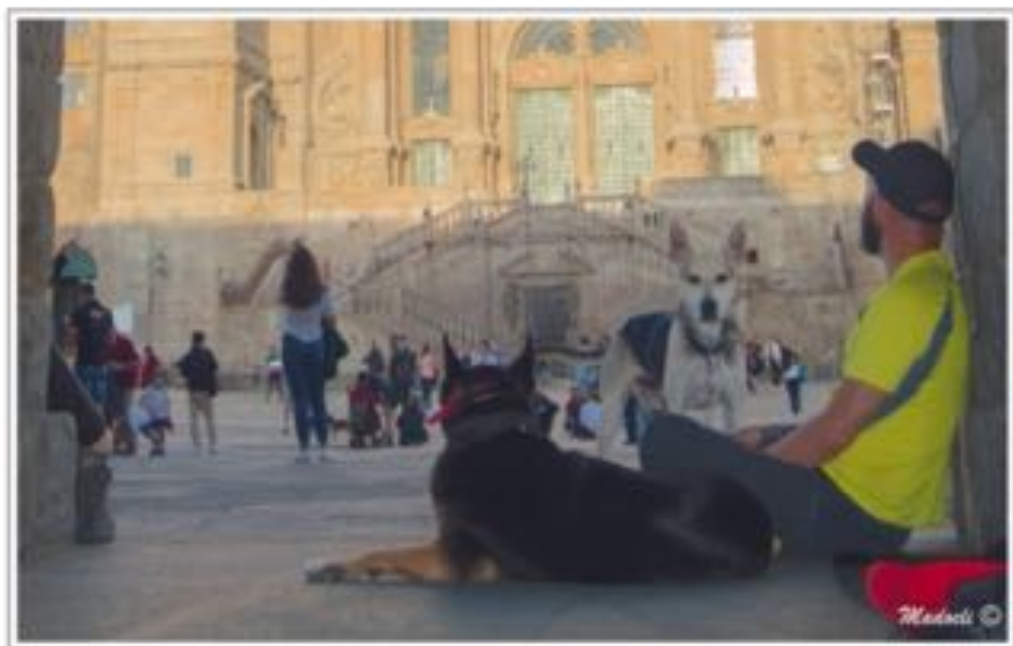


**THE VALUES OF THE
CAMINO**

CODEX CANINI

**A GOOD PRACTICES HANDBOOK AND
REFLECTIVE GUIDE FOR DOING A PILGRIMAGE
WITH YOUR DOG AND COEXISTING WITH
ANIMALS**



2. THE DICTATORSHIP OF PLEASURE

We try our best to forget it and refuse to remember it, but we are animals.

And perhaps, for so many reasons we are the most paradoxical animal that exists.

For example, the fact that we are very subtly told in school that human beings belong to the animal kingdom, before they go on to drum a deluge supremacist arguments into us, making it clear to us from an early age, that we are not only "obviously different" from the rest of the animals, but that we, homo sapiens, are far superior to our brothers from the animal kingdom. This apparently justifies our right to use and exploit said animals, regardless of how much suffering is caused to billions of them every year. This has been happening for far too long now.



It is difficult to determine whether the egg came before the chicken: that is to say, whether this mental barrier that we erected between us, sapiens and the rest of the animals (and nature in general) came before our abuse and contempt towards them. In any case, it seems that both things feed off each other.

As Professor Yuval Noah Harari explained in his books 'Sapiens and Homo deus', when humanity arrived to dominate over the other animals and plants, thus winning the battle for survival (at least on a collective level) we opened a Pandora's box of our excessive reproduction that coincided with our frantic search for our own well-being and happiness, which we do not hesitate to obtain at any cost, even when this results in unspeakable suffering being

- Causing injuries, suffering or harm to any animal in the recording of audio-visual products, such as films.
- Altering the natural behaviour of the animals used in photography, advertising, exhibitions or shows.
- Using animals as an enticement for begging.
- Transporting them in vehicles or any other means which are inadequate.
- Having animals unleashed in places where it is not allowed or not cleaning up after them, or any other behaviour that could hinder their coexisting with other people.

