

KNOW YOUR DOG'S TRUE NATURE



**FIVE ELEMENT DOG
PERSONALITIES**

**ABRIDGED E-VERSION OF
ORIGINAL BOOK**

By Elizabeth Anne Johnson



This is a work of non-fiction.

*Abridged e-version of original book **Know Your Dog's True Nature**, published by Findhorn Press, Inner Traditions, 2024, Author – Elizabeth Anne Johnson*

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KNOW YOUR DOG'S TRUE NATURE

**UNDERSTANDING CANINE PERSONALITY
THROUGH THE FIVE ELEMENTS**



ABRIDGED EBOOK BY



Elizabeth Anne Johnson



Introduction

For centuries, we humans have tried to understand and deepen our relationships with our original best friends, dogs. These furry creatures that eat, travel, protect, work, snuggle, wiggle, wag, and share life, home, and pure love with us still hold a sense of mystery. Today more than ever, with over 470 million dogs as pets in the world, there is still a heartfelt quest to simply understand our furry family members. We humans want to know: why do dogs do what they do?

Learning the ancient art of the five elements is like having “x-ray vision” into your dog’s personality. The five elements explain the five distinct archetypal patterns of behavior we see in our dogs, other animals, humans, and ourselves. This interspecies “x-ray vision” gives us a clear understanding of these five personality types, which can help us develop patience, empathy, and compassion within our dog/human relationships. It’s a fun and easy way to create harmony with our dogs and in our heart, home, and life with others.

The Five Element theory is a mindful guidance system in our relationships. Just by observation we can learn to understand the dynamics of our animals, ourselves, and others, and create the best version of ourselves and our dogs.

The five elements—Wood, Fire, Earth, Metal, and Water—are part of a nature-centered, ever-flowing, five-thousand-year-old modality of assessment and healing, which ultimately strives for balance.

Know Your Dog's True Nature extracts the fun part of the Five Element theory—the personality. This will help you understand the “why’s?” of your dog’s behavior while learning how to navigate challenges. Extracting the Five Element personality piece from this complex healing structure, creates a profound awareness and understanding of how each archetypal personality dictates the way our dogs, ourselves, and others deal with stress and daily life. We know stress can have tremendous effects on our health, well-being, and balance. And so it is with our dogs too.

When you experience life in this neutral space of Five Element observation, you are able to work with tricky situations with your dogs and others with a more open mind and heart. Thanks to the elemental understanding of who and what you are dealing with, you can guide the situation instead of reacting to it.

This book guides you to a new way of being and doing, a new way of walking in the world around you with grace, vision, and knowing. It will help nurture understanding when you are searching for answers with relationship and behavioral issues with both your pets and other humans.



*Please note: This is an abridged version of the source book **Know Your Dog's True Nature**. For more detailed info, quizzes, acupoints, chapters on old dogs, rescue dogs, human elements, and how to create balance in elemental relationships, I highly recommend you purchase the book in its original format and context at your favorite online or local bookseller.*



What Can the 5 Element Theory Gift You and Your Dog?

