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Copia August 2012 Newsletter

Irresistible content

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Irresistible Reading

[The Invitation](#)

[By Oriah Mountain Dreamer](#)
I wrote the prose poem, The Invitation one night after returning home from a party. I don't usually attend parties but on this occasion, berating myself for being anti-social, I made an effort to go and be friendly. I returned home feeling frustrated, dissatisfied with the superficial level of the social interaction at the party. I longed for something else..

Surrender...

After a very hectic and activity-filled few weeks and months, I am spending some well-deserved weeks in Europe to slow down and recharge my batteries. There has not been much time of late to reflect, take time for me and reconnect. Although there are still things that need to be ticked off the to-do list, I am glad to say that there will be much more time this month to slow down.



It is amazing how the body can be pushed to the limit when it is needed. And over the last weeks and months, the body has supported me very well, however the emotions have often gone into overwhelm.. When there are no more hours in the day, or space in my brain to consider the most simple things, I have simply felt like it is all too much..

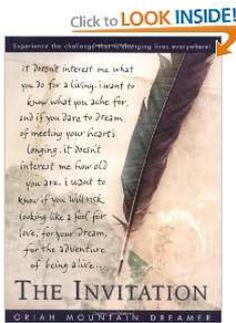
My pattern has always been to fight. To push even more to get my outcome. When I get a no, I always look for solutions to go beyond the no. I use smart questions to get beyond the barriers that stand between me and my result. Saying that, when I have allowed things to move into overwhelm mode as of recent, there is nothing else to do but to let go.. to surrender..

Being in the late stages of planning my wedding, the plan has taken an extreme change at a fairly late stage of the process. Although I am not the woman that has planned her wedding to the last detail since she was 11, or even 25 for that matter. But the "what if's" have been flying around my head, making me a little crazy! The only option has been to surrender... surrender to what is.. surrender to the fact that everything will be fine in the end. So I breathe, I do what I can do and I trust.

Surrender to the NEW To-Do List...

Are you like me? Do you sometimes start your day with a long list of things to do, and by the end of a busy 'doing' day, the list has grown longer, not shorter?... In fact, I am always concerned to make sure I do all the right things at all the right times.. Quite exhausting really!

This also takes me away from connecting deeper with myself, and the important things, such as self-care, meditation.. The more I prioritize my busy to-do list, versus being in the moment, the



Copia Home Events

Do you want to plan something special with your girlfriends? Would you like to connect with them outside of the bars and dinner parties?

Irresistible Home Events provides you and your friends with the perfect combination of support, guidance, and tools. And not to forget FUN! All in the privacy of your own home!

Ideas:

- Hen (Bachelorette) Nights..
- Baby Shower..
- Leaving Party..
- Vision Board Party..
- Spa Party



Contact us so we can design a 3-hour seminar/event for your specific requirements: pia (at)co-pia.com

Irresistible Viewing

[Black Swan](#) is a 2010 American psychological thriller directed by Darren Aronofsky and

more stress I experience.

On those days, it is important to remember the most pressing 'to-do' list... surrender into the simplicity of what really matters:



And if the above to-do list isn't simple enough, try this...



Hong Kong is Awakening to Love

October 5th - 7th 2012

Awakening of Love is a gentle and unique 2 1/2 day workshop designed to shake the dust off your heart and give you a taste of the Path of Love.

The workshop Path of Love changed my life in a way that is hard to put into words. Actually, I did not know what had hit me when I entered the group in Osho's meditation center in Pune, India in December 2006. My ego wanted to run away every day, but the love that was starting to open up in me propelled me to keep going.

Cracking open my heart.. the process slowly allowed my vulnerability to heal me from the inside out. I was embraced in

starring Natalie Portman. Its plot revolves around a production of Tchaikovsky's Swan Lake ballet by a prestigious New York City company. The production requires a ballerina to play both the innocent White Swan and the sensual Black Swan. One dancer, Nina (Portman), is a perfect fit for the White Swan, while Lily has a personality that matches the Black Swan. When the two compete for the parts, Nina finds a dark side to herself.



