

Doodle Comfort

6 Secrets e-book
+

TRANSFORM YOUR DOODLE,
TRANSFORM YOUR LIFE



THANK YOU FOR REQUESTING THIS E-BOOK

This e-book has been years in the making. Not so much, the 6 Secrets e-book. I made this 12 years ago and it was the first introduction to optimal Doodle coat care for many owners. But the insights that led to "Transform your Doodle, transform your life" took years to make themselves visible to me, while all the while I felt them lurking around the corner... very frustrating, I can tell you. And once the book was written, it took me more than 2 years to dare to fully express who I am and what I REALLY believe in.

So I can say with a feeling of victory: I have arrived!!! I've finally arrived where I'm supposed to be and it's such a relief!

And now I hope you are ready to journey with me. Because the title of this book most likely raises questions for you. A 2 in 1 e-book? And then also Transform your Doodle, transform your life? That may sound like boasting or complete nonsense to many: you get to choose.

It may also sound crazy to make a link between two aspects that seem miles apart...HOW??? Do I hear you ask? But I firmly believe in this connection and will show you in this e-book how you to get from one to the other. That's why I put both e-books in 1 e-book. Because it is important that you first understand what trimming yourself can bring you before you actually start.

Are you curious yet? I hope so, because this way of seeing things will change EVERYTHING for you and that makes my soul super happy!

Enjoy!

Lots of Doodle love,

Wanda & Joy





Who are we?


Hi, I'm Wanda and this is Joy, my Barbet (French Waterdog; ancestor of the Poodle

I am a life coach, certified dog groomer, specialized in Doodles and Waterdogs who has made it her job to make owners self-reliant in the coat care & health of their Doodle. I prefer to see myself as a free spirited entrepreneur, changemaker, transformation coach and recently also a healer, because my work has a deeper layer, which I have had to discover and develop over the years, because this was a path that paralleled my path of Self-development.

I was born in the year 1976, among dogs, with a mother who was and still is a dog groomer. I regularly helped my mother in the grooming salon from an early age, but the last thing I wanted to be was a dog groomer. I didn't know for a long time what I wanted to be (my life has been a search for what "suited me") and when I DID know, it had nothing to do with the dog grooming profession. To be honest, I looked down on my mother and dog groomers in general and had bigger goals in mind. After my part-time study in Human Resources, I wanted to become an HR advisor. I could already see myself in a suit, high heels, driving my expensive lease car to customers and having lunch appointments with high-profile company directors (anyone who knows me knows that that whole image absolutely no longer suits me on all fronts and probably never did, because life had something completely different in store for me).

I turned out not to be able to settle in in the business world, never made it further than the vocation of corporate recruiter (where I also had to reinvent the wheel myself) and ended up in one unsuitable working environment after another (IT, Accountancy), which made me had to apply again and again to find a new job. I was considered too soft-spoken, too customer-friendly, too communicative in these industries where communication and people-orientedness were considered LESS IMPORTANT than technical skills. With every new job I tried harder, learned even more and pretended to be someone I really wasn't, but I didn't feel that until 2008: when I was fired again because I didn't match with the IT employees (while I had recently passed a technical exam, for which I had studied very hard, but had no interest in it at all).





This moment was a turning point in my life. I felt very clearly “I can't handle this anymore” and sought refuge with my mother in the grooming salon (something I DID have a talent for) to examine my resistance to grooming and to see whether, if I gave it a shot, I would perhaps enjoy ~~trimming so much that I could~~ take over my mother's salon (which was her great wish). For the first time I was also allowed to groom the dogs (where previously my mother had always done that and I was only allowed to brush, detangle, bath and dry them) and I was surprised to discover that I was not only good at it, but also really enjoyed it (transforming a dog to the best version of itself really gave me a thrill and was such rewarding work), so in addition to working in the grooming salon, I decided to do the official grooming training. In addition, I trained as a Life Coach during the weekends, because coaching had come my way and I thought it would be great to work partly with people and partly with dogs.

My vision came true in an adapted form in 2011: when I completed both courses, it turned out that my mother was not yet ready to let go of the grooming salon. So I had to come up with something else. At that time we received Doodles and Waterdogs every day in the grooming salon, because my mother had introduced the Barbet (French Waterdog) from France to the Netherlands and had found and further developed the various Waterdog grooming standards from old archives. Her reputation for the natural and fluffy way of trimming of the Waterdogs also reached Doodle owners who liked the natural look much better than the shaving of other groomers. At a time when Doodles were starting to become popular among certain target groups (when there were only 35 breeders in the Netherlands, now there are over 100 if not more, in this little country), we trimmed them daily. Owners liked the result so much that they asked us if they could learn to do it themselves. My mother didn't have the patience for that, but for me this was the opportunity I had been waiting for: I started giving grooming workshops to owners and immediately saw many possibilities.

