



life coach :: trainer :: facilitator

pia muggerud



Copia December 2012 Newsletter

Irresistible content

[Don't Take Anything Personally...](#)

[4 Agreements Mindfulness Exercise...](#)

[Healing the Body through Water...](#)

[Awakening of Love Back to Hong Kong...](#)

[Irresistible Women...](#)

[Irrisistibly Osho...](#)

Winter Solstice

The Winter Solstice is a magickal event, yet sadly, it is in the main a forgotten celebration. At this time, Christmas preparations are taking place, and the focus is primarily on Christmas 'to do's'..

Also known as 'Yule', the Solstice is generally celebrated on the 21st of December, (although the astronomical date changes from year to year - this year the actual Solstice takes place on the 22nd, at 00.22a.m). The Winter Solstice is the shortest

Don't Take Anything Personally

This month, we continue with the second of the four agreements;

Don't take anything personally.. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

This agreement from the book 'Four Agreements' is probably the hardest for me, so I have been procrastinating about writing this newsletter.. I have a strong 'pleaser' instinct in me and part of that is a need to fit in. This can be quite exhausting as I have had a habit of getting very serious about making mistakes, being corrected, not being liked and the list goes on. There have been times when it has been felt as a pain inside.. needless to say, I don't get to be at my best when get so involved in thinking about what others think of me.



Re-reading The Four Agreements has woken up an understanding in me of how ego-centric my behaviour has been and as a result of this new awareness, I have started slowly shifting my behaviour. One step at a time. And as the year draws to an end, I know in my heart what a difference transformation in this area would make for me. A deeper relaxation! More connection and understanding with others! Compassion for myself! And so for the new year, I pray that it will come!

Have a very Merry Christmas and a Wonderous New Year!

day, and longest night of the year, and is the traditional time to celebrate the truly important things in life: your family, your children, your home and looking forward to a wonderful year to come.

Read [HERE](#) about different traditions around the world.



Join our list

Testimonials

Pia is intelligent, intuitive and insightful, combining deep caring and empathy with a passionate pursuit of growth. She elegantly uses tools and techniques where appropriate to support people enhancing their subjective and objective quality of life. Corporate Trainer :: China

Read more testimonials [here](#)



Irresistible Viewing



Picture courtesy of Celine at [le-Regard-des-Elfes](#).

4 Agreements Mindfulness Exercise

Don't Take Anything Personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream (illusion). When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Keeping your emotions in check takes mindfulness. Knowing how you feel and being mindful of how this emotion is affecting you and the people around you takes discipline as well. When others do or say things about you, it is really their perception and projection of you. In other words, they are insulting or abusing a construct of you that they have created based on their own feelings of inadequacies or traumas. It has nothing to do with you. Keeping your ego in check takes a lot of training but remembering that it's not personal, no matter how personal the other person wants to make it, makes being mindful very easy.

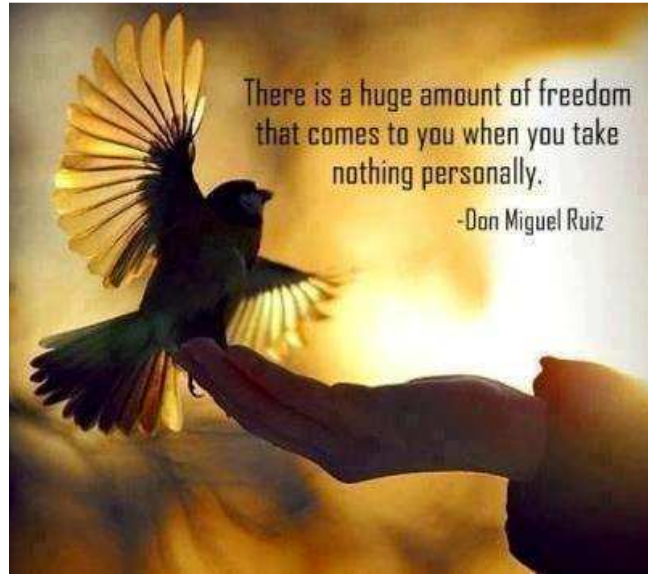
Love Actually

This sweet Christmas film warms the heart as we follow the lives of eight very different couples in dealing with their love lives. All of London is in love -- or longing to be -- Love Actually involves more than a dozen main characters, each weaving his or her way into another's heart over the course of one particularly eventful Christmas. Definitley a 'feel good factor' movie for the holidays! Watch tralier [HERE!](#)



Irresistible Words

"Suffering is not holding you. You are holding suffering. When you become good at the art of letting sufferings go, then you'll come to realize how unnecessary it was for you to drag those burdens around with you. You'll see that no one else other than you was responsible. The truth is that existence wants your life to become a festival."



