

No Money Buys Happiness

Australian author shares her insights in a free e-course at ChakraGoddess.com

Finally some good news for people seeking to undertake further study for free – an Australian author is blazing a new trail for information and coursework delivery, by offering her personal development course for free.

“Giving away the content of my program, with no strings attached, is my way of putting an entirely fresh approach on e-course delivery,” says the course author, Anita Ryan-Revel. “In fact, I am yet to find an e-course like this that actually gives the content away to this extent!”

The material is a culmination of years of research and Anita’s own personal journey.

“The coursework is tried and true, and after 10 years I have now reached the stage where I can share it with anyone else interested in achieving balance and happiness in their lives.”

The e-course is called The 7-Day Chakra Workout and is offered in 16 parts via Anita’s website, ChakraGoddess.com .

“Chakras are energy fields in the body that represent the seven major aspects of life,” explains Anita. “When you can achieve balance in the areas of security, abundance, empowerment, love, truth, trust and joy, well, life becomes absolutely wonderful.”

The chakra system dates back many centuries, but Anita’s approach has a decidedly modern slant.

“All you need is an email address and internet access and you’re on your way to becoming more happy, healthy and totally in harmony with all aspects of your life,” she says.

The e-course is also mindful of the busy lives people lead, and each day’s instalment takes no longer than five minutes to complete.

“Every individual is travelling at a different pace, so I’ve structured the e-course to be as top line or as deep as each person chooses to go,” says Anita, who developed the skill of curriculum development during her years as a teacher and lecturer.

“You can simply read each day’s instalment and let the message sit with you, or you can do some of the suggested activities such as doing a colour quiz, swinging a pendulum, or clicking on some fun links,” she suggests.

“Or, you can go further and donate a gold coin for some optional extra course material on any subject that piques your interest.”

Anita suggests course participants can bring balance into their lives by using the energies of colour, gemstones, music, flowers and essential oils, along with additional sources of energy â€“ elements, mantras and even some archetypal goddess advice.

â€œThe information presented in this e-course uses a wide range of tools and originates from a range of cultures, so it speaks directly to the hearts and souls of men and women all around the world â€“ this makes it a very appealing e-course no matter where you live.â€•

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<http://www.ChakraGoddess.com>