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pia muggerud



Copia December 2011 Newsletter

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Irresistible Words

"You can accept or reject the way you are treated by other people, but until you heal the wounds of your past, you will continue to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex, but eventually, it will all ooze through and stain your life. You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories, and make peace with them." - Iyanla Vanzant

Irresistible

The ebb and flow of life

How did December come around so quickly you may be asking yourself?.. Yet another year, here and then gone again.. We get caught up in all the things we have to do, to complete, to aim for, and in busy lives, that certainly can take up a lot of time and mind space.

Winter Solstice is upon us, reminding us of the sun's yearly cycle. We are moving towards the darkest night of the year - which also has a promise that everything from here on will start brightening up.

Cycles of ebb and flow are a natural part of life. Life is always in motion. Look at the cells in your body. If they ever go into a static state and stop moving, you're dead.

Life is constantly cycling through periods of expansion and contraction. Notice what type of cycle you're in right now. If you're in an expansion cycle, then push your ambition as far as it will take you, and forget about complacency. If you're in a contraction cycle, then take a break from ambition and spend time on your inward development.

Problems also occur when we get stuck in one phase for too long. A prolonged contraction phase can lead to depression. A prolonged expansion phase can build stress and anxiety. Life requires cycles of exertion and rest - that's what makes us stronger.

What is your life calling for right now? Should you be contracting or expanding? Is this the time to reinvent yourself in private or express yourself in public?



Winter Solstice

Throughout history, humans have celebrated the winter solstice, often with an appreciative eye toward the return of summer sunlight. People have celebrated the Winter Solstice in an effort to encourage the Great Mother to give birth once more to the Sun King..

Viewing

The Prince of Tides

Barbra Streisand directs and stars in this stunning screen adaptation of Pat Conroy's best-selling novel, in which Nick Nolte plays a disillusioned football coach who confronts his tortured childhood in order to help his troubled sister.

Streisand is the determined psychiatrist who battles his resentment and rage in search of the truth. Critically-acclaimed and deeply moving.



Irresistible Reading

The Journey By Brandon Bays

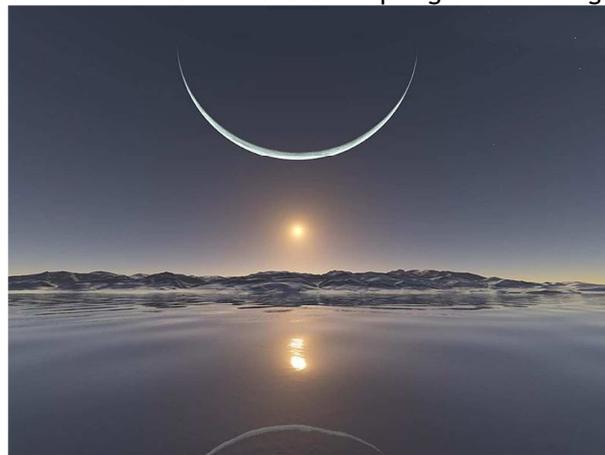
This is a book about Freedom. All of us sense that deep inside lies huge potential. We long to experience it - yet 'something' holds us back..

This book is a personal account of the author's journey from cancer to not just physical healing but also a healing of her whole being! Her journey can also become yours!

As the Winter Solstice marked the longest period of darkness in the yearly cycle, they longed for the return of the sun with its life giving light and warmth. This year Winter Solstice falls on December 22th.

The year's shortest day and longest night, the Winter Solstice, was celebrated with the next new dawn, as it was shown that the Sun had triumphed over darkness, the Sun had not been "eaten," but was born again. Some would drum throughout the night, lending their energy to keep the Sun alive.

The Winter Solstice marks a crucial part of the natural cycle. In a real sense, the sun begins anew its journey toward longer days, times of new growth and renewal of the world once again. In a spiritual sense, it is a reminder that in order for a new path to begin, the old one must end and that spring will come again.



Dare to Dream...

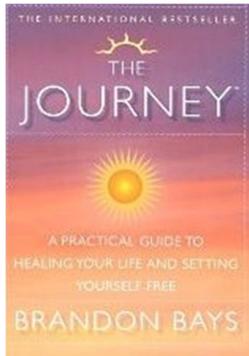
When was the last time you really allowed yourself to dream and even believe that the dream could come true?? For many of us, it could be as far back as when we were kids.

As the year comes to an end, and you think back at what 2011 has meant for you, do you feel that you have had an active say in how 2011 unfolded? Or was it more a process of going with the flow?

As the winter solstice is a process to support a new path to begin, and as a result, the old one must end and that spring will come again. So we shall prepare ourselves for the new year with not just a reality check on where we are but also with a bag-full of dreams that you are ready to manifest into being!