ILL-TREATMENT

The ill-treatment of animals is a very serious problem in Spain, a country that has fallen behind its European counterparts in terms of animal welfare. Here, the rate of animal ill-treatment and neglect is extremely high and the general feeling is that violence against animals continues to go unpunished even after having passed legislation on the matter.

Spain did not adhere to the European Convention on the Protection of Pet Animals, done in Strasbourg on 13th November 1987, until almost 30 years later, on 9th October 2015 (and it was not published in the Spanish Official Gazette until 11th October 2017)⁹. Neighbouring countries, such as Austria, Belgium, Cyprus, the Czech Republic, Denmark, Finland, France, Germany, Greece, Italy, Luxembourg, Norway, Portugal, the Czech Republic, Sweden, Switzerland and Turkey signed the Convention before 2000.



Dog tied to a chain in a house in Triacastela, on the French Way, on the verge of starvation and denounced by a pilgrim. It could not be saved.

- 🐾 Achieving more and better services for them in cities and public places.
- 🐾 Time and considerable resources being devoted to the care of their furry friends.

However, the *dog friendly* is quite an open movement, since it combines people who buy, adopt, bail out or have taken care of an animal by accident (inherited, found, abandoned in their surroundings, etc.) and, therefore, with very different views on the animals and their "ownership" and of course, with very different degrees of commitment to animals in general.

The evolution of this movement is still to be seen, but it would certainly help the animals in general if it were to take a more ethical and values-oriented turn, for example by promoting adoption rather than purchase; raising awareness to prevent undesired litters;





All those who have lived animals, myself included, or anyone who works in this association, have learned by doing, from the many mistakes we made. This has resulted in some regrettable situations that made the loved animals passing through our lives suffer, often with serious consequences for them (physical or emotional) but also for us, who have a never-ending feeling of guilt. It is not a question of tormenting ourselves, as this will not be beneficial; we only need to accept, with humility and honesty, the things that have happened and learn from our

failures in order to do better next time. The animals are our greatest teacher. Sometimes I think they are with us so they can teach us how to become better humans.

Another important issue when we speak of responsible coexistence is assessing whether we can really afford the economic cost of maintaining the animal adequately: at least covering the food, a place to sleep, and veterinary care, or any complementary items for travelling if necessary.

In summary, if we will not be able to offer the animal a safe, stable and loving environment, which ensures that all their physiological and ethological needs will be covered throughout their life, it might be better not to adopt them until the circumstances are right. And if we have doubts as to the extent to which this responsibility applies, we might change the idea of a dog or cat for that of a child: at some point, a mother may come to think 'if I had known, I would have never had my child' or a father may have to face difficult situations at some point of child rearing. But nobody in his/her right mind would abandon his/her child or try to pass it on to others, would they? A dog will experience the exact same feeling of abandonment as a child, as it is equally dependent and vulnerable.

They don't realize, for instance, that they have been taught to value human life so far above certain forms of nonhuman life that it seems appropriate for their taste preferences to supersede other species' preference for survival... a culture that teaches that pain should be avoided whenever possible and that ignorance is bliss. We can reduce our resistance to witnessing by valuing authenticity over personal pleasure, and integration over ignorance.

Melanie Joy: Why we love dogs, eat pigs and wear cows⁵



Foto: Vaccour

Our human desires are confronted with the needs of animals and this is something that we have not wanted to reflect on for a long time, terrified that the curtain that hides the consequences of our actions and our way of life would fall. Because despite everything, one of the characteristics of our species is that our culture, paradoxically, sustains itself on the basis of moral values that are tested when injustice or of the suffering of others happens before us or when we are made aware of this. This is why the animalists claim that if the walls of the slaughterhouses and farms were made of glass, many people would think twice about putting a steak on their table or adding a splash of milk to their coffee. That's why we scream to the heavens when we see an abandoned dog in the middle of the highway or in the streets of our town or neighborhood, but we have no interest in finding out about the painful life which many others are condemned to inside their houses.