It turned out that I had found a gap in the market. There were no grooming workshops for laymen at the time and no information about Doodle coat care to be found on the Internet yet. DIY Doodle grooming was a totally new concept. So I developed a simple website (first for Waterdogs, but when it turned out that 80% of my customers had a Doodle, I made one for Doodle owners) and my business was born (completely against the wishes of my mother and those around me). Nobody saw any chance of success for my plans. But I felt I needed to do this.




I started writing articles, posting blogs, started a Facebook page (first in Dutch, a little later also in English: my Doodle and Oodle Self Grooming group that now has over 25K followers) and seemed to be taken over by an invisible force that kept pushing me forward. There was no logic, there was just a feeling and I had no choice but to follow it. I soon knew that I had to find my own workspace, because the workshops started to get in the way of my parents' lives. After some struggles with the wrong building, I found the perfect space on an industrial site with a coaching room upstairs, so that I could set up my coaching practice when I was ready.

It wasn't until I was completely separated from my mother that my business started to flow. I gave group workshops (with 4 to 6 people at a time), private workshops, had a webshop on the side and also groomed Doodles and Waterdogs myself. I followed marketing trainings, went to seminars, hired success coaches and also tried to gain a foothold in English... but it was way too much... while I didn't even have my basics in place yet.

My pitfall is that I see a lot of possibilities and really enjoy creating new things. Like a magpie, I fly towards everything that glitters (my mother used to say that about me when it came to jewelry, but I realize that I have done that in several areas and in recent years especially with things that inspire me: not stuff, but new knowledge and insights that confirm and supplement my inner knowledge).

In the meantime, a great uneasiness grew within me: because I was only concerned with the practical part of coat care, the coach in me felt abandoned. I knew that learning to groom myself helped strengthen the bond between owner and dog, but that last part still remained too unclear for me. And I could have coached people without a dog, but no matter how good a coach I was and how much I had transformed during the training... I didn't feel ready for it. AND that stung enormously.

And I got stuck. I knew I was a coach AND worked with Doodles for a reason, but I couldn't put my finger on what the connection between the two was. So I continued to feel torn.



Where the Doodles had saved me from myself (because the business world and the many job applications had gotten so stuck in my head that I was in danger of losing myself), I was now heading for the same danger again, by allowing myself to be guided by my ambition and my tendency to do things the way I thought they should be done. Taking an example from all those success coaches with their billion-dollar companies. I felt that my company could have a huge impact worldwide and let my mind take over...until I sabotaged myself (and not for the 1st time).

I had to give up my business space because I could no longer afford the rent. I was forced to teach group workshops SO THAT I could pay my rent, but working with groups was so physically and energetically straining, that I could no longer handle it. Moreover, several entrepreneurs (breeders and groomers) had discovered my workshop concept (also because I had had several breeders as customers) and they also started giving courses themselves, for lower prices. So I had to fight for my place and that didn't go well for me... slowly I started to lose my pleasure and passion.

It was only after I found acceptance and resignation to the idea of having to leave EVERYTHING I had built behind that I became pregnant. One baby (my business) was exchanged for another and that opened up a whole new world for me.

My motherhood changed something in me: I became softer and more receptive and felt very deep inside that I did not want to be (like my mother at the time) a mother who only worked and never saw her child. I had to organize my work AROUND MY CHILD. I started giving private workshops at clients' homes every now and then during my pregnancy and I enjoyed it so much that I decided to do that exclusively.

As soon as I decided that, I felt the freedom of NOT having a rental space and NOT having an online store and slowly the joy started flowing again. _____

When, after 3 years of no attention, because of my son, I started to focus on my personal development again, it started flowing again and faster than before.

Fast forward to today (after several moments of trial and error):

Through my own transformation in recent years (and actually since my coaching training) I have finally come to understand the link between my work with Doodles and coaching. This has presented itself to me gradually and will continue to present itself.

I teach owners to trim and care for their own Doodle by THEMSELVES as a 1st step in reconnecting with their true and natural self through their Doodle, thus healing & transforming their lives.

How? I would like to explain this further below.

A fluffy, medium-sized dog with curly brown and white fur is sitting upright on a grey, textured floor. The dog has a white blaze on its face and a white patch on its forehead. The background is a solid pink wall with a vertical white line. A white rectangular frame is superimposed over the lower half of the image, containing the text.

WHY
DODDLES?

Why Doodles?

Of course, the theory in this book also applies to other dogs, but in my opinion Doodles are special and Doodle owners are special.

The difference lies in 3 aspects.

1.Sensitivity:

I believe (and have experienced for years) that Doodles are very sensitive.

This sensitivity manifests itself in two ways:

A. Physically

Doodles are prone to allergies, sensitive intestines, prone to itching, ear problems, diseases and ailments. Most are picky eaters and react sensitively to certain ingredients in the food. All this means that they need extra care and that you as an owner often have to do a lot of research into a diet that suits your Doodle's specific needs and that you have to deal with various medical problems.

