



life coach :: trainer :: facilitator

*pia muggerud*



## Copia February 2013 Newsletter

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### Join our list

### Irresistible reading

[Nonviolent Communication](#)

By Marshall B. Rosenberg

Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively?

In this internationally acclaimed text, Marshall Rosenberg offers

### Being of Service...

I have enjoyed working as a Life Coach for 10 years already. It has been a personal journey as well as a professional one.. Psychology has always been a passion, and back 11 years ago when I embarked on my coaching study, it seemed so practical and user-friendly. Many years of therapy later, I am brought back to my earliest roots of psychology and my passion was born back in my teens. Back then, I even worked as an assistant in a mental institution in my school holidays.



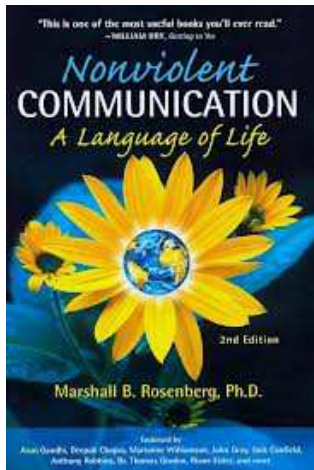
As a therapist -in-training for many years through my Osho-work, (every year I travel to Europe to further my inner child training as well as go to India for Path of Love) and more importantly, though my own therapy seeking my own healing, I have come to realise the importance of working not just on the future and what I want to achieve there, but also equally important on going back into the past, on healing the past pain/hurts that gets in the way of your freedom and peace right now.

**"Life can only be understood backwards; but it must be lived forwards." - Søren Kierkegaard**

As much as coaching serves on many levels in self-development and reaching your own goals, I have finally taken the leap to become a counselor, creating some more letters after my name. This month I start with a diploma course in counseling. As much as I don't really believe the letters after my name will make much difference, what I am really excited about is to learn more, to receive more tools in order to serve people even better.

Also, my passion for people's emotional health, Martin Luther King puts it much better than I can: "Our lives begin to end the day we become silent about things that matter"... And to me, this matters a great deal!

insightful stories, anecdotes, practical exercises and role-plays that will dramatically change your approach to communication for the better. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain. Revolutionary, yet simple, NVC offers you the most effective tools to reduce violence and create peace in your life?one interaction at a time.

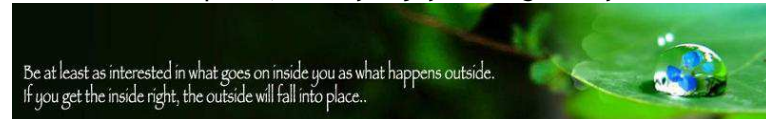


## Copia Home Events

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

As a result of my new study and the time this will require from me, this newsletter will start to be published only every other month starting in 2013. Please continue to write to me with your comments or requests, I really enjoy hearing from you!



Be at least as interested in what goes on inside you as what happens outside.  
If you get the inside right, the outside will fall into place..

## The Silver Lining of therapy...

Over the decades, once in a while Hollywood has taken an interest in issues of mental health and disability. From Ordinary People in 1980 to Girl, Interrupted in 1999 and Black Swan two years ago. Yet, the areas of mental health and disability continues to carry a lot of stigma around it.. This year, not one but two films released in the last few months, where therapy has a central role, have been nominated for both the Golden Globes as well as the Oscars: Silver Linings Playbook and [The Sessions](#). In fact, Jennifer Lawrence won best actress at the Golden Globes for her role in [Silver Linings Playbook](#).

What the two films have in common is the theme dealing with a man with medical problems and psychological problems, seeking companionship and having to overcome his afflictions to find it. Bradley Cooper's character, Pat, in Silver Linings Playbook is newly released from a mental hospital, and his romantic foil Tiffany (played by Jennifer Lawrence) is battling her own demons. The Sessions is a candid, bittersweet and surprisingly humorous, true life tale about 38 year old polio suffering journalist Mark O'Brien, who, after years of living a celibate existence due to his disability, decides to finally lose his virginity through a series of liaisons with a sex surrogate.



Although Bradley Cooper's Pat in Silver Linings Playbook was stricken with a psychological disorder resulting in violent outbursts while The Sessions' O'Brien is crippled with polio, the

the privacy of your own home!

Some Ideas:

- 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

## Testimonials

Awakening of Love is a rare and unique experience that allowed me to go deeper into myself. It was a weekend of self-discovery in an environment that was safe and encouraging. The facilitators were incredibly supportive and experienced with running the program. Thank you for providing the space for allowing this powerful growth to occur!

