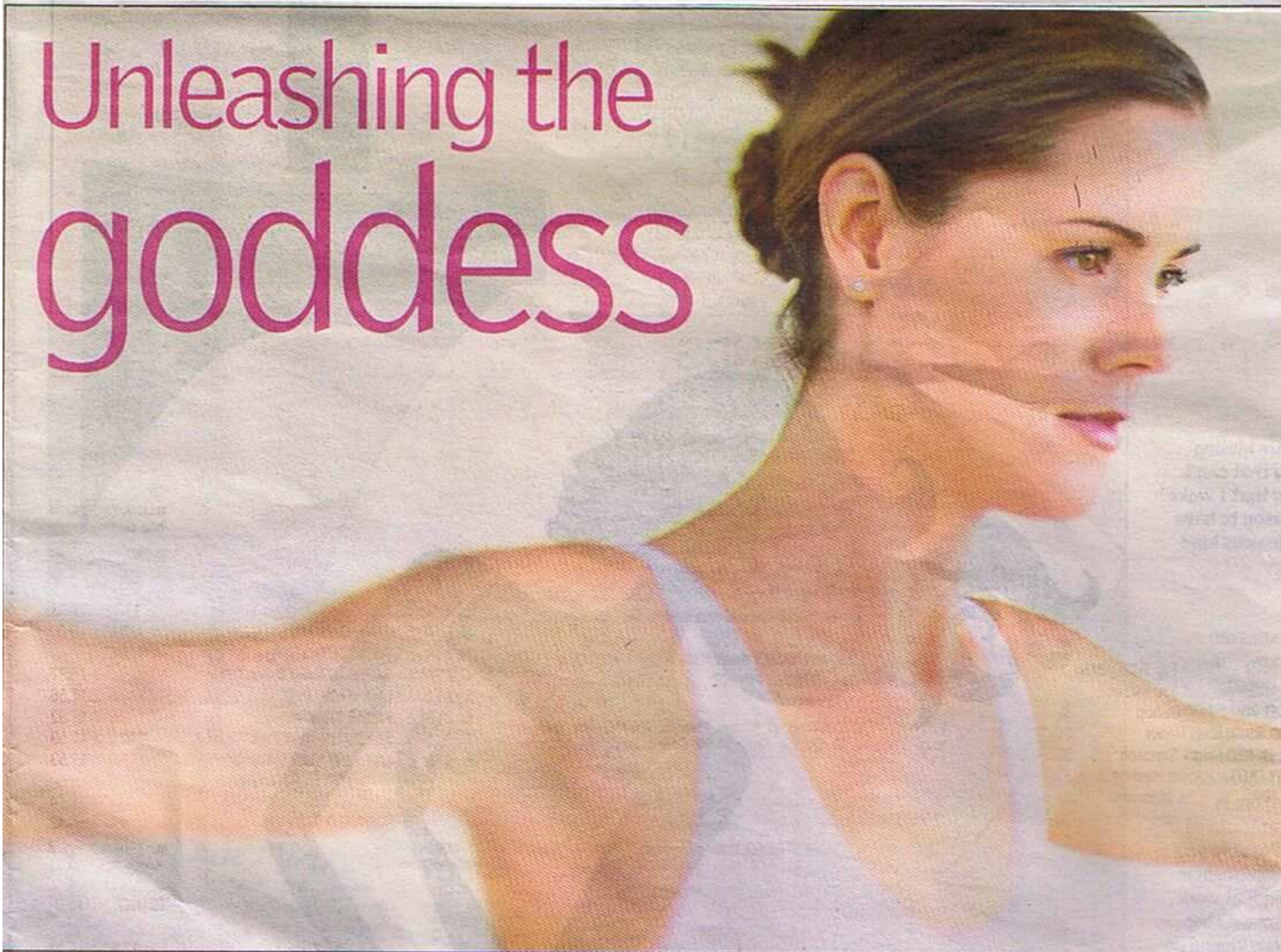


Unleashing the goddess



MONICA VIDENIEKS

Ladies — there's a secret weapon lurking deep within you. But as women juggle relationships, careers, caring for children and running a household, it can be easy to lose sight of that special talent.

This is where author Anita Ryan steps in. The self-appointed Goddess Guru is helping WA women unleash their inner goddess.

Drawing on the qualities of ancient goddesses from cultures around the world and the seven chakras — or energy centres in the body — Ms Ryan is teaching women the secrets of feeling good against the odds.

"Every woman is a goddess," she says. "The trick is learning and understanding the tools to reconnect with your inner goddess but once you do, you have the ability to achieve anything."

By balancing the chakras that represent foundation, creativity, self-confidence, love, expression, wisdom and faith, Ms Ryan says women can learn how to better "tune in" to their body.

If this sounds a bit too alternative for you, she points out that the purpose of her goddess workshops is actually very straightforward. It's about getting to know — and accept — who you are.



Anita Ryan

"I teach women to accept their intuition and their wisdom, they learn to trust the decisions they make," Ms Ryan says. "If you can tap into your own intuition, you can learn what your body is telling you when it doesn't like what is happening to it. You can read what's going on in you."

Students to her workshops have included Catholic nuns and married women, some at the crossroads in their lives.

"Every woman is a goddess but with work, family and partnering pressures, it can be difficult to feel like a goddess and believe that you can shine," she says.

October workshops: Mandurah 9535 7619; Parkerville 9496 3433.
More details: www.goddess.com.au.