If I see you on the street and I say, "Hey, you are so stupid," without knowing you, it's not about you; it's about me. If you take it personally, then perhaps you believe you are stupid. Maybe you think to yourself, "How does he know? Is he clairvoyant, or can everybody see how stupid I am?"

But when you go deeper in this agreement, you will find much stronger meaning. For me, the strongest mindfulness meditation has been the concept of personal importance... Because that is all taking things personally really is! It is the maximum expression of selfishness! Because you make the assumption that everything is about "me." So in your next dealings with the world and you start taking something personal, ask yourself 'does the world really revolve around me?' I am confident this practice alone will make you start seeing the world from a very different perspective..

Healing the Body through Water

Talk on Friday December 3rd 3-3.30pm

As a person who has lived with chronic back pain most of her life, I have realised I have to embrace my well-being in a more holistic way, not just through the mind and spirit (through Coaching), but also through better care of the body. I now understand it is essential to take care of all aspects: mind, body and spirit!

Hydrotherapy Home Spa is technology that has been a part of my life for over three years and it has drastically improved my health. The Spa (SG 2000) technology incorporates Ultrasound, Far Infrared Rays Therapy as well as produces Ozone and Negative Ions; all incorporated into our simple bathing routine. These can immediately start benefiting the body by improving

- Osho

Copia Home Events

Do you have a grand reason to celebrate? Or do you want to make up a reason to celebrate, just because?..

Irresistible Home Events provides you and your friends with the perfect combination of fun, support, guidance, and tools. All in the privacy of your own home!

Some Ideas:

- 'Just because' party
- Hen 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

December Horoscopes

Susan Miller of Astrology Zone is an American astrologer from New York.

blood circulation and boosting immunity while raising the body's core temperature.



I will be speaking at SOL Wellness this week about the benefits of the Hydrotherapy Home Spa, especially as it supports the body to detox. If you would like to join this talk, come to:

Date: Friday 7th December

Time: 3.00pm to 3.30pm

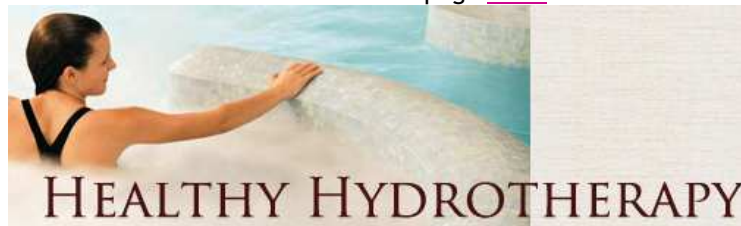
Venue: SOL Wellness, 16/F Tin On Sing Commercial Building, 41-43 Graham Street, Central

Cost: Free of Charge

Contact: info@sol-wellness for more info on the open day that continues into Saturday 8th December.

You are welcome to follow our Hydrotherapy Home Spa page on Facebook! Here we will be posting research, testimonials etc on hydrotherapy as well as other technologies that the spa offers you, in the privacy of your own home.

Watch Testimonials on our YouTube page [HERE!](#)



Awakening of Love Back to Hong Kong

Lantau Island 1 - 3 March 2013

After a very moving and transformational first workshop in Hong Kong, we will be bringing back Awakening of Love for a second time!

The Awakening of Love is a powerful weekend workshop for people who really want to change their lives. These gentle and unique 2 ½ days have been designed to shake the dust off your

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 December horoscope.



Path of Love

:: quick links ::

[Path of Love HOME](#)

[Schedule](#)

[Testimonials](#)

[Leaders](#)

[Video Interview with leaders Alima and Satyarathi](#)

[Audio Interview with grad.](#)

[Audio Interview with co-founder Turiya](#)

[FAQ](#)

path of love
life changing

heart and give you a taste of the Path of Love work. We all have a longing for love and to be seen and heard. This work is about igniting a passion to live with an open and honest heart.



