



life coach :: trainer :: facilitator

pia muggerud



Copia January 2013 Newsletter

Irresistible content

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Join our list

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

Don't Make Assumptions

Every December we travel to India for meditation, therapy work and meeting friends. This year we also had another mission, to have our wedding rings custom-made. Until today, I was using my mother's wedding ring from 1967, with the view we would get new ones here in India. I inherited a lot of gold from my mother, so we brought some of the gold to have it melted down. This way, we could use it for the rings. And today, on the 4-month 'anniversary' of our wedding, we picked up the rings. It feels so beautiful to carry a bit of my mother in these very significant pieces of jewelry.



As we move into the new year, we continue with the third of the Four Agreements: Don't make assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Isn't it interesting how most of us tend to make assumptions about other people and situations before we have actually gathered all of the needed information? In fact, when we make an assumption we are really passing judgment without knowing all the details. This is why communication plays such a vital role in all healthy relationships.

How often do you assume that the other person knows what we know, or knows what we need or desire to have happen, when in fact we are not all psychic? The result of this is often misplaced anger or resentment. How often have you assumed (judged) another person's behavior was unacceptable, only to later learn they were in great pain of some sort, which we were not aware of at the time?

the privacy of your own home!

Some Ideas:

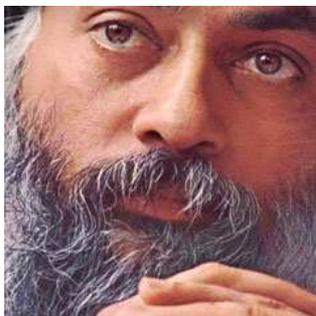
- Hen Nights..
- Baby Shower..
- Leaving Party..
- Vision Board Party..
- Spa Party



Contact us so we can design a 3-hour seminar/event for your specific requirements: pia(at)co-pia.com

Irresistible Words

Once you have started seeing the beauty of life, ugliness starts disappearing. If you start looking at life with joy, sadness starts disappearing. You cannot have heaven and hell together, you can have only one. It is your choice.
- Osho



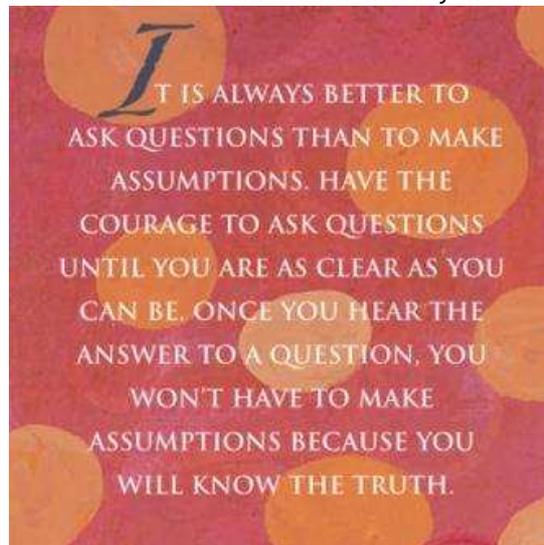
Let's make a sincere effort to garner all the details before we make assumptions. Why? Well, as one of my bosses from many years ago shared with me, when you ASS-U-ME, it makes an ASS out of U and ME... Enough said...

4 Agreements Mindfulness exercise

Don't Make Assumptions: *"Making assumptions and then taking them personally is the beginning of hell in this world. Humans create so many problems because we make assumptions and believe they are the truth!...To be aware is to see what is truth, to see everything the way it is, not the way we want it to be to justify what we already believe...you no longer try to put things into words, to explain anything to yourself, and this keeps you from making assumption. With clear communication, people will give you the information you need, and you won't have to make assumptions."* -Don Miguel Ruiz

How often have you assumed (judged) another persons behavior was unacceptable, only to later learn they were in great pain. . .

Today, step into that place of conscious awareness where you become the impartial observer. If you catch yourself making assumptions throughout the day, ask yourself what information you need before you can truly form a fair and healthy opinion regarding this issue? Then act accordingly, rather than reacting based on what appears to be. Watch and see how the trauma-drama becomes authentically mellow.



