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GABRIELLA GUGLIELMINOTTI TRIVEL

I want to share my message  
with women all around the world



Gabriella Guglielminotti Trivel was born in Italy and studied foreign languages at the University of Turin, her home city. She is a qualified Master Practitioner of Neuro Linguistic Programming (NLP) and has travelled around Europe, Asia, Africa, America and Antarctica. In 2012 she published a book, 'Antarctic Odyssey a New Beginning', about her adventures there. She is an author, speaker, visionary and coach who helps women gain confidence, authority and fulfillment in life by knowing better their body. Her signature ends with 'A Woman of XXI Century'.

### **What does a 'Woman of XXI Century' mean for you?**

I became aware of my vision of 'The Woman of the XXI Century' three years ago when I was becoming more and more aware of my work with women around the feminine cycle. The feminine cycle is still a taboo subject in our society and therefore it is difficult at times to publicly speak about it and be positively received by men and women.

Men are curious at times, as they all have experienced being at the receiving end of it, but women tend to show a straight face and not wanting to talk about it in some cases. This is partly understandable as women have been on the receiving end of patriarchy for thousands of years and many times they paid with their lives in past centuries for being themselves and outspoken. We find ourselves here with curiosity at one end and fear and concern at the other end, so what for the future? I have this vision of helping and facilitating the birth of 'The Woman of the XXI Century' because I think that it is time to free ourselves from the past! A 'Woman of the XXI Century' is a woman who is aware of her body, her values, her mission, and lives in a graceful way, enjoying her life to the fullest and radiating love and wisdom. She does this by being in contact with her womb and respecting her 'inner seasons': her feminine cycle.

### **What is your experience of being a migrant woman in London?**

I moved to London in June 1998 from Italy to join the man I loved who had been living in London for decades. Being an adventurous woman who speaks four languages, I liked the challenge of a brand new start and I fell in love with the city, as it is such a multi-racial metropo-

lis. Little by little I got used to it and, within a few months, I felt at home for the very first time in my life! I liked the variety of boroughs, people, accents, languages, cultures, events, etc. I also became aware very early on that this would be a place where I would just reside for a period of my life and then I would move somewhere else. I was unconsciously aware of being a 'Migrant Woman'.

### **How would you describe the role of women in migration?**

The reason why women migrate is multi-fold and can be very personal.

I think women are very instinctual beings and behave accordingly following their spirit. Allowing oneself the freedom of being a 'migrant woman' is not for everybody though, but it is more and more present in the new generations. These days people in general realise that they can change country, if they want to change their life and maybe get more opportunities to get what they want in life. I have a very philosophical and metaphysical take of this though, I see 'migrant women' as pioneers and visionaries who plant new seeds in different cultures to advance humanity.

### **What is the biggest success in your life?**

I consider my biggest success so far is having decided to join an expedition to Antarctica in 2008 when I was just coming out of my divorce and felt very vulnerable and lost as a woman! I had enough strength inside myself to realise that my spirit was calling me to let go and free myself. I wanted to jump back fully into life and find myself again. I needed to trace back my dreams and visions of when I was younger and was more aware of myself.

I listened to my heart and followed it, even if the whole thing was pretty crazy. Remembering how low I was then, I admire my inner strength and courage and can see that it was the same strength I called upon when I decided to become self-employed and step even more outside of my comfort zone.

### **What makes you happy?**

I feel happy when I see that I make a difference in someone's life by being myself and sharing my wisdom, knowledge and enthusiasm for life. Happiness for me is the realisation that I am part of the whole and as such I can contribute to humanity. I feel happy when I fly in a glider and feel free as I look at the clouds and at the birds that sometimes choose to share the same flow with me.

I feel happy when I travel and see new places and experience different cultures, because that broadens my mind and my spirit feels alive, free and ecstatic! I feel happy when I see that I stretch myself and dare to live beyond my limiting beliefs, what is considered okay by the majority of people and dare to think and live the impossible.

### **What is the biggest dream you are waiting to come true?**

To be able to share my message with women all around the world and help them to feel empowered and happy by being aware of their body and feminine cycle. I want to change globally the perception of the female cycle and be perceived as a 'woman's best friend' rather than a 'curse'! I also want to start 'Flying Inspiration' centres around the world where women can go and find what they need to have a break, feel safe and allow themselves to be, so that they can dream the life they want to live.