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Urban Talk

"Embodiment of the Urban Goddess"

Like most Hong Kong-ers, you are probably overworked and under slept. It's all too easy to forget to take time out for yourself and to give love and attention to the most important person in the world - yourself!

Hong Kong based life coach, Pia Muggerud, suggests a few ways to unleash your inner Goddess... These might seem like obvious things to do but it's so easy to forget to do the simple things in life.

1. Spend more time alone, giving back to yourself. Listen to music, read a book or your favourite poetry.
2. Work less, and sleep or rest more. It is difficult, if not impossible, to be feminine and exhausted at the same time. Rest is a critical element in rejuvenating all aspects of our femininity.
3. Engage in activities that give you physical pleasure, for example, a massage or bubble bath.
4. Practice loving your body, regardless of its shape or size.
5. Spend more time in female company; connecting, sharing, laughing or playing.
6. Climb back in your body instead of dragging it around. Express yourself through your body. Get physical with dancing, yoga, exercise or your favorite sport.
7. Get creative. Female energy expresses itself through the heart, through the senses. From this mystery springs creativity and intuition. Write in your journal, start painting or cook a gourmet meal.
8. When you have energy, try saving it for play, instead of spending it at work or on the endless projects in your home.
9. Develop your ability to receive. When presented with a gift or contribution, consciously take a deep breath and accept the gift within yourself. Noticing is the heart of receiving. Notice the details of the gift, whether it is a compliment, an object, or a meal. Notice the spirit of the gift; the feeling and caring with which it is given. Notice the contribution of the gift to your life; how it changes that moment or day or particular experience. Then speak what you notice.
10. Laugh out loud! Have you ever sat on a plane and watched a funny movie and been forced to laugh out loud? Not only does it feel great but if you notice, people around you will also end up smiling. It's contagious!