



She talks to the animals

By Joan D. Warren

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Sheila Ryan says she can talk with and heal horses

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As far as Barrington resident Sheila Ryan is concerned, horses can talk.

In fact, she believes they talk to her all the time and tell her things they can't tell their owners.

Ms. Ryan has started Horse Sense, a new company in which she communicates with horses to get to the root of what ails them.

Through a variety of hands-on alternative healing techniques, Ms. Ryan said she can actually learn each animal's history or story. They talk to her and tell her what's going on in their lives, she said.

Ms. Ryan said she has always understood the needs of animals and humans, but really began her journey in alternative health care after trying to make a stone wall 10 years ago.

"I was getting so frustrated because this wall I was trying to make was not coming together. Finally, I was ready to give up when I heard this voice that said 'use me.' Then another one said, I'm next' and so on and finally I had a 70-foot-long wall 2 feet tall."

The voices came from the rocks, she said.

From there, she began to use "hands-on" healing on plants, animals and people. She took courses and became associated with many alternative health groups across New England. She spent the next nine years working on people and animals.

Ms. Ryan began working on horses when she bought an Arabian mare two years ago. Mijoy was

badly undernourished, underweight and "green," or barely trained.

"I put my hands on her and I immediately got a pain in the back of my knee. As I continued, I got her whole life story. She told me she had a baby in Texas and her second one died. She told me she doesn't want any more babies."

After her success with Mijoy, other horse owners at Cronin's Crossing on George Street, where Mijoy boards, asked her to evaluate their horses.

Soon after, Horse Sense was born.

Ms. Ryan said she has learned things from horses that have greatly improved their quality of life. Through touching, she said she is able to receive information from their bodies and at the same time ease their mental and emotional suffering.

"I see images in my mind's eye and get physical sensations. If spirit is universal than we all communicate the same way," she said.

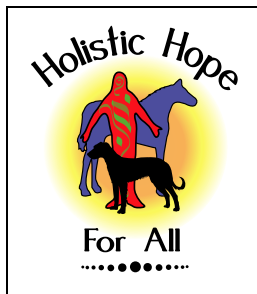
She has worked with many horses in the Rhode Island, Connecticut and Massachusetts areas, including many horses in Barrington.

"Through Sheila, my horse Dakota said he loves me very much and he enjoys jumping," said 13-year-old Laura Hutton of Barrington.

Ms. Hutton's mother said that after a session with Dakota, Ms. Ryan knew things about the horse that only she and her daughter knew.

"She told us things about him without me saying one word to her," Mrs. Hutton said.

"We were having trouble getting Dakota into his horse carrier. Sheila found out that he was scared of this metal strip that looked like a gap in the ramp.



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We put down some rubber matting and now he goes in and out with no problem. There is no way we would have known what the problem was if Sheila didn't communicate with him," she said.

Ms. Ryan told the Huttons that Dakota was unhappy with the food and supplemental vitamins they were giving him.

"Once we made the changes, he was a happy camper," Mrs. Hutton said.

Last week, Ms. Ryan spent some time working on Lacy Creek, a 17-year-old mare owned by Debra Najecki.

Lacy had been bobbing her head as if in pain, and acting strangely on trail rides.

Ms. Ryan started her treatment by doing "chakra" readings. Chakra is an eastern healing technique using points of energy. She passed an object attached to a string over Lacy's hind quarter and other points and found that she had no energy on her hind quarter.

She then checked Lacy's "aura," or life force, by using divining rods — two metal bars used to detect ailments. The positioning of the rods showed Ms. Ryan that Lacy had some discomfort in her hind quarter.

"She may be getting the start of arthritis and it's making her grumpy," Ms. Ryan said.

In no way is her work intended to replace a veterinarian or other medical professional, she said. Instead, she said, it helps identify problem areas, both physical and emotional.

Cronin's Crossing barn manager Melanie Cronin said Ms. Ryan has helped her horse immensely.

"He wasn't doing well. Sheila felt heat and energy in his stomach area so I changed his food. Since then, we haven't had any problems."

"My goal is to continue to expand Horse Sense and to write a training manual so others can do this. I feel I can teach most people, it just takes time," she said.