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— • F R E Q U E N C Y • —

A Discovery Guide to Conscious Canine *Awareness*

by Viviana Victoria

ANIMAL COMMUNICATION

Most people have been taught to look at dogs through the lens of behaviour.

Pulling.

Barking.

Jumping.

Reactivity.

Not listening.

Not settling.

Yet behaviour is often only the final piece of the puzzle.

Dogs are communicating all of the time.

Not through human language, but through the language that comes most naturally to them.

Through their body.

Through their behaviour.

Through their emotions.

Through their energy.

Every glance.

Every sigh.

Every wag.

Every shake.

Every moment of excitement, stillness, frustration or joy carries information.

Dogs experience the world through all of their senses, taking in information constantly.

What they see, hear, smell, feel and experience influences them physically, mentally, emotionally, energetically and spiritually.

Many of us have simply never been shown how to listen in these ways.

Conscious Canine Awareness is an invitation to slow down, become curious and begin seeing your dog as a whole being rather than a collection of behaviours to manage.

Not because your dog needs fixing.

But because they may already be communicating far more than you realise.

The more deeply we learn to listen, the more deeply we begin to understand.

And when understanding grows, relationships change.



*This guide is an invitation
to begin that discovery.*

PHYSICAL

Physical Awareness

What Is Your Dog's Body Trying To Tell You?

Your dog's body is communicating all of the time.

Sometimes through movement.

Sometimes through posture.

Sometimes through stillness.

Sometimes through discomfort.

Sometimes through subtle changes that are easy to overlook.

Many behaviours that concern us begin long before the behaviour itself appears.

The body often whispers

before it shouts.

Reflection

When a dog is uncomfortable, sore, itchy, tired, lacking movement, nutritionally depleted or physically struggling, they don't have words to explain it.

Instead, they communicate through changes in behaviour, energy, movement and engagement.

Take a moment to reflect:

- Have I noticed any changes in my dog's body recently?
- Does my dog move freely and comfortably?
- Has anything changed in their sleep, appetite, energy levels or willingness to engage?
- Is my dog receiving the nutrition, hydration, movement and rest that support their individual needs?

Why This Matters

Sometimes behaviour is not the problem.

It is the message.

The more aware we become of our dog's physical wellbeing, the more clearly we can hear what their body may already be communicating.

Awareness Practice

Spend five minutes simply observing your dog.

Watch how they walk.

Watch how they stretch.

Watch how they sit.

Watch how they rest.

Without asking them to do anything, simply notice.

What might their body be trying to tell you?

M E N T A L

Mental Awareness

What Is Your Dog's Mind Experiencing?

Dogs process the world constantly.

Every smell.

Every sound.

Every movement.

Every visitor.

Every dog they meet.

Every change in their environment.

While we often focus on physical exercise, many dogs are carrying busy minds too.

*Just like humans, dogs can become mentally overloaded,
overstimulated or exhausted from
constantly processing information.*

Reflection

Take a moment to consider:

- Does my dog have opportunities throughout the day to simply switch off and do nothing?
- Does my dog seem overwhelmed in busy environments?
- Are there situations where my dog struggles to settle or focus?
- Am I meeting my dog's mental needs as well as their physical needs?

Why This Matters

Many people don't realise that dogs need time to process their experiences.

If life feels constantly busy, stimulating or demanding, your dog may be carrying some of that pace too.

Mental wellbeing is not just about keeping a dog's brain busy.

It is also about allowing space for rest, processing and calm.

Awareness Practice

After your next walk, observe your dog.

Do they appear settled, fulfilled and relaxed?

Or more stimulated, restless and unable to switch off?

What might that be telling you about their mental experience of the day?

EMOTIONAL

Emotional Awareness

What Is Your Dog Feeling?

Dogs experience a rich emotional world.

Joy.

Excitement.

Love.

Disappointment.

Worry.

Frustration.

Grief.

Contentment.

Many behaviours begin as emotions long before they become actions.

*Yet we are often taught to focus on what a dog is doing
rather than what they may be feeling.*

Reflection

The next time your dog displays a behaviour you find challenging, pause.

Before asking how to stop the behaviour, ask:

- What might my dog be feeling right now?
- Is there an emotional need beneath what I am seeing?
- When does my dog seem happiest and most at ease?
- What situations appear to create uncertainty, frustration or worry?

Why This Matters

When we become curious about our dog's emotions rather than simply reacting to their behaviour, we create space for understanding.

And understanding is where deeper connection begins.

Awareness Practice

For one day, become a student of your dog's emotions.

Notice moments of joy.

Notice moments of calm.

Notice moments of uncertainty.

Notice moments of excitement.

Simply observe.

What patterns begin to emerge?

ENERGETIC

Energetic Awareness

What Is Your Dog Sensing Beyond Words?

Dogs are masters of reading energy.

Long before words are spoken, they are gathering information.

They notice tension.

They notice presence.

They notice nervous system changes.

They notice emotional shifts.

Many dogs respond to our energy before they respond to our words.

*This is one of the languages
they know best.*

Reflection

Take a moment to consider:

- How does my dog respond when I feel calm?
- How does my dog respond when I feel stressed or rushed?
- Do I arrive fully present when interacting with my dog?
- What changes in my dog when I change my own state?

Why This Matters

Dogs are often reflecting information that we have not yet noticed about ourselves.

The more awareness we develop around our own emotional and energetic state, the easier it becomes to understand what our dogs may be responding to.

Sometimes our dogs are not only communicating about themselves.

Sometimes they are showing us something about us too.

Awareness Practice

Before interacting with your dog today, pause.

Take three slow breaths.

Allow your body to soften.

Become fully present.

Then notice what changes.

In your dog.

And in yourself.

SPIRITUAL

Spiritual Awareness

What Might Your Dog Be Here To Teach You?

Perhaps the greatest shift happens when we stop asking:

“What can I teach my dog?”

And begin asking:

“What might my dog be here to teach me?”

Dogs are more than companions.

They are mirrors.

Teachers.

Healers.

Guides.

Emotional transmuters.

They walk beside us through grief, change, growth, joy and transformation.

Many arrive in our lives carrying lessons

that can only be learned through relationship.

Reflection

Take a moment to reflect:

- What has my dog taught me about myself?
- What qualities has my dog helped me develop?
- How has my life changed because of this relationship?
- What lessons has my dog brought into my life that no human ever could?

Why This Matters

Whether you see this through a spiritual lens or simply through the power of connection, there is often a deeper purpose woven through our relationships with dogs.

Many of the lessons we spend a lifetime searching for are quietly sitting beside us every day.

Awareness Practice

Write down three things your dog has taught you.

Then sit quietly and ask:

“If my dog could share one message with me today, what might it be?”

Trust whatever comes.

FINAL REFLECTION

Your dog is already communicating.

The question is not whether they are speaking.

The question is whether we are listening.

When we begin looking beyond behaviour and into the physical, mental, emotional, energetic and spiritual experience of our dogs, we open the door to a completely different relationship.



One built on awareness.

Understanding.

Compassion.

Trust.

Connection.



And perhaps, for the very first time, truly hearing what our dogs have been trying to tell us all along.



Ready to listen *more deeply?*

If anything in this guide landed for you, I'd love to hear about your dog — simply reply to the email that brought you here. And if you feel called to go further, this is the heart of the work I do.

With love, Viviana

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