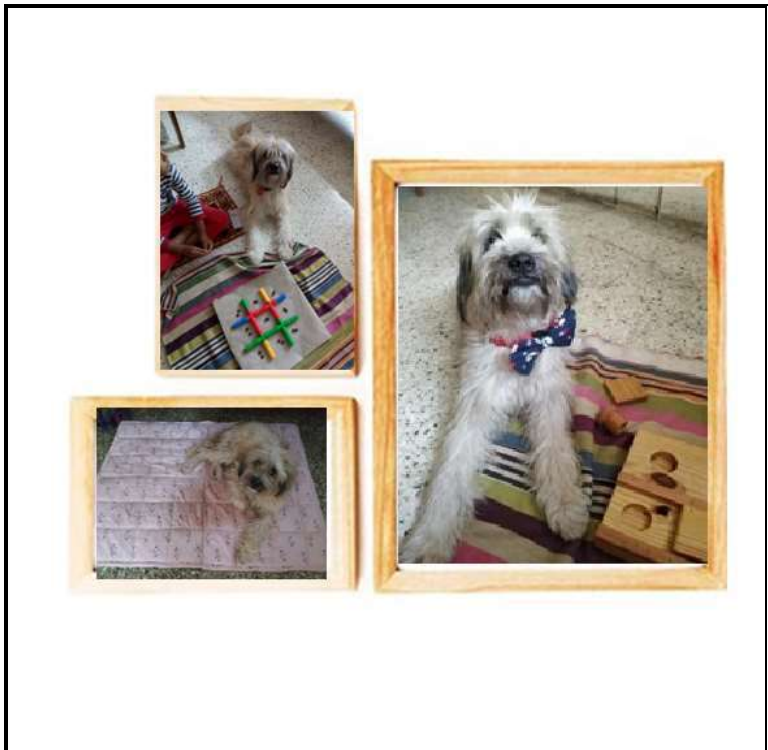
WFH executive or senior citizen will want to finish reading this book to get a solid feel to life with an adopted adult dog.

The joy of having an on-demand supply of Oxytocin without the puppy stage mess, vaccination bills and training expense.

I have noticed in myself- a resultant human being who is more relaxed, therefore more positive, therefore more successful in life. (that's me, in case this wasn't clear lol)

Let's dive innnnn! But 1<sup>st</sup>... Picture Pages in colour!

## Marshal Pictures!!

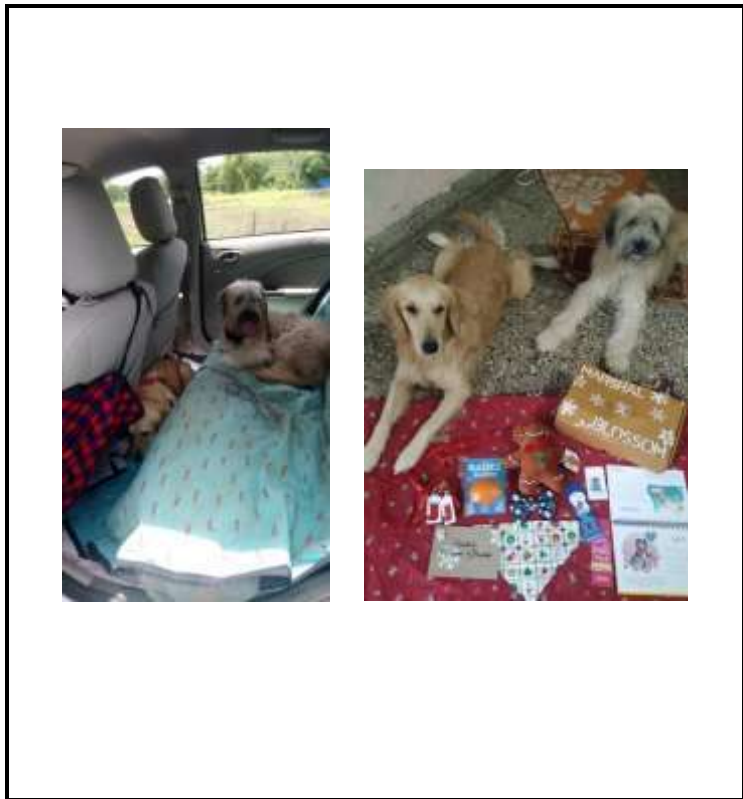




## Marshal and Food Pictures!!



## Doggo Pictures!!



## About me in Pictures!

Hello! My name is Vrushali Chakradeo (now Jadhav)



## Chapter 1- The Homework

My main concern was: will dog #2 be twice the work and twice the expense?

Having a corporate background, I knew the starting point to getting a solid roadmap was: making a plan.

The cool part is, not only will I share a list that can be used yourself, additionally, because this is a virtual document, each point has a clickable link to a video explaining the point!

I know, how awesome is this?!!

**Note:**

This is the print booklet! To access the videos, send an email to [yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com) And I will share the complimentary video links with you.

The points where you may need local geographic research are linked to videos that talk about my personal experience for my geographic location. This should give you a fair idea about what to do yourself.

## Getting a dog- the plan

- [Do I have the time?](#)
- [How much exercise do apartment dogs need?](#)
- [What is a dog's food?](#)
- [What is species appropriate food?](#)
- [What breed of dog is suitable for me?](#)
- [What breed of dog is suitable for an apartment?](#)
- [Work to be done at the puppy stage?](#)
- [Can I teach an old dog new tricks?](#)

Okay Okay... let me pause here 🧠🎨!!

### **Notes:**

1. All the above links work in the eBook.
2. The videos are available (unlisted) on my YouTube channel also. To request for

the link, send me an email at:  
[yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com) and I will happily  
give them to ya!

***Email due diligence*** 📧

Do the following to get a quicker, accurate  
response from me!

Subject: request video links. I purchased the  
print book from \_\_\_\_\_

email Content:  
Dear Vrushali,

Please share link to video <select the bullet  
point/s you want details about>

<Also share your feedback on my ebook?!>

Best,  
<your name and social media link>

For the video on these topics 📌 , follow the email process 😊👍

Simply because, when there is 'too much' detail, I am known to lose interest in a perfectly good book and do not want that for you ❤️

- Medical expense for puppies
- Medical expense for an adult dog
- Male versus female dogs
- Spaying a female dog:- pros and cons
- Cost to spay a female dog
- Neutering a male dog:- pros and cons
- Cost to neuter a male dog
- Dog trainers near me
- Dog training YouTube videos
- Dog training blogs
- Dog proofing my apartment entails what?
- Caretakers of my dog
- NGOs near me
- Local Corporation criteria for apartment dogs
- The best dog trainers in my Geographic area
- Pet friendly travel
- Dog sitters near me

You can keep adding points to this list or you can even strike off a few points from this list if they do not apply to your particular situation.