Watch the trailer [here](#).

Irresistible Words

The Invitation by Oriah

It doesn't interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's
longing.

It doesn't interest me
how old you are.
I want to know if you will risk
looking like a fool for love
for your dream
for the adventure of being
alive.

It doesn't interest me
what planets are
squaring your moon...
I want to know
if you have touched
the centre of your own
sorrow

a blanked of love, and in the depths of some of the most challenging moments, was a beauty coming through, an inner knowing that I was coming home to myself. Prior to doing Path of Love, I had spent most of my life running away from love and finding ways to make sure love would run away from me too. It was unthinkable for me to imagine being in deep intimacy with another, and even showing those parts of myself that I judged so harshly, how could anyone possible love those parts!???

Since 2006, I have returned to Path of Love every year to support the process and also allow the process to engulf me even further in its blanked of love. In fact, if it was not for this process, I would probably still be afraid of love and of intimacy. I feel that Path of Love had a massive part in allowing me to finally meet the man of my dreams, who I am about to marry on September 1st!!!!!! My beloved and I do this work together, and every year, the process helps us get closer and closer in intimacy together.



Awakening of Love will ignite your passion to realize your true potential and to live with an open heart. From this place of self-love and trust, life becomes an invitation into the unknown and anything is possible.

Dates: Evening of October 5th and full days on October 6th and 7th, 2012

Awakening of Love will be a residential program. That not only means that you will stay in the accommodation provided at the venue: YWCA Sydney Leong Holiday Lodge on South Lantau Island in Hong Kong. It also means you will be away from your daily routine and responsibilities during the program, free to go through your process in your chosen way. You will be close to nature, surrounded by the mountains on one side, and the beach on the other.

For all the details, please [click here](#).



My co-facilitator in October will be Samved Dass, who is originally from the UK. Samved has worked in the world of psychotherapy and meditation for more than 25 years. Read more about Samved [here](#). And to read more about me, [click here](#)

if you have been opened
by life's betrayals
or have become shrivelled
and closed from fear of
further pain.

I want to know if you can sit
with pain mine or your own
without moving to hide it
or fade it or fix it.

I want to know
if you can be with joy
mine or your own
if you can dance with
wildness
and let the ecstasy fill you
to the tips of your fingers and
toes without cautioning us
to be careful to be realistic
to remember the limitations
of being human.

It doesn't interest me
if the story you are telling me
is true. I want to know if you
can disappoint another
to be true to yourself.

If you can bear
the accusation of betrayal
and not betray your own soul.
If you can be faithless
and therefore trustworthy.

I want to know if you can see
Beauty even when it is not
pretty every day.
And if you can source your
own life from its presence.

I want to know
if you can live with failure
yours and mine
and still stand at the edge of
the lake and shout to the
silver of the full moon,
"Yes."

It doesn't interest me
to know where you live
or how much money you
have.

I want to know if you can get
up after the night of grief
and despair weary and
bruised to the bone and do
what needs to be done to
feed the children.

It doesn't interest me
who you know
or how you came to be here.

Testimonial from a [Path of Love](#) participant:

"The Path of Love? Scary, thrilling, profoundly moving, heart-warming and joyous in equal measure. An emotional roller-coaster ride like no other. To come face to face with one's own personal pain, regrets, fears and doubts - and those of others - and then to see all those difficult emotions transmuted into unbridled joy. Well, that's something that will resonate with me forever. It is not easy to go from one's intellectual life into the world of emotions. In fact as someone once said 'it's the journey from the head to the heart that is the longest and most difficult road we take.' But that's exactly where the Path of Love took me, down a royal road, right into the very core of my being. And it did so with the help of some truly remarkable people, angels and shepherds all of them. I just wish now I could bottle the process and dispense it to all the broken-hearted and afflicted of the world, and to all those who might wish each other harm. The Path of Love is an elixir for peace - at an individual and communal level. And to think I almost didn't go." - David Leser (Journalist and author, Australia)