B. Spiritual and energetic

Doodles are often sensitive to stimuli (too much noise, too many changes, too many impressions), sensitive to attention and touch, sensitive to moods and energy and they often seem to be alert to things that we do not see. This means that they need extra coaching in overcoming fears and insecurities and gaining more self-confidence. In feeling more comfortable in their own skin and being more stable in life.

They are real people dogs: they want to be with you and receive attention, so we connect with them easily.



2.Coat:

The cuddly fur of a Doodle reminds us of a living teddy bear and thus appeals to the (lost) child within ourselves and the unconditional acceptance and love that we as humans so desperately need (but which we are not so quick to ask from others). or that we do not allow ourselves or do not dare to allow from others: Doodles break right through those barricades and shower us with their love.

The practical side of that coat is that it is perhaps the most maintenance-sensitive coat in the world and therefore requires special, appropriate care, which not everyone is able to provide. Short shaving makes the skin too vulnerable to external dangers (insect bites and vermin, sunburn/sunstroke, allergies, toxins, dog bites, wounds, cold/rain/wind) and in my experience most owners lose that lovely fluffy cuddly coat they once fell in love with once they stumble upon tangles and mats. I prefer to leave it as is WITH that cute, matching bear look... but most dog groomers will sooner or later make short work of this. And many owners are forced to accept a different appearance for their Doodle, because the professionals say there is no other option or because they cannot keep a longer coat tangle-free THEMSELVES.

3. Doodle owners are usually first-time dog owners

and therefore still inexperienced in caring for and raising a dog, which means they need more coaching.

In addition, they are often just as sensitive as their Doodle (after all, like attracts like), often unsure how to handle certain things (especially if their Doodle reacts differently than they want), but their sensitive nature also ensures that they want to spend time with their Doodle. That they regard him as a worthy family member, that they do not want to just leave him to strangers, that they want to protect him from harm and injustice (especially if they notice that their Doodle is sensitive) and that they prefer to spend as much time with their Doodle as possible. Want to spend quality time with them and therefore want to do as much as possible BY THEMSELVES (often because they have negative grooming experiences).



4. Due to all these aspects, Doodle owners are often more open to taking care of the well-being of their Doodle THEMSELVES than other dog owners are.

This explains why I have been giving my workshops for 12 years and why several entrepreneurs after me came up with that idea as well. While grooming workshops for Doodle owners were initially completely unknown, 12 years later it has become quite mainstream.

In addition, home trimmers (Doodle trim hobbyists) have increased enormously. Not only because owners enjoy working with their Doodle themselves, but especially because they can save a lot of money on grooming costs by doing it themselves.

Moreover, so many Doodles are simply shaved or trimmed un-Doodlely that owners think they can do that themselves with the help of YouTube videos: and they are right to a certain extent.

Corona has also given the growth of self-groomers a huge boost (for illustration: my English Doodle & Oodle Self Grooming FB group has increased from 800 followers before Corona to over 25,000 followers now and about 100 followers are added every day)

Conclusion: Doodles require much more care than most other dogs, and therefore offer an excellent opportunity for owners to take care of this themselves.

During the free Comfort & Care week that I give every now and then, I let you experience this in an accessible way.



WHY YOURS

Doodle

IS IN YOUR LIFE

Do you believe there is a “higher” reason why your Doodle came into your life? Or do you think it was random?

For most owners there is more going on and the selection process is not so obvious. Why did THIS Doodle come to you?

I often hear the most magical stories about this, where it usually comes across as if your Doodle chose YOU instead of the other way around. I believe that you will always get the dog that suits you best. And I don't mean so much in terms of character (although that is also possible), but in terms of your learning process.

I believe that your Doodle came into your life to help you with certain life lessons. That can be very literal, if your Doodle is a service dog (there's a reason why these sensitive dogs are such great service dogs), but in most cases this is something you probably don't notice at first.

And that's where I come into play, because as a life coach and someone who has made transformation her life (not only in terms of grooming the dogs, but also in terms of changing people's lives) I help you see what those life lessons are.

Because every person on Earth has life lessons that he/she must go through. Physical problems, Emotional problems, Mental problems. Challenges you encounter in life, things that are made difficult for you: in regard to yourself or to others, to your environment, the world.

As within, so without is one of the universal laws and as long as we experience an imbalance internally, we will create it as a mirror in our outside world.

Life is not a piece of cake for anyone. Every one has problems. And we are supposed to, because that's how we grow as people. Every challenge we overcome makes us stronger, gives us more self-confidence, more insight into who we really are and more self-leadership.



Ultimately, once we have overcome all these challenges, we are happier, freer, feel more at peace and no longer let ourselves be guided by the delusions of the day.

But we can't do that alone...

In general, we are not able to look at our own lives from a distance and see what is going wrong. When it comes to our own lives, we cannot be objective. We need an outsider for that. Someone who makes you look at your life from a different perspective and who asks the right questions, so that you gain insight and become self-aware. And who then gives you the right tools to overcome those problems.

