

The Power of the Feminine

Authentic | Intuitive | Purposeful

Celebrating International Women's Day 2015 at Global Co-operation House

Sunday 8th March 2015 2-5.30pm

Little did we know that the quality for the afternoon was literally established, when the MC, **Romina Melwani**, currently studying to be a Nutritionist, asked: "*Are you ready to enjoy yourselves...as this is an afternoon just for yourselves!*" This set the tone for what was an unusual and experiential afternoon before the introduction of the two charismatic performers. In one instance, an encore was requested after the singing workshop, and granted!

The following itemization of the afternoon events depicts the program and gives an idea of its lively flavour.

Song - By **Sister Liuba Doga**, a Vocal Coach and Dancer, from Moldova, now offering her services in Cambridge. She sang powerfully, filling the Conference Hall, with the melodious tones of a refrain that encouraged us to recognize and remember, "*Happiness is not outside yourself; Happiness is just being yourself...and that you are an eternal spark of light*".

Dance - Sister Claudia Pugliesi, a professional dancer from Brazil, now living in London and running a dance studio, expressed what it meant for her to be a powerful woman through a captivating dance, cleverly using a beautiful green shawl that swirled and flowed around her like water. She also teaches *Conscious Dance*.

Dance - Sister Liuba Doga, dressed in an elegant brocaded gown, heralded her arrival by the sound of ankle bells. She danced to the spiritual song of *Chalte, Chalte*, timing the accentuation of the music with precise gracious movements of head, hands and feet that enthralled us.

Sister Romina invited the three speakers on stage and left them with multiple questions, for example,

- *What does it mean to be a powerful woman?*
- *What does it mean to be more authentic?*
- *Is it okay to live a life of intuition or should we be more left-brained and assertive in the world?*

What ensued can only be described as eavesdropping on a conversation in someone's living room, as the three speakers, held a "*thrilling*" conversation on the topic. All three quickly demonstrated that they were representative of power in the feminine form, as they established their points of view and bandied around the topic from the perspective of being authentic, intuitive and powerful. Their voices rang throughout this "*pseudo-living-room*", sometimes softly and gently, and at other times strident and forceful, as their passion for the topic could not be denied.

Liz Hodgkinson, a Writer, Journalist, International Speaker, and Property Developer, agreed with the other speakers that perhaps power must come from inside, but it was necessary to have laws in place to enable you to do something with the power because one is constrained by society, laws or culture. She felt initially, *that internal power was neither here nor there really...you had to have both; but that it was through fear that women gave their power away.*

Louise Richmond, an IT consultant, focused on the power that comes from within, then this allows her to be authentic. She said *that when I take my consciousness beyond the physical, then I find a richness, a power which becomes an engine to what I want to achieve.*

Vasanti Patel, formerly a successful IT specialist and now amongst other jobs, coordinates the IT department for the BKWSU, focused on purpose and *the relationship I have with myself*. She said *that we don't see our greatness, if we did, then we live by our greatness and it will make a change, but [instead] we see our weakness*.

After the **Tea Break**, short video clips were shown of the performers, Claudia Pugliese and Liuba Doga, which demonstrated how they had dramatically transformed their lives to one of authenticity. After which, they individually led the audience in two **experiential workshop**. Everyone learnt an expressive dance; and in song, learnt how to release their voices in stages, and then sing from their hearts.

In the **Writing Workshop** that followed with **Liz Hodgkinson**, everyone had to write what they took from the afternoon. They requested her to first share what she had written. She shared that *"the most important thing I picked up from the afternoon was that you have to take power inside yourself before you can manifest it to the world outside, then you can move forward with confidence...and that all women would do well to take that lesson on board..."* She received a spontaneous round of applause from the audience as her honesty and openness touched a spark in them.

Finally, a **Guided Meditation**, led by, Sister Jasu, closed the afternoon with a meditation on the Shakti power and connecting to Shiva, the Almighty Authority to create "pin-drop" silence though which we tap our own power. **Sister Jasu** remarked that *"when Sister Liuba was singing, the power and vibrations of her voice was able to close the Fire Doors"*, and she requested that *"the power of silence had to be just as powerful [in the room]"*.

From the perspective of the audience, a sample of their feedback forms best sums up the success of the afternoon.

What have you enjoyed?

- (Many shared) Dancing & Connecting
- All the speakers and mini workshops
- It's my first time here and I enjoyed immensely, the organization was great and people were very kind here.
- The debate was thrilling. The programme was fun. I liked the dancing and singing
- Enjoyed the singing and the videos of how they changed their career paths
- I will be coming back...the atmosphere of giving love and kindness has made an impression on me.
- I've enjoyed the whole afternoon...the talks, the dancing, the singing, the whole atmosphere...everything was enjoyable and interesting, the authenticity
- I enjoyed mainly the people who spoke, who were examples of power women

What have you learnt?

- The power of the silence, and learnt silence [is] to go within. Great class.
- Power comes from the inside. Be authentic [and] express yourself
- Learnt the deep spiritual meaning of song and dance. The authenticity comes from the inside/out
- Learnt that power is about coming into your own **POWER**
- Learnt the importance of being true to yourself and then you'll be true, authentic to the world.
- Reinforced I am divine love, divine power
- I am able to let go. It was perfect.

Toli and blessings completed the delightful afternoon.