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pia muggerud



Copia August 2013 Newsletter

Irresistible content

[Always Honour Your Emotions...](#)

[Allowing your Emotional Experience...](#)

[Irresistible Women...](#)

[Martin Luther King's Speech 50 years!..](#)

[Irresistibly Osho...](#)

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Testimonials

"I am always so profoundly moved by being in your presence. You exude a depth that I rarely experience."
- Anonymous (Norway)



Read more testimonials [here](#).

Irresistible Reading

Always Honour Your Emotions...

As I visited my family in Norway last week, I had an increasing unpleasant feeling inside.. It continued to grow and although I wanted to push it away, it would not allow me. So I stayed with it. I let it speak to me. And as I allowed the feeling to grow, I was able to give it a name. I called it meaning-lessness... As a coach and someone who values the beating heart as my guide, I came to realise that I had become disconnected with my guide. And the pain I was feeling was the pain of this separation! It felt like I had been punched in the stomach, but actually this process has been a steady one, kind of like putting frogs in luke warm water rather than boiling water.



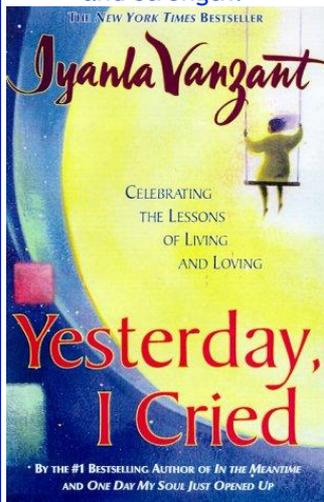
With the help of my amazing therapist, I delved deeper into the muggy waters of my subconscious, and I came across a fear I have always lived with - the fear I will not survive. I still live with this feeling I cannot trust that I will be ok. And with all the tools I have, I am able to stay centred in the heart, which in turn gives me so much energy and trust.

So what I realised is that I had let this old fear slowly start take over. In the daily grind of everyday life. But more importantly, I had decided to value working and making money over the essence of my being which is staying connected and true to myself. As I talked things through with my therapist, I could already sense myself sinking back deeper into my body feelings and relaxing into the knowing that I can re-connect with my heart any time. I decided to have a little dance, really feel my two feet on the ground, sensing more and more my heart beating inside of me, giving not just my body life but also giving life to my being.

So I made a note to self: always make time for what gives you life! Always honour the part inside of you that allows everything else to blossom. And no matter what dualities show up to make you question yourself, know that the truth lies inside of all that you are, not just the pleasant.

Yesterday, I Cried:
Celebrating the Lessons
of Living and Loving
By
Iyanla Vanzant

Bestselling author Iyanla Vanzant has had an amazing and difficult life -- one full of great challenges that have unmasked her wonderful gifts and led to the wisdom she has gained. In this simple book, she uses her own experiences to show how life's hardships can be relanguaged and re-vised to become lessons that teach us as we grow, heal, and learn to love. Iyanla Vanzant is an example of how yesterday's tears become the seeds of today's hope, renewal, and strength.



**Irrisistible
Daily Question**

**How Do I Really Feel
Right Now?**

**Irresistible
Words**

"The best way out is
always through." -
Robert Frost

Painting courtesy of [Helena Nelson-Reed](#).

Allowing your Emotional Experience

Perhaps the absolute biggest key to balance, awakening, enlightenment, is allowing your emotional experience. All control dramas, separation, manipulation, co-dependence, in one sense or another, all stem from the denial of our emotional experience, and expression. The denial of our past traumas and wounds. And the denial of the feminine, with an over indulgence upon external technology and mentality. (rather than the internal)

Any initiation you may experience along the path of realization, (which may incorporate healing your past lives, lost aspects of your soul, your childhood, your feelings of separation, your enemy consciousness...), you can move through quickly and gracefully by allowing your emotional experience. If you try to deny, repress or control anything, you will create more suffering (karma) for yourself.

All control, all denial, is to avoid suffering. All suffering stems from some feeling of separation and unworthiness. The ability to Love and receive Love, is connected to your ability to feel and express emotions. Emotional expression comes from your solar plexus and heart chakras. Without these chakras being open, balanced and connected, you are disconnected from true expression, and living solely mentally, with a strategic future orientation (from the "mental" chakras only, disconnected from the earth chakras, intuitive and love chakras). You believe what you can see and prove, all else is fantasy. Or you live solely instinctively, based on survival imperatives of the lower chakras, from past conditioning and beliefs. Higher mental reasoning is

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 monthly horoscope.



