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pia muggerud



Copia April 2015 Newsletter

Irresistible content

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Irresistible Reading

[A Return to Love: Reflections on the Principles of "A Course in Miracles"](#)

[By Marianne Williamson](#)

[The mega-bestselling spiritual guide in which Marianne Williamson shares her reflections on A Course in Miracles and her insights on the application of love in the](#)

Daring Greatly..

In my life, going back as far as I can remember, I was taught to live life a life where I didn't rock the boat too much around me. That meant to do as I was told and show up the way that was expected of me. I haven't always felt like a good girl, I have certainly not always agreed with things like, 'don't do as I do, do as I say'.. But speaking up was never, ever the done thing!



It has taken me so long to move into a space where it feels less scary to just be who I am; from moment to moment. Well who am I if I seem to have found this 'I' inside?.. What I have found is that showing up in every moment a little more authentic, is already a good start. Who I am NOW may show up in a certain feeling that I am connected to in that very moment whilst in 30 minutes, who I am may be something totally different. What I am speaking about is being present to all that you are, which is shifting from moment to moment. Trusting that what is present for you is your truth, your reality. And maybe, just maybe a smile is not what feels real all the time?..

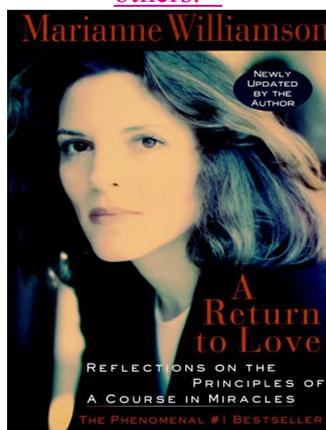
What is more of a challenge however is to be bold in communicating that when who you feel yourself to be is not pretty or presentable; when anger or grief takes over, when a deep sense of vulnerability that who you are in that moment cannot possibly be understood or heard.. So I am finally taking the baby steps I should have taken as a baby, in my 30s and my 40s, learning by doing just what the wonderful Brene Brown, spoke about at TED which can also be watched here: [The Power of Vulnerability:](#)

"Courage, the original definition of courage when it first came into the English language- it's from the Latin word cor, meaning heart - and the original definition was to tell the story of who you are with your whole heart..."

This is what I have found: to let ourselves be seen, deeply seen, vulnerably seen; to love with our whole hearts, even though there's no guarantee - and that's really hard, and I can tell you as

search for inner peace.

And the very famous quote from this book is "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."



a parent, that's excruciatingly difficult - to practice gratitude and joy in those moments of terror, when we're wondering, 'Can I love you this much? Can I believe in this this passionately? Can I be this fierce about this?' just to be able to stop and, instead of catastrophizing what might happen, to say, 'I'm just so grateful, because to feel this vulnerable means I'm alive.'



Remember who you really are..

by [Alexa Torontow](#)

You are not what you do. You are not what you don't do.
You are not the job title. You are not a labeled societal sub group.
You are not your personality;
You are not a happy person, a depressed person or an angry person.
You are not a definition of your own qualities.

Who are you?

You are not who your mother says you are.
You are not who your best friend says you are.
You are not your own descriptions of yourself.

Drop all the labels, titles, designations, descriptions, accomplishments and even failures. Continue [HERE](#).



Irresistible Words

"Courage is a heart word.

The root of the word courage is cor - the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart."

Over time, this definition has changed, and today, we typically associate courage with heroic and brave deeds. But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences -- good and bad. Speaking from our hearts is what I think of as 'ordinary courage'." -

Brené Brown

(I Thought It Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame)



Irresistible Media

What I Be Project..

building security through insecurity..

The "What I Be Project" is a social experiment turned into, what is now, a global movement about honesty and empowerment. In today's society, we are often told

An Introductory evening What to Expect When attending Awakening of Love Hong Kong

You are warmly invited to attend an Introductory evening to give you an insight into what [Awakening of Love](#) might have in store for you.. An Introductory evening - What to Expect When attending Awakening of Love Hong Kong will take place on Monday April 6th at 7pm. You can [email us](#) to reserve your place or sign up on the facebook event page [here!](#)

Time: 19:00-21:00

Address: Hollywood Terrace, Level 3 Club House
268 Queen's Road Central (next to Welcome supermarket)

At the intro eve, we will speak about what could be available for you when attending the retreat, we will invite past graduates to speak about their experiences. I will also lead some experiential exercises for you to get a feeling of what being really seen and heard feels like, and of course make you feel there might be something in it for you!

