



... Irresistibly Feminine ...

Life coach :: trainer :: facilitator :: goddess

Pia Muggenud



Copia March 2010 Newsletter

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Irresistible Book Recommendation

[She - by Robert A. Johnson](#)

For men who want to understand women, and for women, to better understand themselves In Jungian terms, the Grecian myth of Psyche and Eros serves as a powerful illumination of the feminine personality. This timeless tale of love, loss, loneliness and ultimate triumph is a revealing allegory of every woman's striving toward individuation -- to become the whole and complete person she was intended to be.

[Understanding Psyche's story](#)

Celebrating Women!!!

March 8 is International Women's Day. This day is a day to recall the contribution of women to society. On March 8th, women all over the world come together to celebrate the strengths and achievements of women! 2010 will be even more significant as we mark the 99 year anniversary of International Women's Day! The United States even designates the whole month of March as 'Women's History Month'.



Being a woman is a delicate and tricky balancing act. A woman plays many roles and navigating the many roles and transitions we face is not an easy task, especially as we strive to remain true to our essential nature. She is a mother, a nurturer, a sister, and a partner. We are constantly in the process of balancing our softness with our power, our selflessness with our self-interest, our courage with our fear and our little girl insecurities with our deepest wisdom.

Women have been made to believe that they should act like men in order to be "powerful" and get respect, but what we really need in this world are powerful women, not men in women's bodies. That is why women have to reclaim their truth and resurface in a way that is nourishing both for her and the men they are in competition with...

But in addition playing those traditional roles, women have broken down many male stranglehold and made a mark for themselves in the world of business and government. That is why thousands of women gather every year on March 8th to celebrate. Celebrating our common bonds and sharing the burden of our common struggles. Also celebrating every step that women have taken through the ages that has allowed our generation to benefit so much and gaining the ability to experience ourselves at a level that our mothers and grandmothers never had the chance to do.

So wherever you are in the world, make sure you do your part in honouring the women that have come before us, that have paved the way for us to live in our freedom and expression. If you live in Hong Kong, join is ay the New Age Shop in our [A Celebration of International Women's Day!](#) If not, then find where there will be women celebrating near you. This is a day not to be missed for any of us..
love. Pia

can bring deep insights into every woman's struggle to deal with various aspects of her femininity and successfully relate to the men in her life. She also helps to explain the difficulties a woman may have in reconciling her femininity with her animus -- the unconscious masculine side of her personality -- and the problems a man may have in coming to terms with his anima, the inner feminine aspect of his psyche.

Irresistible Movie Recommendation

Thelma and Louise

Louise is working in a fast food restaurant as a waitress and has some problems with her friend Jimmy, who, as a musician, is always on the road. Thelma is married to Darryl who likes his wife to stay quiet in the kitchen so that he can watch football on TV. One day they decide to break out of their normal life and jump in the car and hit the road. Their journey, however, turns into a flight when Louise kills a man who threatens to rape Thelma...

Whilst on a short weekend getaway, Louise shoots a man who had tried to rape Thelma. Due to the incriminating circumstances, they make a run for it but are soon followed closely by the authorities. Along the way, both women rediscover the strength of their friendship and surprising aspects of their personalities and self-strengths in the trying times.

Watch the trailer [here!](#)
or watch a 'payback time moment [here!](#)



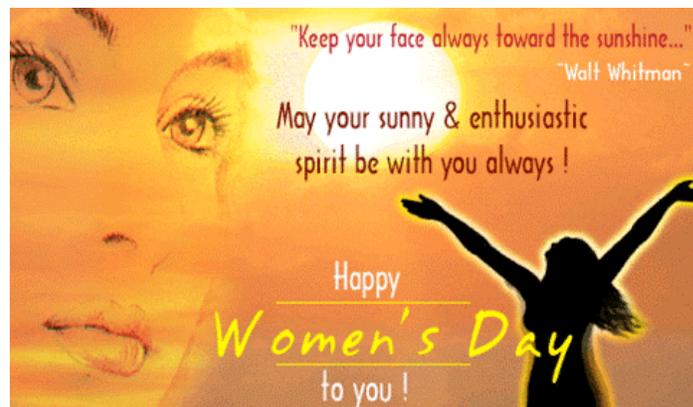
A Celebration of International Women's Day - March 8th

Come join us for a Special Evening to celebrate the [International Women's Day](#), which falls on March 8th every year. What better way of celebrating WOMANHOOD than by gathering a group of women!?!?

This is an invitation for conscious women who are ready to live with more Feminine Power, Presence and Love to join in celebrating an even fuller expression of their feminine!

During this evening, we will invite you to explore what it means to be powerful as women in your lives currently. We will also look at where your beliefs around being a woman comes from, and how all these are affecting us currently. Through meditation, discussion and exercises, we will delve deeper and celebrate where we have come from and where we are moving into.

