



Copia February 2009 Newsletter ... Irresistibly Feminine ...

Irresistible content

[Message from Pia](#)

[Self Love](#)

[Fall In Love With Your Body](#)

Join our list

[Join Our Mailing List!](#)

Book Recommendation of the Month

[Eat Mangoes Naked
by Sark](#)

This book is your traveling pleasure companion. I want to remind you to seek out pleasure and lightly scoop it up!

It is also a guide to finding pleasure in all of the difficult places: during illness, at the periodontist, facing our aging and mortality...

I share my explorations into pleasure, and the places I get lost.

Let's magnify our pleasures together, no matter what else is happening in our lives.

Movie Recommendation

Message from Pia

This month my newsletter comes to you much later than usual. The more I sink deeper into my feminine, the more I get in touch with my need to relax and enjoy on this life's journey. I am somebody who always seems to keep myself busy, and although I am currently doing much in terms of learning and growing, I am happy to say that other things, such as dancing, having cups of tea and being gentle with myself are finding their way into my routine much more! And that means also doing what feels right to me in every moment...



That brings me on to this month's topic. With Valentine's Day being a recent memory in most of the Western world, red roses, chocolates and love poems have exchanged hands between love-struck lovers. My own experience this month was more centred around connecting deeply with my humanity and those around me. I finished assisting in a workshop called [Path of Love](#). This is a profound 7-day experience of reconnecting to your heart and your deepest longing (amongst other things...). In this space, I have touched and felt love in such a tangible way that I have never done before or since. And in the process, having moments where I truly embraced myself in all my glory as well as all my limitations.

So this elusive self love, does it really exist? It seems that it is something we are born with; actually we are born being just love. And somewhere along the way, we receive messages from the outside that we should be this or we should be that. And none of these have much to do with who you are. So on a deep level we learn that we need to be different in order to be accepted; in order to feel enough..

Yet here we are in this Valentines month, pouring love and affection onto the other, hoping that love will miraculously come flowing back to us. And when the "will you be my Valentine" cards do not reach your mailbox, you are reminded again that somehow you are not enough. Even when love seems to reach back to you, there still seems to be something missing. That is our own love for ourselves!

of the Month

Memoirs of a Geisha

The story traces a young girl's determination to free herself from the imprisonment of scullery maid to geisha, then from the imprisonment of geisha to a woman allowed to love. Chiyo, a young girl with curious blue eyes, is sold to a geisha house and doomed to pay off her debt as a cleaning girl until a stranger named The Chairman shows her kindness. She is inspired to work hard and become a geisha in order to be near the Chairman, with whom she has fallen in love.



Friendly Links

[Real Beauty???](#)

[How About A Hug?](#)

[Dangerous Beauty love story](#)

The concept of self love may seem like a cliché to you with all the masters and self development experts that talk about it in depth and repeatedly. But that is really where all self work starts. Amongst other things, it means giving to yourself first. It means creating healthy boundaries around your own needs and learning to express this clearly to your loved ones. And saying yes when you mean yes and no when that is what your heart tells you. (Maybe you even have to figure out what you really feel!)

How can you show yourself love today? (in a way that will have you feel and receive it..)

Self Love...

"The person who does not love himself will not be able to love anybody else, ever. The first ripple of love has to rise in your heart. If it has not risen for yourself it cannot rise for anybody else, because everybody else is farther away from you.



It is like throwing a stone in the silent lake -- the first ripples will arise around the stone and then they will go on spreading to the further shores. The first ripple of love has to be around yourself. One has to love one's body, one has to love one's soul, one has to love one's totality.

And this is natural; otherwise you would not be able to survive at all. And it is beautiful because it beautifies you. The person who loves himself becomes graceful, elegant. The person who loves himself is bound to become more silent, more meditative more prayerful than the person who does not love himself.

If you don't love your house you will not clean it; if you don't love your house you will not paint it; if you don't love you will not surround it with a beautiful garden with a lotus pond. If you love yourself you will create a garden around yourself. You will try to grow your potential; you will try to bring out all that is in you to be expressed. If you love, you will go on showering yourself; you will go on nourishing yourself.