This is where a transformation coach comes into play. This is someone who not only has insight into how problems and stress arise, but above all knows how to ask the right questions that help you find the right answers **WITHIN YOURSELF**, so that you can then solve your problems **YOURSELF**. The right coach has not only learned how to do this, but also has a lot of life experience and, above all, has overcome lots of challenges in life, so she understands exactly what you are facing and can help you in the right way.

The problem is that most people will never go to a coach. Not only, because the word "coach" contains a negative connotation, which makes people think that as soon as you hire a coach, there must be something wrong with you. And most people consider it a weakness to ask for help.

They think they can and should solve it themselves. Or that everything won't be so bad. However, the greatest resistance lies in first having to admit that you have a problem, then the willingness to seek the right help and once you have found the right person comes the most difficult thing: you have to open yourself up to receive that help, which means: being vulnerable, daring to show your emotions, confronting your pain (because most problems arise from wanting to avoid that pain). And if you've spent years trying your best to ignore your feelings and the pain, that's a biggie!

And that's where your Doodle comes in...






YOUR DOODLE

AS YOUR

Life coach

WHY YOURS



The word "coach" is used by so many people these days that we no longer take its meaning seriously. Which is a shame, because life coaching covers the broad spectrum of life and is not just mentally focused, like psychiatry or therapy. Moreover, it assumes that all the answers lie within yourself, so you have to look inside to find the solutions to your problems (instead of being fobbed off with a pill on which you will remain dependent for the rest of your life with all the internal damage it causes).

However, after the natural health part, my search led me to energy healing and the more I felt about it, the more I knew: coaching is essentially a form of healing. So if you don't like the word "coach", replace it with the word "healer". The message is the same. And there is no better healer than the one waiting for you at home right now.

You have probably noticed that your Doodle reacts differently to you, depending on your mood, how you ask something, and what mood you are in.

That's because your Doodle is sensitive. He sees and notices things about you that you don't realize yourself. And that makes it a perfect mirror for you. Moreover, your Doodle is a real barrier-reducer because of its BEING: while you would never dare to open up to a coach, you automatically DO so to your Doodle.

How does this work in practice?

AS YOU DO SOMETHING, YOU DO ANYTHING!

This is the title of a book I once read. I have no idea what was in the book anymore, but for me this title was one of the pieces of the puzzle that not only completed my knowledge about limiting beliefs, but also made it practically applicable in my work.

What it means is that our thoughts create our reality and that we sabotage our own success with our thoughts. That sounds very intense, I know. So I'll try to illustrate it.

If you are born as a baby, you are pure. As you grow up and have certain experiences, you form certain opinions about what life is like for you. These may be the opinions of your parents or other educators who have influenced you, these are opinions from your environment and society and they are opinions that you have taught yourself because you have had certain positive and negative experiences. In general, those opinions are unconscious and every time you have an experience that strengthens you in that opinion, that belief grows. Negative beliefs in particular are very powerful and shape our lives. Whenever something happens in our lives that has a similar impact to what we have previously experienced, that belief grows and in this way we sabotage ourselves.

Suppose you come from a poor family, where your parents had to scrape together money to put food on the table every day, and you as a pure and innocent child (who does not yet understand the reality in which her parents live and how it arises and who only lives in accordance to her feelings) asks for a beautiful doll for your birthday.

Whereupon your parents become extremely angry (probably also out of shame) and shout that money does not grow on their backs, that you have to work for your money and you should never ask for something like that again.

Then you as a child do not understand intellectually what is happening, why your parents are so angry with you, but you feel hurt in and ashamed for your desires, hurt in your joy, you feel small and it is as if you have been punched in the stomach or slapped in the face. You probably link that bad feeling to an opinion: money is something that's only obtained by working hard, You are not allowed to express your needs and desires, because if you do people will not love you anymore, better not to feel any desires at all. I have to earn a lot of money to be able to buy the things I desire. Money is bad, hard to obtain etc... something like that. It can be one opinion, but it can also be different opinions that are linked to that experience.

Throughout your life, these opinions will turn into beliefs with every negative experience you have with money. And because you unconsciously act on those beliefs every time you deal with money, money may become a problem for you later in life. Or being able to feel your desires will. Or you will link the experience to love and what you need to do to earn love.

This is just an example as most important beliefs are about yourself: who you are and may be, what you look like, how smart you are, how much love you deserve... how valuable you are.

And although these have become unconscious motivations for you, thoughts are energy. And not only does that energy shape your reality, others who are sensitive **AND ESPECIALLY YOUR DOODLE**, respond to that energy. And you will notice this in every form of interaction with your Doodle, especially during grooming.





A strong bond with your Doodle starts on the grooming table

Because your Doodle responds to the energy you unconsciously radiate, things that could be easy suddenly become difficult. Your Doodle is also pure and innocent (and will remain so for its entire life). Doodles have no thoughts, let alone limiting beliefs, so everything they do is pure. A Doodle will never bite or show inappropriate behavior on its own: every puppy is pure and innocent. If your Doodle does something that is not pure and innocent, it is a reaction to something else. On something that happens in the environment or on your energy. And therein lie the life lessons.