Surrendering on the Path of Love

an article by Path of Love co-founder Turiya Hanover

Turiya Hanover: The death of a very close friend of mine became the catalyst for me to pursue the Path of Love work. He died very sudden and very unexpected, and it brought death into my life in a very shocking way. He was a meditator and still young, and when he suddenly got sick, I lost trust in life and trust in Meditation, and in myself. I touched a deep layer of helplessness that freaked me out, and brought up a lot of fear, and pain. I felt that I needed to face both in a very deep and existential way, because death will happen eventually to all us. How to deal with that? How to live my life in a beautiful and worthwhile way, so that when I die, I can die with open arms and peace in my heart?



Path of Love really changed me. It brought more honesty into my life, emotional honesty and a feeling of a deep trust in myself, that I am worthy and that my life is a process of awakening to truth. We have found that the biggest fear that hinders or represses people is often, that people have a lack of self-love and self-acceptance, don't trust themselves, have a low self-worth, or/and have a strong layer of resignation inside themselves. People also come who feel that they need to change something in their lives and yet don't know how to do that. For me, it really made me feel my deepest pain, tears and sorrow that I have inside. It still makes me aware every day not to separate myself from life from love and from the world, and to always look and be aware if it does happen. I always ask myself:"

I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

By Oriah © Mountain Dreaming, from the book *The Invitation* published by HarperONE, San Francisco, 1999 All rights reserved

August 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 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 [August horoscope](#).



Quick Event Links

[Awakening of Love. Coming](#)

What are the barriers that I am putting up?.. One of the keys we use for that process is, "All the barriers are on my side", if you really take that to heart, it is a very strong attitude towards life and love.

The program comes from America, and it used to be called "Miracle of love", and a group of people still run it there. The structure is taken from a guy called Lu Stoll, who uses it in Hawaii, but we have changed and refined it, so anyone is capable of jumping in.

It is an intense process, with strong emotional opening work, held in a very loving and supporting environment. We have between 30 and 45 participants and will have a staff of around 48 people, who all have done the process, and just want to be there to help and support the birth of so many beautiful beings. It's a process, where you are really confronted with all the concepts and ideas that keep you separate from yourself. It's a very passionate process.

As it is very challenging, you have to want to be in it with your passion and totality, and a strong longing or call it a strong desire for truth. It is very structured; you are with people all the time, yet in silence. No contact to people outside the process. It is a very safe loving and secure container to explore the unlimited depth of yourself.

It can be very liberating, if you really allow it to take you, and to let your torch burn from both ends. We have a very tight and very loving container, and we always say, that where the person needs to go, is up to them. But there is plenty of opportunity to be liberated from old concepts and ideas that keep you away from life and from love and above all from yourself. For almost anybody it is painful to be separated from your own beauty, unconditional love and acceptance, and here you have an opportunity to face it, feel it, and transform that pain into love.

People who undergo the path of love notice a deepening in their relationships with others. Because you look at how you separate yourself from others, and if you can stay open, that immediately makes all the difference to communication, and experiencing life. It gives people the courage to open up, and not to defend their hearts. And in that a much deeper meeting is possible.

The ultimate aim of the path of love is to bring people more to connection with themselves, and bring unconditional love into their lives. Also to let them see and experience what you really want in this life? What are we here for? What is it that you are longing for? What is it that you want besides children, wealth, money and a credit card (nothing wrong about all that) but is that what you are really here for.?

It brings out the longing for our true potential, to reconnect with our true nature, to connect with the godliness that we all have inside which we often forget about.

