



Life coach :: trainer :: facilitator

*Pia Muggenud*



## Irresistible content

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## Join our list

## Testimonial

### Awakening of Love:

"I LOVE this process, it is just amazing! The connections I've made with people and myself have opened my heart and I leave with lots of understanding, acceptance and love. This work is so powerful and I am very grateful for the love and sharing". - Marketing Manager  
March 2013  
(Hong Kong)



## Testimonial

### Awakening of Love:

"I feel a sense of peace and clarity I have not experienced in a long time. It was a huge gift for me to be part of such an open and loving group whom made me feel safe and

## A New Year.. A New Focus?..

Happy New Year everyone! We are really looking forward to another amazing year, with the focus this year (according to planetary energies and changes) on the Self. On You; Your connection with your health, your understanding of your purpose, and connecting with your inner world.

It's just the beginning of the New Year and many of you have probably already made a list of your new year's resolutions. When making your resolutions, are you like most people and vow to shed remove or leave behind something that is unwanted? Focusing on outer..?

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..

When you really look closely at what really matters, most people will find that if they really took the time and stopped for a few moments, really stopped.. that the purest quality in life comes through reflecting into, connecting with and honouring your heart and soul.. Most people work hard to keep the body happy, jogging, going to the gym etc. So many of you have probably already vowed to lose those extra pounds in the New Year! Or maybe you plan to redecorate your house? Then some people seek to stimulate their mind, and if there is time...they look after their inner world. So when was the last time you paid attention to your heart?

Doing spiritual or transformational work in Hong Kong is not the easiest.. Promoting that people participate is a challenge here! People are too busy working hard and playing hard to worry about such things as inner fulfilment and growth. At the end of the day people either don't think it is necessary to focus on ongoing 'inner maintenance', not like doing your annual medical check-up or going to the dentist.. And the people in the other camp tend to push it into the future, knowing that it can actually be hard work to deal with inner struggles and insecurities. Why go there, when things are plodding along just fine?? So this month you do have the beautiful Awakening of Love to reconnect with your innermost. We have a few more places, so please get in touch even if you are sitting on the fence!

And if you don't participate with us, do something! Do something that will allow your inner world to flourish and grow. But in all that you do starting this year, give the inner just as much time (if not more!) as the outer!

And on a slightly lighter note....



accepted. I would like to participate again and perhaps even do Path of Love seven day process." Housewife, March 2013 (Hong Kong)



## Testimonial

### Awakening To Love:

"If only it was mandatory for everyone to take part in this retreat, the world would be a much better place! :o)" - Anonymous, October 2012 (Hong Kong)



## Testimonial

### Awakening To Love:

"What an incredibly transformational weekend!" Anonymous, October 2012 (Hong Kong)



## Testimonial

### Awakening of Love:

"Awakening of Love has really opened me up and made me realise it is ok to feel vulnerable and it is ok to express how you feel. It takes great courage to come here and see yourself for who you really are, and I highly recommend this process to anyone who is afraid to be vulnerable or afraid to open up. The support during the process has been phenomenal! I take away so much from this weekend

## Half-Price Awakening!!!

I have an opportunity for you that I feel you might get excited about: the GIFT of attending Awakening of Love in January at HALF PRICE!! If this excites you, read on...

I have created a lucky draw. All you have to do is share our Facebook invitation link <https://www.facebook.com/events/159650930911931/> on your Facebook homepage and make sure you tag me, so that I can keep track of who is sharing.

On Sunday 12th, I will do a lucky draw and one lucky winner will attend the program at only HK\$2250!! If you share the link on a friend's home page, you get another chance to enter the lucky draw! Basically, the more friend's pages you share our link on (don't forget to tag me!) the more chances you have to enter! This is a one-time offer, so don't hesitate, share today! J (the winner will be contacted on Sunday directly!) Alternatively, if you send emails to your friends, cc me in the email and you will also be in for a chance to win your half-price place!



\*\*\*For those of you have already been sharing, i know who you are and you are already IN the lucky draw!

## Love will take us home

The Power of Exposure - By Turiya Hanover

(continued from last month's article...)

### The Power of Exposure:

So, if we all feel that inner call, that longing, why is it so difficult to turn within and open up? We want to open up, but we are afraid to be vulnerable, and we have resistance. Over the years we enter situations and relationships and get hurt, wounded, and feel deeply misunderstood. We are abandoned and betrayed, and in order to survive, we learn from early on to shut down and hide. On one side we protect ourselves against further attacks, on the other side we close the door to the divine, and suddenly are disconnected from our most intimate treasure, the essence of our heart and being. We build walls of protection around our heart. We shut down, become numb, so that we cannot feel the pain any more. It often feels unbearable. But with this protection we also shut down all connection to our deeper jewel, our true heart - we shut down to love itself. We often have a ring of isolation, resignation and mistrust around our heart that we are holding on to as it gives us some sense of security. A security that feels safe on one side and keeps us in separation and pain on the other. You could say it is a spiritual paradox. So to be able to feel the deepest treasure of our hearts, we have to face all these feelings again and open up to them. One powerful and profound way of doing this is to learn to expose, to bring it all to the light - to awareness and consciousness. Hiding it keeps it in separation. Exposure really has a great value here. What we hold hidden will also keep smouldering inside and will keep us away from being available to real and profound love.

