



### **The Fire Dog continued...**

Think of a cozy campfire that warms you and cooks your food. *Aaaahh...* Then think of a raging forest fire. *EEK!* This can be the emotional span of your Fire Dog! The Fire Dog is physically and emotionally sensitive to others and their surroundings, and can mentally overload easily. This charming, heartfelt dog can quickly become a drama queen! In TCM we call this a *disturbance of the Shen*, the shen being the combination of the heart and mind. This imbalance can cause them to be unpredictable, ungrounded, and emotionally reactive, creating dramatic behavior or doing something totally out of context for the situation.

At this point, we humans need to support the Fire Dog by grounding ourselves first, *then* taking them out of the fray. We can then calm them with some tender touch, soft words, and praise which should re-ground them quickly. Usually they snap back to their adorable, sweet, party dog self and life goes on while you are still wondering what happened!

Physically, Fire Dogs may have imbalances of excess heat both inside and outside their bodies. They may have stomach/gut issues, allergies, itchiness, skin and shoulder issues. They also may be prone to heart conditions. Keeping them grounded, cool, feeling loved, socially engaged, and giving them regular caring, physical touch can keep them balanced for a long, happy, fun life.