



MODULE 2

WORKBOOK

Your Dog's Not
the Problem...

You Are!

Toolkit for Nervous Dogs



Welcome to Module 2

Now we start to get to the good stuff!

You are going to be learning how to muscle monitor which is the key bio-feedback tool we use in kinesiology.

What is muscle monitoring?

When we test a muscle, we are testing the information flow through the nervous system. We will always start by using a muscle that holds nice and strong. We will then access subconscious stress and then see how the strength of the muscle changes. The muscle changes because stress scrambles the neurological signals.

Stress is having a physical effect on the body all the time, we just overlook it until something forces us to change.

Watch the video on how to muscle test. Have a play around with it until you are confident that you can feel the difference between a 'yes' and a 'no' response.

Watch The Video Then Head Back here!

When we are muscle monitoring, we are basically searching for various types of stress that is impacting the nervous system and therefore weakening the body's balance. The more stress present in the body, the harder the body will find it to maintain balance on a physical, biochemical, emotional or energetic level.

Here is a reminder of the process for muscle monitoring to find the emotion attached to your dog's particular problem.

Check you are getting a clear signal of 'yes' and 'no' with your finger muscle test. Take a small piece of your animals hair and wrap it in a tissue. Put this somewhere close to your skin.

You are now going to verbally ask if you have permission to surrogate. If 'yes' then we can continue.

We are now going to find out what the core emotion is that drives your dog's anxiety.

Step 1:

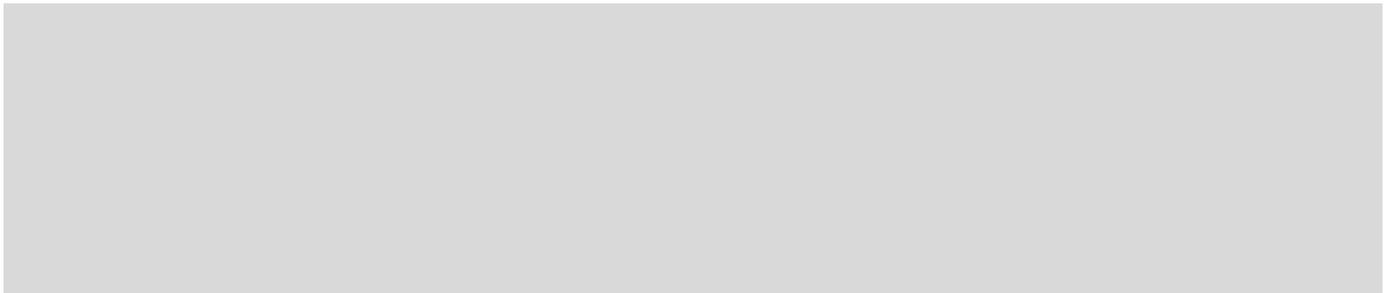
Ask the question - 'What blocked emotion is the reason for my dog's anxiety?'

Step 2:

I want you to now start scanning the emotion lists provided as a download.

You can ask for a specific page, part of page, or column to narrow your search relatively quickly. Once the first emotion is found, you can ask if there are any more. Scan just as before. Stop when no more emotions show.

I want you to write down the core emotion that is causing stress for your dog:



Muscle Monitoring For Your Emotional Stress

I now want you to place your dog's hair sample a few meters away from you. Verbally ask for your energy to be detached from it.

Perfect!

You are now going to repeat the same process for YOUR emotions as you just did for your dog.

Step 1:

Take a deep breath and visualise the situation with your dog that raises your anxiety levels.

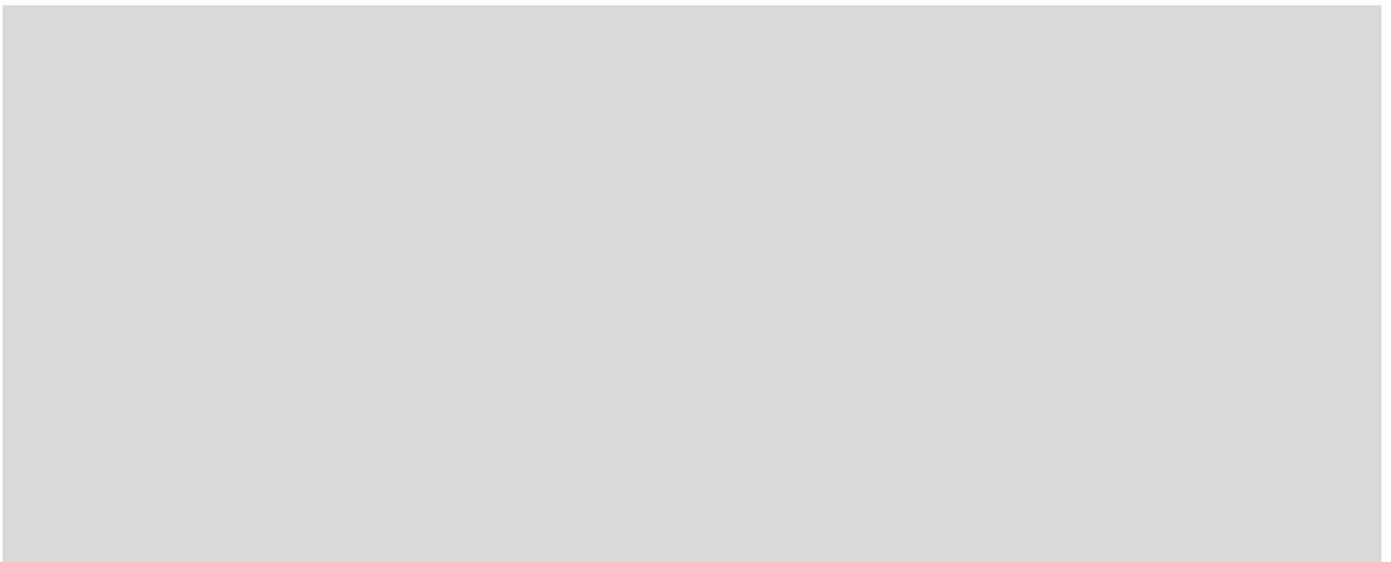
Verbally ask if you have permission to find the core emotion causing your anxiety.

Scan the emotions sheets as you did for your dog. I suggest you focus on the 'Fears' list first.

When you have found the first one, ask if there are any others.

Keep going until you no longer get a muscle change when you ask if there are others.

I now want you to write down the emotions that you have found from the list.



I now want you to just consider those emotions that have shown up. Can you relate to them in any way?

In tomorrow's lesson we are going to decipher these emotions further and start building up the picture of their relationship to each other.

Facebook Page

Share in the group the emotions that have shown up for your dog. It is always interesting to see if dogs with the same behaviour problem have the same core emotional stress. It is natural that you will have some doubts as to whether you managed to muscle monitor correctly, or you may doubt the emotions you picked up were the correct ones. By sharing your findings in the group you will start to get the confirmation that you are on the right track! There will be others who have picked up on the exact same thing as you.

Feel free to share your thoughts on the emotions coming up and what they mean to you.

IMPORTANT

The Facebook page is a safe space for people to share and explore their emotions as they come up. It is a place without judgement. Be supportive of everyone, wherever they are in their journey.

Please do not post training advice on the Facebook page as this will be covered later in the week. Animal Energy Therapies promotes only Positive Reinforcement training techniques as will remove any comments relating to e-Collars or other adverse techniques. This is particularly important when dealing with anxious dogs!

Have fun playing with your new technique!