

# Janet Ridgeway

animal communicator

bio



Janet Ridgeway has been working professionally as an animal communicator and consultant since 2000, both in Boston and upstate New York. She is a Reiki Master, trained in Shamanic healing, Pranic healing and Pleiadian Lightwork, and teaches classes and workshops in animal communication, Reiki, meditation, and spiritual development. Janet incorporates her knowledge of flower essences, homeopathy, essential oils, and kinesiology to assist animals and their people, and provides consultations for veterinarians, animal rescue groups, shelters, and zoos. She also travels the country to teach classes and provide consultations, and is currently working on a non-fiction book about her work with animals.

Janet has appeared several times on WCNY live with George Kilpatrick, Bridge Street Live with Rick and Julie on ABC news channel 9, WSYR's radio shows Wake up with Dr. Steve Wechsler, and Wendy Meyerson's Nutritional Insights on WSYR 570. CBS News Channel 5 featured Janet on their nightly news broadcast and News 10 Now aired an in depth feature story about Janet that ran in both Syracuse and Rochester, NY on R News. She has appeared in several magazines and newspapers, including In Good Health, The Syracuse Post Standard, and NEEDS Health and Wellness magazine. Since 2003, Janet has been a featured speaker at Natur-Tyme, CNY's Nutritional Headquarters and the SPCA's annual dog walk in both Syracuse and Skaneateles, NY.

She received her MFA in Creative Writing in poetry from Syracuse University and her BA in English and Creative Writing from UW-Madison, which she still considers home. She currently teaches writing and works as a writing consultant at Syracuse University, and has taught a variety of writing courses including poetry, fiction, business writing, composition, rhetoric, and literature at Syracuse University and Northeastern University in Boston. She calls her work at SU her Clark Kent job. In what Janet calls her former life she was a professional singer for a funk and blues band, and still sings for her cats and other neighborhood animals.

For more information visit [www.janetridgeway.com](http://www.janetridgeway.com) or call (315) 445-0544

# Janet Ridgeway

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appearances

## TV appearances

*News 10 Now and R News–Pet Pointers with Lisa Chelenza*  
February, 2007

*ABC News Channel–Bridge Street Live with Rick and Julie*  
2003-2005

*CBS News Channel 5 feature story on evening news*  
May 5, 2005

*WCNY Live with George Kilpatrick*  
2003, 2006

## Radio shows

*Y94FM The Kathy Rowe Show*  
November, 2007

*WSYR 570 Wake up with Dr. Steve Wechsler*  
2004-2006

*WSYR 570 Wendy Meyerson's Nutritional Insights*  
2004-2007

## Magazines/Newspapers

*In Good Health magazine*  
April, 2007

*The Syracuse Post-Standard*  
July 18, 2005

*NEEDS Health and Wellness magazine*  
March, 2005

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# Janet Ridgeway

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testimonials

## Understanding behavior

I'm glad you have the special gift that allowed us to get to the root of the behavioral problems and allow this adorable dog to be a part of our family. ~Ann

We were in the process of training our yellow lab as a therapy dog. All of a sudden, she stopped obeying my commands. For the life of me, I couldn't figure out what her problem was. Janet came to our home and what a fascinating experience! Her reluctance to go forward with the training stemmed from a fear that we would not be continuing our current visits to various nursing homes. Once she understood that our visiting schedule would not change, she settled down and was perfect in every way. She passed her test with flying colors, and made many people very happy. ~Flo P.

## Food concerns

He communicated to you that he didn't like his food and he would like something different - a Lamb & Rice flavored food. After much research, I changed his food to Eagle Pack Lamb & Rice and he's absolutely crazy about his food now — he just loves it. Before he would look up at me with big sad eyes when I fed him, and now he runs to his dish and gobbles it right down. I can see that he's much more content with his food and truly enjoys eating it now. ~Kim B.

Cooper addressed my issues with their food and said that I obsessed about it and kept moving it around, thinking they might eat better if it was somewhere else. He told us that he would eat better if I just left it in one place! We were all hysterical as he was right on the money. ~Kathy H.

## Physical issues

Buddy communicated to you that one of his teeth on the left side of his mouth hurt him at one time and that he didn't want anything like that to happen again. Good gosh — Buddy had lunged for the car window and actually chipped a small piece off on left front tooth. I just couldn't believe it — you are so awesome Janet!!! ~Kim B.

As you know, Jessie had a spinal infarct a few years ago and recovered limited movement in her back and legs after having energy healing. When you came last time, the crystal energy work that you did really helped. The neck and cranial healing you did seems to have released tension and blocked energy. She is more lively and alert now! We are all very grateful for your healing energies. ~Sue P.

## Insights from animals

My poodle told me that I wore my pants too high on my waist and that everyone thought so. My friends who were a part of the session, after laughing hysterically, finally admitted they thought so, too. I was wearing a skirt during my session with Janet so it was certainly something she couldn't have known. ~Joan

Among other things, my dog told you that I was currently having problems with a contractor who had messed things up. That got me! There's no way you would have known that! ~Vicki O.