Okay, time to get to work!

The following table of '*Notes to Myself*' has purposely been left blank.  
Make use of this to write down your own notes.

For me, I am a visual person and I like to draw diagrams or quick sketches along with my notes!

<b><i>Notes To Myself</i></b>



## Chapter 2- The Research

There are a handful of genuine NGOs in my locality. I went online to get their contact numbers and called each of them to find out what kind of dogs they had available for adoption.

**I pulled out my special journal** titled "my family dog"

The name was still a blank line, but the love was all there!

### **Note:-**

[Watch this demonstration video](#) which shows you what the content of this journal are. You can then decide to make a purchase for yourself / gift a friend!

(An extra little compliment, when you purchase this journal, you will receive a pdf sticker sheet! This can be printed out on regular A4 paper and glued-on. Or use a blank sticker paper and print this A4 sheet off!!) I'm telling ya, this is for WFH'ers.... We are children at heart...some with children of our own who need activities!

You can thank me later, lol 😊😊

### ***Okay, back to my story!***

#### Step 1

I scheduled a time with them to talk about the breeds, the gender, the age and background if known to them. All these details went into my journal including the name of the organisation, contact person and date.

This next step was important for me.

Soon as the call was complete, while I was in the moment, I took the time to use a different coloured pen and section out information of use to me. Such as: which dog caught my attention and even my general feeling about talking to this organisation.

I continued this process as I contacted all the organisations in my locality.

The next step was to actually visit the organisations.

A few organisations were prompt in sharing their precautions while the others had to

be asked specifically.

### In general this is what I had to do:-

- No photography allowed inside the premises
- No carrying of treats
- Wear comfortable clothes
- Avoid any accessories that were shiny, dangly or made noises.

And the background to this is, in India, ladies are very fond of accessories and key chains that have bells or some kind of noisy attachment.

Among the dogs the I was shown, were German Shepherd, Pug, Golden Retriever, Labrador and St Bernard.

Here, I could very much relate to the Walt Disney animation: 101 Dalmatians where Pongo is looking through possible mates for his pet human!

The dogs I met were (*insert- sigh!!*):

- Too jumpy
- Too young
- Too shy
- Very senior

- Had special medical requirements
- Were very excitable
- Needed to be the only dog in the family

I felt like I was in going to be researching for a rather long time. It made me impatient, frustrated, irritable, wanting to call the whole thing off.

In all this time there was a persistent call I could feel, a persistent call with my name and I knew I had to keep looking. Maybe take a break, but definitely keep looking and keep looking positively.

In hindsight it is this attitude that made all the difference in fast-tracking the entire process fruitfully.

During my visit to organisation # 2, I had to wait while the lady-in-charge finished tending to many critical medical cases that were being monitored. I counted at least 20 dogs in front of me and a handful of cats also that were being cared for very lovingly. Some were lying on the floor, some were on the table; all with comfortable clothing

under them. Bags of saline being administered to most of them. All of these were being managed by 3 attendants going back and forth dutifully among all of these cases.

In spite of all this activity, the premises was clean and well kept. There were a few roosters and chickens in cages. Bigger cages housed dogs - some were sleeping, some were lying down and some were curious to see who this new visitor was.

The lady-in-charge introduced herself and we got to talking about my requirements. I showed her pictures of my Blossom, who was the reason for getting a second companion animal. My preference to having a breed that was: not an Indie or a Golden Retriever, yet would match the energy levels of my current existing dog.

We talked back and forth on a few male Golden Retrievers that she had available who are looking for homes.

I remained firm (believe me it was so difficult to do this in the presence of all these dogs who were in a situation through no fault of their own.)

The lady then called one of the attendants and told him to bring out 'that dog Marshal'

I had absolutely no idea what breed, what age this dog would be. All I knew, was I wanted a male dog to match in companionship for Blossom and the humans of my family.

The attendant brought out a dog on a raggedy leash. I still remember taking one look and knowing this was the dog that was coming home.

**Now because I already have a dog**, I tried to figure out the comfort level and confidence that this dog had but boy was it difficult!

Marshal gave me the impression of being a delinquent wanting very much to make a good impression, while also needing to hold on to the 'indifferent boy' persona that he had created for himself to cope in this rough and tough environment.

My brain and heart were telling me two different things.

The brain said, "this is going to be difficult, get out."

And my heart said, “I love you. I will do my best for you. Let's get to know each other and see if we can work this out.”

Because I had made the choice of bringing home companion # 2, following my heart's call was easy for me.

And yet, it has been my experience that I do make incorrect choices, such as: not completing a few educational courses even after making complete payments (yikes!) and for this reason, I decided to acknowledge the voice in my mind also.

Which is why I spent the next 30 minutes asking questions, finding out little more about ‘this dog;, Marshal.

I also wanted the opinion of my friend, who is a veterinary doctor. If nothing else, just a ‘oh great’ or a ‘oh this doesn’t seem a good fit’. The lady-in-charge gave me permission to take a video. She patiently answered my questions and asked questions of her own!

I needed time to make a final decision but I had taken

step 1 and I had taken a successful step 1 which was to find the right fit! I was elated!

Next, I had to talk this over with the family.

I requested permission to visit again with my child and Blossom to meet Marshal.

The lady-in-charge readily gave permission, although we both 'knew' that this might well be a successful adoption.

I am the sole and primary care taker for both my dogs, thus gaining 'permission' from my family wasn't difficult. My spouse, while involved with the dogs, was going to be very much a distant backup- in case of emergencies such as me having to go out of town, being sick, etc.

I felt that being the primary caretaker is something I have to do personally and all I requested was, in case of illness where the dogs will be too heavy for me to lift and carry down to my car to rush to the veterinary clinic, my spouse help me with having them lifted onto a homemade stretcher.

**This sounds extreme** yet I have watched enough videos online, I have read in a blog and articles and I have seen dogs in my own extended family go



through a heartbreaking and confusing time just because the humans did not take the time and have the courage and honesty to make tough decisions, say a full 'no dogs' in the first place.

I refused to repeat this mistake.

While on this topic, I shall slide in 2 Extra points:-

1. Dog tags

Non negotiable. I got a fitted harness, purchased a metal dog tag. Engraved 'Marshal' on 1 side and my telephone number on the other side. This is Always on Marshal when we go out.

2. Dogs leaving home

Okay please... puhleeeez, Just Do Ittttt!!!!

Keep dogs under close supervision, under firm leash when in a new environment. What is the definition of a new environment. The list used to amaze me!

Anything out of normal routine in my house = new environment.

- Guests at home
- Annual celebrations (its ONCE in 365 days, ya?!!)
- Fireworks (Do not get me started!)

And then my dogs feel uneasy, 'unwanted' too stressed and 'run away'.

