



life coach :: trainer :: facilitator :: goddess

pia muggerud

... Irresistibly Feminine ...



Copia September 2009 Newsletter ... Irresistibly Feminine ...

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Irresistible Book Recommendation

The Handbag and Wellies Yoga Club charts author [Lucy Edge's](#) journey from a singleton's life of late night ready meals for one in a tiny London flat to a wedding breakfast in the garden of a Norfolk farmhouse. It's about the search for the things that really matter - the challenges of finding love and the quest for a family of one's own - and what we do when life doesn't go according to plan - themes that everyone can relate to.

As blogger Chai and Yoga put it: *'This is not so much a book about yoga as it is a book about being a woman and making active choices about love, children, work, and how you want to live your life. Highly recommended!'*

Message from Pia

This month, we are celebrating the article Meditating at the Osho International Meditation Resort in Pune, India being published by AsiaSpa Magazine here in Hong Kong! Why is this anything to celebrate you may ask?

Well, all of us are either driven by pain or driven by pleasure. I have spent many stressful days or nights when I have been driven into a frenzy by the things that I fear.. And then there are those times when pleasure seems to permeate the body and allow both peace and tranquility to enter. My extended trip to India at the beginning of the year was one of those times where I allowed myself to indulge fully in what made me feel happy and at peace:



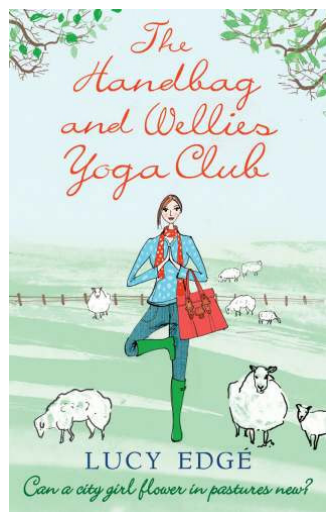
It is just past seven am and I am sitting by the resort pool watching the sun's rays slowly beam through the branches of the lush trees surrounding me. The pool water is still, and some steam rises up into the cool morning air. A male peacock strolls nonchalantly past me, stopping briefly to have a sip from the spring water pool and then continues on his merry way. This scenario could be taken from fairy tale, but it is very much real to me sitting here at the [Osho International Meditation Resort](#) in Pune, India... Read the rest of the article [here](#).

Irresistible Home Events!

Copia continues to create events that support and inspire women to be the incredible, beautiful, intelligent IRRESISTIBLE women that we all are at our core..

In September you can still have your own Irresistible Home Event! Copia Events are recognised for the depth and intimacy that is created between women. So if you would like to create something different for a special event, call us to discuss some options for your own or a friend's:

*Hen (Bachelorette) Nights..
Baby Showers..*



Irresistible Movie Recommendation

A Little Princess

The story opens in New York just before the outbreak of World War I, when young Sara is enrolled in private boarding school while her father goes off to war. Under the domineering scrutiny of the school's wicked headmistress, Sara quickly becomes popular with her schoolmates, but fate intervenes and she soon faces a stern reversal of fortune, resorting to wild flights of fancy to cope with an unexpectedly harsh reality. Rather than label her fanciful tales as escapist fantasy, *A Little Princess* actively encourages a child's power of imagination--a power that can be used to learn, grow, and adapt to a world that is often cruel and difficult.

Watch a clip from the film [here!](#)

Irresistible Vouchers from Copia

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

We offer both specific and custom-made vouchers for

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

Workshop: Getting What You Want! Aligning your values with your actions...

Values are those things to which an individual is naturally inclined to follow or is drawn towards. Values act as catalysts for decisions and they form the foundation for our goals. Values create a drive for personal fulfilment, so when you honour your values, you honour your Self or Higher Self.

Date: Wednesday October 28th **Time:** 10am to 1pm

Location: Central, Hong Kong

Come join us for this 3 hour workshop, where you will:

- Reconnect with what you naturally engage in.
- Create blueprint for your personal fulfilment.
- Gain more clarity on what stands in the way for you in your life.
- Understand how your values support you in creating results.
- Receive valuable coaching and tools to support you in moving forward.

Feeling Irresistible! (or are you driven by pain or by pleasure???)

Do you work hard to avoid the embarrassment of not having enough and making good on your promises? Or...do you work hard because there's so much of life to experience and you want it all? Reputation or self-satisfaction. The destination or the journey. The fact is that when it comes to motivation and goal-reaching, you're either avoiding the whip, or going for the gold.

PLEASURE SEEKING

When you're focused on the rewards of what you're doing, you're in the driver's seat of your life. Whether the reward is feeling powerful or it's a mental health day off of work, when your intention is fixed on moving forward you're taking full responsibility for getting where you want to go. And when satisfaction is up to you, it's much sweeter when you get it.

