



life coach :: trainer :: facilitator

*pia muggerud*



## Copia February 2012 Newsletter

### Irresistible content

[A Mind-ful or Heart-ful New Year...](#)

[Valentine's Day...](#)

[My Funny Valentine...](#)

[Woman's Sacred Circle...](#)

[Extraordinary :: Irresistible :: Woman...](#)

[Level 1 Hypnosis Training...](#)

[Irrisistibly Osho...](#)

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### Copia Home Events

In today's modern society, where we lead increasingly busy lives, it is difficult to find space to nurture ourselves, feel emotionally recharged and enjoy a sense of community. So Copia offers the custom-made [Irresistible Home Events](#) to support you in connecting with your community of friends, *not because we need healing, but because we need replenishment..* These events are designed to be held in the privacy of your own home. You invite your friends, Copia does the rest! [Read more here!](#)

### A Mind-ful or Heart-ful New Year?..

They call an unusual warm fall (autumn) Indian summer. What I recently experienced was Indian winter, as I spent my Christmas and New Year at my usual meditation centre in Pune, India. There have been no typical Christmas dinners and boozy nights on the town. No, the holiday season for me has in the last few years represented a time to go 'inside' as well as deepening my therapeutic work.



What came up very strong for me in is existence letting me know that there are bigger energies at work in my life than my little brain and its illusion that it is in control. Having gone to India with a clear plan of attending a three week breath therapy training, the controlling side of me was happy to know I was organised and getting stuff done. However, in the last few days before the start of the training, new opportunities and doors opened that I could not have imagined. Being faced with a choice between two amazing directions, the ego struggled with letting go of the 'plan' and allow myself to follow the flow that was being presented.

This opening has made me question what other more natural opportunities or feeling of clarity I have missed out on as a result of being overly organised and planning ahead in a way that does not leave room for change or spontaneity.

And as the mind strives for control, the heart naturally gets less 'air-time'. So for the new year, this year of the Dragon, I am committed to be more heart-ful. Allowing my softer voice to come through, supporting the less obvious answers to come through. There is a saying 'follow your heart'. But unless we quieten the mind and make room for the heart, this is not possible..

**How will you listen to your heart this month?**

### Valentine's Day...

Have you ever wondered how Valentine's Day came to be?

The Story behind St. Valentines Day is a fascinating one. Although February 14th is celebrated as a lovers' holiday today, with the giving of candy, flowers, Valentine's Day card and other gifts between couples in love, it originated as a tribute to St. Valentine, a Catholic bishop.



## Irresistible Words

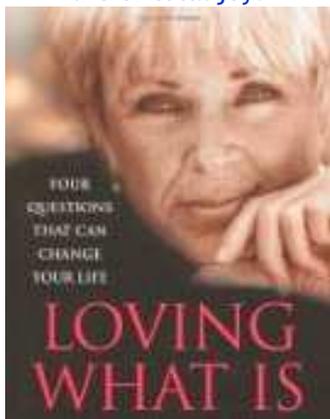
*'It's not your job to like me - it's mine.'*  
- Byron Katie

## Irresistible Reading

### Loving What Is by Byron Katie

The Work began on a February morning in 1986, when Byron Katie woke up on the floor of a halfway house, at a complete dead end in her life, and began to laugh. She had woken up without any concept of who, where, or what she was. She awoke to the fundamental, luminous state of being that is without any separation, that experiences itself as pure love.

The Work, a life-transforming system for discarding the stories we tell ourselves, which are the source of suffering, and replacing them with the truth ("what is") and a life of total joy.



As early as the fourth century B.C., the Romans engaged in an annual young man's rite of passage to the God Lupercus. It's earliest origin was the Roman festival Lupercalia, observed on Feb. 15. Lupercalia celebrated the coming of Spring on the Roman calendar. Lupercalia became a celebration intended to ensure the fertility of flocks, fields and people.



The names of the teenage women were placed in a box and drawn at random by adolescent men; thus, a man was assigned a woman companion (a sexual partner) for the duration of the year, after which another lottery was staged. After eight hundred years of this cruel practice, the early church fathers sought to end this practice.

In an effort to do away with the pagan festival, Pope Gelasius ordered a slight change in the lottery. Instead of the names of young women, the box would contain the names of saints. Both men and women were allowed to draw from the box, and the game was to emulate the ways of the saint they drew during the rest of the year. Needless to say, many of the young Roman men were not too pleased with the rule changes...

Instead of the pagan god Lupercus, the Church looked for a suitable patron saint of love to take his place. They found an appropriate choice in Valentine, who, in 270 AD had been beheaded by Emperor Claudius.

According to church tradition, St. Valentine was a priest near Rome. At that time the Roman Emperor, Claudius II, had issued an edict forbidding marriage. Claudius had determined that married men made poor soldiers because they were emotionally attached to their families. So he banned marriage from his empire. Valentine, a bishop, seeing the trauma of young lovers, met with them in a secret place, and joined them in the sacrament of matrimony. When Claudius found out about this "friend of lovers," Valentine was thrown in jail and condemned to death.