Have you noticed that your Doodle shows completely different behavior on the floor than on the grooming table? That's because the ground is his territory, where he feels safe and is free to go wherever he wants.

Once you put him on the grooming table, take him out of that safe space and bring him into your space. If you also secure him with a strap around his neck and belly (which is necessary, for his own safety), you confront him with something that a puppy certainly cannot handle well: restriction of freedom of movement. And if you start grooming him and essentially ask him to conform to your will (because that's what you're actually doing), you're not only restricting his physical freedom of movement, but also his mental freedom. And when that happens, your Doodle WILL show its true colors.

That is why the grooming table is the ideal place to train your Doodle. But also to train yourself.

Because if your Doodle shows resistance on the grooming table in any way, there is 1 of 4 things going on.

1. He responds to something in the environment: a certain stimulus, something or someone in the house (that is why it is never useful if people you know come in while you are grooming and also not useful if someone is watching from a distance).

This is also the reason why most groomers deny owners access to the grooming salon during grooming: strange eyes have the tendency to influence behaviour in a positive way and if the owner is present, a Doodle will never surrender to the groomer. This not only makes the process take longer, it is also much more stressful for both the dog and the groomer.


PLEASE NOTE: as soon as you are grooming, your Doodle will always look for distractions, so be extra focused on the environment and possible stimuli (dogs walking past the window, dogs barking outside, postman, etc.)

2. If the environment is quiet, you can look for the cause within yourself. And that goes both ways: the moment itself: especially if you are a first-time dog owner, you encounter all kinds of insecurities within yourself. You want to do it right and not hurt your dog, so those thoughts play around in your head. And every time your Doodle does something you didn't anticipate, it can trigger one or more limiting beliefs in you. And when that happens, there's no starting anymore.

Even if you have had a dog before, but with a completely different coat that needed a completely different care, there is a good chance that you will encounter these insecurities.

3. Here too you are the cause, but on a different level (and that makes it all the more difficult). Because your Doodle as a puppy is completely pure and innocent, and therefore "learns" from his immediate environment, and because he is so sensitive, it is logical that he takes over your energy. Moreover, he learns from you how the world works.





So he takes over your patterns and together, in the interaction and your togetherness, you build a shared pattern. A way in which you face life together. This is how your insecurities become HIS insecurities and that makes certain things extra difficult. When you start grooming your Doodle yourself, you should not only pay attention to the energy you radiate, but also be aware of the patterns you have built up together. Both lead to certain behavior.

4. And if that's not enough to take into account, there's a fourth aspect that you probably won't expect at all: your Doodle's behavior can also be determined by physical internal causes. Anxiety and stress can come from a lack of exercise, which prevents your Doodle from getting rid of its energy. An excess of stimuli that your Doodle must first walk off before you put it on the table. A full bladder or need to poop (always let it out FIRST). But it can also be caused by an incorrect diet and an excess of waste products in the blood. If the intestines cannot do their job properly (for example because there are too many carbohydrates in the diet that cannot be processed), this also has a mental effect. So you see that the health part ALSO plays a big role in grooming (these are things that most dog groomers, breeders and workshop givers, even most regular veterinarians, are not aware of).

That's why I always say: a strong bond with your Doodle starts on the grooming table.

Because if you can get your dog to surrender to you with complete confidence, while he is standing (fixed) on the grooming table, the foundation for your leadership has been laid. And you will also benefit from this in the further interaction with your Doodle.



An extra advantage of trimming yourself

Optimal coat care goes much further than just trimming the coat. That's just the appearance. If you only concern yourself with that (for example, because you use YouTube videos as an example) it is a huge missed opportunity.

While your Doodle is on the table, you can immediately monitor its health. You can check him for fleas and ticks, wounds, itching and skin problems. And much more. You can do all the basic care yourself (plucking the ears, cutting the nails, clipping the paws, cutting the genitals and buttocks free, cutting the eyes free, dental care).

But if you know a little more about natural health and recognize symptoms that show that something is wrong internally, you can tackle certain health problems in time that a vet would not yet see (because blood tests only show something is wrong internally when the cells and organs are already 80% damaged: which is far too late!).

This is an aspect of self-grooming that most owners and professionals overlook, simply because they lack the knowledge. But it gives you as an owner so much more freedom, as well as control and leadership.



SELF-
LEADERSHIP



Self-leadership

Are you beginning to see to what extent your leadership of your Doodle is intertwined with the leadership of yourself?

Then you will also see the opportunities that your Doodle brings. The opportunities that come with grooming and caring for your Doodle **YOURSELF**. By trimming your Doodle yourself and giving it the right care, you literally take the well-being of your Doodle **AND** yourself into your own hands.