Ima repeat:- Okay please... puhleeeez, Just Do Ittttt!!! Keep dogs under close supervision, under firm leash when in a new environment. Kapish? Comprendo?

Grazie! Danke! Dhanyawaad! Many thanks!

RightO, sad story finitO!!

And so began the exciting journey into getting companion #2 home!

<b><i>Notes To Myself</i></b>

## What a collar might do:

[There is a video](#) on my Instagram profile that talks about leash pulling in dogs. Comfort of a proper fitting body harness and my no-collar preference reason!

(profile: Vrushali\_2Woofs)

<b><i>Notes To Myself</i></b>

**Step 2 was to introduce** my child and Blossom to Marshal.

In fact I visited 2 more times, just so that the three 'children' could get accustomed to one another.

At this time I was not consciously familiar with telepathic animal communication. All I knew is that animals very much 'talk'. And in every visit I would look at each of these three and tell them that "you have to be together you have to get along if you don't want to do so let me know now".

Blossom:

Did not show too much enthusiasm, which was quite surprising for me because otherwise she is a very easy going dog.

So all I had was my gut instinct and closely observing her body language especially her tail and ears.

Here, I need to caution that every dog has a different body language in different situations. Even though the breed might be similar.

So when Blossom is confident in a situation her tail hangs loose and there will be at least a tiny bit of wag to it. Her ears are the most animated, they are always moving and twitching.

This gave me relief and some degree of confidence that Blossom was going to be ok with this new dog.

My child:

Was over the moon! It was like getting another present that he couldn't wait to unwrap. He needed me to explain about Marshal, how to behave with him, helping him to ease into our family... in a verbiage that he understood at his age of 5!

I have seen male dogs sniffing around females which is what I had expected Marshal to do and he didn't.

These two have put me through so many hoops, yet looking back now I know this is all part of my learning and I wouldn't change any bit of it!!

From Marshal, all I could gauge is he wasn't nervous around my child or Blossom and he was a

tiny bit interested in this female dog! I had to satisfy myself with this.

The next time rather than visiting, I texted to confirm the adoption and the lady-in-charge send me formal documents that I had to complete and submit.

I have found this to be similar across many organisations. **Some of the mandates** on such a form include:

- Dogs have to be neutered and so do the females
- They have to be fed species appropriate diet or special food or specific kibble their medical condition calls for.
- Most organisations hand over a freshly groomed and fed dog.
- Some organisations do a monthly visit or a video call to check on the dog's progress.

***Notes To Myself***


## Chapter 3- Pre Welcome

Now that I had all the pieces in place, I could prepare for the pre welcome stage!

Until now, the journal remained blank for the dog's name. Now that I had seen him, the name Marshal suited him well and I decided to continue using it.

Here I will tell the story about **how Blossom got her name** because we went back and forth quite a bit on this aspect! And this is the reason *“Until now, the journal remained blank for the dog's name!”*

We had already selected the female Golden Retriever pup (now she was the only female pup that was remaining so we didn't have an option there!)

Her mother was a coffee coloured Golden Retriever (well she wasn't white she wasn't brown and she wasn't quite a light cream!) so I figured that Blossom would be the same coloring.



That's why some of the names I had for her included: Miranda, coffee, Diana.

The significance to me was:

- This is my favourite soft drink
- My favourite hot beverage
- And this princess has won the hearts of millions of all over the world

Then when we brought Blossom home and said these names out to her, none of them really 'clicked'!

Then, while my spouse was playing with her, he said "she looks like a blooming flower" in our regional language, Marathi.

And when I translated this into English, 'Blossom' fitted this puppy just right and so she was!

That is why I thought when animal companion # 2 is welcomed into the family, we might have to change the name. Erasing out a written name doesn't sit right with me and I had left the space blank.

So what did **my shopping list** include?

- Purchase a harness and leash
  - Dog tag
  - Stainless steel or porcelain (non plastic) food bowl
  - Repurposed clothes that would be his bedding
- Everything else would be purchased as required

What else did we require?

- A medicated shampoo to suit his coat
- A grooming brush for his wire haired shaggy fur

Did we **repurpose** anything?

- He had a lot of healing scabs which I did not want in close contact with my young child so during the day we put a t-shirt of mine onto him
- He seemed to like the comfort (and it was December, winter season) so in the night he got another t-shirt of mine!

**Notes:**

Marshal had his **neutering operation** a few months later and he was very resourceful at scratching out

the sticky tape on the stitches when we were not around or we were out of sight.

To be more specific, not only did Marshal remove the sticky cotton tape, he *swallowed* it to leave no evidence- oh yeah, I searched for this Everywhere. A round e-collar was velcro'd around his neck. However the scratching would continue! There is an [Instagram post that shows](#) this collar on the dogs' profile: BlossomChakradeo dated April 2019.

Upon racking my brain for a workaround, I remembered the technique in Toyota Production System known as Kanban which means visual signal.

I decided to use an auditory signal. I took a fitting neck collar and stitched jingle bells all around it. Every time Marshal attempted to scratch, his jingling neck collar would alert me!!

This was my cue to casually walk up to him and lower his scratching leg.

It has taken one week with maximum supervision, this helped his wound heal faster and the scratching stopped!

(This is another reason why WFH (work from home)

corporate executives will benefit the most from this book. The initial 6 months investment of time and effort is on the higher side!)

<b><i>Notes To Myself</i></b>

## Chapter 4- Celebrate

Hurray! We were official! Now to integrate Marshal and the family! This is how it all happened!

### **Day 0**

An [attempt to explain Day 0!](#)

#### ***Note:***

This is super helpful for those who ‘know’ yet are still unsure whether or not to proceed. Read this!

All of my research took place around the month of December and once I finalized on getting Marshal home, the date I decided on was 24th December 2018.

Santa Claus and all the magical cheer around this event was my reason for choosing this date. Marshal would be my secret Santa!

The lady-in-charge had already informed me that she would be on annual leave celebrating this holiday with family. Marshal would be ready and handed over to me by her assistants.

We had a family function on the 21st of December and from the 20th I was feeling a very strong pull, [a gut feeling](#) to not wait until the 24th.

Because all my preparations had been set in motion and were in place, I wrapped up the function, activated all coming-home preparations and informed the attendants that I would come and pick up Marshal on the 22nd.

As I disconnected the call, this strong pull I kept feeling finally slowed down. In hindsight, now that I professionally practise telepathic animal communication, it was actually Marshal trying to inform me as best as he could about the situation unfolding at the organization. That because it was a festive season, the workload had increased, rations were being stretched and because his adoption was confirmed, he was taken off the 'list' of dogs that needed to be looked after, cared for and fed.