Watch the clip What to Expect When attending Awakening of Love Hong Kong [here](#)

"Risking all to be oneself, that's what maturity is all about"
- Osho



Opening up to so many possibilities.. Awakening of Love Retreat April 10-12

As spring 2015 begins, we are coming closer to our next Awakening of love retreat (April 10-12) In the words of Eckhardt Tolle, "At the present time, the dysfunction of the old consciousness and the arising of the new are both accelerating. Paradoxically, things are getting worse and better at the same time, although the worse is more apparent because it makes so much 'noise'"

More than ever this profound work, Awakening of Love/ Path of Love, is ripe to bring more people into their true power of presence...to make choices that fulfill their own human potential, choices that have a ripple effect throughout the local and international community.

This video, created by a Path of Love participant captures the essence of Path of Love and Awakening of Love, and is a great way of reminding yourself what this work is about, watch

[HERE!:](#)

to look or act a certain way. If we differ from these "standards," we are often judged, ridiculed, bullied and sometimes even killed over them.

[Steve Rosenfield](#) started this project in hopes to open up the lines of communication, and to help everyone accept diversity with an open mind & heart and empower those who feel they suffer for something they may see as a flaw.



Since its inception, there's been a great response to the stories of every individual. Each person that takes part in the What I Be project is extremely courageous. The What I Be experience is cathartic and universally empowering, and each portrait is immortalized for the entire world to see. Participants range from high school students, Ivy League masses, and to some well known names in the entertainment industry.

"What I Be" is basically all about being who you are and being the best you that you can be.

Awakening of Love reconnects you with...

- * your passion
- * your aliveness
- * your playfulness
- * your heart

Once we begin to open up, it opens us up to so many possibilities...

It's a powerful 3-day workshop that gives you an opportunity to:

- Sincerely evaluate where your life is right now.
- How you got to be where you are today.
- What you need in order to make an inner-shift.



JOIN IF YOU:

- *Experience negative and self-destructive behaviours..
- *Have a longing to re-connect with yourself..
- *Sometimes feel lonely or isolated from others..
- *Looking for a change in your life..
- *Are seeking clarity in your life..
- *Sense that something is missing in your life but don't know where to start..

Awakening of Love is a residential program. We spend two nights at the retreat center and have all our meals there. By taking this time out, away from all your daily chores and responsibilities, you can give yourself an opportunity to discover what it is you're truly longing for to make a genuine change and shift in your life.

For more information on the upcoming Awakening of Love retreat on April 10-12, [click HERE!](#) Price: HK\$4900



Testimonials

'I feel like having been on a roller-coaster these days. I am amazed how quickly and easily my moods and feelings can shift! And I am grateful for the experience that they just pass.. and all is actually nice. It is incredible how more and differently I experience myself and others. I can see things in a new way after such a short time. The support and guidance was great, so lovely..

Thank you!

- Jaya; Business Consultant '



Read more testimonials [here](#).

Horoscopes

Susan Miller of Astrology Zone is an American astrologer from New York. Although Susan has a degree in business from New York University, learned astrology from her mother, herself an astrologer, when she was a child, during a time when she had to spend a



Residential Venue: ****

You are also invited to join our online community by visiting our [Facebook page!](#)

Irresistible Woman

Brene Brown

[Dr. Brené Brown](#) is a research professor at the University of Houston Graduate College of Social Work, as well as the author of the #1 New York Times bestselling book, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. *Fast Company Magazine* named *Daring Greatly* one of the top ten business books of 2012.



She has spent the past twelve years studying vulnerability, courage, worthiness, and shame. Her groundbreaking research has been featured on PBS, NPR, CNN, *The Katie Show*, and *Oprah Winfrey's Super Soul Sunday*.

Brené's 2010 TEDx Houston talk, *The Power of Vulnerability*, is one of the top ten most viewed TED talks in the world. She is also the author of *The Gifts of Imperfection*, *I Thought It Was Just Me*, and *Connections*.

She poses the questions:

How do we learn to embrace our vulnerabilities and imperfections so that we can engage in our lives from a place of authenticity and worthiness?

How do we cultivate the courage, compassion, and connection that we need to recognize that we are enough - that we are worthy of love, belonging, and joy?

