

HEAL WITH YOUR DOG™ Co Regulation Map

This is a practical tool to self-audit. Choose one box. Adjust. Observe.

Hermetic Principle	Human Lens (Need / Lesson)	Dog Lens (Need / Lesson)	Shared Bridge / Practice
1. Mentalism - "The All is Mind."	Handler state and focus Awareness, intention, and conscious presence. The human's state sets the tone.	Sensitivity to the handler's energy and focus; clarity of signal.	Begin every session with grounding (breath, posture, attention). A clear internal state produces clear signals the dog can read.
2. Correspondence - "As above, so below."	Environment and setup Internal state shapes the external environment. Nervous system congruence.	Environment signals safety or threat; routine mirrors structure.	Align inner state and outer setup: calm tone, organized space, predictable routines.
3. Vibration - "Nothing rests; everything moves."	Movement speed and tension Vocal tone, breath rate, and movement tempo.	Movement, gait, tail motion, and vocalization vary with arousal.	Use shared rhythm to co-regulate arousal (pace, breathing, equipment timing).
4. Polarity - "Everything is dual."	Pressure vs freedom Ability to move between firmness and flexibility without collapse.	Drive states versus relaxation; play versus obedience; alert versus rest.	Practice intentional state shifts together across the arousal spectrum (Protector ↔ Playmate)
5. Rhythm - "All things rise and fall."	Work-rest cycles Awareness of natural regulation cycles.	Natural activity cycles: arousal, engagement, and recovery.	Build sessions in waves: effort, integration, recovery. Always end in calm.
6. Cause & Effect - "Every cause has its effect."	Event → response → outcome Noticing triggers, patterns, choices.	Basic learning loop: antecedent (what happens just before) → behavior → consequence.	Observe cause-effect chains in real time; adjust feedback with curiosity over blame.
7. Gender - "Everything has its masculine and feminine principles."	Direction vs listening Balancing leadership (direction) and receptivity (listening, attunement).	Ability to express in drive while remaining responsive.	Harmonize Protector and Playmate roles based on the moment.

**The Hermetic principles are used here as observational frameworks, not metaphysical claims. They are applied as practical tools for recognizing cause-and-affect patterns in nervous system regulation, learning, and behavior. This map translates those patterns into observable interaction involving state, environment, rhythm, and consequence.

* Polyvagal Theory, Stephen Porges

* Somatic and trauma-informed learning principles

* Ethology and applied behavior observation

* Original frameworks developed under Heal With Your Dog™

This material is educational in nature and does not replace medical, psychological, or veterinary care.