While Valentine was in prison awaiting his fate, he befriended his jailer, Asterius, who had a blind daughter. Asterius' daughter befriended the kind priest by bringing food and messages to him. Valentine fell in love with the jailer's daughter. Asterius requested that he heal his daughter. Through his faith he miraculously restored the sight of Asterius' daughter and converted the two of them to Christianity.

After some time in prison the priest was ordered to appear before the Emperor. The emperor, impressed with the young priest's dignity and conviction, first tried to convert him to paganism to save him from certain execution. But Valentine reversed the strategy, trying instead to convert Claudius. He failed. Just before

## Irresistible Viewing

### Valentine's Day

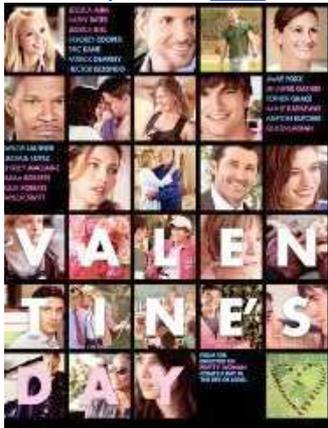
'Valentine'd Day is about anger, disappointment, love, romance'.. to name a few beliefs of the various characters in this modern-day romantic comedy. Although this is far from a classic movie, the story has a more down-to-earth view on this commercialised holiday.

The movie revolves around intertwining couples and singles in Los Angeles breaking-up and making-up, based on the pressures and expectations of Valentine's Day.

Stories crisscross, collide and boomerang in this look at a day in the life of love.

There's a proposal.

Flowers that didn't get sent. A big fat secret that's finally told... Watch the preview [here](#).



## Quick Event Links

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

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his execution, he asked for pen and paper from his jailor, and signed a farewell message to the jailer's daughter and signed it, "From Your Valentine." He was stoned and beheaded on February 24, 270 AD. Valentine became a Patron Saint, and spiritual overseer of the annual festival. Although the lottery for women had been banned by the church, the mid-February holiday in commemoration of St. Valentine, involved young Romans offering women they admired and wished to court, handwritten greetings of affection on February 14th.



source: <http://www.celebratelove.com/valhistory.htm>

## My Funny Valentine...

The stories of how women were wooed by grand gestures of gallantry flourish in romance novels and movies of today. Appealing to the masses, these all create some 'proof' that true and ever-lasting love is possible. As we all wish to be desired.. to be loved and accepted..

Every February 14, across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. According to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 per cent of all valentines..

Isn't it strange how we pour all our hopes and all our love into this one day each year? In our search for love, there ends up being a great deal of expectation and pressure on this singular day in the year. And like I wrote in my introduction of this newsletter, if one day is planned and dedicated to love FOR us, where does that leave the feeling of spontaneous actions and expressions in the name of love??

Whatever happened to the in-the-moment appreciation and expression of simple, pure love? On a Monday in April, or October? Not in the form of over-priced flowers and greeting cards, but in a simpler form, such as taking time to be present with each other? Or a look. Or appreciating your beloved with a

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kiss or gesture?

*'Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around'. - Leo Buscaglia*

'Each day is Valentine's day' has been sung again and again in the song [My funny Valentine](#). So let your gestures of love and appreciation come when you feel it and not because there is an expectation to perform.



Finally, start cultivating love inside yourself before you attempt to share it. (or expect it from another..) In that vain, I would like to dedicate the month of February to SELF LOVE. Not the love we seek to find through others, but the sometimes impossible feat of loving and accepting oneself fully...

How will you say 'I love you' to yourself today?

## Woman's Sacred Circle

Imagine a time when we lived in tribes, groups of men and women clustered together for safety, support and community. Women of the tribe would meet to do women's work, to engage in sacred rituals, and to have a laugh at their men! They would sit in circle and talk, share and tell stories. In modern times, rituals and circles are long gone, and busy working lives with their pressures take over.

Holding sacred circle means that there is an agreement present to hold each other and the gathering itself as sacred. What is shared or spoken is done in a sacred manner. As we listen to one another, we do so in a sacred way. There is no judgment or criticism present. We are able to listen whole heartedly to what each woman has to say, holding her in support and compassion, receiving her in wholeness.



Circle also allows that everyone within the circle is equal. There is no hierarchy in circle. Everyone and every expression is equally valued. We learn so much from one another. We witness each other, allowing ourselves to be seen and heard, honoured, loved and enjoyed.

Copia Coaching is proud and honoured to invite you to join our monthly woman's circle. We will be coming together once a month in a confidential, safe environment. Each month I will offer a theme as a way to support the flow of the sharing. This month, the theme will be around **SELF LOVE**. I will facilitate the process.

The first circle will be happening this month.