Testimonials

Pia's half day seminar gave me strength to be a woman. It opened my eyes and gave me encouragement to use my feminine side and its power rather than playing the 'games of the man.' To see and feel that we have much strength as women opened up for so much inspiration inside of me.

Pia is a very capable coach and she equally inspires, motivates and poses challenging questions that has furthered my own personal contemplation. My thoughts and ideas have been able to blossom through Pia's sharing of herself; her own journey has given me strength to dare, to try out new things and overcome personal obstacles.
Trainer and Life Coach ::
Norway

Read more testimonials [here](#)



Path of Love

:: quick links ::

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[Video Interview with](#)

Awakening of Love

1-3 March 2013

I am in Pune, India currently, having just completed working on the 7-day intensive Path of Love. Out of everything I have done, this work is what really cracks my heart open, helps me to shed more of the personality and come back to a more true version of myself. One of our participants comes from Hong Kong. She attended our Awakening of Love workshop back in October, and was so moved she booked a flight to come to India, purely following an inner wisdom that even she did not understand. Watching her now, it makes my heart sing not just for her, but for Hong Kong. Because the more we get in touch with our inner light, the yearnings that live there, the more we can live our authentic selves and share that with those closest to us. And personally, I know that my life becomes so much richer with more courageous, authentic people in my life!

- **Are you longing for something deeper in your life?**
- **Do you long for deeper connections with yourself or your loved-ones?**
- **Do you feel you are held back too much by your own fears or insecurities?**
- **Do you feel that there is something missing in your life?**

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. You can still take advantage of the early-bird pricing in January only. For all the details of pricing, accommodation etc. click [HERE!](#)



[leaders Alima and Satyarthi](#)
[Audio Interview with grad.](#)
[Audio Interview with co-founder Turiya](#)
[FAQ](#)

path of love
life changing

January 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 January horoscope [here](#).



Irresistible Women

Zainab Salbi of Women for Women

Zainab Salbi is an Iraqi American writer, activist and social entrepreneur who is co-founder and president of Washington-based Women for Women International. Salbi was born in 1970 in Baghdad, Iraq where her father worked as personal pilot of Iraqi dictator Saddam Hussein. Only 11 years old when her father was chosen for this role, Zainab and her family were often forced to spend weekends with Saddam where he watched their every move. Her mother eventually sent Zainab to America for an arranged marriage, but the marriage that was intended to save her turned out to be another world of tyranny and abuse.



Experiencing immediate psychological abuse to her family from Hussein, Salbi chose to dedicate her adult life to the women around the world. After her initial failed marriage, Zainab started over. She forged a new identity as a champion of women survivors of war and founded Women for Women International. Salbi's experience with the Iran-Iraq War sensitized her to the plight of women in war worldwide.

In the early 1990's, Zainab and her now husband were deeply moved by the plight of the women of former Yugoslavia, many of whom were forced into the now infamous rape and concentration camps. They wanted to volunteer to help, but were unable to locate an organization that addressed these injustices and egregious wrongs. So they launched an organization that created "sister-to-sister" connections between sponsors in the United States and women survivors of war in Bosnia and Herzegovina. They were greeted with an overwhelming response; a woman survivor of the rape camps who had lost her husband and children during the war said, "I thought the world had forgotten us...."

In 1995, President Bill Clinton honored Salbi at the White House for her humanitarian work in Bosnia. Other awards include: Time magazine Innovator of the Month for her pioneering work as philanthropist, Harper's Bazaar 21st Century Heroines nominee (1993) Forbes Magazine Trailblazer Award (2005) Conrad N. Hilton Humanitarian Prize, World Economic Forum's Young Global Leader (2007) David Rockefeller Bridging Leadership Award (2010) Austin College Posey Leadership Award (2011) and Harper's

Healing Through Water - Testimonials

[Cancer remission](#)
[Lung Disease](#)
[Arthritis Relief](#)
[Pilot Jetlag & Muscle Pain](#)
[Improved Vitality](#)
[Increased Immunity](#)
[Rheumatoid Arthritis](#)
[Cold Sore Immunity](#)
[Foot Bunion Relief](#)
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Quick Event Links

[Awakening of Love, Hong Kong](#)
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[Fearless Loving Fearbuster Group](#)

Bazaar 21st Century Heroine.