3. RESPONSIBLE COEXISTENCE VS DOMINATING PET OWNERSHIP

The domestication of animals in order to serve as human companions has been commonplace in virtually every culture for thousands of years but most modern societies have seen this phenomenon become increasingly popular in recent decades.

This trend is a result of the evolution of these societies, which, from a more positive point of view, redesigns the old ownership model and starts regarding domestic animals as family members.

However, there is a more negative side to this evolution: the darkness of the human being who takes defenceless creatures, much weaker than himself, in order to dominate them, put them down, handle them, use them, vent his frustration, take pleasure in their suffering or make money at their expense.

Consequently, being a 'pet animal' in no way ensures happiness, or even the physical and emotional integrity of these species.



Photo: Iria Martinez / Marte5 Galicia

It is common nowadays to have an animal at home, mainly as a tool against solitude, to entertain children or to fill emotional gaps, and, above all, because we derive pleasure from their company, which we

find entertaining. This is why the main goal of selective breeding is to obtain cats and dogs with sweet faces, smooth hair and big eyes, which basically remind us of cubs

A harness is more suitable for this situation because your four-legged friend is going to be tied while walking for many kilometres. A harness offers better pressure distribution in their chest and armpits and it does not feel tight around their throat, especially in the case of dogs that tend to pull. However, it may not be appropriate for some dogs. You must find the most suitable and comfortable method for your furry friend. In any case, it is not a bad idea to take both things with you, a harness and a collar, so you can alternate in order to prevent chafing and discomfort. Do not forget to check that the harness fits your dog before starting your trip. You should not bring any new harnesses to your pilgrimage; bring a harness which you know is comfortable for your dog.

These are the elements used to practise canicross: a harness for the dog, a bungee leash and a running belt tied around your hip, this is a popular option, but either way you should practise with your dog before starting the Camino.

9. THE PILGRIM'S BACKPACK.

The emergency kit

First-aid kit for wounds, cuts or injured spurs.

- Regular or adhesive dressings
- Adhesive bandages
- Cloth tape
- Hydrogen peroxide or chlorhexidine
- Scar cream
- Vitamin K (anti-haemorrhagic)

In case of fatigue or muscle pain, tendonitis,

- Pain killers
- Anti-inflammatory cream

In case of poisoning

- Atropine (antidote for pesticide and insecticide poisoning)



Photo: Melanie Hausmann

However, these boots and socks can be useful if your four-legged friend has a wound in a paw in order to prevent the injured area from becoming dirty. Even so, remember that wounds have to be aired for as long as possible in order to heal.

6. RESTING

A good night's sleep and well deserved rest is essential to successfully continue your pilgrimage, as essential as being in the right mental and physical condition during the Camino. Please remember that this applies to both of you, and that they also get tired.

Consequently, you will need to make stops every once in a while and make sure that you rest at night. You have to take into account that dogs need to sleep more than us, so your furry friend may need some extra time to rest, for example, at the end of each stage. They must rest in a quiet place, preferably in your chosen accommodation, and meanwhile you can visit the town or talk with other pilgrims who are also doing the Camino with their dogs.

One of the most common mistakes is thinking that your dog will follow your pace without any problem, because that is not always



Serguey y Sonya (Foto Maria Bõndarevskaya)

that they had nothing to worry about because this authority collaborated with an animal welfare organisation that would take care of the dog. Once they arrived in Arzúa, Kimiko and Tamano saw the informative panel that we had placed in that village and called us. We explained to them that the town council had not established any collaboration agreement with animal organisations, companies or even their own shelter, so they got scared. The case was published on Social Media and while they continued their pilgrimage to Santiago, a neighbour from Palas managed to access the Civil Protection Services facilities and took some photos of the dog. Michi was chained up to a fire truck surrounded by his own excrements, after having been left there for a few days. We published the case, and that was when Kimiko's mother called us from Japan and offered to adopt Michi, so we contacted the Civil Protection services from Palas and brought him home with us.