Watch a short film about the International Womens' Day [here!](#)



Venue: [The New Age Shop](#)

Address: 7 Old Bailey Street, Central, Hong Kong

Time: 7 - 9:30pm

Price: HK\$250

Like Mother like Daughter?

Our first and most vital relationship is with mother.. And as we grow up, our mother becomes the key vision for all little girls about what a woman can be and *should* be... Saying this, at the time our mother's were doing the best they could raising us, and along the way, we had experiences which may not have supported our needs at the time. And as children, this can affect us deeply.

How might a past pain or wounds show up in your life today? The most common way it shows is in some kind of dysfunction. In other words, some key aspect of your life today does not work. We may find it difficult to discover or express our creativity. Or we may find ourselves emotionally or physically frozen. And as women, this can be directly related to our view of ourselves as woman and our ability to express our feminine power and juicy-ness.

For some of you, you have had very supportive and positive images and ideas of womanhood, whilst most of you are still unclear about your own personal truth. This could come from being confused about what you personally feel versus what you have been taught either



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Irresistible Words

I feel that as women we've allowed ourselves to be deluded by certain ideas that hold us back, such as the over-glorification of masculine consciousness. To me, liberation doesn't mean that I can think just like a man. Real liberation means that I can think, act, and be like a woman and receive equal respect, honor, and compensation. Liberation also means that even though I'm a woman

directly by your family or from the collective view of your community's views...

Answer the following to the best of your ability:

1. What messages about womanhood were communicated to you in words or remained unspoken by the female members of your family? (mother, grand mother, aunts etc) And by your community?
2. How do you feel about what you learned now? And how are these views of women working for you, as a women?

Irresistible Home Events

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

"Thanks ladies for a wonderful evening. I really enjoyed myself, and never thought that putting my 'vision' on a board before could help gain clarity on what I wanted. "

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!](#)

I have masculine parts of my temperament which I can safely explore and integrate into my experience. In the same way, real liberation for men means that they can explore and integrate their feminine aspects of consciousness.

~ Marianne Williamson ~

Sneak preview for April: Ambu...

[Ambu](#) is a disciple of the enlightened master Osho; living and working over 30 years at his International resort in Pune, India. She has a Master's in psychology (U.C.L University of Louvain, Belgium) and a postgraduate training in Sofrology (E.M.S. Barcelona, Spain).

Ambu will be visiting Hong Kong for a few weeks, and she will be available for individual session as The New Age Shop as well as she will be running workshops. Watch out for more news on Ambu, by going to the calendar.

Irrisistibly Osho...

"It is the long condemnation of feminine qualities that has gone deep into the blood and the bones of women. It is man's conspiracy to prove himself superior to women -- which he is not. And to prove that the woman is weak, he has to condemn all the feminine qualities. He has to say that they are all weak, and all those qualities together make the woman weak. In fact, the woman has all the great qualities in her. And whenever a man becomes awakened, he attains to the same qualities which he has been condemning in women. The qualities that are thought to be weak are all the feminine qualities. And it is a strange fact that all the great qualities come into that category. What is left are only the brutal qualities, animal qualities. Love, trust, beauty, sincerity, truthfulness, authenticity -- these are all feminine qualities, and they are far greater than any qualities that man has. But the whole past has been dominated by man and his qualities".

Osho, excerpted from *Sermons in Stones*, Chapter 17

BONUS: Sisters...

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter. "Don't forget your Sisters," she advised, swirling the tea leaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters. Remember to go places with them now and then; do things with them. "Remember that 'Sisters' means ALL the women... your girlfriends, your daughters, and all your other women relatives too. "You'll need other women. Women always do."

'What a funny piece of advice!' the young woman thought. 'Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile!' But she listened to her Mother. She kept contact with her Sisters and made more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her Mum really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstays of her life.

After more than 60 years of living in this world, here is what I've

learned:
Time passes...
Life happens...
Distance separates...
Children grow up...
Jobs come and go...
Love waxes and wanes...
Men don't do what they're supposed to do...
Hearts break...
Parents die...
Colleagues forget favors...
Careers end...
BUT.....

Sisters are there, no matter how much time and how many miles are between you. A girlfriend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

Sometimes, they will even break the rules and walk beside you. Or come in and carry you out. Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunts, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Every day, we need each other still.

Even if we only get one day per year that celebrates women and all that we are about doesn't mean that we only have to celebrate and acknowledge ourselves just on this day... However, if you are out of practice, why not start with March 8th...? Join a workshop or woman's circle, or you may even be the person who instigates a gathering of like-minded women. But don't wait, you will feel the powerful ripple-effects of this day everywhere!

Two years ago, I wrote the article "Stuff The Mushrooms" to and for women who deal with the juggling roles that women face in this age of 'equality.. It has just as much relevance for you as women now as it did back then. Have a read

[here!](#)

sincerely and irresistibly yours...

Pia Mugggerud

Copia Coaching
www.co-pia.com

IRRESISTIBLE QUOTE:

One is not born a woman, one becomes one - Simone de Beauvoir