



## Liz Mitten Ryan

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## Meet Author Liz Mitten Ryan

From boardrooms and silk suits to jeans and a 320-acre ranch in the grasslands of the Nicola Valley, the largest ranching area of British Columbia, Liz Mitten Ryan is a woman living her dream. She is an accomplished artist, award-winning author, horse breeder and equine communicator. From the moment she could distinguish skin from fur, she preferred the latter, particularly the silky fur of horses and the velvet-like feel of their muzzles. Like many young girls, Liz always dreamed of having her own horse. At age six she was dressing in full cowgirl regalia and riding her make believe horses until she was allowed to spend time with real horses and take riding lessons. At eighteen, her parents agreed to buy her a horse, an Arab palomino named Chako. He became her best friend.

Then years went by with Liz attending university and studying art, first at Heatherley's School of Fine Art in London and afterwards at the University of British Columbia under the tutelage of the renowned painter, Peter Aspell. Eventually she married and established a successful fine art publishing company in Vancouver, which sold award winning limited-edition prints of her award-winning original art. In 1999, after raising their family of six, she and her husband left the hustle and bustle of the city and moved to Gateway 2 Ranch with Liz's herd of eleven horses, which she had bred. For several months, they lived in a simple and spartan wall tent. Liz was often alone, free to explore this magical property, to follow and commune with her horses, and to learn their secrets of communication and the connections they have with all of life.

In a span of three years, Liz authored four books and won nine book awards, including the coveted Nautilus Award in company with Deepak Chopra, Eckhart Tolle and Jean Houston. Her award-winning artwork has been presented to dignitaries throughout the world and raised millions of dollars for animals and their environment. Today, Liz is the facilitator of Equinistry Retreats at Gateway 2 Ranch, where people from all over the globe come to interact with the herd, learning to live more intuitively and often experiencing life-altering, personal transformation. She continues to live her dream and resonate with the higher purpose of her herd and herself in a place where peace and joy prevail. As Liz would say, "This is meditation at its finest."