Understanding

Simple lifestyle measures

FYI...*All Animals and Humans have all 5 Elements

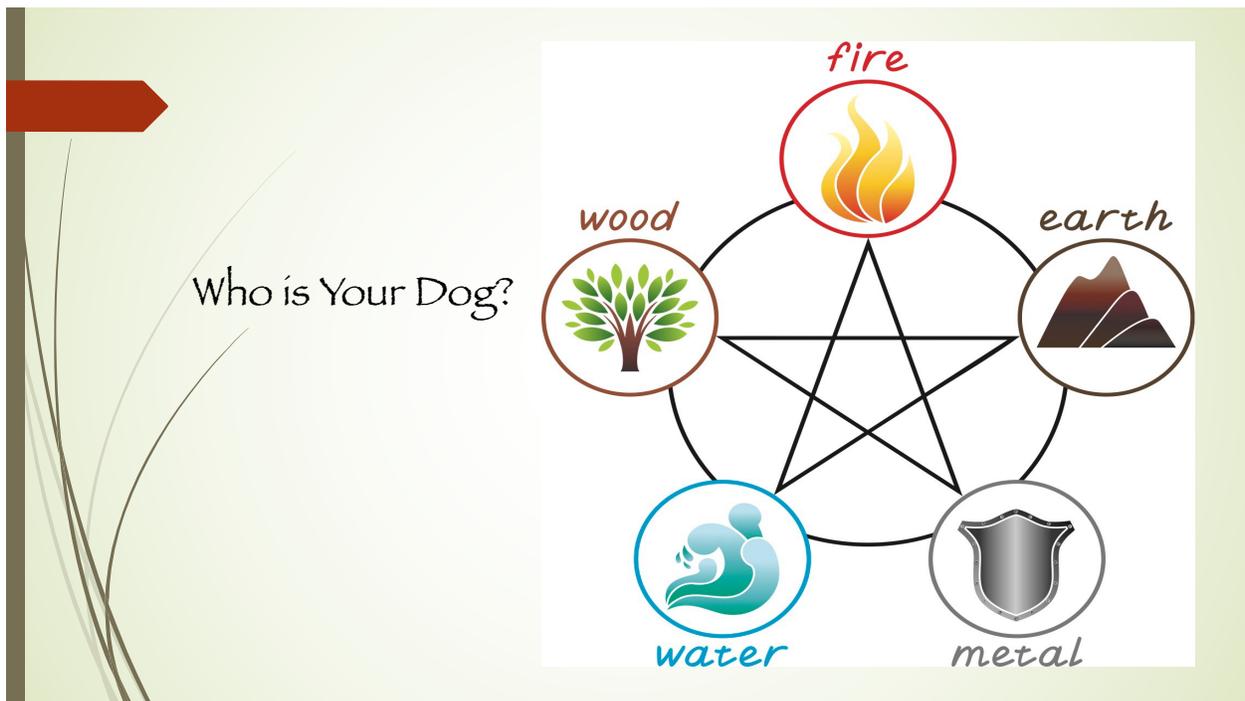
*BUT...One or two predominant Elements will show
themselves strongly

**This interpretation is not meant to diagnose, treat, or train but can help us
create relationship harmony and well-being in our home. Have fun!*



Who is Your Dog?

Elements have archetypal energies that correlate with typical behaviors. We can refer to these as archetypes. For instance, the Wood element is the Army Sergeant, the Fire element is the Diva, Party Dog, the Earth element is the Nurturer, the Metal element is the Librarian, and the Water element is the mystical Empath.



Each archetype reflects distinct emotions, stressors, wants and needs, as well as strengths, and weaknesses that are true to that element. Archetypes can give us a quick reference tool when we are trying to gauge another being's element on the fly!

The Scenario

Everyone thinks they have the best dog.

And none of them are wrong. —W.R. PURSCHE



Five people lead their dogs into an obedience class...

- The first dog, brawny, brown, and black, struts in, pulling a bit on the leash while assessing the “competition” around him with a confident air.

- In bursts the second dog like a flash of fiery red, who pulls at

the end of his leash and excitedly wags his whole body, eagerly turning to say hello to everyone and anyone.

- The third dog, a bit pudgy and yellow, looks to his handler with worried eyes and nuzzles the handler's treat bag, while wildly wagging his tail and trying to ignore the flashy red dog.

- The fourth dog is lean, angular, greyish tan, and walks quietly along the handler's side paying absolute perfect attention to the bubble of his owner and himself.

- And lastly the fifth dog, mostly black with a long back, comes in slowly and quietly, head down, eyes up, walking slightly behind the handler, aware of every movement around her and yet confident—until she is not.

Each of these five scenario dogs represents the common behavioral characteristics associated with the five elements of traditional Chinese medicine.

This mini preview spotlights the overall differences between the dog elements. **Encode this short, active story in your mind's eye for a handy reference guide to each of the Five Element Dog Archetypes.**

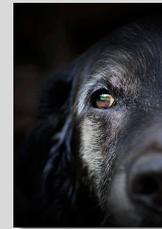


HOW DO I FIND MY DOGS ELEMENT?