Appreciative Inquiry is a process used in organisations which attempts to use ways of asking questions and envisioning the future in order to build on the present potential of a given person, organisation or situation. Applied research has demonstrated that this method can enhance capacity for change.

Although AI uses brain storming as part of the process, I still believe that it can be a wonderful self-discovery process for you as an individual to work for yourself in any area of your life.



Links to learn more about Breath Work

[Dwari on breath work](#)
[Devapath on Breath Work](#)
[Lowen: 'You are the Body'](#)
[Freud, Reich and Lowen](#)

Quick Event Links

[Breath Workshop with Dwari](#)
[Diamond Breath](#)
[5 Rhythms Dance Practice](#)
[Copia Home Events](#)
[Fearless Loving Fearbuster Group](#)

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As the year comes to an end, what better time to appreciate what is and at the same time move into creating something even more fulfilling moving into 2012.

The basic idea is then to build your future around what already works for you, rather than trying to fix what doesn't. This approach is presented as the opposite of problem-solving, with a positive focus on how to increase exceptional performance instead of reactive remediation of skills and practices.



Appreciative Inquiry utilises a cycle of 4 processes, which focuses on what it calls:

1. **DISCOVER:** The identification of what already work well for you in a specific area of your life.
2. **DREAM:** The process of envisioning of what would work even better in the future. (ultimate!)
3. **DESIGN:** Planning and prioritizing processes including the steps needed to be taken by you towards your dream.
4. **DESTINY:** The implementation (execution) of the specific proposed design.

Soooo, now it is up to you! The next steps look like this: 1) set aside time to do the process 2) get clear about which specific area(s) you want to run through the process. This could be anything from your work to love or spirituality. And last but not least 3) leave the sceptic outside the space you plan to do this process. **Dare to DREAM!!!**

Extraordinary :: Irresistible :: Woman

To start our new regular feature of an amazing woman, I would like to introduce [Dwari](#). Dwari has been a therapist for 30 years. She studied psychology at the University of Berlin and also has training in Rebirthing, Primal, Tantra, Family Constellation and Energy Work. Meeting Indian mystic Osho in 1977 shifted the focus in her life and work towards meditation. The following, is an excerpt from an interview with Dwari:

Who am I Without the Other? on being a woman

When I first came to Osho I began to ask myself: what does it mean to be a woman? This question was not just intellectual; it was about how I had been living my own life. When I looked at how I and most women related to men, I saw that it had nothing to do with real womanhood or real female energy. I saw how our conditioning creates so much conflict in our relationships.



In an early discourse I heard Osho say: I'm not interested in your personality; I'm interested in showing you how to bring the totality of your energy into this moment. That encouraged me to step out of all the concepts I had about being a woman, so I could find out what was really going on.

I began to ask myself: who am I without the other? Who am I in my own energy, in my own life juice? What is my own sense of myself in my body, in my creativity, in my needs, in my values? In my first two years with Osho I wasn't in a relationship; I just took energy inside. That invitation to be alone was what I got from Osho; and not only the invitation - but the courage.

I started looking at my former life - realizing how much of what I had done came from blindness or unconsciousness, from not knowing who I was energetically or how to move with my energy. I saw how disconnected and chaotic my energy had been. Through doing the meditations and coming back into myself I started feeling the amount of energy that I actually had. I realized that I could choose what to do with it and that I didn't need to cut it back or sacrifice it or adjust it to be loved or to be in a relationship. [continue...](#)

Irrisistibly Osho

*When you can put your whole energy into creating something that will give you satisfaction, that will give you a deep sense of fulfillment, a sense that you have not been here unnecessarily, you have contributed something; you have made the world a little more beautiful - a few more flowers you have added to it. If everybody is adding a few more flowers, this whole world can again become a garden.
- Osho (Sermons in Stones)*

The process of my life in the last few months has definitely been going in - of more stillness that exertion. The creative machine is always buzzing along in the background, but the usual outward energy has been more focused inward.

This pull toward going in will continue this month as I am heading away to India for a meditation retreat as well as more therapy training. So in the second part of December and January, I will not be available in person.

Have a beautiful festive season! And I look forward to seeing you in the New Year.

in friendship and love...

Pia Muggerrud

Copia Coaching
www.co-pia.com

Thinking of a holiday gift for a professional colleague, friend, or a loved one? And you are still stuck for something that will really communicate how much you really care?

This Christmas why not give the important people in your life the gift of health, serenity and overall wellness. LIFE COACHING! For that matter, how about yourself, don't you deserve a gift too, why not sign up yourself?

Copia Coaching offers tailor-made gift vouchers that can be used either towards one-on-one coaching or towards one of our workshops. And the great news is that we will fit any budget! With Copia Coaching, "Explore Coaching" 4 week package, you will be giving the people you care about most an opportunity to experience clarity, gain direction and a road map to moving forward. [Click here](#) to see the services we offer.

