

THE JORDAN HARBINGER SHOW

Worksheet for Cesar Millan | Seeing the World from a Dog Whisperer's Perspective (Episode 162)

[Dog Whisperer](#) Cesar Millan lives on a beautiful ranch in Santa Clarita, California surrounded by an array of animal life that would make Doctor Dolittle jealous. So when we got the invitation to interview him in this idyllic wonderland, of course we jumped at the opportunity.

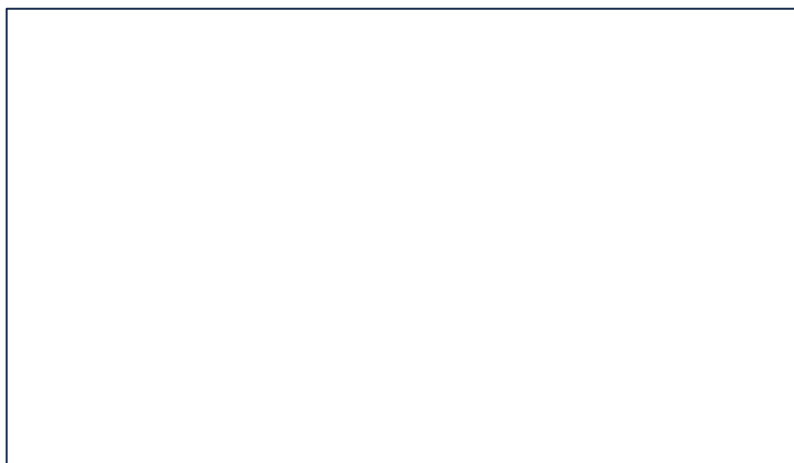
[In this episode](#), we explore Cesar's journey from one of the most dangerous parts of Mexico to being homeless on the streets of L.A. to worldwide fame as the man we've come to see as having damned-near supernatural powers when it comes to training dogs and, of course, their human companions.

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Slapped Straight

"I was working since I was six," says Cesar, "but when I was 10 years old, I told my mom: 'Mom, when I grow up, I'm going to be a drug dealer!' She slapped me across the face and said, 'If you want to kill me, that's what you do.' I didn't know. That was not the reason -- I just wanted to make enough money! So she changed my mind."

Cesar's mother swiftly adjusted his career trajectory from drug dealer to dog whisperer with one simple, well-placed slap. If you're not doing something with your time that fulfills you, what would it take to readjust your priorities and aim you in a more worthwhile direction?



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"I Don't Train Dogs."

When Cesar immigrated to the United States and made his way to Los Angeles, he didn't speak any English. But it became clear to the Hollywood royalty he encountered who required his dog-walking services that he could speak the language of their pets with uncanny empathy.

Still, he says his communication skills really allow him to act as more of a liaison between dogs and their humans. "I don't train dogs. I train people and rehabilitate dogs," says Cesar.

What obstacles have you encountered in the pursuit of doing something you've really wanted to do? Have you found a way to hurdle them, or did they stop your progress entirely and make you turn around? How might reframing your course of action -- as Cesar did by understanding that his expertise is really in training people rather than dogs -- help you overcome such obstacles?

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Leading By Example

Cesar believes in leading the dogs in his care by example. He wants them to understand that "the only four energies they need in life are calmness, confidence, love, and joy," he says. "They don't need insecurity, they don't need anxiety, they don't need lack of love."

"We're the only ones who teach animals that negativity exists. Animals will go through it, but they won't live in it. We create stories that allow us to live in the past and anticipate the future. So then we forget about the present."

Whether or not you have a dog, cat, or other type of animal in your life, imagine what you could learn from a non-human perspective that only understands life in the present tense. As Cesar says, "Money, fame, and power do not exist in the animal world; that's why a lot of money, fame, and power people love them because they keep them grounded." How might trying to see the world from a dog's-eye view ground you?

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Time to Lead, Time to Follow

Whether walking 60 dogs at once or making plans with his family, Cesar follows the model of the pack. Like wolves in the wild, the group's needs supercede the needs of the individual. He recognizes when his role is to lead and when his role is to follow; he does his best to admit when he's wrong and takes a step back when necessary.

"We are the only species on the planet that will follow an unstable pack leader. Animals do not follow instability."

Can you think of a time when you've followed a leader -- in your family, peer group, school, workplace, in the media, or government -- that you now realize wasn't acting for the good of the pack? Are there leaders you're following now who might not be ideal? If so, what are your options for ensuring your pack's stability?

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"My Dog Just Hates Canadians."

As far as science can tell so far, dogs don't really have a sixth sense -- but they sure do seem to be excellent at judging character (or lack thereof). Really, what seems most likely is that dogs are responding to their humans' nonverbal cues -- cues the humans may not even realize they're giving!

"If his human gets a little nervous or a little excited, it's all related to that person," says Cesar. A dog won't mistrust someone of a certain ethnic background on their own, but might be reacting to cues from their human or experiences they've had in the past (especially if they're a rescue animal with a traumatic background).

Have you ever been in a situation when a dog has seemingly judged you or someone near you -- either positively or negatively -- without any obvious prompting from their human? In retrospect, what do you think caused the reaction?

Full show notes and resources for this episode [can be found here.](#)

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About



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We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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