## Classes

I highly recommend Janet's classes to anyone who is seeking a higher level of spiritual understanding in their lives today. You will never see animals the same after her classes. ~Chris C.

After leaving your class, I felt like you should have been playing James Brown's song, I Feel Good! ~Ana

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Annually featured at the  
Finger Lakes SPCA  
Pet Walk and Festival

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Contributing  
writer to  
**NEEDS**  
Health and  
Wellness catalog,  
[www.needs.com](http://www.needs.com)



## PET CARE

### Why Pets Are Good for Health

BY JANET RIDGEWAY

One of the many gifts that animals give to people is their ability to help us maintain good health. Animals keep us active through play, taking "us" on daily walks or runs, as well as meeting the requirements of their basic care. These are only a few of the obvious ways. However, animals are good for our health in other, more subtle ways. Recent studies have shown that petting a cat can lower blood pressure, riding horses can ease depression, and caring for dogs can help reduce anger in violent offenders. One of the many surprising discoveries I have made through communicating with animals is the fact that they energetically absorb the physical, emotional, and spiritual imbalances of their human companions, "mirroring" these issues back through illness or behavioral problems. Animals will literally take on our issues as a gift to us, which is part of their spiritual work with humans here on Earth. What humans need to learn is not only how to help their pets release the toxic energy they absorb from us, but to create an optimal environment for their pet's physical and emotional health. In short, when we become conscious of our own energy imbalances, and take responsibility by correcting our behaviors, our animals benefit.

Of course, we all know that animals can certainly have genetic problems or illnesses that are unrelated to the physical and emotional health of those in their household, however, their environment is equally important. Examples I have witnessed of how animals mirror back and absorb our issues vary from the mundane to the incredible. A client who injured her leg reported that her cat started limping on the same leg immediately afterwards. Another client had anxiety about leaving his dog home alone when he went back to work full time; not surprisingly, the dog started tearing the house apart every time he left. Animals who have recurring urinary tract infections, bladder infections, or inappropriate urination often have people in the household with urinary or bladder issues, blood sugar or diabetes issues, or alcoholism. On a behavioral level, cats who have urinary issues may be upset about something and this is their way of bringing it to a human's attention.

One client I will never forget had a dog who had been

having seizures for two years and was not improving with medication. She made an appointment for a Reiki treatment and asked me to communicate with him to gain some insight. When I asked the dog if he could tell me when these seizures began, he sent me an image of the mother and son screaming at each other on a daily basis. On this particular day, he began shaking uncontrollably while they were fighting because of the intensity of their energy. Both mother and son immediately stopped fighting and rushed to the dog's side with love and concern. The dog sent me a telepathic message that it was his "job" to absorb and transmute their energy to help keep balance in the home, and because of the intensity that day (and how constant the fighting had become), the emotions he had been absorbing for so long finally manifested physically. The dog was smart enough to realize that this was the first thing that worked to get the mother and son to stop fighting; not only that, but he got all the attention. What a fabulous turn of events!

Amazingly, the dog literally started creating seizures at will because of the resulting attention, which kept the people focused on him and off of their own drama, at least temporarily.

In this case, once the dog's human companions had an awareness of why this was happening, they were forced to become conscious of and responsible for their toxic emotional energy. They had to make the choice to shift their behavior and emotions if they wanted their animal (and themselves!) to be healthy. By teaching them a series of relaxation and visualization techniques, the individuals shifted their energy and the dog finally stopped having seizures altogether. When people work to discover the underlying cause of an animal's illness or behavior, both animal and human benefit.

So the good news and the bad news is that human companions are often the cause of their animal's illness. Luckily, since we are the cause, we can also become the solution.



#### ABOUT THE AUTHOR

Janet Ridgeway has been working as an animal communicator since 2000, both in Boston and New York. She is a Reiki Master, trained in Shamanic healing, Pranic healing, and Pleiadian Lightwork, and teaches classes and workshops in these fields. She also incorporates her knowledge of flower essences, homeopathy, and kinesiology to assist animals in their healing.

Janet received her M.F.A. in Creative Writing (poetry) from Syracuse University where she currently teaches writing. To get more information or make an appointment with Janet, visit her website at [www.janetridgeway.com](http://www.janetridgeway.com) or email her at [janet@janetridgeway.com](mailto:janet@janetridgeway.com).



Article appeared in *In Good Health* magazine.

## Imagine talking to the animals

*Syracuse resident Janet Ridgeway proud of her abilities to communicate with animals*

By Gina Roberts-Grey

Imagine being able to know what your dog was thinking when he dug up your flower bed. What if you could talk to your cat and ask him to not eat the houseplants. Although communicating with animals sounds like an unrealistic dream, Syracuse resident Janet Ridgeway knows different.

"It's something I always did, and actually thought everyone else could do too," says Ridgeway who holds a degree in creative writing but may be best known in the area and around the world as an animal communicator.

Growing up, Ridgeway was a child who would rather spend time playing and interacting with animals than toys. "I was always picking up on what was going on with animals, but wasn't conscious that's what I was doing," she explains.

Often able to know what her family dog Fonzi was thinking or needed, or when she was seen interacting with her friend's and neighbors' animals, many assumed Ridgeway was a child who was good with animals. Little did anyone — including Janet herself — realize what she was truly capable of.