Path of Love

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yourself.

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Your heart is the doorway to your true self. It is the doorway to higher dimensions. It is the doorway to all higher truth. It is the bridge between the higher dimensions of Love and Light, and the lower dimensions of survival and separation.

How do you dis-connect with your heart and it's emotions?

The following are a few examples of the methods you may be using to avoid feeling your emotions.

- Ignoring your feelings
- Overeating
- Eating foods loaded with sugar and fat
- Excessive drinking of alcohol and Excessive use of recreational drugs
- Any type of compulsive behavior
- Excessive sex with or without a partner
- Always keeping busy so you can't feel or Working Excessively

- Constant intellectualizing and analyzing
- Excessive reading or TV
- Keeping conversations superficial
- Burying angry emotions under the mask of peace and love

The first step to healing your emotions and reconnecting is to welcome them all! We are often all too ready to welcome the happy emotions, but the ones less acceptable in society get pushed under the rug.. So first, just say yes.. Secondly, take some time daily to sit alone in silence, and observe what is happening inside. When emotions show up, check where they reside in your body. Then if it feels safe, start expressing. Sometimes this can be in a gentle more careful way, at other times they may come out with more energy. Here are some examples of how to express:

1) Go into an empty room, or go for a drive alone, and scream, scream as loudly as you can. Scream the words "I hate", "I'm angry" or whatever it is you are feeling. So many people have never screamed out their hurt, their rage. Continue to do this as long as it feels right inside.

2) If you cannot scream aloud, imagine you are screaming your rage, hurt, and pain. Imagine it and imagine it. See it, and hear it, and especially, feel it as deeply as you can.

3) Cry, allow yourself to cry your feeling.

4) If you are a physical person, take a pillow and keep hitting a chair, your bed, something, feeling your hurt every time you hit that object with the pillow. Every time you hit that pillow say the words "I hate" or "I am frustrated" or whatever it is that you are feeling.

5) Get yourself a punching bag and hang it in your basement. Then take time to keep hitting that punching bag, releasing your rage.

6) Take your fists and keep pounding a table saying, "I hate" and just keep doing it.

7) If you like to write, write about your anger, write about your hate, write about how hurt you are; write about how afraid you really are.



Paintings courtesy of [Helena Nelson-Reed](#).

Irresistible Women

Amma or The Hugging Mother

I first came across Amma on my first trip to India in 2004, and I stayed at her ashram in Kerala, South India. Although I got one of her healing hugs after waiting for hours to meet her, what ended up being even more powerful was just witnessing her with her devotees; I could definitely feel her power and most of all love.

Amma Means Mother in Many Languages. Mata Amritanandamayi is known throughout the world as Amma, or Mother, for her selfless love and compassion toward all beings. Her entire life has been dedicated to alleviating the pain of the poor, and those suffering physically and emotionally.

Throughout her life, Amma has embraced and comforted more than 32 million people. Amma inspires, uplifts, and transforms through her physical embrace, her spiritual wisdom and through her global charities, known as Embracing the World.® When asked where she gets the energy to help so many people, she answers: "Where there is true love, anything is effortless."

While Amma is widely regarded as one of India's foremost spiritual leaders, Amma says that her religion is love. She has never asked anyone to change their religion but only to contemplate the essential principles of their own faith and to try to live accordingly.

I came across Amma again this week when I read she had visited with members of the US Congress. It was incredible moving to see the effect she has on politicians, who they themselves are probably yearning for just the same as the rest of us: love! Who better to share this than Amma!