[to Hong Kong October 5th-7th!](#)
[Path of Love](#)
[5 Rhythms Dance Practice](#)
[Copia Home Events](#)
[Fearless Loving Fearbuster Group](#)

Testimonials

*"The first time I met Pia was at the goddess weekend workshop when I was very uptight and self-conscious about dancing! But this time during the active meditation, was totally different- maybe in the last year or so I've loosened up and become more comfortable with myself and begun to learn to appreciate my body for its own beauty and abilities. Looking back now I think your goddess workshop was the beginning of quite a shift for me and I've learnt a lot about accepting things as they are and about letting go. I want to say thank you for giving me the chance to share in these experiences and for being such an inspiration about being comfortable with oneself and actually being proud of my femininity."
Teacher :: Hong Kong*

Read more testimonials [here](#).

Meditation

[Osho Death Meditation](#)
[To Die Consciously...](#)

Meditation means **surrender**, total letting go. As soon as someone **surrenders** himself he finds himself in the hands of divinity. If we cling to ourselves we cannot be one with the almighty. When the waves disappear, they become the ocean itself. Let us try some experiments in order to understand what is meant by meditation. [Click](#)



The world is calling for more and more of this work so Path of Love has been expanding at a rapid pace; and especially in the last year. In 2012 alone, we are running 13 different Path of Love workshops around the globe; in Europe, Australia and Americas. This year, we also saw the first workshop conducted in a language other than English: Italian!

Hong Kong will be the first Asian location to host a Path of Love program this coming October: [The Awakening of Love](#) workshop is an 2 ½ day introduction and a taste of the week long [Path of Love Retreat](#). For more details on the 2 1/2 day retreat, [click here!](#)

Irresistible Women

Oriah Mountain Dreamer

I first came across Oriah through her poem, [The Invitation](#). It moved me so to the core, I cried.. The poem spoke to my inner-most yearning, to the person longing to come through the deep layers of fear and resignation, of doubt and uncertainty. I often go back to this poem, to remember who the woman is deep inside, to inspire her out a little more every time.. All this through a simple poem..



Oriah Mountain Dreamer is first and foremost a story-teller, a lover of words and symbols and the stories that lift our spirits, open our hearts and offer us ways to see patterns and create meaning in our lives. The focus of her life and work has been an on-going inquiry into the Sacred Mystery. Her writing, teaching and personal journey all explore how we can each become the individual we are at the deepest level of being and how we can co-create meaning together in the world. Blending humour, insight and compassion for our human struggles Oriah encourages herself and others to be ruthlessly honest and infinitely kind toward our own strengths and our weaknesses.

Raised in a small community in Northern Ontario, Oriah's family encouraged her to bring her questions and explorations to the Christian tradition they espoused. At home in the wilderness she was drawn to and at home in the ceremonies and earth-based teachings of the First People's, eventually teaching and sharing what she learned. Her daily practice includes ceremonial prayer, yoga, meditation and writing. A graduate of Ryerson University's

[here](#) for the meditation.

Woman's Sacred Circle

This month we are taking a break. We will back with the circle in September!

Path of Love

:: quick links ::

[Path of Love HOME](#)

[Schedule](#)

[Testimonials](#)

[Leaders](#)

[Video Interview with leaders](#)

[Alima and Satyarthi](#)

[Audio Interview with grad.](#)

[Audio Interview with co-](#)

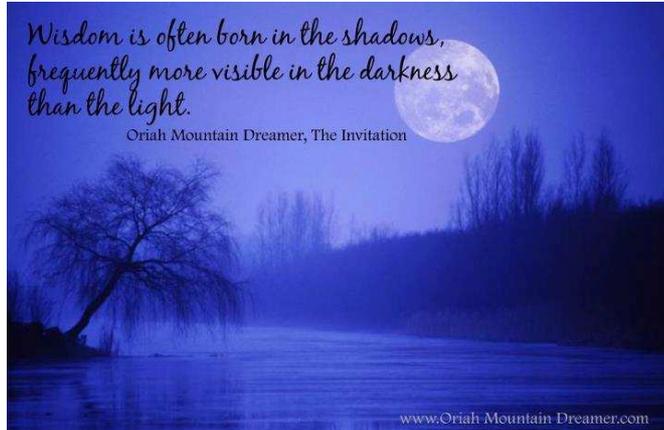
[founder Turiya](#)

[FAQ](#)

path of love
life changing

social work program (Toronto) and a student of Philosophy at the University of Toronto she has facilitated groups, offered classes and counselled individuals for over thirty-five years. The mother of two grown sons, Oriah lives in Toronto, Canada.

