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pia muggerud

... Irresistibly Feminine ...



Copia May 2009 Newsletter

... Irresistibly Feminine ...

Irresistible content

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Book Recommendation of the Month

[Chicken Soup for the Mother & Daughter Soul](#)

There is a special bond between a mother and her daughter that, in the vast scope of human relationships, is unparalleled. Sometimes fragile and tenuous but at once as enduring as the Rockies, it is a relationship that is neither static nor shallow. It is evolving and forever? a deep and eternal wellspring. In this remarkable collection, you will read stories of love and courage, loss and reunion, sacrifice and redemption and everyday caring that make up life.

Movie

What do you love or admire most about the feminine?

Last month, I started a new column where I interview people to hear their views and experiences of the feminine. In April, I asked 3 women: "When do you feel most feminine?" This month, I have interviewed 3 beautiful men to hear their answers to "What do you love or admire most about the feminine? Ladies, enjoy these men and their homage to the feminine. It seems, men really love us!!!!

Message from Pia

This newsletter was not going to be about Mother's Day at all, in fact it was yesterday already... But I have been receiving many notes about mothers this week, and somehow it got me thinking more about my own mother than usual. The fact that I will be seeing her this week for the first time in almost a year, also added fuel to the fire..



I usually miss Mother's Day, mainly 'cause I live in different countries to my family. May 10th is celebrated in many countries, including my home town of Hong Kong and also countries like Brazil, Turkey, Ukraine, United States, Chile, China, Czech Republic, Denmark, India, Italy and many, many more.. Norway I believe was back in March. Oops... yet another one missed for me...

Anyway, I have never been one to get overly excited about the commercial side of special days around the world; Valentines Day, Secretaries Day, Father's Day etc, my stance has always been we shouldn't need Hallmark to tell us when we have to appreciate the special people in our lives... Yet, this week I have had to ask myself if I, in my busy schedule, really do take the time to extend loving thoughts or gestures? And this week, I asked this about my mother.

My relationship with my own mother, has been quite the roller-coaster throughout most of my adult life. In my mind and heart, I have probably been less than kind towards the woman that gave me life. I continue to work on healing these feelings with a commitment to fully embrace her in love and acceptance. Because there is a deeper part of me that knows if i do not fully forgive and accept her, I will never be the woman I want to be.

During my recent trip to India, I not only facilitated workshops,

Recommendation of the Month

Stepmom

Anna and Ben, the two children of Jackie and Luke, have to cope with the fact that their parents divorced and that there is a new woman in their father's life: Isabel (Julia Roberts), a successful photographer. She does her best to treat the kids in a way that makes them still feel at home when being with their dad, but also loves her work and does not plan to give it up. But Jackie (Susan Sarandon), a full-time mother, regards Isabel's efforts as offensively insufficient. The conflict between them is deepened by the sudden diagnose of cancer, which might be deadly for Jackie.

[View trailer](#)



What Do You Love Most About The Feminine?

[What do you love most about the feminine - Rolf](#)

[What do you love most about the feminine - Shivakami](#)

[What do you love most about the feminine - Iran](#)

but I also participated in a number of groups offered at [Osho International Meditation Resort](#). During one of these, I was in the middle of a deep meditation, when I was overtaken by a deep feeling of compassion towards my mother. I cried and it felt so good!

I told a friend about this, and she immediately told me I had to call my mother. She even handed me her (Indian!) mobile... So I shyly dialed the numbers to Norway.. Mum picked up the phone and with a short explanation of what had happened, I told my mother, probably for the VERY FIRST TIME, that I loved her.

Who knows how my mother received this, or even which part of me was healing in that moment. All I know is that neither of us will be the same after that. One small gesture, setting aside pride and the feeling that I am right...

As is the mother, so is her daughter - Ezekiel 16:4

Although I don't always like the idea that I might be like my mother, there is probably some truth to this also.

So for all the new moms in awe of your daughter's first step, to the seasoned moms and to all of you who still have motherhood in the future dream, I wish you joy, love, compassion, forgiveness and peace, today and always!
love Pia

Healing Mothers/Daughters...

For those of you who are more like me in your relationships to your mothers; still needing to heal, the following exercise could be useful for you.



For any child, our first and most vital relationship is with mother.. And as we grow up, our mother become 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 juiciness.

Below are some very deep questions for you to ask yourself in order to connect with your relationship with mother and

womanhood; and ultimately with your own view of the feminine. Make sure you have plenty of time and personal space when answering these questions. And it may take a few instalments to get to the depths of your own authentic truth.



Ask yourself:

1. In what ways are you similar to your mother? (and which parts do you allow and which do you rebel?)
2. What do (did) you like and dislike about your mother?
3. How do (did) you express respect/love for your mother? Please explain..
4. What did your female family members teach you about being a woman that serves you and makes you feel great as a woman now?
5. How are you a great woman/mother as a direct result of your own mother?
6. After answering the questions above, what are you starting to see about yourself as a woman (and mother)?

Would sharing this with your own mum be a great gift to her today?

Custom-Made Women's Events

Do you feel like you would like to interact and connect with your girlfriends in a different way than what you normally do? But you don't know how to start? Many women have expressed an interest in having smaller, intimate workshops available to them and their friends. can this be fit it into your busy schedule, you may be asking?

Over the years, Copia have organised and run many workshops and seminars to support people create a more fulfilling and joyful life. Pia is coming back from [Osho International Meditation Resort](#), fresh from running workshops at their highly acclaimed [Multiversity](#), and would LOVE to share some of this with you and your girlfriends!

Copia will be conducting custom-made mini events for women of 6-12 people in their own homes. call us and we can discuss the best options for you!

Contact Copia for more details!

Copia works with women with all kinds of mothers, backgrounds and issues. If healing with your own mother is needed for you to embrace your own femininity or for you to finally take the leap into motherhood, Copia can support this healing process! Working one-on-one with a coach could be what you need to getting more clear about what you need to live your life more according to your deepest desires and needs.

Part of the coaching process is to look deeper inside ourselves than what we may do on our own. We stall maybe out of fear, lack of time or even a belief that 'this is all there is...' Well, I urge you to move beyond whatever the reason is for you to hesitate to look deeper into your heart. Because only there

will you find the true treasures of your existence...

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside awakens - CG Jung

sincerely and irresistibly yours...

Pia Muggerud
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QUOTE OF THE MONTH:

...human beings are not born once and for all on the day their mothers give birth to them, but...life obliges them over and over again to give birth to themselves - Gabriel Garcia Marquez