And the rest is history. The case appeared on the media 6 months later, and it became a real Christmas tale in 2019: Michi found a home in Japan, with Haruyo and Soshichi, Kimiko Uchi's mom and dad.



Capture QR to learn more about Michi's story and her particular real Christmas story.

<https://www.facebook.com/events/482919737990869/>

4. DOING THE CAMINO WITH YOUR DOG

Although it is difficult to find bibliographic references about this topic, we can assume, from the very beginning it has been common to do the Camino, also known as the Way of Saint James or the Pilgrimage to Santiago de Compostela, as well as many other pilgrimage routes around the world, accompanied by dogs. It seems logical, if we take into account that these animals have traditionally been a human companion. Their adaptability to our way of life, loyalty, love, protection and the company they provide make them the perfect partners for this kind of spiritual journey.

However, the number of dogs accompanying humans on their pilgrimage to Santiago has been steadily growing over the last decades, becoming a relevant phenomenon which has gained recognition, especially in the last five years.

Doing the Camino with our furry friends incredibly helps to make our journey or pilgrimage a more spiritual experience (regardless of our beliefs), contributing to our introspection, awareness-raising and contact with nature. We share everything with this animal: the journey, the departure, our goals, the effort, the good and bad days and, of course, the joy, and through this the bond between dog and human is strengthened in a way that is not common in our everyday life.

When we do the Camino with our dog, we share more time together than in our daily routine, quality time, even more than when we go on a weekend trip. This is simply because we spend the whole journey walking with our friend and because we share almost



Vicente,
Bomba
and
Rumba.

Photo:
Ester
Ferrández
Lidón

THE CANINE CREDENTIAL AND COMPOSTELA

The Canine Credential is a Passport for our furry friend, which will be stamped along the way in order to offer a record of the different places you both have reached while doing the Camino.

The Canine Compostela is issued by APACA and it certifies that the peregrino has walked the Camino (or some stages of it). In other words, they are the equivalent to the human Compostela certificate... but for dogs.



The Canine Credential and Compostela are part of an initiative created by APACA with the aim of promoting the values of the Camino, encouraging people to embark on the pilgrimage with their four-legged partners and contributing to a more dog-friendly society.

Since this initiative was launched in 2018, we have also carried out other activities at the same time, with the same goals in mind. Below you will find some examples:

- **Research and publishing about services available for peregrin@s:** places to stay and eat along the way, means of transport to travel with our dogs, places of interest allowing dogs, etc.

territories) and in some stages of the English Way or the Fisterra-Muxía stage (except in the case of coastal towns or towns neighbouring the city of Santiago). I wish this statement could soon become outdated but I am afraid that we should not expect to see a shift in public attitudes in the short or medium term.

In these cases, you could try to find a neighbour to take care of the dog while you keep trying to contact the local authorities the following morning or on Monday morning if it is a weekend. If you cannot find anyone or you want to continue your pilgrimage, please stop for a moment and give them some water and food; or try to provide some treatment if they are injured. A couple of hours of your time would help to comfort them. This is at least better than doing nothing and then you can continue your journey. Maybe, while you are waiting someone comes to help.

You could also choose to go one step further and really help them, save their life... If you want to do so, contact us.

Local administrations claim that if they do not help and assist abandoned animals or if they do not take the necessary preventive measures is because they just do not have the necessary monetary resources. Even though the Galician Regional Government have implemented the LAW 4/2017, of 3rd October, on the protection and welfare of pet animals in Galicia, they have not provided any specific funds allocation to guarantee its effective application³⁴. Nonetheless, everybody knows that the real reason for this is not their lack of



The Canini Credential costs € 3, plus shipping costs, if applicable.

