

# In Your Element

*create a better  
relationship with your  
animal through the power  
of the Five Elements*



a Five Element resource from:  
[ElementalAcupuncture.com](http://ElementalAcupuncture.com)

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courses to help your animal thrive  
with the 5E and beyond.

# Welcome!

from your teacher

WHO AM I?



Hi and welcome to the wonderful world of ANIMAL ACUPRESSURE!

My name is Susan Tenney. I've been teaching acupressure, shiatsu, EnergyWork™, and Classical East Asian Medicine to help animal lovers with their animals for thirty years. It's my mission to put the magic of acupressure and the Five Elements into the hands of ALL animal lovers from elite equestrian performers to caretakers of shelter rescues and everything in between.

I know that when animal lovers have the confidence to use these simple practical methods and ideas that they feel empowered to make better choices for health and wellness care for their animals, they feel that they are a part of the animal health care team, and they know that THEY can make a difference for their animal.

The insight of the Five Elements is for EVERYONE. It gives you a look into the deeper patterns of WHY your animal has their unique behavior, learning style, health issues, connection style and so much more. Understanding your animal's unique blend of the five Types lets you create customized solutions that are easier, more effective, and more SUCCESSFUL In the last three decades I've showed thousands of students from around the globe how effective it is. Now it's your turn!



*Susan Tenney*

step

# 1

## Understand the Five Elemental Types

- The Five Elements are 5 archetypal patterns describing the temperament and health constitution of all living beings. These Types are named after natural forces: Wood, Fire, Earth, Metal, and Water.
- 5E Theory comes from the tradition of Classical Chinese Medicine (CCM) and Classical East Asian Medicine (CEAM). It has been practiced for thousands of years. It is still used around the globe today because it is universally insightful and practical.
- Each living being has a blend of ALL FIVE Types with varying strengths of each Element. Those different variations create a relative predominance of some qualities which determines the emergence of certain health and behavioral characteristics in that human and animal.
- We tend to associate an animal with their most predominant 5E Type and its manifestation. For example, a Wood Type tends to be more bold acting with a tendency to issues in the eyes and tendons. An Earth Type on the other hand tends to be more easy-going with a tendency to issues in the digestive system.
- Understanding an animal's Type allows us to support our animal by making lifestyle choices geared toward their individual needs. For example, since a Fire Type learns differently than a Metal Type, we can adjust our training to accommodate those different learning styles for more efficient results.
- Understanding an animal's Type also allows us to support our animal by making health care choices geared toward the individual. For example, by supporting the vulnerable parts of a Water Type's health (skeletal health, hormonal balance, and aging issues etc.) you can stay ahead of health issues and encourage your animal's long healthy life.
- Understanding your animal's 5E Type allows better understanding of your animal's unique style of: motivation (what drives behavior), natural strengths (both health and behavioral), natural weaknesses (again, both health and behavioral), connection or relationship styles affecting social behavior, seasonal vulnerabilities and much more.

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## Identify your Animal's Type

Use the descriptions on the following page to begin to identify your animal's 5E Type.

### 1: Observe your animal under pressure

When an animal is at ease they are more likely to display a range of Elements or just act more neutrally. Their Element will show more clearly when the animal is under stress. A Wood horse may be impatient and irritable with the slow, methodical lessons that give an Earth horse more confidence and support. A Metal dog often retreats from social activity and attention that a Fire Dog thrives on. Identifying both the cause of stress and the animal's response helps you identify the underlying Elemental pattern

### 2: Observe health and behavior patterns

The Five Element Correspondences are a list of qualities associated with each of the 5E. For example there are organs associated with each Element. If your animal struggles with digestive issues they may be an Earth Type. If your animal has respiratory issues they may be a Metal Type. You can use [tables of the Correspondences](#) to gain insight into your animal's Five Element Type.

Because all Types interact with one another, this system is not cut and dry. But a list of Wood behavior and/or health issues suggests that the Wood Element could use some support. By using acupressure and lifestyle changes to assist that troubled Element you may see the animal's sense of health and vitality improve, while their behavior and social resilience stabilize.