Read more about Amma's visit to Washington D.C. and watch a clip [HERE!](#)



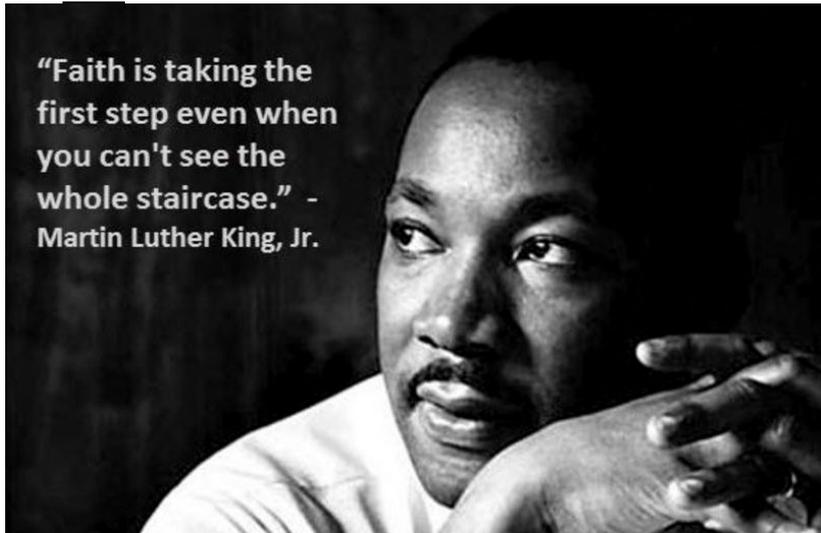
Dream Day - 28 August 2013

Martin Luther King's Speech 50 years!

'I Have a Dream' Will Still Give You Chills, 50 Years Later... The speech was delivered 50 years ago this week - August 28, 1963 - as part of the March on Washington for Jobs and Freedom. It gave a powerful boost to the Civil Rights Movement and helped lead to passage of the Civil Rights Act and Voting Rights Act. Watch the speech [HERE!](#)

This week, NBC has created a collection of "I have a dream" speeches and comment in honour of the 50th anniversary; a very worthy comment on the *pursuit of happiness* of the times. See [HERE!](#)

See [HERE!](#)



"Faith is taking the first step even when you can't see the whole staircase." - Martin Luther King, Jr.

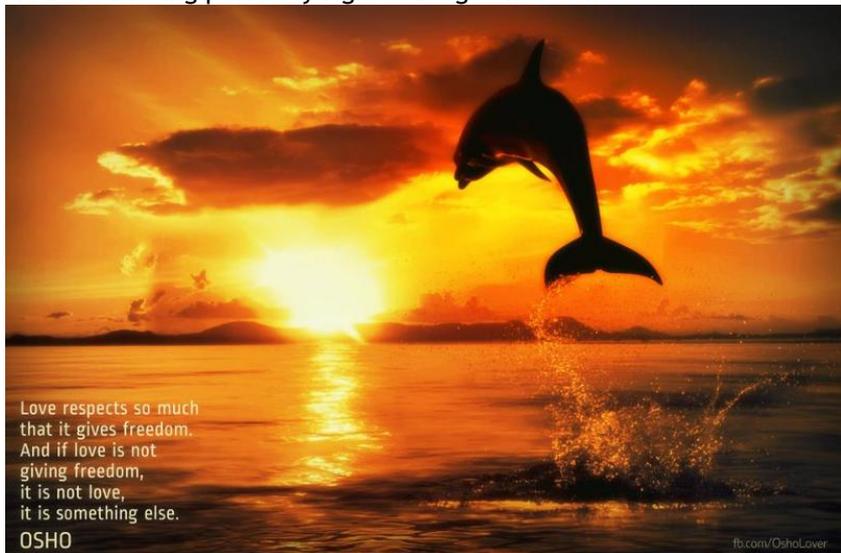
Irresistibly Osho

"The phenomenon of witnessing has no ABC or XYZ. It is a simple phenomenon. It is a single step. It is one process.

The journey of one thousand miles is done by the simple step, one step. You cannot take two steps at one time. Step after step, just a single step can be stretched to ten thousand miles or to infinity.

Watchfulness is a simple step. There is no alphabet in it. There are no beginners in it, there are no amateurs in it and no experts in it. Everybody is in the middle, always in the middle.

You are moving perfectly right. Just go on". -Osho



Love respects so much
that it gives freedom.
And if love is not
giving freedom,
it is not love,
it is something else.

OSHO

fb.com/OshoLover

The arena of emotions is for many a scary and uncharted territory. If after reading this newsletter, you realise you want support with allowing your emotional life more room to breathe, Contact Copia Coaching to arrange a free trial coaching session.

In love and gratitude...

Pia PranaMuggerud

Copia Coaching
www.co-pia.com