Anonymous, Hong Kong  
October 2012

films bear similarities in that they are both quirky comedy dramas about troubled individuals looking for love (or sex in The Sessions' case) and struggling as a result of their conditions.

As these movies have neither arrived in my local Hong Kong, I have not seen them. So I cannot vouch for their accuracy. However, the reason I wanted to bring them up is the importance of removing the stigma off mental illness as well as disabilities. And also to remember that therapy, be it through a psychiatrist, a counselor or even a sex surrogate is more and more readily available for individuals to move beyond their condition, into more fulfilling and stable lives. A major part of the professional role of the therapist is to facilitate the awareness, growth and psychological development of the patient, be it from a one-off depression to more long-lasting conditions.



With the popularity of American television shows like 'Glee' and contemporary commercial movies like 'Silver Linings Playbook' and 'The Sessions,' there's a growing cultural awareness about people in the United States with mental and physical disabilities. Hopefully movies are helping pave a road for future cinema, proving that films can feature sympathetic mentally ill or disabled characters and be embraced by mainstream movie-goers.

## Your Contribution...

Mental disorders are common. In the United States, an estimated 26.2 percent of Americans ages 18 and older or about one in four adults suffer from a diagnosable mental disorder in a given year. One huge issue is that we don't talk about our problems.. So your contribution can be to talk! To be open about your own problems, even if you not fall under the category of having a mental disorder. And when you know or recognise that someone is suffering, reach out to them! Do you know someone who:



## 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*

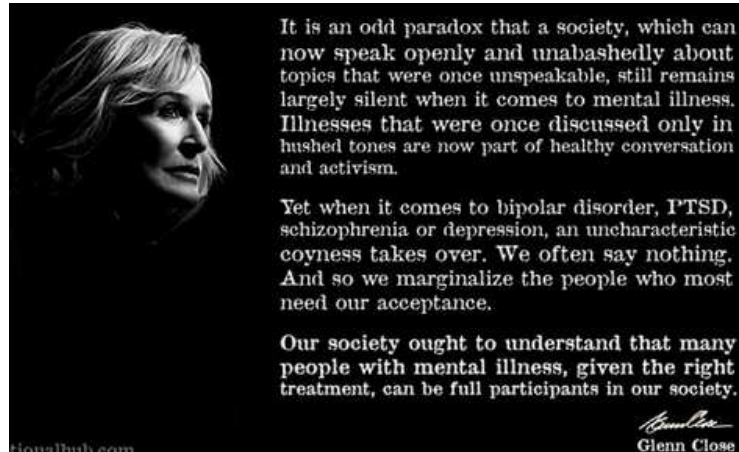
## February Horoscopes

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

- drinks too much alcohol?
- takes too many recreational or prescription drugs?
- works far too much?
- has longer periods of being down in the dumps?
- isolates themselves, no matter how many times you invite them out?
- do not take physical care of themselves (cleanliness etc.)

We live in a world that can be very isolating and especially for people who are suffering emotionally. Reach out to them! Offer your support or educate yourself about what you can do in your area to help! Often a helping hand or kindness can make a huge difference! And being non-judgmental is all-important! People mostly need love!

Organisations such as the Samaritans offer confidential emotional support to people who are suicidal or are in general distress.

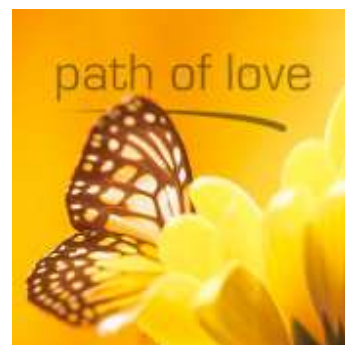


**"To be ill adjusted to a deranged world is not a breakdown." - Jeanette Winterson**

## Awakening of Love

1-3 March 2013

This is a unique and powerful 2 1/2-day workshop designed to re-awaken your passion for truth, love and life itself. It will give you a taste of the Path of Love 7-day process and at the same time stands by itself. In only two and a half days you can experience a breakthrough you might have longed for in a long time. What you're taking home are many tools





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](http://www.astro.com) if you already know your time of birth and location.

Read your February horoscope [here](#).



