



Copia January 2009 Newsletter

... Irresistibly Feminine ...

Irresistible content

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Book Recommendation of the Month

[Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss](#)

David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Whether you're partnered or alone, Dear Lover reveals that "your love is the same love that yearns to open at everybody's heart. You will attract and inspire a man as willing and able to open as you are. Constant yearning is the call to open and give yourself to all as love's offering."

Movie

Message from Pia



Sometimes I forget myself. I forget that even in my busy-ness, there is always room for reconnecting and taking care of me. There has to be! And doing this on a regular basis is essential, not only for feeling alive and vibrant, but also in times of decision; having the clarity to know what you want and what is best for you at any given time.

Every year in December and/or January, I give myself the gift of going away to a meditation resort to do just this; [Osho's International meditation](#) resort in Pune, India. This is where I recharge my batteries through daily meditations, dance and connecting with beautiful, like-minded people. In this space, I open up to the more playful, relaxed and sensual woman inside of me.

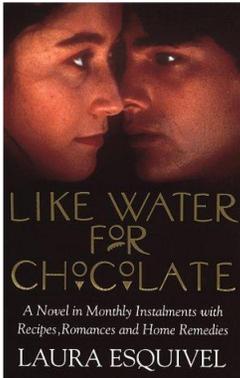
Today I believe that that deep yearning that was always present inside of me is what led me on a long and sometimes very painful journey to return home to my sacred self - the beautiful woman that lives inside of me. In Pune I give myself the permission to explore her, to let her come out to play, and in meeting her, gaining courage to be her more and more. How do you connect with your inner woman? Is it time to lure her out again?
Love, Pia



Recommendation of the Month

[Like Water For Chocolate](#)

Experience for yourself the erotic tale of forbidden love that seduced both critics and audiences nationwide! Tita and Pedro are passionately in love. But their love is forbidden by an ancient family tradition. Tita learns to suppress her passions under the eye of a stern mother, but channels them into her cooking. The result is a steady stream of cuisine so delicious as to be an almost erotic experience for those lucky enough to have a bite. The film's quotient of magic realism feels a little stock, but the story line is good and Arau's affinity for the sensuality of food (and of nature) is sublime.



Friendly Links

[Osho International Meditation Resort](#)

[Scent of a Woman](#)

[OSHO on Being in Love](#)

Living in the Body of a Woman

Last week I participated in a 3 day therapy group called "Living in the Body of a Woman" here at Osho. It was a deep and mysterious process that brought many insights as well pain to the surface for me. But the beauty of such a group is the common yearning I found all the women in the group had. So by surrounding myself with these other courageous, loving and juicy women, highlighted to me how important it is for all women to have deep connection with her tribe, i.e. other women in order to blossom.



As many of you may not have the time or space right now to receive such support from others in your growth, you may find it powerful to start supporting your self as a woman in your own process.

The following process can help you get clear about, or at least connect with your inner yearning of how you would like to transform and grow as a woman into the year to come. As we have just entered a new year, what better time than now to feel into where your life as a woman can be enriched even more in 2009? When you have a picture in your mind's eye, existence will support you in the process of transformation.

Firstly, make sure you have the time and space (privacy, silence, relaxation) to hear your own heart speaking to you. Close your eyes and breathe deeply into your belly, creating room for your body and heart to make its yearning known to you.

Now, take your journal and write what you would like to start experiencing as a woman in the following areas in your life:

- Physical body
- Intimate relating
- Family
- Sex/Sensuality
- Passion
- Creativity
- Spirituality
- Connection with yourself
- Connection with women

Example:

I would like to create more safety around me with men so I can relax and surrender more during sex.

I want to become more courageous in showing my vulnerability with others, so that deeper connection is possible.

Once you have completed your writing, read through again what you have written. What stirs inside you when you read your own longing? What emotions stirs your heart? Once you have connected

with this, feel into what answers come up to the following questions:

Who do I need to show up as, as a woman, in order for my yearning to blossom into actual transformation?

What ways can I slowly start taking steps towards the woman I long to meet in the mirror?

Enjoy the process!

Are you living the life you're meant to live? Have you lost sight of your true self and the joy that comes with embracing all of who you are? Your inner woman has the know-how, motivation, and passion to turn your "less than" life experience into one filled with gusto, adventure, success, joy, and satisfaction.

Copia Coaching can support you in starting to take the steps to gain more insight into what an ideal life might look like for you and also start taking the steps towards it. Call us to set up an appointment to discuss the possibilities!

Finally, [click here](#) to read my SCMP article Stuff the Mushrooms; about how to indulge yourself as a woman even when you are busy..

May you all have an awesome and irresistible start to 2009!

*For last year's words belong to last year's language
And next year's words await another voice.
And to make an end is to make a beginning.
~T.S. Eliot, "Little Gidding"*

sincerely and irresistibly yours...

Pia Muggerud
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QUOTE OF THE MONTH:

"When she stopped conforming to the conventional picture of femininity she finally began to enjoy being a woman"

Betty Friedan