PAIN AVOIDING

When your choices are based on deflecting or avoiding uncomfortable feelings, like embarrassment or regret, you're taking a back seat to your true power. When you're focused on what you could lose, the possible winnings shrivel in direct proportion to your fear of loss. And even if you get what you supposedly want, you've still put yourself in a crazy game of dodging the bad stuff in hopes of getting the good stuff. As Lily Tomlin put it, "The trouble with the rat race is that even if you

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.

Irresistible Words

"I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."

Martha Washington
1732-1802, First American First Lady

win, you're still a rat."



Here is an exercise for you to ponder over the next few days whilst you find yourself having to make decisions. Go through the following list of the great fear motivators and feel if any of these statements resonate with you:

- : What other people think of me: I better do what's expected.
- : What other people want from me: I better give more.
- : What other people can give to me: I better be nice to get what I want.

Also, go through the list below. If your choices elicit a full-on yes! to any of the following questions from the Positively powerful motivators, then you're choosing from a place of true creative power.

- : Is this moving me forward?
- : Do I feel more like myself?
- : Does this clear the way for good stuff to show up?
- : Will I sleep peacefully tonight?
- : Would my kid {or grandma, or best friend} be proud of me?

The great shift from the pain motivation to pleasure motivation, is based on trust, of course. Trusting that when you say no to what doesn't serve you, life says yes to your greatness. Trusting that you deserve to be fulfilled. Period. No justifications necessary. And trusting that you will get what you want by being true to yourself. The rewards are infinite...and they feel real good. (From www.whitehottruth.com)

- **With the answers to the above, what part of your self do you now want to reconnect with in order to open up more to your own beauty and your greatness?**
- **And who do you need to be in order to do this?**
- **What has to happen for you to connect to a new way of being?**

The Handbag and Wellies Yoga Club -
A woman's journey...

I met [Lucy Edge](#) on an ashram in India where she was researching her book, the traveler's classic, [Yoga School Dropout](#). We became friends and five years later we are still in touch. I asked Lucy to write about how she got published and to tell me a bit about her new book - [The Handbag and Wellies Yoga Club](#) - published by Ebury last week.



Lucy writes...

I am a firm believer in the power of positive thinking - when I was at university I wanted to get into advertising. The careers advisor told me it was a waste of time - 'there would be too many applicants and it would be impossible to stand out.' 'Why didn't I do a secretarial course instead? His advice was like a red rag to a bull. I made sure that I did have something that made me stand out - I wrote and directed an ad for an imaginary brand of dance shoes - and got all my friends to act in it. I sent it to the twenty top agencies as a video, along with a creative brief, and waited. The strategy worked and I got several interviews, one of which turned into a job offer.

Twenty years later I wanted out of advertising; I was the burnt out board director of a big agency, working eighty hour weeks. These hours would have been completely understandable had we been working for world peace but debating what song a sunflower should sing surely shouldn't have kept us in the office so long? Leaving the singing sunflowers to make their own way in the world, I decided to follow in my yoga friends' footsteps and take a three week holiday in India. I had expected to see Westerners lying in hammocks debating the teachings of The Bhagavad Gita, the spiritual struggle of the human soul but instead I discovered poolside body fat contests in which yogis in designer swimwear asked each other 'does my uddiyana bhanda look big in this?'

I came home and told everyone I was going to write a book about it - that I would go on a six month yoga school pilgrimage and discover the truth about Western motivations. Once again I was met with a brick wall of negativity - 'only famous people get published these days' said one, 'Why don't you stick with advertising and make money?' asked another. Undaunted, determined to remain positive, I enrolled on an Arvon Foundation Travel Writing course and worked on the first few chapters and a synopsis. One of the course tutors liked my work and gave me the name of his agent. Three months later I had a publishing contract and was on a plane to the Sivananda Ashram in Kerala, where I met Pia.

Last year my publisher asked me to write a second book. [The Handbag and Wellies Yoga Club](#) charts my journey from a singleton's life of late night ready meals for one in a tiny London flat to a wedding breakfast in the garden of a Norfolk farmhouse. It's about the search for the things that really matter - the challenges of finding love and the quest for a family of one's own, and how friendship - and a bit of positive thinking - can save the day.

Would Coaching work for YOU?

Well, if there are any areas in your life where you can see you are not living your full potential and you would like to, then you may well be a great coaching candidate. And if you cannot see how powerful you

are or how wonderful life can be for you, then it may be time to consider some coaching with Copia Coaching. I guarantee that together we will get the results that you are looking for, if you follow the simple steps coaching asks of you. And you will be surprised what other gems also come along once you start committing to coaching and to living the life you truly want!

[Click here](#) for your coaching options with Copia.

The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success - Brian Tracy

sincerely and irresistibly yours...

Pia Muggenud

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IRRESISTIBLE QUOTE:

I believe that unarmed truth and unconditional love
will have the final word in reality
- Dr. Martin Luther King Jr.