CaptureQR to request your Canine Credential



COLLECTING THE CANINE COMPOSTELA

Unlike the official Certificate, APACA does not require any minimum mileage to issue your dog's certificate. This initiative prioritises good practices on the Camino and not the distance travelled (we have never seen anyone starting the Camino in one of the municipalities bordering Santiago, even though we have seen some people who did 4 stages instead of 5).

Of course, the reasons why you embark on this pilgrimage, whether they are religious, related to sports, touristic or others, may

not be the same as your dog's. They are there because they go with you and they are often fond of the outdoors, enjoy nature, walking, running and playing, they are keen on reinforcing their stimuli through the contact with new places and smells; they have fun discovering other people and animals; and most importantly, they



enjoy your company. This is exactly what we seek to promote with our initiative of the Canine Credential and Compostela, not the kilometres you have walked, the time you have spent walking or your reasons to do this pilgrimage, but the good practices you have experienced while doing the Camino with your dog. And if we were to go beyond all of

If we had to choose a time of the year to walk the Way of St. James, we would probably favour spring or autumn, in order to avoid crowds and the heat of the summer, while escaping the cold, short-day winter and its lack of services – most of the pilgrim hostels open from March or April until October or November.

Nonetheless, the ideal time of the year will be determined by your chosen route and personal circumstances, so keep on reading.

3. CHOOSE THE RIGHT ROUTE AND ORGANISE THE STAGES.

Which Camino should you choose? (Only the stages in Galicia are considered.)

The Jacobean Routes differ in difficulty, services, type of towns or villages, type of surface, etc. Choose the best option for your furry friend if you are walking with your dog, even if it would not be your first choice of route.

The best prepared and adequate route at the time of writing this guide is, without a doubt, the French route (Camino Francés) from Sarria; however, this is also the most overcrowded route so it is advisable to avoid coming in July and August.



The Portuguese route takes second place in being the busiest one. It runs through the most populated area in Galicia and it is our second

The plane

The plane may be necessary for some of you travelling a very long distance. Every airline has its own rules about animals on board and the conditions to transport them. You must always request authorization from your airline to travel with your dog, regardless of the weight. Do it before buying your plane tickets, you will often have to pay an additional fee, no matter where the dog has to travel. Low-cost airlines do not accept animals in their aircrafts, and even if they did, it is clear that these would not be a good option. In general terms, only dogs under 8 kg may travel in the cabin, always inside a soft-sided pet carrier. Larger dogs must travel in the cargo hold, in a compartment separated from the luggage. As with trains, we can see another case of fat shaming. And just as with buses, a dangerous journey for the dogs placed in the hold.

When an animal is transported in the hold, the cabin crew and pilots are alerted to let them know that this space needs to be acclimatized. It is always a good idea to talk to cabin crewmembers and remind them that our dog is on board, so they keep an eye on things and make sure that water is made available. After take-off, we recommend to contact them again to make sure that the hold has been acclimatized.



Bilbao's
airport
A Viaje de Michi
(Photo: Tamano
Hayashi)



CAMIÑO DE SANTIAGO

galicia

Qué hacer si te encuentras un animal en el Camino? What to do if you find on the road an animal?

SI ESTÁ DESABILITANDO SUJETO Y TE PARECE QUE PUEDE ESTAR PERDIDO O ABANDONADO.
IF IS LOOKING LOOSE AND YOU THINK YOU MAY BE LEFT TO ABANDONED.

Comunicar al propietario de la mascota.
If you know the name of the animal, contact the owner.

Check if you have information about the owner's name.
For advice contact:



Preparar un collar nuevo de identificación.
If you don't know the name of the animal.

Use an identification collar with the animal's name.
Contact the Galician Veterinary Association:



Usar un ID (collar de identificación).



Usar una ID (collar de identificación).



Usar una ID (collar de identificación).