One of the first elements a telepathic animal communicator learns is, to set aside personal emotions when communicating with energy. (for example, I communicate with exotic animals, farm animals, farm crops, house potted plants, the

landscape, and many natural elements- hence I use the term 'energy')

Yet when talking to a few animals, the emotions associated to their situation come on so strongly that I have found it wise to take a break, disconnect from the energy and then completely reframe the way I asked the question in order to receive the answer that is coming through to me, fairly.

When I went to collect Marshal, one of the questions I asked was what time has he had his food. Rule of thumb, from having raised a puppy and a human child, I now know that it is wise to leave at least four hours gap between 2 meals. I did not receive an affirmative answer just a vague "oh he will be ready for his meal once he reaches your house".

At that time I did not think much about it, just hurried him home and fed him. Going hungry has a personal past-life-connection for me and this subject has me instinctively shut off, even today.

So while I have never found the courage (nor the need) to ask Marshal what happened that day, I can feel the answer in a rumbling that happens in my stomach and I leave it and that.

Another experiential lesson I have learnt, is to **close the gratitude loop**- for these 2 reasons:-

1. Any strong emotions I feel for another person are always a reflection of a personal lack.
2. Any negative strong feelings that I put out to anything anybody at some point Boomerang to me multifold! That's a very horrible experience, let me tell you!

How to close the gratitude loop? This is what I did genuinely from my heart:

Gave thanks to the attendants for caring for Marshal throughout his stay with this organisation and wished them well for the day.

Excuse the slight detour; this subject is so exciting to me, I tend to get into subtopics!



*Let me try again:*

## Day 0

When I went to collect Marshal, I made sure to keep lots of time free throughout the day.

The attendants had a short talk with me.

Because I had asked in advance what kind of donations they accept, I had a sack full of faded and frayed clothes I was not going to wear anymore. These were accepted with pleasure!

Marshal was brought outside and handed over.

He didn't seem to have been groomed properly, or it had been a rush job, judging from the 'bad hair day' he was displaying!

(now I was really glad I had cleared my schedule for the day! Someone was going to play "lets-groom-a-dog" later that day!)

He was getting a bath soon!

Then, I walked him outside to do his 'business' and guided him to my car.

2 reasons he got in quickly- according to me:-

#1. He sure was glad to 'leave'

#2. This 'thing' was a curiosity especially when it smelled of Blossom!

And '**training**' mode was officially on!

**Note:**

Absolfreakinloutely. Shall I spell this out one more time? Okay, here goes:

TRAINING MODE MUST BEGIN FROM DAY 0

Still not convinced? Need a little sympathy timeout?  
Feel there is 'so much time for training later'?

Okay. Imagine this if you will:-

I coo all over Marshal and pamper him because of his 'unfortunate' circumstance. I make excuses for training gaps and misses.

Then let's suppose in month #2, my family has a hospital situation with me having to do chauffeuring rounds daily for the next 5 days.

Every time I leave home, this 'poor unfortunate soul' howls the place down, upsets the neighbors, chews

on my slipper and leaves smelly presents on the carpet.

Go on, what do you feel about this 'poor unfortunate soul' now?? Honestly.

Let me spell it out Ahgain...

TRAINING MODE MUST BEGIN FROM DAY 0

Okay, also note I do not say "fully trained dog from day 0"- hold your horses!

I am merely cautioning that the practise of discipline must begin ASAP. The training itself could cover any ONE of the million aspects!

May I continue??!

Thank you!

I did not know how 'clean' Marshal would be, so I carried an extra bed sheet to place over my fabric car seat covers.

It's not that he was dirtyyyyyy. I have a perfectionist streak because I don't like to spend my time cleaning things when I could rather keep everything around me neat and tidy.

And let me explain what ‘[muddy feet in my car](#)’ really means. It means that I have to take time out, that I would rather have spent with Marshal. Or shell out money to get a car cleaning service do the job.

Another element to bear in mind is- such dogs may rarely have travelled in a vehicle before, making the entire experience very new to them.

To avoid vomit, stomach upset, out-of-excitement-accidents, I think it is wise to lay down newspaper on the car floor and use a protective covering for fabric car seats.

And this was the case with Marshal.

Marshal's leash was secured to the overhead hand grip in the passenger seat shotgun and he was encouraged to sniff around and get comfortable.

Next, I rolled the window down halfway. The motion startled him, bless him! This gave me insights to his startle threshold limit (it was very low).

After securing myself, we drove off slowly. I made

sure to stay in the slow lane and avoided braking sharply.

I had a few errands to run, so we took a stop at the grocery store. There was a place to tether Marshal outside which I did. The tall display sign at the welcome counter spooked Marshal.

It was almost lunchtime and there wasn't much footfall in the grocery store so I was able to complete my purchases quickly. I noticed that Marshal's vocal threshold is quite high. Meaning, he did NOT bark!

While I was *out of Sight* for him, I was still *within smelling* distance (haha) and he continuously watched for my return without barking.

This time when I secured him in the car and purposely rolled down the window, he looked at the sound but didn't startle. This indicated to me that his retention capacity was high.

We arrived home, parked the car and walked around the premises. All the while, Marshal thoroughly marked the place with pee. Such a boy!!

Now Blossom is very attuned to the sound of my car

and she was at home getting excited and whining. Blossom has been trained very early on to not bark unnecessarily. Her whining was rubbing off on Marshal who started to get jittery.

Once at home in the apartment, the two dogs sniffed and circled each other as a way of greeting!

Blossom clearly thought this was a friendly visit and Marshal would leave later during the day. And while I was not fluent in telepathic animal communication then, but her entire behaviour was clearly indicating towards this thought!

I had already anticipated there might be nervous moments and I made sure to keep Marshal's harness on through the day.

**A collar fits around the neck and pulls.** This movement hurts the throat (and other sensitive areas of the neck anatomy) pulled fur, weakened neck muscles, lymph duct swelling, thymus damage.....) tongue bone in the throat causing irreparable damage.

After Blossom broke a collar at 5 months age, (yes, the sturdy hook broke in a way that had to be relaced,

not repaired!) I haven't put one on either of the two. Except as a auditory alert in case of Marshal and his scratching!

I introduced Marshal to all the rooms through the apartment and specifically pointed out his pee area which is our toilet and encouraged him to use it. Blossom already uses this, so it does smell of dog slightly.

Marshal took particular liking to a wall right outside the kitchen area and **lifted his leg**. I knew what was coming and was prepared for it!

I swooped in, lowered his leg and used my kerchief to clamp his pee organ (yes yes, penis!) and said 'ah ah'.

Now remember, this was a marking habit with very little actual urine flow. I certainly was not stopping him from urgently needing to relieving himself.

I was nipping the problem of territorial marking in the bud!

I firmly led him to the pee/urine area- our toilet and told him to 'go pee'. Of course he didn't 🙄🤔🙄🤔

So we continued on!