DETAILS:

Dates: Friday March 1st from 8.00pm to 5pm on Sunday 3rd March

Venue: YWCA Sydney Leong Holiday Lodge, South Lantau, HK

Workshop Price: HK\$3700.

*****EARLY BIRD price HK\$3200 (paid before February 1st 2013)**

Accommodation: HK\$295 based on 2 days in shared rooms

Catering: HK\$220 (5 meals)

Irresistible Women

Doctor Susan Jamieson - The Light Doctor

Dr. Sue Jamieson is no ordinary doctor. With 25 years experience working in Hong Kong, her arrival was not that of the wealthy expatriate professionals arriving in a ready-made structure of friends and contacts. She was simply guided to come to Hong Kong in 1989, after a chance meeting with someone at a party who said 'my friend works in Hong Kong.' And so the adventure began. She started working in a government tuberculosis hospital, and later set up her own medical practice, [Holistic Central](#).



I met Sue a few years later, when I came across her name when I was looking for a doctor. It was not until years later that I really started appreciating Sue for her awareness beyond Western medicine. As I myself realize over the years that Western medicine is far from the answer to our wellness needs, and that Eastern ways have so much to offer, this is something that has been at the heart of Dr. Jamieson's passion for many years already!

Scotland and Harvard-trained, Doctor Sue Jamieson is Hong Kong's

most experienced ex-pat family doctor, with a wealth of knowledge in the areas commonly affecting busy expat lives, especially in the area of stress. As CEO of her own medical practice, Sue can be mistaken for being yet another run of the mill medical practitioner, but actually her specialty is the integration of science with indigenous healing wisdom. She made a business out of connecting western and eastern medicine and further, she now focuses on connecting body- emotions- spirit medicine. Although the latter is not a new concept, having a medical doctor actively promote this is certainly very rare in Hong Kong! Sue is certainly a medical professional of the new millenium!

Her natural thirst for and endless pursuit of medical knowledge resulted in Dr. Jamieson meeting and working with such renowned experts as Deepak Chopra, Eckhart Tolle and 'water guru' Dr. Masuru Emoto whose offices she has visited in Japan. Such studies also led her to investigate energy psychology and energy medicine, as well as naturopathy and homeopathy; all of which changed her methods of practice.

Nowher mission is to help people understand the rudiments of the concept of 'knowledge of ourselves as beings of light' - so they can absorb, hold and share as much of it as is humanly possible in order to be all that they can be in this world, and accordingly achieve their total potential, on all levels: personally, emotionally, physically and spiritually in preparation for the next stage of our evolution. In 2010, she spoke at TedX in Hong Kong about this, not just speaking of us as beings of light in a new age fashion, but actually connecting this back to science.

Family doctor, inspirational speaker, author, humanitarian worker, Reiki master, EMF and EFT practitioner to name a few. Dr. Jamieson now known as the '[Light Doctor](#)' is all about connecting, with yourself, with the world around you and last but not least, with your inner light. You can read excerpts from her book Medical to Mystical [HERE](#) and learn from her wisdom from her recently released DVD: Access Your Inner Light. Click [HERE](#) to watch trailer. To finish, I leave you with a quote from Sue herself:

"I help people access their inner light energy, so that they can reach their full potential in wellbeing and joy, enabling them to access their inner resources and reach their dreams."

Irrisistibly Osho

Before you can Love yourself you have to know yourself...

Question - Beloved Osho, What does it mean to Love Myself?

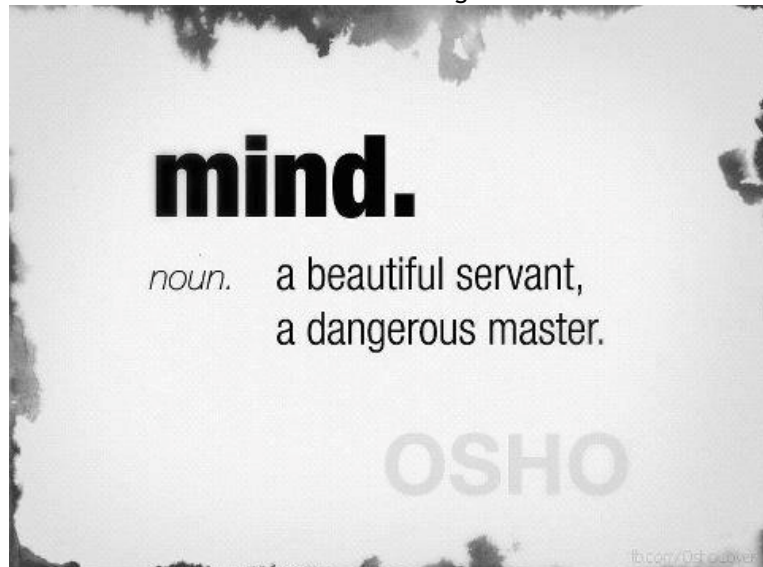
One has to begin not by loving oneself, because you don't know who you are. Who are you going to love? If you start by loving yourself, you will love only your ego, which is not your self, which