SI ESTÁ HERIDO.
IF IS HURT ...

Proceder igual que si se tratara de una persona.

Call the 112 (Emergency services) if you have information about the animal's location.

Call 112 and provide information about the animal's location.
Use a mobile phone to call the emergency services.



Preparar un collar nuevo de identificación de la mascota.
If you don't know the name of the animal.

Use an identification collar with the animal's name.
Contact the Galician Veterinary Association:



Usar un ID (collar de identificación).

Use an ID (collar de identificación).



Usar una ID (collar de identificación).

Use an ID (collar de identificación).

SI VES MALTRATO
IF ANIMAL ABUSIVE

Notificar a las autoridades competentes.

Notify the competent authorities.

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First, it is extremely important to check whether the animal needs help or it is just a dog playing outdoors before returning home. These are some signs to watch out for

- A lost or abandoned dog is not friendly nor playful. For the first days after being abandoned, they may look well and clean but they will be scared, eyes wide open and looking everywhere. They tend to cross the road several times (or remain by the side of the road, unwilling to move). After a few days, they will lose weight or become stressed; they may also show apathy as they walk with their heads down. This will depend on the animal's character. Once the animal has been lost or abandoned for a long time, they will not look stressed anymore and they will have lost all their strength, so we will see them walking with their head down, distrusting people



5. THE ANIMALS ON THE CAMINO

Spain and Galicia's political and social backwardness in terms of the way in which animals are treated can be appreciated along the Camino de Santiago.

Although abuse and indifference towards the suffering of others cannot be justified in any area of society, it seems almost more contradictory when it occurs on the Jacobean Route, if we take into consideration the main values that are promoted on this pilgrimage.

Without even going into the situation of the species that are used for consumption, such as cows, pigs, sheep and goats, nor the situation of those animals that are not protected by any legal classification, such as horses and donkeys, we have to say that the situation of dogs and cats in the rural areas along the Camino in Galicia is, in general, very dim.

At present, non-compliance with the rules on the possession of pet animals in these municipalities, by both the public and the competent authorities, is almost absolute. In addition, abuse (both conscious and unconscious) is very common, and, once again it is the failure of the authorities to deal with these cases of exploitation and abuse that has essentially normalised these occurrences, with a general feeling that people who act with violence against these animals enjoy total impunity.

On the other hand, this lack of civility and ethical behaviour seriously deteriorates the image that is projected of the Camino de Santiago both for pilgrims from countries that are more developed in this respect, and Spanish pilgrims who do actually place importance on these universal values.

As mentioned above, the fate of dogs in rural areas in Galicia (in general terms) is:

Hunting	These dogs live in kennels except for the days which are designated for training or hunting.
Serve as 'alarms'	These dogs are also condemned to solitude and indifference. "Dar las horas" (1)

PART THREE

THE VALUES OF THE CAMINO



Effort, perseverance, the drive for self-improvement, ability to generate empathy, compassion, friendship... The values that our little furry friend, Colin, the oldest of the APACA dogs, showed and thanks to which he was able to survive

Captura el código QR para conocer su historia



impact through the reduction of animal waste (this would fulfil the objective that has already been established in the master plan regarding environmental protection) as this would improve the lives of the farm animals (ethical objectives), in such a way that the pilgrims can enjoy seeing livestock who are guaranteed an acceptable quality of life.

- **Encourage the transformation of livestock farming into other more sustainable activities** related to country life and contact with animals, without the exploitation that causes so much social rejection. This would be a way of boosting the incomes of livestock farmers while improving the Camino's visual appearance and enhancing its values. It is more logical than being ashamed of the exploitation model and having to conceal the farms using hedges.

Let's make the Camino de Santiago an example of ethics, values and civility for the rest of society. So that the Camino does not end in Compostela, but continues to the homes of each pilgrim and can extend further and higher.

MUTATIS MUTANDIS.