After the tour, I led Marshal into the kitchen to have his meal.

By then it was time for Blossom's meal as well.

As I began preparing the food bowls, I noticed both dogs getting tense.

Leaving the food bowl out of reach, I tethered Marshal with his long leash to the leg of my heavy iron table then calmly went back to preparing their food. An [Instagram post demonstrates](#) how Marshal would be tethered on the profile: BlossomChakradeo dated December 2018.

Blossom has been trained that whining, yapping does **not get her her food faster!** Instead, she sits as close to me as possible waiting for her food bowl.

There is a [YouTube video that demonstrates this @Vrushali & 2Woofs.](#)

I wanted to establish the hierarchy with the two dogs that Blossom comes first and then Marshal, so I placed the food bowls accordingly at two ends of the dining room!

Marshal remained tethered comfortably.

My child has been instructed to stay away from the dogs during meal times, so he was in a different



room altogether, engaged busily and happily in preparing a 'greeting card' for Marshal.

After the meal, both the dogs were wiped over. With particular attention to:- ears, muzzle and front paws.

Blossom usually does her 'business' within 10 minutes of having a meal and I figured Marshal would do the same.

I led Marshal to the pee area and encouraged him. The fellow lovingly looked at me, wagged his tail and stood firm!

We went outdoors to the public areas where Marshal was allowed to relieve himself. This was not a walk, this was not a stroll. It was just a pee break and we treated it as such. We went, found our spot, did our business and came straight back home.

I have instilled in a habit in both my dogs and even my human child, that no matter how short a time we are outside, once we return home; hands and feet always get soaped and washed.

For the dogs', I use a mixture of **1 part water 1 part**

[apple cider vinegar](#), dip a soft cloth, squeeze out the excess water and wipe them down all over including their paw pads. (I repurpose ragged hosiery t-shirts or cotton tunics which my spouse / I no longer wear.)

Next, I took Marshal on another tour of the apartment, keeping close watch on the wall where he had attempted to mark! When I felt him slow down, I repeated my firm 'ah ah' and continued to lead him forward.

Then it was time for a break and free play with the dogs under my supervision.

15 minutes tired out both Blossom and Marshal. Marshal found a poorly lit cozy corner and curled up for a nap.

**Note:**

I have observed [naps are Super Important](#).

- Any 'different' activity tires out my dogs and after responding to the situation with tail wags, short runs between the rooms and a few zoomies, they curl up and doze for At least 30 minutes!
- These activities (for us) are plain mundanely simple such as:

- Smelling the rain through an open window.
- Celebration preparations at home. A celebration usually includes: different food being prepared, dressing in festive clothes, a palpable 'excited energy' around, etc
- A mental simulation activity at home such as: treats placed under overturned plastic cones- some empty some having a treat. 20 minutes of this activity = upto 60 minutes of snoozing. Isn't this pawmazzzzinggggly simple?!!!

<b><i>Notes To Myself</i></b>

Okay, moving on!!

Next, I ran some hot and cold water and took him into the bathroom to give him a bath. I was still learning his various thresholds and decided to be firm, gentle and confident while being ready for any surprises (snaps, growls, making an escape attempt from the bathroom 🤪🤪) that came my way.

On lathering him, I discovered scabs on his body, but I wasn't sure whether they were bruises that were healing or pests.

I was as gentle as possible which he seemed to handle with a minimum of fuss.

Then I towelled him dry.

As a rule, **I don't use a hair dryer** and especially so with Marshal, as his startle threshold is so low, I didn't want to take any chances.

Then I slipped a Tshirt on to him... for 2 reasons:-

1. #1 My child enjoys having full body contact and if Marshal did indeed have pests... I wanted to keep them at bay!

2. #2 Marshal seem to shiver after the bath and towel drying. Putting on a hosiery t-shirt give him some warmth.

This is documented on an [Instagram post demonstrates](#) on profile BlossomChakradeo Marshal-in-a-T! dated December 2018.

While the children frolicked around, I made an appointment with my veterinarian for the next day. And cleared my calendar!

When my spouse was due to return home from work, it was past the children's bedtime and my son was fast asleep in the bedroom.

This was my TV time in the living room!

When the front door opened it was the first time that Marshal actually barked that day! 20 minutes was spent interacting with my spouse.

It had been a long day and I wanted to get a good night's rest. I led Marshal again to the pee area indoors and encouraged him.

He repeated his tail wag but stood firm!

We went downstairs, into the apartment open area for his pee break, returned home to repeat the wash-

with-ACV solution-routine and headed into the bedroom.

Here again I tethered Marshal comfortably to the leg of my bed with his bedspread within easy reach.

Because it was Day 0, I had planned to sleep light.

I woke up a few hours later to Marshal's whining. I did not know whether he wanted a pee break or if he was responding to the barks coming from the street dogs outside. As a precaution, we went downstairs and repeated the routine.

**Note:**

All through the day, Marshal had been very cautious and hesitant, so I decided to take him downstairs without his leash. I was certain he would stick close to me but I was in for a nasty surprise.

This is where [I learnt a new behaviour](#) of Marshal!

The minute we exited the door, Marshal raced down the steps and busily marked All the pillars around my apartment building. Yeeesh!!!

As I reached out to get a hold of him, he ran away just out of reach. I was feeling surprised, shocked,

indignant and also concerned for Marshal's safety.

All training methods I had learnt flew out the window – this was an emergency, people!! My sole focus was to get a hold of the naughty fellow!

Mental note to self: until thoroughly trained indoors, no experimenting outside! The apartment building isn't very spread out and I managed to catch hold of Marshal quickly. He was marched upstairs!!

### **We had quite an eventful Day 0!**

[And ofcourse, Marshal's indoor toilet training milestone progress is documented and celebrated on the dogs' Instagram profile BlossomChakradeo!](#)

During my corporate days, the **SWOT analysis** is one very useful method I learnt to analyse work.

SWOT is an acronym for Strengths, Weaknesses, Opportunities, and Threats. This is a structured planning method useful to evaluate an organization, project or business.

I regularly and freely use this in in all aspects of my life.

I made a SWOT analysis here also.

