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pia muggerud

... Irresistibly Feminine ...



Copia February 2010 Newsletter

... Irresistibly Feminine ...

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Irresistible Book Recommendation

[Intimacy: Trusting Oneself and the Other](#)

[By Osho](#)

In this gentle and compassionate guide, Osho takes his readers step-by-step through what makes people afraid of intimacy, how to encounter those fears and go beyond them, and what they can do to nourish themselves and their relationships to support more openness and trust.

Message from Pia

February 14th, or Valentines Day, is fast approaching! In all the chocolate shops, or book shops, you cannot miss the ocean of red that is flooding the shelves, be it roses, cards or teddy bears.. Women all over the world are anticipating this day, often for months, as this day they get to feel special, taken care of, pampered!



Have you ever asked yourself what this day really means to you, or rather, have you asked yourself what it is that you truly yearn for from your intimate partner? If not, this might be the time for you to make sure that you find out! Because if you are not sure, you certainly cannot expect your man to know...

I would argue that what we all really yearn for is to be loved. Pure and simple.. But what does that mean? In practical terms, how will you know when you are loved?

For me, as I travel deeper into love with my man Pravas, I am realising how essential deep intimacy is for me! You know, "Into-me-(you)-see"!! For me that means opening up to another (Pravas) in order to let him see me at my core.

To keep safe, I have spent most of my life expressing only what felt ok, whilst hiding my pain, my shame and insecurities - the things I feared would not be acceptable... This does not create intimacy though, because only showing what is rosey is not authentic. And it doesn't inspire your partner to share if you are not willing to. That means you both must have the willingness to be fully known by the other.

As I slowly begin to open and expose more to Pravas, the ripple effect to me is more love, more compassion and more peace. Who would have thought??!! So in your life, who would you be willing to let see you, ALL of you? (Into-me-(you)-see)

love, Pia

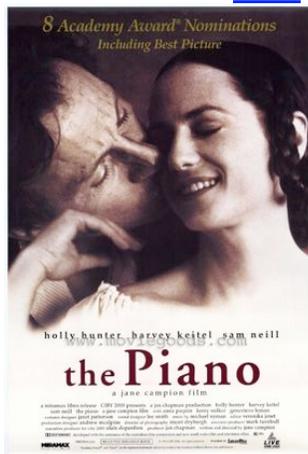
Irresistible Movie Recommendation

The Piano

It is the mid-nineteenth century. Ada is a mute who has a young daughter, Flora. In an arranged marriage she leaves her native Scotland accompanied by her daughter and her beloved piano. Life in the rugged forests of New Zealand's South Island is not all she may have imagined and nor is her relationship with her new husband Stewart. She suffers torment and loss when Stewart sells her piano to a neighbour, George.

Ada learns from George that she may earn back her piano by giving him piano lessons, but only with certain other conditions attached. At first Ada despises George but slowly their relationship is transformed and this propels them into a dire situation.

Watch the trailer [here](#).



Irresistible Vouchers from Copia

Now you can give your friends or loved ones a unique gift from Copia Coaching!

love, Pia

Into-Me-(You)-See...

If you were to look up the word Intimacy in the dictionary, which I did today, you would find it refers to "*connection with another as a result of entering deeply or closely into relationship through knowledge and experience of the other*". Sounds kinda impersonal when you put it like that. But intimacy is such a personal experience.. how to put into words what you are feeling when you are intimate with another?

When you look at how you communicate with your closest, your loved ones, how often can you say you have been truly intimate? Allowed them to see behind the mask that you wear? How deep and close are you willing to go in order to create this kind of connection that deep inside we all year for, for intimacy?



For those of you who are not sure how to even start to create intimacy, consider when in the past you have felt an intimate closeness with another. Who were you being and/or which part of yourself were you and the other revealing to each other?

If you have an intimate partner or would just like to create more intimacy with a friend, consider some of the following activities as doorways to entering into deeper intimacy:

1. Deep, prolonged eye contact - this for many is challenging. The eyes really are the window to the soul!
2. Sharing and communication - what is in your heart?
3. Laughter and play - allow your innocence to flow!
4. Questions and answers - what do you want to know? learn?
5. Breathing awareness - sitting or lying together, breathing in sync. This is good to combine with eye contact.
6. Energetic connection and loving touch - awareness in physical touch, could be holding hands or gentle massage. Always with deep awareness.
7. Meditation - sitting together in silence, sensing each other's energy or even do a guided meditation together

In the list above, there may be one or more of the activities that you feel drawn to. If so, then that will be the way that will work best for you to move into intimacy. Why not start today?

from Copia Coaching!

We offer both specific and custom-made vouchers for you to give to the people that you care most about. Starting from as low as HK\$500 and up, your gift will be a valuable addition to your friend's growth and pursuit of the life of her dreams.

[Click here for more options!](#)

Irresistible Words

"If you are waiting for anything to live and love without holding back, then you suffer. Every moment is the most important of your life. No future time is better than now to let your guard down and love."
- Devis Deida

move into intimacy. Why not start today?