Cristina, Roi, Margarita and Noa.
Photo: Cristina Alonso Travesi

PART FOUR

THE ACTIVITIES OF APACA



MERCURIO, FOR ADOPTION

Mer is one of those breed dogs that was not deemed adequate, God knows why. And that is a relief that she was rejected, because a hunter is allowed to keep up to 15 dogs without even declaring them and they live almost all their lives inside a kennel or a cage. Hunting, together with indiscriminate breeding, are at the heart of why animals are abandoned in rural areas of

Capture QR to access the Mercury file
<https://apaca.protecms.com/animal/9772>



8. THE GOALS FOR THE PROTECTION OF THE CAMINO DE SANTIAGO

En September 2015, the Galician Regional Government approved the Strategic Plan for the Camino de Santiago 2015-2021, a "road map that establishes the guidelines that favour the conservation and protection of the Camino de Santiago in our Autonomous Community, that will be applicable to all of the public and private agents that are involved in it". The Galician Agency for Tourism and Xestión do Xacobeo, the managing body working under its supervision, are the organisations that are in charge of implementing this plan, and likewise, they are responsible for promoting and managing the Camino and coordinating the agents involved in it.⁶⁰

The document focuses on three goals: "to protect and preserve the Camino; to make the pilgrimage a high-quality experience; and to adapt it to 21st Century pilgrims by promoting social unity and territorial balance".

In order to achieve these goals, eight strategic guidelines have been established with their respective priority tasks:

1. To coordinate and organise every Administrative body and group involved, intensifying the cooperation and strengthening the collaboration with agents such as the Church or the "Amigos del Camino" Associations.
2. To preserve and enhance the pilgrimage's heritage, by placing special emphasis on promoting the delimitation of the different routes and the mechanisms that are to be put in place to protect and place value on this heritage.
3. To preserve and maintain the Camino, by making it accessible to people with functional diversity.
4. To evolve towards an environmentally sustainable Camino.



Above: Né Ladeiras with Noé and the ashes of Sirius.

Right: Kristina and Wade Gray with the ashes of Kelley Gray.

However, the Camino is not only an inner journey, but is also one of the best ways of entering in contact with and connecting consciously with everything that surrounds us, whether they are people, animals, our natural surroundings, or anything else. In other words, with our cultural, natural, material heritage... but also the animal heritage, isn't that right? (we will discuss this in chapter 8).

For that purpose, we need to develop our **sensitivity**. We need to sharpen our senses and open our hearts, admire the beauty: observe landscapes, contemplate a piece of art, listen to the birds, savour our food, breathe in the country scents, feel the pure mountain air, step on the dirt tracks and rocky roads, open ourselves to different cultures, be seduced and moved by the stories of other pilgrims stories.

To feel the joy or suffering of the animals that walk with us or that we find along the way with love and tenderness; to **empathise** with them to try and find out if they are thirsty, hungry, cold, hot or in pain, if they need to stop and rest, if they are lost or in need, or if they



Pam and Joane, from the United States; Faruk and Gem, from Turkey; Beate from Germany; and our Silver, now happily adopted.

should not be happening from a moral, ethical or legal point of view. In many cases, they file complaints before the administrative bodies and the competent authorities, and on almost every occasion (since we have been here) they have then called us to inform us what they have witnessed, and to ask us to explain what is happening and why it is being allowed to happen. The Camino provides a forum for **exchanging ideas** on animal protection in different territories which is another way in which we can bring about improvements in civic and ethical terms ⁴⁴.

As such, during this pilgrimage, **respect**, does not just exist between humans but it is also demonstrated in the actions of humans towards non-humans.

During the Camino, pilgrims treat one another with **respect**, and everyone knows that if you want to be respected you must first treat others with respect. Respect perhaps is the best attitude or feeling you can have towards another person. At the same time, we must also accept and value ourselves.

When a pilgrim treats their dog with dignity, they acknowledge it, accept it, appreciate it, and value it for what it is and for its own qualities and they are showing their dog respect.