This works both ways:
Practical, for you and your Doodle

You fully take on the role of owner and caregiver, just as you do as a mother for your child. This gives you self-confidence and a deeper bond with your Doodle. Your Doodle will learn to trust you and see you as a leader and together you will form a team.

Grooming yourself ensures that you are no longer dependent on a dog groomer and that you can do everything in your own way, in your own time, while also taking into account what your Doodle indicates it needs at the moment. This is a lot nicer for your Doodle (provided you handle this properly, because it can also be counterproductive), because there are fewer stimuli, a familiar environment, less time on the table and the necessary breaks.

By taking its health into your own hands, you can give your Doodle the right, natural care that his sensitive body and system responds best to. You can recognize and treat disease symptoms before they become a medical problem. You can offer natural alternatives to chemical medication and prevention (e.g. worm and flea control), you can prepare your Doodle for operations and vaccinations, so that the chemicals in the body cannot develop into an ailment or disease afterwards.

You can give your Doodle the right, appropriate food so that allergies and other negative effects do not stand a chance.

And you can treat mental problems naturally, so that your Doodle suffers less from stress, fears and insecurities and can therefore react more stable in certain situations that may now be problematic.

Practical for you:

By learning about how diseases arise and healthy alternatives, you immediately gain more insight into how it works for **YOU** (because the same system works in people). This allows you to look at what you consume in terms of nutrients and unnatural substances with a different eye, allowing you to make healthier choices for your own health.



Personal growth

The internal part is of course at least as important. Because if you gain insight into the energy you radiate, in what ways you do it and what limiting beliefs are behind it, you can see how you influence your Doodle's behavior.

From there you can see how you **YOURSELF** have influenced certain aspects of your life. In other words, how you have sabotaged your own success so far. Which is why your life is not flowing in those areas that are important to you. That insight is the first step towards self-leadership. And as soon as you gain that insight, you can change it and with it your entire life course. And there lies the key to a completely new future.

Because you have control over what your life looks like. If there are things in your life that you are still having difficulty with or that are not going your way, you can see how you created this **YOURSELF**, with what beliefs. And then you can change those beliefs to empowering beliefs. And in doing so you create a new life for yourself. The life you (perhaps secretly) dream of.

This sounds simple, but it isn't. Because the way you are now didn't happen overnight. It has taken you your entire life, up until now, and all those negative patterns have to be broken down again.

BUT...there are 3 lights in the darkness:

1.The journey is great. I call it a journey, because you will encounter so many aspects of yourself and learn so much about yourself and your life, that every discovery feels like a great gift and during the process you will notice that you are calmer, lighter and more joyful in life. For me, this manifested itself in much less "feeling the need to **HAVE TO** do certain things" of myself, being much less critical of myself and others, having much more patience, doing much less complaining, and feeling much more peace of mind.

2.Life on the other side looks so much more beautiful and better than you can imagine right now

Although they say it's about the journey and not the destination, I can tell you with joy in my heart that although my process since my 1st insight has taken over 20 years, this does not have to be the case for you. We are in a transition phase, which means we are growing faster. It's probably going a bit too far to elaborate on this, because that's a very spiritual piece and not everyone can handle that, so suffice it to say that we are entering a new phase with the Earth, in which the old en materialistic systems are crumbling down and we are starting to live with a new energy. (Which Eckhart Tolle calls "a new Earth") Everything that is happening on Earth now is a result of this transition and where things used to be difficult and hard, they will become easier and more effortless.

This also applies to your personal growth.

A fluffy white dog, likely a doodle breed, is the central focus of the image. It has its mouth open and its pink tongue sticking out. The dog is surrounded by various colorful, abstract, teardrop-shaped patterns in shades of pink, teal, yellow, and purple. The background is a solid grey color. The text is overlaid on a white rectangular box in the upper portion of the image.

6 Secrets to easily
keep your Doodle
Tangle-free

6 Secrets to Keep Your Doodle Tangle Free

I removed this e-book from the website for a while because it was so packed with information that I thought that once people read it, they would no longer see a need for my services.

Years ago, when I first started, this e-book was downloaded so many times that I soon started reading most of the information on breeders' and dog groomers' websites. Some have copied it verbatim and while I should be proud of that, it hasn't sat well with me for years. I'm over that now (after all, I was the first person to write about Doodle coat care online and then it's logical that people copy your information). And because this really forms the basis of optimal coat care, and the information is **STILL** not yet known to every Doodle owner in the world, I again choose to give you the opportunity to read this e-book.

Even if you adhere to all these tips, a tangle-free coat is not a guarantee, because you **ALSO** need to know which tools to use in **WHICH** certain way to achieve a good result. Moreover, I have not included one of the **BIGGEST** secrets in this book, because it is one of my trick of the trades (that not many groomers know and use, but makes a **BIG** difference!). You will learn the tools I am talking about and the techniques you need for optimal use and results in my online Tangle Tackle training, which is the foundation of **ALL** optimal Doodle coat care. And you can find that on my offer page.

