

Chakra goddess tours her new book

PAIGEBERDAL

NEW-age goddess Anita Ryan-Revel found inspiration in her South West surroundings to follow her dreams and is now motivating other women to do the same.

A former accounts director at a Sydney advertising agency, Ms Ryan-Revel moved to Bunbury six years ago and now runs workshops to teach women how to feel empowered by using energy centres within the body, known as chakras.

She is about to embark on her second tour of the United States, where she will conduct 13 Chakra Goddess Workshops.

Ms Ryan-Revel has also self-published two books on the subject, entitled the Goddess Guide to Chakra Vitality and Selena's Crystal Balls - A Chakra Journey for Parents and Children, which she will also be promoting during her overseas trip.

"In the book tour I'll be reading excerpts from it (her first book) and exploring the ways you can create the life you want," Ms Ryan-Revel said.

"It gives you some tips on how to cope in different situations, how to access inner strength to deal with things with grace and dignity."

Ms Ryan-Revel decided to change her career and pursue her goals after she attended a chakra workshop 12 years ago.

"The more I learn about it, the more I realise how amazing they (chakras) are, I learn something new every day so it's a constantly evolving thing," she said.

Her workshops have become so successful that Ms Ryan-Revel has trained 30 women to run them in other parts of the world.

A new book entitled The Seven Day Chakra Workout is scheduled for release when Ms Ryan-Revel returns from America and the author expects it to be a best seller.

"That's one you'll see in every shop," she said.



Anita Ryan-Revel is Bunbury's very own urban goddess and conducts workshops to motivate and empower