By Using
Observation

PATTERN RECOGNITION
BEHAVIOR UNDER STRESS
HEALTH ISSUES



Wood Element

Wood Element

Archetype: Army Sergeant or Upper Level Competitor

Strengths: Athletic, Competitive, Fast Learner,

Emotional Default: Anger, impatience, aggression

Season: Spring

Sense Organ: Eyes, Sight

Coat color: Often brown/black

Issues: Tendon and ligaments issues, eye issues, muscle tension



Wood Element

Wants/Needs: Movement, clear boundaries, challenge

Stressors: Lack of movement, inconsistent boundaries

Stress Balancers: Consistent boundaries, clear leadership, challenging and varied work

Supportive Therapies: Massage, Acupressure, swimming, movement, adjunct herbal support

Our Life Lesson: Stay clear-headed and fully connected to avoid power struggles



Fire Element

Fire Dog

Archetype: Party Animal/Deva

Strengths: Charismatic magnetism, friendly, social, loves attention and to be adored

Emotional Default: Excess joy, Disturbance of the Shen

Season: Summer

Sense Organ: Tongue/Speech

Coat color: Often red or red/white combos

Potential Issues: Skin disorders, nervous stomachs, heat issues, inflammation



Fire Dog

Wants/Needs: Social stimulation, adoration, touch, grounded owner, constant emotional connection

Stressors: Chaos, being alone or separated from bonded animals or people, heat

Stress Balancers: Physical/emotional contact, adoration, coolness, a calm, grounded person or animal

Supportive Therapies: Massage and calming acupressure points, cooling foods such as turkey, duck, rabbit, whitefish

Our life lesson: To learn emotional quietness in the midst of drama.



Earth Dog

Earth Dog

Archetype: Quintessential Caregiver

Strengths: Kind, gentle spirit, patient, loves everyone

Emotional Default: Worry, obsession

Season: Late Summer

Sense Organ: Mouth/Taste

Coat color: Often yellow, tan, or crème or any color that looks chubby :0))

Potential Issues: Digestive upset, dental issues, growths and fatty tumors, weight gain, gas, bad breath, stifle injuries, hind end weakness due to weight



Earth Dog

Wants/Needs: Food! comfort, praise, routine based lifestyle, peaceful home atmosphere

Stressors: Lack of routine, complicated requests, expectations of mental quickness

Stress Balancers: Touch, peaceful environment, comfort, animal and children buddies

Supportive Therapies: Diet considerations, low household stress, regular routine of exercise, herbs/enzymes for digestion, massage, Love

Our Life Lesson: Slow down, be grateful, and notice gentleness. Be friendly!



Metal Dog

Metal Dog

Archetype: The Librarian

Strengths: Extremely Intelligent, methodical, sensitive, clear focus

Emotional Default: Grief

Season: Autumn

Sense Organ: Nose/Smell

Coat color: Often grey, white, tan, rusty, lean and muscular

Potential Issues: Skin, respiratory and leg issues, constipation, immune issues



Metal Dog

Wants/Needs: To work, to have a purpose, mutual respect, to trust handler

Stressors: Commotion, over-sentimentality, touch, loss

Response to Stress: Internalizes stress, irritation, grief, rigidity

Stress Balancers: Quiet time alone, routine work, correctness from handler

Supportive Therapies: Often does not desire touch but in time can be coaxed to accept acupressure or energy work. Quiet space to recover, Doggie yoga/stretches for flexibility

Life Lesson: Do our best to be as competent and committed to training and bonding as this hard working, loyal dog needs.



Water Dog

Water Dog

Archetype: The Empathic One/4Legged Spiritual Teacher

Strengths: Extremely sensitive, mystical, our teacher, a pool of reflection

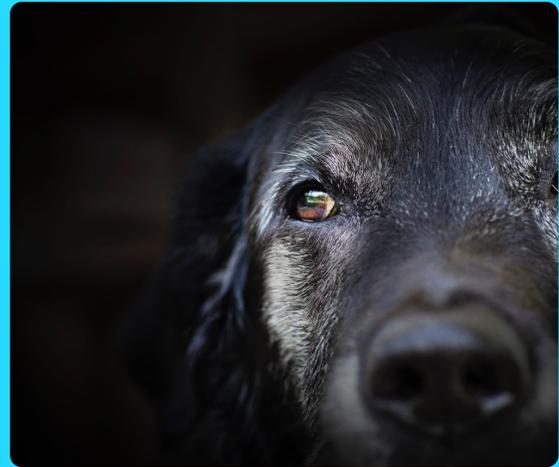
Emotional Default: Fear

Season: Winter

Sense Organ: Ears/Hearing

Coat color: Often all black or black/white or brown

Potential Issues: Bone/joint issues, spinal issues, bladder, kidney, fertility, thyroid