And if you love yourself you will be surprised: others will love you. Nobody loves a person who does not love himself. If you cannot even love yourself, who else is going to take the trouble? And the person who does not love himself cannot remain neutral. Remember, in life there is no neutrality.

The man who does not love himself hates, will have to hate -- life knows no neutrality. Life is always a choice. If you don't love that does not mean that you can simply remain in that not loving state. No, you will hate.

And the person who hates himself becomes destructive. And the

person who hates himself will hate everybody else -- he will be so angry and violent and continuously in rage. The person who hates himself, how can he hope that others will love him? His whole life will be destroyed. To love oneself is a great religious value.

I teach you self-love. But remember, self-love does not mean egotistical pride, not at all. In fact it means just the opposite. The person who loves himself finds there is no self in him. Love always melts the self: that is one of the alchemical secrets to be learned, understood, and experienced. Love always melts the self. Whenever you love, the self disappears. You love a woman and at least in the few moments when there is real love for the woman, there is no self in you, no ego.

Ego and love cannot exist together. They are like light and darkness: when light comes, darkness disappears. If you love yourself you will be surprised -- self-love means the self disappears. In self-love there is no self ever found. That is the paradox: self-love is utterly selfless. It is not selfish -- because whenever there is light there is no darkness, and whenever there is love there is no self.

Love melts the frozen self. The self is like an ice cube, love is like the morning sun. The warmth of love... and the self starts melting. The more you love yourself the less you will find of the self in you, and then it becomes a great meditation."

OSHO - The Secret, Chapter #18: The Master Is A Metaphor

Fall In Love With Your Body

Women have been learning for years to evaluate their body in comparison to impossible bodily ideals. When we celebrate ideal images as we do in magazines, in the fashion industry etc, we make all others feel inadequate. Unfortunately, for many looking at our naked body is filled with anxiety. Try to remember that a judged and criticized body does not give way to the pleasurable and irresistibly YOU nearly as easily as a body that is loved and appreciated.



Can you take a holiday from your own body criticism? Do your best not to engage in complaints or worries about your body alone or with others. It is amazing how difficult this can be!

Find a mirror that is as near to full length as possible. You will need freedom from interruption and soft lighting. If soft background music is going to help you relax, then go for it! And as we look at ourselves and touch ourselves, we start the process of loving ourselves.

1. TAKE IT FROM THE TOP: Start at the top of your head and move downward, noticing the particular artistry of your body. Notice the colour, shape, and texture of your hair, the colour of your

eyes, and the shape of your face. Note how soft and sensitive your lips are compared with your cheeks. Notice your ears and your neck, the length of your arms. Feel every part. And take your time!

2. NO BODY CRITICS: Whenever negative thoughts occur to you, such as 'The back of my arms are flabby,' take a moment to verbally appreciate that part of your body for what it does. For example, thank your arms for the great job they do at lifting, writing, and hugging.

3. APPRECIATE EACH PART: Find something kind to say about each part of your body. As you move down your body, appreciate the particular shape of your breasts, the colour of your nipples, the soft curves of your belly and hips, your buttocks, the roundness of your thighs, the length of your legs, the stability of your feet. Every woman's body is uniquely beautiful. You can feel desire and be desired exactly as you are.

Finally it is time to celebrate! Whatever that may mean to you.. Maybe take a long, relaxing back; caressing each body part. Or maybe you would like to have a massage, as a thank you to your body for serving you well. I know what I will plan to do; I will go out in the open and dance in the sun with the breeze caressing my skin. Mm...

So beloved, juicy and irresistible women, I will leave you with a final link to one of my articles. But before that I urge and invite you to have your own personal date with yourself, just like a one-woman's Valentines Day.. We can call it Aphrodite's Day. Where you pamper, enjoy, relax. Whatever you need to feel yourself just a little more in your hectic days. Enjoy!

[Click here](#) to read my SCMP article "Healing Mind and Body", as a reminder to take care of your own personal needs first, in this case the body.

*"Love is the discovery of ourselves in others, and the delight in the recognition."
-Alexander Smith, Poet*

sincerely and irresistibly yours...

Pia Muggerud
Copia Coaching
www.co-pia.com

QUOTE OF THE MONTH:

"If you have a feminine heart your heart aches to flow, give, and receive love." --David Deida (From "Living Sacred Intimacy," an MP3)