is your false personality. Almost everybody loves his personality; everybody loves his ego. Even the ugliest woman, if you say to her, "How beautiful you are," will not refuse to accept it.

I have heard... Two old men meet on a street corner. "Where have you been for the past eight weeks?" "In jail," says the second man.

"In jail? How come?" says the first man. The second old man replies, "Well, about eight weeks ago I was standing on a street corner and this beautiful young girl rushes up with a policeman and says, 'He is the man, officer. He is the one who attacked me.' And you know, I felt so flattered, I admitted it."

How many things you have admitted that you know perfectly well are not true. People say you are so loving, so sincere, so truthful, so beautiful, so honest -- and you never deny. This is not the love I have been talking about.



Yes, I would like you to love yourself, because unless you love yourself you cannot love anybody else. You don't know what love is if you have not loved yourself. But before you can love yourself you have to know yourself; hence love is secondary, meditation is primary. [continue...](#)

Receive
20%
more!

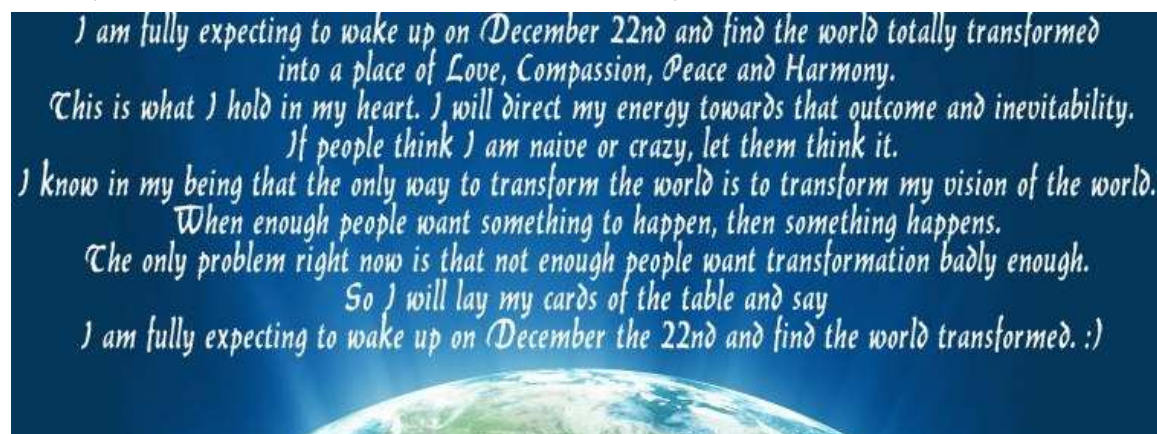
Christmas Is Coming!

Christmas is just around the corner. If you are still looking for last-minute Secret Santa and Xmas presents for a friend or a loved one, COPIA COACHING GIFT VOUCHERS can be bought at whatever price you wish to invest. That amount can be put towards coaching sessions in person or Skype sessions. It can also be put towards attendance to our next Awakening of Love workshop, coming up March 1-3. Contact us for more details. For every HK\$100 spent, you receive an additional HK\$20 in value as an added Christmas bonus. **What are you waiting for?...**



Offer Expires: December 20th 2012

There has been a lot of talk surrounding the Mayan Calendar date of December 21, 2012 with many diverse and contradictory predictions. I am choosing a slightly different energy for myself, as we not only come to this date but as we enter into the new year 2013:



would be happy to support you and to shed light on your personal journey moving forward. If coaching and authentic transformation is for you, you can contact [Copia Coaching](http://www.copia-coaching.com) to arrange a free trial coaching session.

with love and blessings in this festive season..

Pia Prana Muggerud

Copia Coaching
www.co-pia.com