### 3: Observe the response to acupressure

Acupressure is a great way to help *cultivate* health by your animal's 5E Type. It is also a great way to help *identify* your animal's Type. By doing acupressure on points known to influence a specific 5E Type you can use the animal's response to help gauge the animal's Elemental Constitution. For example a Metal horse may have a more pronounced response to LU 9 (a Metal point) than other animals who show a more neutral response. A Wood cat may have an uncharacteristically strong response to Liv 3 (a Wood point) and so on.

step

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# Your 5E Relationship

**Remember: If at least ONE of you is able to be (more or less) balanced in your Elemental Constitution the relationship can work.**

**WOOD - The Dynamo:** The dynamic Wood Element animal is athletic and strong-minded. They are motivated by moving and doing.

When balanced this animal is adventurous, bold, and powerful. When out of balance the Wood Type will be short-tempered, impatient, and test boundaries continuously. To avoid power struggles with the Wood animal, be fully present. Working with a Wood animal teaches you to remain clear-headed and fully engaged during training and play

**Key Issues:** eyes, tendons/ligaments, detox, muscle tension, cycling issues

**The Wood animal may be easier to manage if you are:** Fire or Metal

**The Wood animal may be more challenging to manage if you are:** Earth or Water

**Wood/Wood relationships** can be a dynamic duo or argumentative struggle

**FIRE - The Shining Star:** The charismatic Fire Element animal is social and playful. They are motivated by connection and stimulation.

When balanced this animal is loving, heart-centered, and passionate. When out of balance the Fire Type will be anxious, ungrounded, distractible, and drama-driven. To stabilize the behavior of the Fire animal, stay calm and grounded. Working with a Fire animal teaches you to be emotionally quiet in the midst of chaos, action, groups, and drama.

**Key Issues:** attention span, emotional issues, heat metabolism, circulatory issues, fore leg/shoulder

**The Fire animal may be easier to manage if you are:** Fire or Metal

**The Fire animal may be more challenging to manage if you are:** Earth or Water

**Fire/Fire relationships** can be a love match or a chaotic swirl.

step

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## More 5E Relationships

**Remember: If at least ONE of you is able to be (more or less) balanced the relationship can work.**

**EARTH - The Good as Gold:** The steady Earth animal is loyal and dependable. They are motivated by comfort and ease.

When balanced this animal is kind, nurturing, easy-going, and gentle. When out of balance the Earth Type will be low energy, stubborn, slow to learn, and lack confidence. To progress steadily, be patient with the pace at which the Earth animal learns. Working with an Earth animal teaches you to slow down and to be grateful for reliable performance and unconditional love.

**Key Issues:** digestion, energy levels, stifle/knee issues, growths, weight issues

**The Earth animal may be easier to manage if you are:** Fire or Metal

**The Earth animal may be more challenging to manage if you are:** Earth or Water  
**Earth/Earth relationships** can be steady eddy or lethargic and stuck in a rut.

**METAL - The Perfect Performer:** The serious Metal animal is a hard working colleague. They are motivated by service and correctness.

When balanced this animal is calm, bomb-proof, hard working, and clear. When out of balance the Metal Type will be aloof, demanding, inflexible, and stiff. To keep the Metal animal physically and mentally flexible, honor subtle signs of stress hidden beneath the tough exterior. Working with a Metal animal teaches you to respect quiet competence without taking advantage of a willingness to work hard.

**Key Issues:** respiratory, immune, and skin issues, large intestine function

**The Metal animal may be easier to manage if you are:** Wood or Water

**The Metal animal may be more challenging to manage if you are:** Fire or Earth  
**Metal/Metal relationships** can be quietly productive or rigid and inflexible.

step

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# Your 5E Relationship

**Water - The Wise Mystic:** The enigmatic Water animal is a powerful teacher. They are motivated by their deeply spiritual nature and are profoundly motivated to connect to you on every level.

When balanced this animal is extraordinary and almost magical. You will have surprising experiences including great highs and possibly challenging lows. Throughout your time together you may have a feeling that this was "meant to be" or that you are led by a powerful destiny, even if your original goals have long been discarded in favor of unexpected choices and adventures.