For me, the most powerful thing I can do with Pravas is sharing what is going on in my heart. That means, I have to spell out to him what is working for me or not.. and it also means going deeper into the feelings behind what is not working. These have been very scary moments for me, to be face to face with the things that I most fear! And then have love stare me back in the eye!

So what are some things that you have been judging yourself for and made yourself wrong for? Can you share this with another? Can you have the courage to know that this is the route you must take for intimacy to truly blossom. Start today!

Irresistible Home Events

Irresistible Home Events are still going strong, with Vision Board Parties being the most popular.

"I must admit I wasn't quite sure what to expect but I really enjoyed myself and it was amazing how quickly everything seemed to come together once I switched my left brain off! It's nice to have some clarity - or to realise that clarity sometimes comes to you more easily once you stop trying to chase it down with logic."

And we are committed to create events that support and nurture women committed to living a life in truth as a woman in every sense of the word!

Copia Events are recognised for the depth and Intimacy that is created between women in our workshops, and your event will be no different! So if you would like to create some "into-me-you-see" with your girlfriends, here are some options:

Hen (Bachelorette) Nights.. Baby Showers.. Leaving Party.. Vision Board Parties

Or call us for any other good reason to celebrate and get together!

Call to book your Party! on: +852 6103 0809

More info [here!](#)

Sonia Samtani irresistible beauty from the inside out...

Ever since I can remember, I've had an eye for beauty and aspired to make things look even more appealing than I found them. This passion manifested in my desire to enhance my own attractiveness as a little girl. I began to look at magazines and research on colors, clothes, make-up and hairstyles that would compliment me, and I was amazed at the difference that I felt internally when I transformed my outer appearance. I began to understand how the outer appearance and inner self are true reflections of each other. Years later I discovered that what I was doing was professionally known as image consulting, and I had absolute certainty that I would one day be a consultant taking others through the same journey.



As I graduated from university I was guided towards a journey of introspection; I started by participating in several self-development workshops and shed the layers of my disempowering beliefs. During this time I was approached to work for the world's leading success coach Anthony Robbins where I coached others to powerfully deal with their self-sabotaging behaviors. This was an incredible experience for me and I made decisions that marked a turning point in my life, such as 'I would operate from faith rather than fear' and 'I wouldn't let any negative conversations or fears get in the way of pursuing my dream'. This shift jump-started my journey of becoming an image consultant, and six months later I founded my own company Sonia Samtani Consulting and began to see my dreams coming to fruition.

Presently, I am one of Hong Kong's well known image and lifestyle consultants, accredited by the Association of Image Consultants International (AICI). I am a trained life coach and hypnotherapist, facilitating holistic transformation, working on both conscious and subconscious levels. I enhance a person's image inside and out, facilitating visual, mental, emotional and spiritual transformation. Visually, I advise clients on their most enhancing color, bodyline, and personality dressing style. I provide individual consultations, mentoring, presentations, seminars and workshops. I believe that image goes far beyond the fads and fashions; it delves into the real you and inspires you to make choices that unveil your most beautiful avatar.

Alongside my career I actively participate in various organizations to support the community. Ad last year, I co-founded InJoy Hong Kong. We hold monthly events to inspire women look and feel attractive on different topics relative to each month. Our February event is called "The Attraction Factor".

www.soniasamtani.com

THE ATTRACTION FACTOR

The Attraction Factor

What do men want? Come to **InJoy Hong Kong** this February 9th and find out! This is a one-off session specially designed to include men! Our male panelists, who are happily married by the way, will share the inside story with us and will facilitate interactive discussions and exercises to enhance our relationships.

You will feel inspired to see the relationship between men and women in a whole new light. After this event you will feel ready take your existing relationship to a whole new level or welcome that special someone into your life!

Date: February 9th, 2010

Time: 6.30pm to 8.30pm

Venue: The Executive Centre, level 3, Three Pacific Place, 1 Queens Road East

Cost: HKD250 (including delicious sandwiches and cupcakes)

To register please contact:

Sonia @ T: 9238 7379 E: sonia.samtani@gmail.com

Irrisistibly Osho...

"Intimacy with one woman or one man is better than having many superficial relationships. Love is not a seasonal flower, it takes years to grow. And only when it grows does it go beyond biology, and start having something of the spiritual in it. Just being with many women or many men will keep you superficial - entertained maybe, but superficial; occupied certainly, but that occupation is not going to help in inward growth. But a one-to-one relationship, a sustained relationship so that you can understand each other more closely, is tremendously beneficial."

I would like to finish by saying to you to make every day like Valentines with your lover. May every day bring you beauty, peace, joy and love. Everything you could possibly wish for, let that be yours today and every day!

Finally, you can read my past article "Love in the city" [here](#). All in the spirit of love and intimacy!

sincerely and irresistibly yours...

Pia Muggerud

Copia Coaching

www.co-pia.com

IRRESISTIBLE QUOTE:

"The only true gift is a portion of yourself". -- Ralph Waldo Emerson