Water Dog

Wants/Needs: Connection, trust, evolution of their human in all ways

Stressors: Emotional insensitivity and dishonesty, chaos, loud noises, energetic influences like pesticides, chemical shampoos/cleaners and powerlines

Response to Stress: Strange behavior, odd physical ailments, panic

Stress Balancers: Maintaining a deep and intimate connection with their human, emotional honesty, rest, elimination of energetic disruptions

Supportive Therapies: Energy healing, animal communicators, herbal/homeopathic/Bach flower remedies

Our Life Lesson: Do not give up on her, look within yourself, there is a solid teaching she is sharing if you just listen deeply.





Rescue Dog Applications... More Than Just a Curiosity!

You can't change a dog's past, but you can rewrite their future.

—AGNES CARASS

One of my long-term life visions has been to see this amazing ancient wisdom help rescued animals and rescue workers as they intertwine during capture situations, in kennels, and during long-term kennel stays.

There are countless applications for the personality aspects of the Five Element theory in the dog rescue, shelter, and animal welfare world.

As animal welfare professionals strive for ease of connection while they acquire animals, handle and manage them, and foster successful relationships when the animal finds a home, the five elements can come to the rescue ... literally!

This program sheds a new light on how professionals and dog adopters see the animals they work with in the field, during disasters, in kennels, homes, and rehabilitation programs. The Five Element theory fosters a unique approach to the animal's well-being during these processes. It cultivates understanding, patience, empathy, and compassion within our dog/human interactions and relationships.

This simple, highly effective wisdom can easily be integrated into most shelter programs, activities, and lifestyles. It can help create effective protocols and care designed to meet each individual rescue dog's elemental needs, while creating clearer relationships between the handlers and animals. The five elements will help rescue personnel understand why different dogs do different things when under stress. It can also help handlers and new owners understand why dogs won't do what we want them to do. Age-old wisdom for age-old questions!

Here are some potential rescue dog and shelter applications for this program:

- Clear identification of stress behavior reflex by the first responder to help identify the dog's element profile—how did the dog react during capture?
- Understanding the dog's element can be valuable for selecting calming techniques during handling and exercise time, and overall management in kennels.
- Utilizing Five Element strategies for ways of being and doing that soothe and calm dogs during the rescue process, in shelters, and in their transition to their new home
- Five element personality assessments can be used to help these animals find the right humans and to transition smoothly into their new home
- As shelter staff work with the dog and get to know it, Five Element information can act as relationship counseling information and can be given to the new potential owner.
- With a few simple questions on an adopter's application, the perfect elemental dog/human match can be made!
- This program can seamlessly mesh with any existing shelter program.

The Five Element theory is more than just a fun curiosity. It has the potential to change the lives of many animals, both in rescue situations, finding the right homes, and for staying permanently in those homes. Sending home element profile information with a new, excited owner can ease the dog's transition, and create a solid understanding in that happy, forever home that we all desire for these animals.

Animal welfare work is not easy. If we can learn something that softens some of the difficult moments in these situations, then this is all worth

it. I know and believe this can create a win-win for saving lives, securing and easing the rescue dog's transition into their new home, and can boost the staying power to keep them there, while easing the trauma, drama, and compassion fatigue that animal welfare workers experience. Isn't that what we all want?

We are all in this together!

I am happy to discuss, guide, and teach any rescue programs about this easy to learn and potentially powerful program—another tool for your toolbox. We can make a difference!



A final note... It takes a village... The suggestions in this book will be greatly enhanced if you have a supportive team of A canine Five Element acupuncturist or acupressure professional, a progressive dog trainer, a qualified animal bodyworker, an animal communicator, your own clear observation skills, persistence and patience, and as always, a knowledgeable, kind, and open-minded veterinarian for your support when needed.



About the Author



Elizabeth Anne Johnson has been working with the health and wellness of small, large, and exotic animals, and wildlife for over 35 years as a veterinary technician, animal empath and healer, and wildlife biologist and rehabilitator. She is the author of *Know Your Dog's True Nature* and vice-president of Global Wildlife Resources, a TEDx Speaker, mentor, adventurer, and loving partner of Pretzel and Finnigan - rescues extraordinaire!



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