To realize the full potential in your profound relationship with the Water animal, trust both their wisdom and your own. Working with a Water animal teaches you to open to unconventional wisdom. They may change EVERYTHING but this transformation will reveal new horizons you could not have found without them. You may find that your entire way of being with animals changes in some fundamental way. You may even find that your entire life shifts in ways you did not expect. When you surrender to this flow, things may not be easy but they will move more smoothly.

Note that this Type may wear the "Mask" of any of the other four Elements. What will identify this animal as a Water Type is the level of transformation that they catalyze and the extreme nature of their patterns. These animals are outliers, the "Once in a Lifetime" types - though once you have had a Water animal you may find that you draw others to you as well.

**Key Issues:** aging issues, skeletal issues, urinary & reproductive issues, lower back as well as all manner of strange and inexplicable conditions

**The Water animal may be easier to manage** if you are open to the adventure.

**The Water animal may be more challenging** if you want a "typical" animal.

**Water/Water relationships** can be magical or hugely frustrating and confusing.

step

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## Extra 5 Element Tips

You've identified one or more possible Elements in your animal. Now what? Take steps to improve Elemental Balance.

**A: Do acupressure to support that Element/s:** Use the acupoints to support Elemental Balance in your animal. We have courses for all levels to share those points including this starter kit course: [Thrive in Five](#) for only \$15.

**B: Compare the response between points:** Not sure which is the most important Element at the moment? Keep it simple. Do a point that the animal responds most powerfully to. Trust that ALL Elements can always use support.

**C: Use the Thrive in Five course or our other Five Element courses to adjust your animal's lifestyle and training:** Instead of fighting against their very nature, why not accept your animal's Elemental Type and learn to work WITH it! All Types can learn and thrive. Making small changes in how you go about it can make life so much easier for BOTH of you!

Need more info? Come join us in the FREE group, the [Elemental Acupressure Guild](#). In the group we'll share points and tips and more!

### Common Sense Cautions for smart, safe Acupressure

- ✓ Always use acupressure and 5E assessment ALONG WITH medical treatment from your veterinarian. Acupressure is not meant to replace your trusted vet's care – it's meant to complement that expertise.
- ✓ A note about pregnant animals: If your animal is pregnant, let the vet decide if acupressure is right for this special time. This also goes for animals with medical issues that haven't been seen by the vet yet!

step

5

## W h a t ' s N e x t ?

At Elemental Acupressure our [Thrive in Five](#) course is a great starting place if you just want a taste of the 5 Elements. Want to DIVE IN and get even more?

The [Intro to the Five Elements](#) course is just the thing. This course has been a favorite with thousands of animal lovers for over 25+ years. We'd love to have you join us!! Live online meetings start soon and are a perfect complement to the prerecorded content.

This course shows you how to better understand and support your animals. You'll learn ALL the basics including how to identify the 5E Types in animals, acupoints for each Type, and to how to get started using it right away! **Animals LOVE 5E acupressure and they'll love you for sharing it with them.**

[Introduction to the Five Elements](#) is accessible for ALL animal lovers at all levels. We've taught THOUSANDS of beginners in this approach and we know it WORKS. This course is also an amazing resource for animal pros who want to expand their insight and build their skill toolbox for clients no matter WHAT you do with and for animals! You'll better understand your clients AND how to help them thrive.

When you purchase the course you'll have instant access to several hours of pre-recorded video, pdf manuals with tons of clear diagrams, and huge color photos of the points on real animals. But we don't stop there.

For our hybrid course format we also meet live for SIX weekly online meetings this Spring to take you step by step through the material. You'll watch amazing live demos on live animals from our associate instructors, and of course you will have TONS of opportunity to ask questions. That's a total over 10+ hours of live support + replays.

This course has been changing animals' lives since 1993! Now it's your turn! Join at the [link](#) in our online shop.

Questions? Don't hesitate to reach out: [info@ElementalAcupressure.com](mailto:info@ElementalAcupressure.com)