So I trust that if you are enthusiastic about everything you read in this e-book and that e-book, you will automatically find my services :-)

Enjoy the e-book!

...and then come back for the rest of this e-book!

A close-up photograph of a dog's face, focusing on its eye and the surrounding curly fur. The fur is a mix of light brown and blonde tones. A white rectangular box is overlaid on the image, containing the text "DOODLECOMFORT COURSES" in a white, serif font. The dog's eye is dark and has a reflection of light.

DOODLECOMFORT COURSES



Would you like to do one of my courses?

Are you enthusiastic about what you have read so far, have you realized that DoodleComfort goes much further than just coat care and is that EXACTLY what you are looking for? Then I am very happy with you! (if not, at least you are filled to the rim with new knowledge :-).

On the offer page on my website you can choose the option that suits you best. I promise you that even though these are ONLINE courses, you will learn everything you need to know to keep your Doodle beautiful, naturally fluffy and tangle-free WITHOUT SHAVING.

Wanna start with the basics first? And perhaps first experience whether you are even interested in trimming yourself?

Then the online Tangle Tackle course is your best bet. I made the price extra accessible to help as many Doodle parents as I can learn these essential basic skills. Skills probably nobody else will teach you, because they come from years of detangling and dematting Doodles and Waterdogs.

If you love what you have learned, you can proceed with my online Total Grooming course AND you can even use the discount code you received in the Tangle Tackle course, to get a discount in the amount that first course cost you.

Isn't that sweet? I would never do that if I wasn't 100% confident that the skills you learn will help you groom your Doodle so much better than ever!

Would you rather NOT do a DIY grooming course, but would you in stead like private coaching for the interaction between you and your Doodle? Or help with your Doodle's health? Then keep on reading...

Do you have any questions about what you have read so far? Please email me at info@dogcomfort.nl

SOMETHING TO CONSIDER...

In my thoughts and feelings about what Doodles and people need versus what today's society offers us, I have been pioneering a new idea. But because my inner knowing often makes me do things that most people are not ready for, I want to explain the concept to you first, to check what your reaction is.

Please read on...

A fluffy, light-colored dog, possibly a poodle or similar breed, is wearing black-rimmed glasses. The dog is sitting on the left side of the frame, looking towards the camera. To the right of the dog is a tall, stacked pile of numerous books of various sizes and colors, including red, blue, and green covers. The background is a plain, light-colored wall. The text "DOODLE TRANSFORMATION SCHOOL" is overlaid in white, serif, all-caps font in the upper center of the image.

DOODLE
TRANSFORMATION
SCHOOL



Doodle Transformation School

To give you the opportunity to learn **EVERYTHING** discussed in this e-book in an accessible way and to integrate it into the lives of you and your Doodle. And to do this not on your own, but with a whole group of like-minded Doodle owners... I have developed a new concept: the Doodle Transformation school. An online membership, in which you first learn to literally transform and heal your Doodle and its life and then your own life, with your Doodle as your mirror and inspiration.

On the one hand, this membership consists of an online learning environment in which you **FIRST** learn everything about Doodle coat care and basic care and how to trim your Doodle step by step as a fluffy puppy yourself (so no shaving, no poodle look, but the natural, fluffy Doodle look YOU LOVE, the beautiful way, of which I feel every Doodle should look like that).

While you also learn about energy: how your Doodle responds to your energy, in what ways you radiate that energy, how you can influence your energy, how you can attune to your Doodle's energy, so that you are more equal.

In which you learn how to read your Doodle: what does his body language really say? And how to keep him calm on the grooming table.


Then you will learn everything about Doodle health. Why Doodles are so sensitive to diseases and health ailments, what the most common ailments are and how you can recognize them, what types of allergies there are and how important your Doodle's immune system is.

Then you will learn everything about health in general:

How diseases arise. How your Doodle reacts internally to chemical and unnatural substances. What natural health entails. What toxins are contained in regular pesticides and the effects they have on the internal system. How to prevent and combat fleas, ticks and other pests naturally. How "bad" most foods are for your Doodle and which requirements a natural diet should meet. How food is processed in the body, the influence of the intestines on the health of your Doodle, but also the behavior of your Doodle.

How all organs work together and how a defect in one organ can lead to major problems for your Doodle, how "harmful" chemicals and medications are for your Doodle and what the short and long-term effects are of vaccinations, antibiotics and symptom relievers such as Prednisone, Apoquel etc.

How you can naturally remove the built-up waste products in your Doodle's body yourself. Natural alternatives to tackle the most common health problems in your Doodle yourself (such as diarrhea, wounds, ear infections, hotspots, itching, eating poop, etc.) and how you can help your Doodle grow old healthily.



The knowledge in this part of the membership also teaches you how it works in your own body, which gives you an even greater connection with your Doodle and allows you to make healthier choices for your own life.

Comfort & Care community: Doodle Transformers

In the community we delve deeper into these topics and make it personal.

