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The Dog Days of Summer Have a Message for Us

The **Dog Days of Summer** do not refer to the unrelenting hot days of August, those rain free, windless and sweltering days of relentless heat.. Instead, the dog days of summer refer **to the time of year when a prominent and bright star rises and sets with the sun.** This star is known as the Dog Star or Alpha Canis Majoris, or Sirius. While the star has been with us since ancient days, the phrase “Dog Days” has been around for not quite as long, only a millennia.

Originally, the star was blamed for the following day’s sweltering heat. The first century BC Greek astronomer, **Geminus, demonstrated that the Dog Star was not the cause of the heat.** But his discovery did little to abate the beliefs of the citizenry. They believed the Dog Star was the cause of the heat no matter what the evidence showed.

Now, let me relate the Dog Days of summer to our four legged friends, the Canine. So, before we take refuge in our 21st century hammocks, **let’s take a look at dog behavior.** It seems that dogs are affected by heat much more than humans. And as the tale is told, dogs are at greater risk of madness during these extremely hot weather conditions. Do dogs deserve this accusation?

It turns out there is the secret life of a dog which you dog lovers and owners already knew!! **If dogs are not able to regulate the heat from their bodies, they can exhibit “odd” behaviors.** They can become agitated; they can get listless; they can run around in circles, attempting to regulate their heat; they can growl with anxiety; they can exhibit aggressive behaviors due to their extreme discomfort. **Give the dog some shade. Give the dog water,** lots of it, **give the dog an evening activity** rather than forcing it to stay outside all day, while keeping it inside all night.

But that is enough about dogs and Dog Stars...at least for this month. Let’s **bring this into a context of meaning around living a focused and significant life.** I would like you to **take care of yourself.** As dogs need different care in their “dog days”, so do you, need different care when things are amiss or adrift. Know your center, who you are, so when you are amiss, you know what to return to.

May the Dog Days of Summer be days of laughter, joy, relaxation, and care.

Life is so much brighter when we focus on what truly matters...



This Month's Offer:

For those of you in the **Life Focus programs**, we will provide **an extra 20 minute call** with Bhaj for a question or concern you might have about building your own significance.

This is in addition to your regular August call with Bhaj

Contact grace@focusandsustain.com to take advantage of this exclusive offer.

This offer ends on August 23, 2017

We have heard the phrase *"live each day like it's your last"*. We updated it to *"live each day like it's your best"*.



Because It Is Still Summer

I know, it is difficult to think of actually using the kitchen in August but wait, there are a few reasons to go there besides grabbing the ice and ice cream. The Hammacher Dounle espresso machine, with a copper dome topped with a brass eagle can brew you one cup or 40, **automatically calculating the water to grind ratio**. Perfect for a hot summer day.

Are you thinking of a cool blended smoothie but don't want to hear the innocuous sound of your blender one more time, especially on a hot day? No problem! Blendtec's Stealth Blender is purportedly **the quietest blender out there**. With touch pad controls, this little puppy even **has a USB interface to download 36 custom blend cycles** online. Now, if only it would **open the refrigerator, and grab the ingredients** for my drink, then I'd be in. **Perhaps that's in the next update.**

For you bacon lovers, this is what you need on that hot day, **after you have cut yourself on a rock on the beach, or scraped yourself against a bramble** on a hike: **bacon themed adhesive bandages**. I am a vegetarian so I have to wait for the broccoli version. Broccoli is still a vegetable isn't it?

And finally, give yourself a moment to enjoy the dog day nights. For your phone, **you can download your ghost radar app**. Supposedly, it will indicate not only when and **where the ghostly figures are lingering**, but what these spirits are saying.

Dog days (and nights), who knew they could be so much fun?!!!

"You never know how strong you are until being strong is the only choice you have"

Bob Marley

Life Matters

Quick Tips

Life Focus



Money Focus

Now it is a good time to **assess how you are doing relative to the goals you have with your various categories.**

Are you where you want to be with your **saving objectives?**

If you find that there are categories which you cannot get under control, step back from the problem for a minute and ask yourself:

How much do I want what I indicated I wanted for this category? **Do I really want it?** If you answered yes to these questions, then consider a first step you can take to make the necessary change you need to activate. If you answered no, then determine what is you want and how you can make that happen.

Your monthly meetings are a powerful time to help you **connect with your destinations and connect with your partner** to hear how they are moving towards their own destinations.

Having an agenda helps move the meeting forward. At every meeting, you should **review your actions for the month.** Be sure to reflect on how the actions support your mission which in turn supports your values. **Ask for help when you feel stuck** in moving an objective forward.

Listen to your partner and support them in their actions, objectives, mission, and values.

When you review your together actions, **leave time for honoring yourselves** as it helps cement the connection between the two of you.

Remember to add the actions you commit to to the agenda for the next month' meeting.



Legacy Focus

As a family, it is important to **identify and talk about your individual as well as your collective values.** This provides an opportunity to ask yourself both as an individual and as a family: **"What matters most to us, as a family?"**

Once you have identified your common values, you can collectively determine your family's mission. This is the opportunity to ask yourselves, as a family: "What do we stand for?"

Create your family's shared mission statement that, together, you want to develop.

Discuss how each individual can add meaning to the family's shared purpose and mission with their strengths, values and actions.

Having a family mission sets a framework for a family to develop for years and across generations. **It is a rich foundation for a family to nurture and perpetuate.**

Life Matters



N.Cog Nito Reports Moving this Office had its Challenge

Bhaj moved her office in June and everything went really well....almost. She was so prepared, had everything pre planned and well organized which made the move so easy. But **there was one thing that didn't work out so well...the phone.**

Several days before the move, the phone company was notified. They understood the order, and said all would be reconfigured in 3 days. Terrific. We move.

3 weeks, yes, **3 weeks later**, this phone company, whose name reminds me of the Wild West environment in which they seem to operate, **still did not have our phone number connected to the new address, still sent their technician to our old address and still provided overall horrible customer service.**

Before I start shaking my stick at them, you should know that **Bhaj reminded them over 15 times of the new address.** At each call, they still hadn't updated this key information. YIKES! And **when Bhaj asked to speak to a supervisor, she was told they did not have supervisors.** Really?! A public company with no supervision, whoa!!!! If it hadn't been a serious matter, it would have been funny. It took Bhaj 3 weeks, before a "supervisor" spoke to her, actually understood the problems, and **resolved 2 of the 3 problems:** the address is finally correct, the bill has been updated but the phone number... well, Bhaj transitioned her business land line to a cell line. **NOTE our new address! The phone number is the same and it works!**

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"It is good to have an end to journey toward; but it is the journey that matters, in the end"

Ursula KLe Quin