## Lessons learnt from Day 0

<b>STRENGTHS</b>	<b>WEAKNESSES</b>
<b>Marshal</b> <ul style="list-style-type: none"><li>• His reaction methods were non violent.</li><li>• Got along well with Blossom and my child.</li><li>• Responded to his name.</li></ul>	<b>Marshal</b> <ul style="list-style-type: none"><li>• The need to mark was very strong.</li><li>• Must be supervised.</li></ul>
<b>Vrushali</b> <ul style="list-style-type: none"><li>• Plenty of time to supervise.</li></ul>	<b>Vrushali</b> <ul style="list-style-type: none"><li>• Tendency to get frustrated quickly which reflected in my rigid body posture that raised anxiety levels of Marshal.</li></ul>



<b>OPPORTUNITIES</b>	<b>THREATS</b>
<p><b>Marshal</b></p> <ul style="list-style-type: none"> <li>• Make some progress each day.</li> </ul>	<p><b>Marshal</b></p> <ul style="list-style-type: none"> <li>• Do not know how he will react in a certain situation.</li> <li>• Must proceed with cautious confidence.</li> </ul>
<p><b>Vrushali</b></p> <ul style="list-style-type: none"> <li>• Progress slowly, celebrate every small step.</li> <li>• Work on negating my anxiety threshold.</li> <li>• Add a weekly new experience to discover Marshal's response and progress.</li> </ul>	<p><b>Vrushali</b></p> <ul style="list-style-type: none"> <li>• Not to alarm Marshal with rigid body posture and confrontational behaviour.</li> </ul>

For the purpose of this book, I will list out every piece of progress and setback that we had (and the scenarios are plentiful!)

For details of each, the explanations are available for purchase and coaching separately. I am always ready to freely talk to WFH'ers about these points (or any other points that come to mind)- at no monetary cost. Readily!

All I need- is a clearly worded email sent to:

[yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com)

## Week 01

### **Progress**

Desensitized to regular daily sounds specific to my lifestyle. These include:

- Doorbell ringing
- Shuffling feet as shoes are put on and removed
- Child getting ready for school

- Street dogs outside barking
- The rumble of heavy vehicles
- The gardener using a garden hose
- The cooker whistles during meal preparation
- Flushing sound
- Clangs of a steel bucket in the bathroom
- Opening plastic packets of crisps, biscuits which are consumed only by the humans
- Visit to the veterinary clinic, vaccine injection and general checkup

### **Setbacks / Lowlights**

- Shuffling feet of a heavy set man caused Marshal to shrink away
- Pee'd in the bedroom in the middle of the night!

### **The story!!**

Initially, Marshal was tethered at night yet he had a comfortable place to sleep with a mattress on one side and cool tiles on another side. This 1<sup>st</sup> night, I woke up to what sounded

like water dripping- it was Mister Marshal relieving himself! Now, I Always keep a handkerchief for emergencies so **I clamped his Pee area (yes, I Really Did gently pinch close his penis)**, unhooked his leash and bodily picked him up and carried him to the indoor pee area!

It did not matter he was mid-pee, It did not matter I felt yucky about this, all that mattered was that Marshal know this is misbehavior!

He got a firm rap on his bottom!

I locked him inside the toilet while I cleaned up the bedroom corner and disinfected it!

My child was fast asleep on another side and I instructed my spouse to keep a close watch on Blossom. She was learning to 'stay' in one place (the word I use is stop) so this was a good test for her.

On unlocking the toilet door, I find Marshal *sitting* on the floor!! So this was another frustration trigger for me.

It was late and I didn't want to lose sleep. He got another firm rap on his bottom, I disinfected his belly area with a mixture of 1 part water and 1 part antiseptic disinfectant (Dettol is commonly used) and marched him back to his tethered area which was by now, dry!

Blossom was put at ease and encouraged to use the indoor pee area, which she did, Bless her!

It is important to note here, **every time there was a setback**, every time my frustration and irritation mounted, I did the following:

- Refused to react
- Noted down the activity and the time in Marshal's journal
- Firmly reprimanded him
- Cleaned up the mess
- Praised Blossom for being well behaved
- Continued with whatever activity I was doing

Once my nerves settled, I would carefully investigate and get to the root cause.

I am ashamed to say the root cause was usually me not giving clear instructions of what to be done *in*

*place of the misbehavior.*

Marshal simply did not know that:

- Marking is unacceptable behaviour in my household.
- He has to sleep through the night without making a mess in the bedroom.
- He must finish his food.
- He must stay within the allocated area.
- Packets of food and open containers in the kitchen cannot be randomly sniffed out and explored!

But I had stopped here. Once I realised my grave mistake, every time there was a setback I would follow the method of 'not this and'

- Marking is bad behaviour in my household AND use the indoor pee area instead.
- He has to sleep through the night without making a mess in the bedroom AND wait for me to take him downstairs for a pee break.
- He must finish his food AND wait while I wiped him down.
- He must stay within the allocated area AND ask permission in whatever way (bark, approach me, wag his tail, etc) he could to wander around.

- Packets of food and open containers in the kitchen cannot be randomly sniffed out and explored AND drink from his water bowl and leave the kitchen area!

Gradually week after week, this method was showing results.

The results were very minuscule to begin with and I might have missed celebrating the progress had I not recorded them in Marshal's journal!

This method has been 'converted' into a prompts-and-doodle activity booklet that is available for purchase! I call it 'Doggone Blockheads'!!  
[An introductory video is available to watch. Send an email to yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com)

I am familiar with the following **techniques of restricting dog movement** when unsupervised:

- A comfortable spacious crate
- Gated areas

I decided to use a long leash to tether Marshal when unsupervised.

When was he unsupervised?

Only during the night.

I realised he could revert to being naughty and mark around the house while we were fast asleep or get into mischief because he did not know what else to do instead.

This would make me frustrated and irritated which is absolutely detrimental during the initial phase of training.

I have always looked to **simple solutions** for my problems (I am a committed follower of the Toyota Production System methods) and after giving this much thought, I chose to tether Marshal in the night.

He had a comfortable place to sleep with a mattress on one side and cool tiles on another side. He seemed satisfied.



***Notes To Myself***


## Week 02

### **Progress**

- Sniffing all around the Pee area indoors. One unconscious attempt to use the area and then suddenly remembering to bring out the indifferent persona

### **Setbacks / Lowlights**

- My increasing frustration with Marshal not using the indoor pee area

## Domino effect

The reason for my frustration was because Blossom was finally realising that this dog is home for good or at least he is not going away in the next few days and she started asserting herself.

Blossom was also carefully observing my behaviour and interaction with Marshal.

When I would take him for a pee break outdoors, her indignation to this 'unfairness' was crystal clear.

I tried to reduce my frustration by **getting involved in mindless activities** such as

- Listening to my favourite songs
- Washing dishes (water activities are very soothing to me)
- Making quick sketches in my small drawing book

When I felt my anxiety reduce, the training resumed with Marshal for that day!

## Month 01

### **Progress**

- Walks around the neighbourhood on leash
- Car rides and exploratory walks
- Activity around a busy neighborhood while on a leashed walk

- Staying home relaxed with Blossom during my monthly grocery trip
- Small family celebrations in the house
- Using the pee indoor area 1st thing in the morning and for potty!

### **Setbacks**

- Throwing up was to be done in the pee area indoors rather than wherever Marshal pleased. While mostly he pays attention, this is still a work-in-progress even today!

