



life coach :: trainer :: facilitator :: goddess

*pia muggerud*

... Irresistibly Feminine ...



## Copia April 2009 Newsletter

... Irresistibly Feminine ...

### Irresistible content

[When do you feel most feminine?](#)

[Message from Pia](#)

[Show Your Girlfriends Your Love...](#)

[Custom-Made Women's Events](#)

### Join our list

[Join Our Mailing List!](#)

### Book Recommendation of the Month

[To Woman in Love: A Book of Letters by Barry Long](#)

Barry Long received many letters from women all around the world who had been touched or inspired by his teachings on love and sex. This intimate correspondence is featured in this book. Inside is spiritual advice given to women about their relationships with parents and children, and especially with the men in their lives.

The heart of the book is Barry Long's challenge to women to always put love first - above everything else.

### Movie Recommendation of the Month

### When do you feel most feminine?

This month I am starting a new column where I will be interviewing people to hear their views and experiences of the feminine. Every other month, women will be asked: "When do you feel most feminine?" and alternative months I will also interview men to hear their answers to "What do you love or admire most about the feminine? Scroll down to the bottom left and you will see the links where my 'Friendly Links' used to be.

Enjoy and get inspired!

### Message from Pia

Girlfriends have always been a very important part of my life. In fact, after spending many years away from my family in Norway, my friends have played an even more significant part in my life!



More recently, I have understood this fact more clearly. Having entered into a relationship with a man a few weeks ago, I suddenly have less time for my friends, as I am spending most of my time with my man. This is a new and fresh experience for me, a situation loooong awaited! I have been single for a long time, so of course I am enjoying the indulgence these precious first few weeks have to offer!

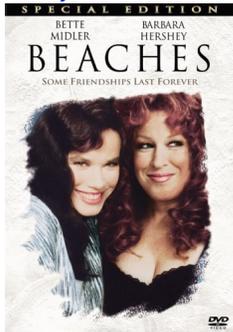
This time spent away from girlfriend has made me reflect on their importance in my life. In the midst of my enjoyment with my man, I realize that I miss the time spent with other women. I sense, even in my short interactions with my girlfriends, that I really miss being with them! And I feel there is something essential that women have to offer other women, i.e. me!! that men do not have.

What a revelation! Not because I did not know women's importance in my life, but also because I realized that no matter how amazing your man is and no matter how fulfilling your relating with him is, he cannot take the place of the women in my life.

So I am not writing these words to say we have to limit ourselves to either having girlfriends or a man in our lives. I am a firm believer that we can have both! What I do want to do is that we take this month to honour our girlfriends; to let them know just how important their presence is in our lives.

## Beaches (1988)

This Academy Award-nominated drama, is well written (based on the novel by Iris Rainer Dart) and nicely textured in its contrast between the characters' separate destinies. The plot follows a 30-year friendship between two women, one wealthy (Barbara Hershey) and the other (Bette Midler) seeking her fortune in show business. When Hershey becomes ill with cancer, the film takes a predictably sentimental course, yet the director brings out the best in both actresses and catches some very fine drama.



## When Do You Feel Most Feminine?

When do you feel your most feminine - Prem

When do you feel your most feminine - Chetana

When do you feel your most feminine - Urja

Who are the important women in your life?

## Show Your Girlfriends Your Love

Are you like me, someone who finds herself time and time again having feelings of love and appreciation for the women in your life, but somehow you forget the importance of communicating this directly to them? Well, that is about to change!



Who are the important women in your life? What is it about them that touches your heart? Or draws you to them again and again?

1. Think about the girlfriend/female teachers/female family members etc that enrich your life in some way. Take some time out to really feel their essence. What is it about each of these women that touches your heart in a way that makes it smile? That really makes a difference to your life?

2. Make a list of these women. Get really clear about what their qualities are that you love and admire. Below are some key words to help you get started:

Wisdom

Mothering/Nurturing

Love

Commitment

Energy

Surrender

Sensuality

Fun/Playfulness

Compassion

3. Acknowledge them! This means you go to each of these essential women in your life and you acknowledge them directly, tell them in whichever way feel appropriate, how much you love and appreciate them. It could be a meeting over a tea or dinner, it could be a letter or a phone call (pending on the distance between you..)

Then sit back and watch the love that you feel in your heart spread into the heart of these women. Ahhh, just like the film Pay it Forward, the love will just continue flowing... Enjoy!



*Those who bring sunshine into the lives of others cannot keep it from themselves* - James Matthew Barrie (author of Peter Pan)

### Custom-Made Women's Events

Coming up in May, Copia will for the first time be conducting custom-made events for women of 6-12 people. This comes from the idea that women have expressed an interest in having smaller, intimate workshops, and also fit it into their busy schedules.

Sooooo.. Your role will be to gather a group of your favourite friends together and to host it at your home or one of the other women's homes. You can decide on what you would like the evening look/feel like or we can co-create a theme. Copia's role will be to design an intimate 3 hour session just for you!

The aim of this offer is for you and your friends to take the time to honour your friendship. it is also about you bonding, growing, learning and last but not least have lots of fun!!!

**Contact Copia for more details!**

As a thank you to one or many of the beloved women in your life, why not offer them a gift in form of coaching! At Copia we specialise in working with women that are seeking to be and experience the best that life has to offer.

[Click here](#) to view all of Copia's services and see which one may suit you or your girlfriends best. We can custom-make a product or event for your individual specifications.

*"Never does a man portray his character more vividly than his proclaiming the character of another."* - Winston Churchill

sincerely and irresistibly yours...

**Pia Muggerud**  
Copia Coaching  
[www.co-pia.com](http://www.co-pia.com)

### QUOTE OF THE MONTH:

*"The most beautiful discovery true friends make is that they can grow separately without growing apart"* - Elizabeth Foley