**Date:** Saturday 18th February

**Time:** 11am - 1pm

**Venue:** TBC. When the weather permits, we will attempt to be outdoors, but this month we aim to be indoors in central.

**Contact:** Please let me know if you wish to join the group at [pia@co-pia.com](mailto:pia@co-pia.com)

## Extraordinary :: Irresistible :: Woman

### Alima Cameron

The first time I had the pleasure of meeting Alima was when I attended a transformational workshop in India called Path of Love. I had probably all my life struggled with my identity as a woman and being strong as a woman versus copying the strength that men represent in the world. Yet it was not until I met Alima and worked with her in this intense environment created



for the workshop, that I realised I had never really had a strong female role model before.. And I was completely blown away by the combination of feminine strength and courage, with what seemed like 100's of years of wisdom and last but not least a pure vulnerability that makes her so beautiful. Her beauty encompasses all the goddesses, from Kali all the way to Shakti, yet she is grounded and in touch with the world around her. I have learned so much from Alima about being all I can be as a woman. So I would like to honour her person as well as her work as a wise woman.

Alima has been working in the field of transformation with herself and others for 30 years. She is passionate about awakening and seeks to embody authenticity and compassion in her life and her work with people. She is a founder and member of Shematrix and is a facilitator of The Gift - A Woman's Rite to HerSelf and The Grail - A Hero's quest to the Self, which are offered worldwide. She has trained in many different modalities and offers individual sessions as a therapist and a counsellor. She views the Path of Love as a rare jewel of authenticity and transformation and has been facilitating, organizing and presenting the work for twelve years in Australia and worldwide. Alima sees her work and her life as a powerful and loving opening toward self-awareness, presence and conscious action in the world.

**From Alima herself:**

*'The work has always and continues to embody the mystery and as such refuses to be defined, I stand as I always have in awe and humility. It continues to be the pumice-stone on the edges of my personality. Or like a whirlpool where the pebble of my ego becomes smoother and softer to the touch so there is less to defend.*

*I stand in a place where what I have to offer is directly related to what I am willing to let go of. In the willingness to surrender lies the gift of my offering, to the women and to myself. So I stand in relation to the work in the exact place I stand in relation to my journey. There is no separation. I grow through the work, the work grows through me. And the growing is a dissolving, and in that lies my empowerment.*

*The women of Shematrix are mirrors of how total and authentic is my trust in Shematrix, i.e. in myself, in life. Anything I am holding, any criticism or judgment is clearly a thorn in my own heart. My intention is to know myself through the mirror of my sisters and continue to be humbled in their presence.*

*My intention is to further embody the Divine Feminine so the truth may be heard through Her as well as Him.*

*My intention is to be present, as a Gift Guide as much as I can for women to glimpse and remember their glory.*

*My intention is to continue to hold the space as a member of Shematrix for a new way of relating and being conscious, where the other is truly seen as myself.'*

## Integrated Clinical Hypnosis Level 1 Training with Sonia Samtani

Back by popular demand

This week, Dr. Sonia Samtani presents a certification course on 'Level 1 Hypnosis'. This is a train-the-trainer workshop so that you can use the power of the subconscious mind to heal yourself and others.

The workshop will teach you how to penetrate the depths of the subconscious mind, which is the best way to create lasting change for 98% of people. You will get answers to many questions you may have about life, relationships, the economy and the rapid shifts that humanity is presently encountering, such as 'why am I here', 'why do I keep attracting the same situation?', 'why is the earth suddenly going through a major climatic and economic shift?'



This course entitles you to receive a 'Master Hypnotist' Certification from the California Hypnosis Institute of India. California Hypnosis Institute of India is India's first ISO 9001 - 2008 certified educational institution teaching integrated Clinical Hypnotherapy.

This course will show you how to understand the mind in totality and utilize the magnitude of its power to make your life work for you.

**Dates/Time:** Feb 9th (Thu) 6.30pm to 9.30pm  
Feb 10th (Fri) 6.30pm to 9.30pm  
Feb 11th (Sat) 10.00am to 6.00pm  
Feb 12th (Sun) 10.00am to 6.00pm

**To Register:** Please complete booking form and fax to 2764 2489

**For Enquires:** Please contact Sonia Samtani at T: 9238 7379 or  
E: [sonia@soniasamtani.com](mailto:sonia@soniasamtani.com) (refer to Copia Coaching at registration)

**Investment:** HK\$3,600

## Irrisistibly Osho

*"You cannot have East without having West. And you cannot have night without having day. And you cannot have summer without having winter. We have to accept the life in its totality. There is a certain rhythm, there is a polarity." - Osho*

There are extraordinary energies of rebirth that surround the New Year. So I invite you to use this time as a catalyst for your own rebirth into the new year of 2012. Together we can let go of what was, and open our hearts and minds to the miracles that are possible now.

From my heart to yours, all love and blessings...

*Pia Prana Muggerrud*

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