As a backup measure, I have learnt to be keenly attuned to the sound of Marshal **retching (vomiting, throwing up)!**

I leave everything I am doing, bodily pick him up and race to the toilet!

Once I clean up the mess and wipe him down, he is gently pet and praised for

showing me *some* sign and saving me having to clean up a *lot* of mess!

## Month 03

### Progress

- Marshal got better and better at using the indoor pee area independently throughout the day.
- He was estimated by the veterinary doctor to be a young adult dog (4 to 5YO) so was quite comfortable pee'ing thrice a day and going 'number 2' twice a day!

### Setbacks

- Naughtiness and mischief when unsupervised was still my #1 concern and I had to find ways to manage this!

<b><i>Notes To Myself</i></b>

## Manners

Both Blossom and Marshal are well-mannered.

I do not like the word 'trained' which would imply them to be staff or experimental subjects.

As my child and I are well mannered and have good habits, as an extension of this so do Blossom and Marshal.

By practicing basic good manners, I demonstrate my respect and consideration to those around me and to their feelings which makes them feel better, and me too!

## Important manners

### **Stop**

Wait in the exact spot until put at ease.

### **Scenarios**

- Stop right next to their food bowl after finishing a meal.

Both my dogs are furry fervent eaters.  
Their food is of a curry consistency so tips of their

ears, muzzle and front feet tend to become moist. I use a fluffy towel to wipe these parts dry.

## **Stay**

Relaxed in the area until put at ease.

## **Scenarios**

- When a service man comes for a repair.
- A courier arrives and I have to bring in the package and complete delivery formalities through an open front door.

[This has been documented as an Instagram video on profile BlossomChakradeo!](#)

Remember how I say 'every dog is different?' Marshal is usually in the farthest corner of the house at such a time. The inquisitive madam here, is Blossom 🧑🏻‍🦱 🐕 🎨 🐾 ❤️

- The neighbour visits for a quick chat.

## **Stay close**

Within my line of vision

## **Scenarios**

- Off leash in the house yet not wander away and think about getting into mischief!



## No barking

### Scenarios

- Doorbell ringing
- Street dogs barking
- Babies having a cry
- Any irregular loud day to day sounds

I restrict the barking.

**Barking is the way dogs communicate.**

Excessive barking even after communicating is what I find rude.

When either of my dogs bark, I will acknowledge their communication, show my interest in the situation, thank them and then request of them to 'not engage'.

Are there any exceptions?

Yes... pigeons and fireworks!

Now that I am well versed in telepathic animal communication, after my dogs have a bout of frantic barking at pigeons I request the pigeons to fly away and give them my gratitude for doing so. They usually comply.

Because my dogs are otherwise very silent, (one of the residents in our apartment building once exclaimed “You have *two* dogs? I thought you only had one!”) the neighbours don't mind this too much, in fact they have a good laugh as well.

Fireworks are noisy, a nuisance and pollute the environment. I let my dogs have a good bark. The most they have continuously barked has been 20 minutes. Very fair in my opinion.

## Glossary

Sr.No	Word	Meaning
1.	ACV	Apple Cider Vinegar is a vinegar made from fermented apple juice and includes a proportion of apples, sugar and water  Top 2 benefits to pet dogs include: <ul style="list-style-type: none"><li>• Improve growth and condition of hair and fur</li><li>• Reduce skin</li></ul>

		flaking, get rid of pet dander and helps keep fleas at bay
2.	Desensitise	To gradually expose my pet dog to a stimulus with the end goal being to make them comfortable with it, without being fearful, stressed, excited or have any extreme reaction.
3.	e-collar	aka the plastic cone This Elizabethan collar (that's why the name <b>e</b> -collar) is created to prevent licking and chewing on a fresh incision post surgery and / or to scratch on a healing bruise. While this collar is commonly and widely available in plastic material, pet owners are becoming more creative! Collars in firm fabric, inflatable

		material, etc are now available also! Not to be confused with an 'electric' zapper!
4.	Namaskaaram	Is a gesture of respect or revered salutation offered to acknowledge the 'divinity' in each other. The popularly recognised symbol is folded hands - 🙏
5.	Pranaam	Or 'Pranāma' is another gesture of respect or revered salutation beyond simply saying 'thank you'.
6.	Shri, Sou	Male and female identifiers. Shri is a mark of respect for any male person.  Also, 'Shri' marks the beginning of any auspicious event by calling the divine

		<p>blessings of Lord Ganesh – the remover of obstacles.</p> <p>(Look it up online. Makes for a very interesting read!)</p> <p>Saubhāgyavatī is a blessing marked for a bride and married ladies.</p>
7.	Sticky cotton tape	<p>Is widely available and used for dressing of a wound or cut.</p> <p>These remove easily without damaging my pet dog's skin.</p>
8.	Tai	<p>In my regional language of 'Marathi' means 'elder sister'</p>
9.	Telepathic animal communication	<p>Receiving of information through our body's 5 receivers-sight, sound, touch, smell, and taste.</p> <p>It happens without 'spoken' words and is</p>

		<p>performed even over long distances.</p> <p>examples: Longing to hear from a childhood friend and they 'happen to' reach out via phone, text, etc.</p> <p>A caregiver / the mother accurately knows the crying baby specifically needs 'changing, milk, sleep, etc'</p>
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## Rapid fire round

This has been created to have a bit of fun and get to know me (a little bit 😊) as a person!

- If I were an animal I would be...?  
A horse! Maybe... a leopard. Ooh a giraffe...  
hmm... a panther?!  
Okay- PASS !!!!
- Marshal's favourite time of the year?  
Winter! He loves curling up on his thick  
mattress in my tshirt and hibernating until  
meal time!
- Marshal's favourite activity indoors?  
Watching the world go by from the balcony.
- I nearly went up in smoke when  
Marshal...?  
Leapt out the half-open car window and  
settled on a stranger's porch *after* I parked,  
locked and quickly went grocery shopping.
- Most common comment when out on  
a walk?  
"That's a Labrador and the girl looks like a  
Shih Tzu" ( 👻 😊 😄 )

- If I had a dollar for every time someone said...?  
“Look, she has *two* dogs!”
- Never have I ever...?  
Left my dogs home alone more than 5 hours... once in a blue moon ❤️
- When I was growing up I wanted to be...?  
An ‘environmentalist’. In fact, I won consolatory prize in Std V at a drawing contest for this! (I still have the prize- a CapriSun logo’d lined diary somewhere!)
- I created this ebook because...?  
I get to make new WFH friends 😊👩!!!



## Complimentary Resources

Short videos available to watch- to request for these, send me an email!