Vulnerability is basically uncertainty, risk, and emotional exposure. I was raised in a "get 'er done" and "suck it up" family and culture. She says: "My inability to lean into the discomfort of vulnerability limited the fullness of those important experiences that are wrought with uncertainty: Love, belonging, trust, joy,

lot of time bedridden due to a painful leg disease. Now Susan Miller is the most famous and most popular astrologer in the USA, and ranks as the most popular horoscope writer in the world.

You should also read your rising sign's horoscope (if you do not know your rising sign, you can get your natal chart via www.astro.com if you already know your time of birth and location.

Read your monthly horoscope.



Path of Love

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[Audio Interview with grad.](#)

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path of love
life changing

and creativity to name a few. Learning how to be vulnerable has been a street fight for me, but it's been worth it".

The difficult thing is that vulnerability is the first thing I look for in you and the last thing I'm willing to show you. In you, it's courage and daring. In me, it's weakness.

This is where shame comes into play. Vulnerability is about showing up and being seen. It's tough to do that when we're terrified about what people might see or think. When we're fueled by the fear of what other people think or that gremlin that's constantly whispering "You're not good enough" in our ear, it's tough to show up. We end up hustling for our worthiness rather than standing in it. When we've attached our self-worth to what we produce or earn, being real gets dicey.



Most of us don't trust perfect and that's a good instinct. In the research there's a significant difference between perfectionism and healthy striving or striving for excellence. Perfectionism is the belief that if we do things perfectly and look perfect, we can minimize or avoid the pain of blame, judgment, and shame. Perfectionism is a twenty-ton shield that we lug around, thinking it will protect us, when in fact it's the thing that's really preventing us from being seen.

Perfectionism is also very different than self-improvement. Perfectionism is, at its core, about trying to earn approval. Most perfectionists grew up being praised for achievement and performance (grades, manners, rule following, people pleasing, appearance, sports). Somewhere along the way, they adopted this dangerous and debilitating belief system: "I am what I accomplish and how well I accomplish it. Please. Perform. Perfect." Healthy striving is self-focused: How can I improve? Perfectionism is other-focused: What will they think? Perfectionism is a hustle.

Last, perfectionism is not the key to success. In fact, research shows that perfectionism hampers achievement. Perfectionism is correlated with depression, anxiety, addiction, and life paralysis or missed opportunities. The fear of failing, making mistakes, not meeting people's expectations, and being criticized keeps us outside of the arena where healthy competition and striving

unfolds.

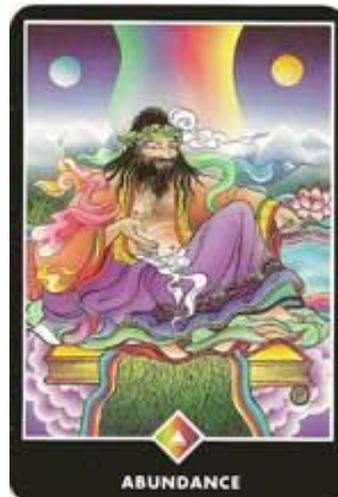
Irrisistibly Osho

Zorba The Buddha..

Osho Zen Tarot Abundance speaks perfectly about the importance of being of the world, in the market place, the material.. and at the same time, equally going in, exploring in order to be connected with your inner world:

In the East people have condemned the body, condemned matter, called matter "illusory," maya - it does not really exist, it only appears to exist; it is made of the same stuff as dreams are made of. They denied the world, and that is the reason for the East remaining poor, sick, in starvation. Half of humanity has been accepting the inner world but denying the outer world. The other half of humanity has been accepting the material world and denying the inner world. Both are half, and no man who is half can be contented. You have to be whole: rich in the body, rich in science; rich in meditation, rich in consciousness. Only a whole person is a holy person, according to me. I want Zorba and Buddha to meet together. Zorba alone is hollow. His dance has not an eternal significance, it is momentary pleasure. Soon he will be tired of it. Unless you have inexhaustible sources, available to you from the cosmos itself...unless you become existential, you cannot become whole. This is my contribution to humanity: the whole person.

Osho: Communism and Zen Fire, Zen Wind Chapter 2



Spring is such a beautiful time of year in so many places. Flowers start to blossom, animals come out of hibernation. After the rest of winter, it is time for nature to be seen and appreciated in its full beauty and potential. What is stopping you from doing just the same?..

In love and gratitude...

Pia Prana Muggerrud

Copia Coaching

www.co-pia.com

Awakening of Love