## OMNI Spa - Testimonials

[Cancer remission](#)  
[Lung Disease](#)  
[Arthritis Relief](#)  
[Pilot Jetlag & Muscle Pain](#)  
[Improved Vitality](#)  
[Increased Immunity](#)  
[Rheumatoid Arthritis](#)  
[Cold Sore Immunity](#)  
[Foot Bunion Relief](#)  
[Renewed Hair Color](#)  
[Coffee Addiction](#)  
[Diabetes - drug reduction](#)  
[Malawi boy with Duchenne muscular dystrophy](#)

that help you deal with every-day challenges.

Awakening of Love creates trust, joy and a deep sense of belonging and connection with yourself and the world around you.

### JOIN IF YOU:

- Are seeking clarity in your life
- Have a longing to re-connect with yourself
- Sense that something is missing in your life but don't know where to start
- Experience negative and self-destructive patterns and behaviour
- Sometimes feel lonely or isolated from others
- Are looking for a change in life
- Have already participated in the Path of Love 7 Day intensive, prepared to deepen the work.

If the answer is yes to any of the above, then take a leap of faith and join us for Awakening of Love this March! It is a shorter version of Path of Love and it is coming back to Hong Kong 1-3 March. For all the details of pricing, accommodation etc. click [HERE!](#)





[Join OMNI Home Spa on Facebook!](#)

## Quick Event Links

[Awakening of Love, Hong Kong](#)  
[Path of Love](#)  
[5 Rhythms Dance Practice](#)  
[Copia Home Events](#)  
[Fearless Loving Fearbuster Group](#)

## Irresistible Women

The Light That Shines

Jill Conley was diagnosed with breast cancer at age 31. Only six months into her marriage, she and her husband had to go through the horrors of chemo, radiation, a double mastectomy and a problematic reconstruction before she finally entered remission. Now 35, she has been diagnosed with incurable stage 4 bone cancer.



Photographer Sue Bryce was moved after hearing of Conley's story, and offered Jill and her friends a trip to Paris. Bryce's idea was to use her photographic talents to uplift Conley and cancer patients around the world. The documentary film titled "[The Light That Shines](#)," shows the beautiful work that resulted from that trip and the time the two women spent together. To see a women so beautiful with such a passion for life being diagnosed with terminal cancer. To watch the video of her dancing and smiling, bringing love and light to something as ugly as cancer is inspiring. I am mesmerized by her grace and beauty. View the stills of Jill [HERE](#).

Jill's story is a second chance for all of us. To embrace our life, family, friends, passion... To forget about what has happened and be excited about what is coming. To forgive and forget the little things; the childish fights, the grudges, the not talking, the judging others, allowing others to judge you and influence how you see yourself, and all of the other things that we cling to. The emotions that hold us down and stifle our life, love and creativity.

I truly hope that Jill's story goes viral, that each person who watches it can take away something positive and find a passion that has been buried.

To view more from Jill go to:

<https://www.facebook.com/JillBrzezinskiConleyBreastFriends>

## Irresistibly Osho

changing versus helping others...

"There is a vast difference, and tremendously significant, between trying to change the other and helping him. When you help

somebody you help him to be himself; when you try to change somebody you try to change him according to your idea. When you try to change somebody you try to make a carbon copy of him. You are not interested in him. You have a certain ideology, a fixed idea, an ideal. You change him according to the ideal. The ideal is more important, the real man is not important at all.

In fact, trying to change the other according to some ideal is very violent. It is aggression, it is an effort to destroy the other. It is not love, it is not compassion. Compassion always allows the other to be himself. Compassion has no ideology, compassion is just a climate. It does not give you direction, it only gives you energy. Then you move. Then your seed has to sprout according to its own nature. There is nobody forcing anything on you.

When I say, "Go and help others," I mean: help them to be themselves. When I say, "The world is too irreligious because of too many preachers," I mean that so many people are trying to change, convert, transform others according to their own ideology. The idea should not be more important than the person. Even the whole humanity is not more important than a single human being. Humanity is an idea; a single human being is a reality... [continue..](#)

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According to the International Coaching Federation, coaching can be defined as "an ongoing partnership that helps clients produce fulfilling results in their personal and professional lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life. Coaching begins with the present and assists clients in setting very clear, and specific goals that they want to achieve in the future whilst therapy focuses on issues of healing and unresolved psychological issues of the past.

I believe you have to heal the issues of the past and that light must be shed in this area of your life in order to move forward. That is why with Copia Coaching, you receive a combination of both: 'You clean the inside of the cupboards as well as outside...'

If this speaks to you, if you feel that is what you need right now, contact [Copia Coaching](#) to arrange a free trial coaching session.

with love and blessings...

*Pia Prana Muggerud*

Copia Coaching  
[www.co-pia.com](http://www.co-pia.com)