Zainab and her husband started Women for Women International with a shoestring budget and a small team of dedicated volunteers. Since 1993, Women for Women International has supported women survivors of war in Bosnia and Herzegovina, Rwanda, Kosovo, Nigeria, Colombia, Afghanistan, Iraq, Democratic Republic of Congo and Sudan. It has assisted more than 243,000 women, distributed more than \$95 million in direct aid and microcredit loans, trained thousands of women in rights awareness, and helped thousands more to start their own small businesses.

Zainab has authored two books. In 2005, Zainab Salbi published her memoir: *Between Two Worlds Escape from Tyranny: Growing up in the Shadow of Saddam*. It describes her life growing up in Iraq under Saddam Hussein's Baathist regime. Publishers Weekly calls *Between Two Worlds* "the most honest account of life within Saddam's circle so far. It's an enlightening revelation of how, by barely perceptible stages, decent people make accommodations in a horrific regime."

In 2006, Zainab Salbi wrote *The Other Side of War: Women's Stories of Survival and Hope*. {dead link} Published by National Geographic, Zainab Salbi takes readers into the heart of Afghanistan, Bosnia and Herzegovina, Colombia, Democratic Republic of the Congo, Rwanda, and Sudan to hear the stories of women who daily reclaim the lives of their families and communities from the ashes of conflict.



Women for Women International works with socially excluded women in eight countries where war and conflict have devastated lives and communities. Women who enroll in their one-year program learn job skills and receive business training so they can earn a living. Learn more about the charitable work of *Women For Women 'Helping Women Survivors of War Rebuild Their Lives'* [HERE](#) or hear hear more from this [CLIP](#).

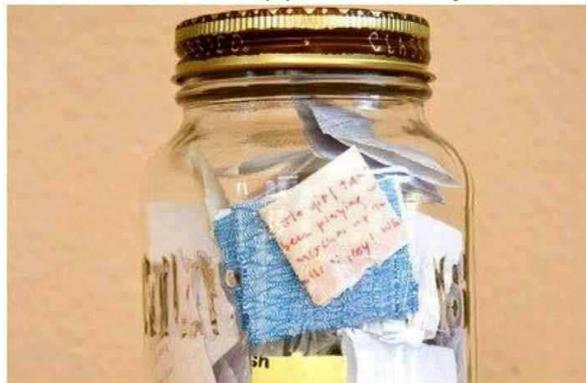
Irresistibly Osho

"Truth is an experience, not a belief. Truth never comes by studying about it; truth has to be encountered, truth has to be faced. The person who studies about love is like the person who studies about the Himalayas by looking at the map of the mountains. The map is not the mountain! And if you start believing in the map, you will go on missing the mountain. If you become too much obsessed with the map, the mountain may be there dust in front of you, but still you will not be able to see it. And that's how it

is. The mountain is in front of you, but your eyes are full of maps- maps of the mountain, maps about the same mountain, made by different explorers. Somebody has climbed the mountain from the north side, somebody from the east. They have made different maps: Koran, Bible, Gita different maps of the same truth. But you are too full of the maps, too burdened by their weight; you cannot move even an inch. You cannot see the mountain just standing in front of you, virgin snow peaks shining like gold in the morning sun. You don't have the eyes to see it. The prejudiced eye is blind, the heart full of conclusions is dead. Too many a priori assumptions and your intelligence starts losing its sharpness, its beauty, its intensity. It becomes dull. Dull intelligence is what is called intellect. Your so-called intelligentsia are not really intelligent, they are just intellectual. Intellect is a corpse. You can decorate it- you can decorate it with great pearls, diamonds, emeralds, but still a corpse is a corpse. To be alive is a totally different matter".
- Osho

This January

This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year.



Wishing you all the love, health, happiness and peace. I am grateful for all that has come to me during the course of this year and look forward to the challenges and exciting adventures for 2013. Grateful for what has been and what is to come my way! Happy new year to you all!

If this speaks to you, contact [Copia Coaching](#) to arrange a free trial coaching session.

with love and blessings...

Pia Prana Mugggerud

Copia Coaching
www.co-pia.com