Instagram:

[https://www.instagram.com/vrushali\\_2woofs/](https://www.instagram.com/vrushali_2woofs/)

Youtube channel: Vrushali & 2Woofs

When you can't find any particular resources or would like to request one, I am available on email! Send me a 1-liner (or a paragraph!) and let's see what I can do for you!

[yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com)

## About me!

Hello! My name is Vrushali Chakradeo (now Jadhav).

Commerce graduate by education. Spiritual explorer by heart.

Certified in pre primary teaching, LEAN L1 and Reiki L1.

Trained in telepathic animal and nature communication, dog non verbal signals, NLP and lots more!

I had a very memorable childhood in Muscat with annual Summer holidays in India always spent with cousins and.... Yup animals!!

Farm animals, gorgeous GSDs, Indies, you name it. I am also an amateur equestrian.

We relocated to India for my Xth examination and stayed on. I entered the corporate sector, got married, changed jobs, travelled thrice to UK (around the Yorkshire region) for corporate work, was awarded CSR volunteer of the year 2010 pan India (I am still the inaugural and sole award holder!)

And at the threshold of being Assistant Manager Information Security, the decision was made to pivot in 2018, when my child was 3 years and would soon begin school.

Not one to stay home, some of my 'job profiles' include:

Volunteer at Animal Angels Foundation as part of their therapy dog-handler team

<https://www.instagram.com/therapydogsindia/>

Volunteer at Prism foundation (trying to see whether special needs children and me were a match, bless them)

Volunteer MS Office trainer to the Samvedana team (NGO arm to a major hospital with branches across the State of Maharashtra, India)

Billing manager at Pune's premier veterinary clinic (think Page3 clients)

Administration team at Earthwise Pune (think Dream job...And WFH!)

Digital marketing VA to a shamanic practitioner and the founders of Gaia\_theportal (*can't take 'working' outta me!*)

And along this journey, 'my something' became crystal clear and shaped into what I do now.

That is:- sharing my message through this ebook and my mastermind, coaching families who have pets.

The methods I use include: telepathy, training and natural healing methods (think Bach flower, Reiki, crystals.....)

Pets are very much family members, but there was just a disconnect I was unable to sort out. Now that I know what I know, I want you to know this also



Permission to elaborate a little???

Thank you!

*What is telepathy?*

Answer:

I am so happy you asked! Here is a video you can check out on my YouTube channel (Vrushali & Woofs).

Think of telepathy as a 'translation tool'. I talk to your animal in my mind using the five senses of: taste, smell, hear, feel and sight; also known as Gustatory, Olfactory, Audio, Kinesthetics and Vision.

And depending on what 'picture' is painted to me by your animal I share the same, as is; with you.

With practice, this becomes more effortless, it becomes more fun, there's a lot that the animal shares, which a telepathic communicator shares with you!

The two main purposes of telepathy communication are:

- A. To understand your animal better which leads to a happy relaxed family
- B. To understand what is your animals' soul (yes yes, soul!!) purpose with you and explore this internally.

*What are natural healing channels?*

Answer:

Any modality used for the benefit of humans in a natural way.

The modalities practised by me include: Traditional Reiki, Intuitive healing, Bach Flower, Power animals, with more added as I continue to learn from my peers and experts.

This is how it can be done!

Now that I am a WFH virtual telepathy coach and spiritual practitioner, I can spend as much or less time with Marshal. I just have to ensure on a couple of points that have been discussed all through this book, and then I can get on with my work assured in the knowledge that this fellow is alright 😊🐶❤

Anxiety over new situations still needs a lot of work. I now know that this is part of the journey and must equally be enjoyed, as much as reaching the destination of 'conquering' the situational anxiety.

One reason I created the 'Doggone blockheads' downloadable prompts and activity booklet!

(The YouTube video is available to watch. Send me an email at [yes@vrushaliandblossom.com](mailto:yes@vrushaliandblossom.com) The video also includes a payment link to purchase the actual pdf !)

The progress is very much visible now, when a grandparent comes home and Marshal jumps in imitation to Blossom and more importantly with a relaxed tail.

The progress is most apparent when I return from doing an errand and I can hear Marshal 'talking' eagerly, waiting for me to open the door.

I ask that this book be shared to individuals who need their on-demand Oxytocin supply.

Lonely success sucks and is no fun. Success with the furry companion totally rocks and splashes and is a treat to watch and cherish- *puns very much intended!*

BTW, at this price of USD \$10, this ebook makes a super and thoughtful gift also (*ahem!*)

There is a **cherry on the cake** too!!!

Every purchase comes with a 2 hour call with me!

The call agenda is as follows:

1. Share your feeling about your pet/s with me
2. Any struggles you have with them?
3. Based on your reply, I may be called to give you personal / student experiences that will be useful for your predicament.
4. We will discuss quick wins, long term strategies, I can point you to useful resources, etc.

5. Being in the pet community, I know many good humans who can provide their services to you- grooming, pet sitter, dog walker, chiropractors, equine services, EFT tapping for animals, homeopathy, bach flower, rescue centres, etc- and I can ask in my circle for businesses geographically close to you too! How cool is that for ya?!
6. I shall provide details about my coaching programs so you are aware about them.  
All of this will take time, so we do not feel rushed for time!

To conclude on a happy note, many thanks for reading alllll of this and for taking what is necessary for your journey.



## Acknowledgements

I must say I have the best of friends who patiently persevered to edit and review this eBook- Gay and Sharddha have dedicated a massive chunk of their time, while managing extremely full, productive days in their family and fields of work.

Gay Harbord, your detailed proof reading has improved this eBook so much grammatically- thank you!

Gay manages a Facebook group for animal owners who wish to have a reading of their pets. While keeping busy looking after her own animals (horses and dogs included!) Do get in touch with her!

Shraddha Nigavekar reviewed this book with a fine tooth comb. Shraddha is a 'scientist by training and a storyteller by choice'. Some of her storytelling features are available on profiles of: [enlistkids](#) and [animalangelsfoundation](#).

Gayatri m/o Oscar gave very useful suggestions on improving draft #1. Blessed to know you, 'ben' (that's 'sister in India's regional language of Gujarati)!

I am super stoked to have met sisters through the form of peers, students and teachers who have been patient and supportive of all my pestering, mistakes, discoveries and coaching. The animal companions that I meet on my journey are my faithful teachers and I continue to learn from their wise guidance.

The Prabhakar Jadhav family who motivate me to 'be myself' and stretch my limiting beliefs- pranaam.

All my 1<sup>st</sup> cousins maternal, paternal and through marriage- so many memories, so much to cherish and learn from!

A heartfelt namaskaaram to Shri Milind Laxman Chakradeo and Sou Snehal Milind Chakradeo for the honor of being their daughter in this lifetime and Sou Ashwini Chittaranjan Urankar who permits me to be her 'tai'.

Asantè, Blossom and Marshal for all your love, sass and wisdom!