A native of the Midwest, Ridgeway first came to Syracuse in 1997 to attend graduate school at Syracuse University. After graduating, she left Syracuse for a few years and worked in Boston.

"That's when I began to really understand what was going on," says Ridgeway.

Working as a part-time dog walker, Ridgeway would leave daily notes for the families of the dogs she spent the day with.

"I would leave comments such as 'the dog was upset the couch was moved' or 'he doesn't like his new food.' The pet's parents would call and ask how I knew the couch was moved just a few inches or that food had been changed."

Soon after, Ridgeway attended a seminar conducted by renowned animal communicator and author Amelia Kinkaid.

"I was receiving the same information from animals that she was during the seminar," says Ridgeway who then turned her attention to learning how to focus her energy more seriously toward communicating with animals.

When she returned to the Syracuse area in 2002, word about Ridgeway's work with animals began to spread. Now, she splits her time between conducting in-home consultations locally as well as around the country, writing a non-fiction book about her experiences and communicating with animals, and teaching at her alma mater, Syracuse University. She also consults both in home and over the phone with pet owners on everything from behavioral issues to whether their animal will welcome a new pet into the family.

Ridgeway says she also communicates with the spirit of animals who have "crossed over." Observing an at-home reading, it is obvious she brings comfort to those whose pets have passed away. "It is amazing the



Janet Ridgeway, holding her dog Ziggy, claims she can communicate with animals. "It's something I always did, and actually thought everyone else could do too," says Ridgeway who holds a degree in creative writing.

little details that she talks about," says a Baldwinsville resident, Rob Grzelka. "She knew things about our dog that were not common and someone would have never been able to guess," Grzelka explains after having Ridgeway in his home to communicate with his live dogs, as well as one that died in October 2005.

Unlike myths and fables, communicating with animals does not involve typical verbal language.

"Animals respond to our energy, thoughts and pictures we project unconsciously, then our words. The communication comes to me when I open my mind, body and spirit to the animal. Then I am able to share the images in their minds and the energy their spirits send me."

In addition to communicating with animals, Ridgeway — whose sister, father and grandmother also have highly intuitive, communicative and healing abilities — is experienced in Reiki and healing. She also conducts lectures, seminars and classes in healing, holistic care and animal communication.

When asked why she shares her ability, Ridgeway's answer quickly uncovers her devotion to animals. "The animals need this. There are so many animals that have illnesses due to foods, or are frustrated with their lifestyle. If I can help alleviate behavioral problems that people don't realize the source of, or prevent animals suffering, then I'm happy."

Humble to point out that she doesn't want animal lovers to feel she is the only vessel available to communicate with the squirrels in the backyard or family dog in the house, Ridgeway says, "I want people to be able to understand animals. We all have the ability to communicate with them, but often like a muscle we don't use anymore, the ability atrophies if it is not developed and used."

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**Nutritional Insights** JULY 2003

**Relationship Between Person and Pet**

**ASTROLOGY**

Page 570 WEST

**Radio**

preventive dentistry and oral hygiene, how owners may be benefited, etc. (See Page 4 for monthly page for local pet)

**TUNE-IN ON YOUR RADIO**

Sunday, July 13th 10:00-11:00 AM

Sunday, July 20th 10:00-11:00 AM

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## Nutritional Insights

**Happenings in the Community Room**

- July 11th: HOT FLASH! Potpourri and Literary Function
- July 11th: Gluten-Free Sampling Day
- July 12th: Digestion! What? Get Clear Answers for Constipation
- July 12th: Long Shot! Spore Counting: The Key to Laying Charge
- July 18th: No, You Can Talk to the Animals!
- July 19th: Backtalk for Animal Health
- July 20th: Tink! Your Dog Clickity-Split!
- July 21st: Holistic Health Alternatives for Pets' Allergies and Cancer

**Nature-Tyme will be closed July 4th**

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- Pet communication:** Talk to your pet! Janet Ridgeway (by appointment) \$20 for a 15-minute session.
- Free nail clipping, as well as advice on proper dog grooming** Blue Prints Dog Studio
- Plus, at 1 PM, audio trainer/owner Erin McDonald will perform a clicker-training demonstration with her dog Guinness. Watch and ask her any questions you may have regarding your dog's behavior.**
- FREE canine muscle evaluation** Elizabeth Cairer, Certified Equine and Canine Massage Therapist
- FREE "Quick Hair/Saliva Analysis"** by placing a sample of either on a new test. Choose from appearance, nutrition, or spine for an analysis of your pet's stressors. Susan Haddock, C.A.B.T., C.R.T., specialist in Holistic/Widowess Therapy for Animal Health.
- The Community Animal Project** - This non-profit organization will present and hand out information in support of their mission to reduce animal suffering and assist making animals as safe as possible in the community.
- Pet Partners of Synonym** - An affiliate of Delta Society's The Partners Program trains and screens volunteers and their pets for visiting animal programs in hospitals, nursing homes, rehabilitation centers, schools, and other facilities.
- FREE Samples** PetGuard
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