Oriah is the author of several best-selling books: The Invitation (now translated into more than fifteen languages), The Dance, and The Call: Discovering Why You Are Here. Her book, What We Ache For: Creativity and the Unfolding of Your Soul, explores the challenges, rewards, and necessity of doing our creative work.



Irrisistibly Osho

SURRENDER IS THE KEY

"Surrender is the key, not to whom or what you surrender. That is irrelevant. Surrender to a rock. Of course it will be difficult. If you cannot surrender to a Buddha it will be very difficult to surrender to a rock. So don't try to deceive yourself, that's all. If you can surrender to a rock -- absolutely perfect. Because wherever you surrender, suddenly by your surrender you discover the Buddha there. The rock becomes a Buddha. That's how rocks have been worshipped for centuries.

Stone images have been worshipped for centuries. In Mecca they have worshipped a rock; no other rock as been kissed so much. Millions and millions of people with deep love have touched the KA'BAH, the rock in Mecca. This is one of the greatest temples on earth; no temple can compete. But that rock is rock only to you, not to a Mohammedan. To a Mohammedan in that rock is represented all that is divine. When you surrender to something, that something becomes a Buddha.

But it will be difficult to surrender to a rock. In a way it will seem easy to surrender because a rock is just a rock, you can play with it, whenever you want you can surrender, and whenever you don't want you can throw it out. Or your ego may not be hurt by surrendering to a rock, because a rock is just dead, you can do whatsoever you like to do with the rock. If you surrender to an enlightened being it is going to be very difficult because of what happens? One of the greatest and the most impossible things is happening -- the ego is surrendering to a non-ego. Very difficult. The ego can even surrender to another ego; it is not very difficult because they belong to the same plane and to the same dimension, and their arithmetic is the same. But to surrender to a non-ego -- very difficult.

But as far as I am concerned, surrender is the key. Surrender wherever you can. And if you surrender, in that surrendering your

ego disappears. And that is the point! It is only a device; when I say to you: Surrender to me. it is not a question of surrendering to me. In fact there is nobody who can be really pointed to and said to be me. When I tell you: Surrender to me, I am simply telling you to surrender. Do it wherever you can, and the same will be the result; because the result is not related to the object, the result is related to your surrendering. The quality of surrendering changes you." Tao: The Three Treasures, Vol-4, Chapter-8



Just as Olympic athletes do better with assistance from a Coach, those of you who already have some success in life can benefit from receiving coaching. It can help you see the big picture as well as a clear view of yourself at the top of your game. Life coaching provides a powerful system of support by which you may find ways to better enjoy a more inspired life.

As a Life Coach, I provide inspiration and guidance while holding a steady vision of how you can make choices based on love and joy, rather than fear and obligation. Coaching helps decrease your stress levels as you make life changes, helping you to better utilize your natural gifts.

Copia Coaching can help you better understand your life story so far, as well as how you can revise the story of your life to feel more like a hero's journey than a series of unfortunate incidents. If this speaks to you, contact [Copia Coaching](#) to arrange a free trial coaching session.

with love and blessings...

Pia Prana Muggerud

Copia Coaching
www.co-pia.com

**Save
15%**

Awakening of Love

is being offered for the very first time in Hong Kong (and Asia!) this October. As an introductory offer we are running the 2 1/2 day workshop at a very low first-time price. The full price is HK\$2800 only. On top of that, you can receive an early-bird special discount through the month of August! Until August 31st 2012, you only have to pay HK\$2400 for this amazing workshop!!

Offer Expires: August 31st 2012