Not only do you get to know all the other Doodle owners and their Doodles. We will share stories, celebrate birthdays (of the Doodles), share grooming experiences (after which you will receive feedback from me for improvement). We will share health experiences (in which you can also ask me your questions, and if it becomes too specialized for me, I will pass the questions on to my own former Veterinary Naturopathy teacher and feed back her answers), We will do LIVE group workshops together (each time I am going to trim Joy, I invite you to join us via Zoom). I provide each member with tailor-made grooming advice (and health advice if you choose) and we will try out new products together (which I will test and compare on camera).

We also hold a Q&A call via Zoom every month. And of course you can ask questions in the meantime, connect with the other owners, share photos and videos and provide feedback on other people's questions or, for example, polls that I do.

If you have any tips to improve the membership, you can put them in the ideas box.

The idea is also to create a special webshop where you can buy the products you learn about in the membership. This webshop is only visible to membership members!

For those who want to go further in the area of self-leadership, there is the part "Own your Doodle, Own your life."

This is the self-coaching part.

I help you recognize your limiting beliefs, look at your own life from a distance and transform your life step by step through 6 keys to freedom. Each key makes you look at and live life in a different way.

The assignments are practical exercises and questions that you will work on. You will experience that while going through this module you will already notice changes in your way of being.

You become calmer, quieter in your head, less critical and strict with yourself and others, more patient, softer, more loving and happier. In short: you will feel better about yourself and if you previously experienced a lot of stress, this will become much less. Others will also notice this. You will have more fun in your life again.

And of course your Doodle will help with this, because your Doodle is the best life coach!



For those who are ready for the more spiritual part, there is the module "Your Doodle as your soul mate".

Here we look at the "higher" meaning of your Doodle.

I will help you gain even more awareness and reconnect with your true self through your Doodle. This will help you understand even more why your life turned out the way it did, you will see the "deeper" layer of life and you will sense what your life mission is, so that you can help others and achieve ultimate happiness and satisfaction. creates in your life.

You will also learn how to create and manifest effortlessly and how to make your life magical. This is the part that I am currently completely in, so I will also take you through my own experiences and life lessons to inspire you.

And because I am currently exploring and expanding my healing and channeling gifts, I also want to include hands on healing and learning to communicate with your Doodle in the lesson package. This membership is actually a way for me to connect with you as a New Age owner and to include you in everything I learn myself, so that the membership continues to grow. I believe that the New Age requires new knowledge and new skills and especially a new way of doing certain things and the membership is my channel to put all that out into the world, so that everyone can use it.

Is this the way you want to make the connection between your Doodle and your Self from now on?


Then this membership is for you and for everyone who thinks exactly the same AND is ready to take these steps.

I chose a membership for several reasons.

1.I want to give you an accessible experience: by charging a low amount per month, I can give you access to **EVERYTHING** I have to offer. This way you have everything you need within reach and the investment is no problem for you.

2.I want to start a movement with a large group of like-minded people in which you feel completely at home and can be yourself, while learning what others are also learning. And that collectivity continues, because through a Pay It Forward system, if you are enthusiastic, you can share this with others and you will receive a € 5.00 discount per month for every new member who registers through you (using your personal code). This way you also help other Doodle owners transform **THEIR** Doodle and their lives.

3.I want you to develop self-leadership and one of the conditions for doing that is by making a commitment.



4. After 12 years of running my business remotely (with only the workshops as personal interactions with my customers), I mainly focused on the practical side of coat care (which meant I neglected my coaching side) and lost a lot of time and energy in finding the right customers, who were actually waiting for my knowledge and insights, I want to do what my soul longs for: connecting with Doodle owners and spreading the entire truth of DoodleComfort.

AND HELP TRANSFORM LIVES!

But...I have often put a lot of time and energy in my life into creating entire webinars, training courses and programs that ultimately came to nothing due to lack of enthusiasm of the public. So this time I will do it differently. Because I see a lot of opportunities and possibilities for a certain idea, does not mean that others will also see it.

What now?

If what you have just read really excites you, I would like to ask you to let me know so that, when I have enough registrations, I can launch the Doodle Transformation School. Send me an email at info@dogcomfort.nl or an app on Whatsapp on 06-29522130.

As soon as I have enough registrations, I will invite you to an activity in which I will give you the opportunity to get to know this new membership in more detail. I will also arrange a registration page and a discount for the "early adopters" and people that are willing to help me build this membership from the ground up, in return for a discount.

Thank you so much for all your attention and time!

I hope that this 2 in 1 e-book has given you a lot to consider and that you at least have a clear idea of what DoodleComfort is all about (for your Doodle, but also for you).

If you feel that I am the right person to help you (in any way), I would love to get in touch with you.

If not, that's totally fine too and at least you know that now. Then I wish you good luck in your search for a solution that suits you.

Thank you for reading!

Lots of Doodle love and grooming joy,

Wanda (Transformation coach & healer)