Opening up to love means that we have to face all these possibly very uncomfortable feelings, and expose them to another. And not only to talk about it, but also really allow ourselves to feel again, right in our bodies, from the deepest place, in a safe and supportive environment.

so thank you so much." -  
'Awakened', March 2013 (Hong



Kong)

## Quick Event Links

[Awakening of Love. Coming to Hong Kong January 17th to 19th](#)

[Path of Love](#)  
[Copia Home Events](#)

## Path of Love

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**path of love**  
*life changing*

## Osho

### Speaking Your Truth

"Speak your deepest truth, even if it means losing everything - your pride, your status, your image, even your way of life. A life of lies and half-truths, the burden of unspoken things, will eventually suffocate you and everyone around you. Give up everything for a truthful existence. Know that you can only lose what's non-essential'.  
- Osho



Opening up to feelings, opening up to love...

Allowing those feelings to open up again is a very first step. To permit ourselves to be vulnerable, to let our tears be seen by others, and to feel we have a right to show ourselves beyond our made-up persona, revealing what is really behind all that, is a huge step, a spiritual step. Layers of shame may arise, because we may have so many judgments about ourselves, about being abandoned or being somehow 'wrong'. You may be holding some deep, dark secrets, hiding behind your mask, feeling that if you show who you really are, nobody will love you. The way out is to really let the feelings live again, out of isolation. Sharing with others in a safe environment where you are not judged or criticized, but are allowed to have your true feelings is incredibly, often magically, healing.



However difficult this process is, it is the only way to crack open the crystallized layers of being that are stuck, so that we can go beyond all these protections and start to feel love and trust again in our hearts, and on a deeper level, the connection to the divine. We all long for this unconditional love, we long for it so much, and yet we are afraid to feel the pain of it. Finally it is the pain of separation that arises - from our parents, lovers, and friends, and at the greatest depth from our own being and divine nature. As it comes to full consciousness there is an opportunity for radical healing.

This process we call the fire of love, that burns away all our attachments, all our illusions and ideas about ourselves and others; all our concepts and ideas - how life should or should not be. We let that fire purify our body, heart and being. Burn, baby burn...!

And here is where the longing will take you and give you the courage to move into the unknown, to jump and show yourself again. When you call inside "I want the truth, I long to wake up, I long to come home and be myself, and be connected to the divine."

The only way we can wake up is by longing with every cell of our body and our mind to be one with the beloved. That longing has to be continuous; it has to go on flowing as a river in the heart.

**By Turiya Hanover** (group leader of The "Path Of Love" process worldwide for many years)

Your  
greatest  
strength  
lies in the  
gentleness  
and the  
tenderness  
of your  
heart.



The Secret Garden

Facebook/WhatEvolvedWomenWant

## Path of Love

the 7-day intensive

Path of Love has been featured in the December issue of Sunday Times Style Magazine. To read about one participant's story, click [HERE](#).

**path of love**  
*life changing*



Transform yourself  
Transform the world



## Awakening to Love Hong Kong

January 17th to January 19th 2014

Samved and I will again be running a 2 ½ day weekend workshop, but this time we will be on Hong Kong island, at the Ramada Htel, Sai Yin Pun. (non-residential) What a wonderful start to the year with Awakening of Love happening again January 17th to 19th. I see this as a gift for anybody who knows there is more to life than 'going through the motions'...

Awakening of Love creates trust, joy and a deep sense of belonging and connection with your self and the world around you. One Hong Kong participant recently shared:

*"It gives me so much freedom to know the truth about myself more deeply and to know with total certainty that I do not need to be pretend that I am perfect for others and certainly not for me dad"...*

JOIN IF YOU:

- Are seeking more intimacy 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 process, prepared to deepen the work.

Click [HERE](#) for more details!



**Dates:**

Evening of January 17th 2014 (7.30pm start)

Full days on January 18th and 19th.

Finishing around 5pm on Sunday.

## The Awakening...

A time comes in your life when you finally get it...when, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out...ENOUGH! Enough fighting and crying and blaming and struggling to hold on.

Then, like a child quieting down after a tantrum, you blink back your tears and begin to look at the world through new eyes.

This is your awakening.

You realize it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon.

You realize that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must begin with you... and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are... and that's OK. They are entitled to their own views and opinions.

You learn the importance of loving and championing

yourself... and in the process a sense of new found confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you - or didn't do for you - and you learn that the only thing you can really count on is the unexpected.

You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that everything isn't always about you.

So, you learn to stand on your own and to take care of yourself... and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties... and in the process a sense of peace and contentment is born of forgiveness.

You learn to open up to new worlds and different points of view. You begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with.

You learn that there is power and glory in creating and contributing and you stop maneuvering through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era, but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world and that you can't teach a pig to sing.

You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about love.

You learn to look at relationships as they really are and not as you would have them be.

You learn that alone does not mean lonely.

You stop trying to control people, situations and outcomes. You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO.

You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs.

You learn that your body really is your temple.

You begin to care for it and treat it with respect.

You begin to eat a balanced diet, drink more water, and take more time to exercise.

You learn that being tired fuels doubt, fear, and uncertainty and so you take more time to rest. And, just as food fuels the body, laughter fuels our soul. So you take more time to laugh and to play.

You learn that, for the most part, you get in life what you believe you deserve, and that much of life truly is a self-fulfilling prophecy.



You learn that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You also learn that no one can do it all alone, and that it's OK to risk asking for help.

You learn the only thing you must truly fear is fear itself.

You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live life on your own terms.

You learn to fight for your life and not to squander it living under a cloud of impending doom.

You learn that life isn't always fair, you don't always get what you think you deserve and that sometimes bad things happen to unsuspecting, good people... and you learn not to always take it personally.

You learn that nobody's punishing you and everything isn't always somebody's fault. It's just life happening. You learn to admit when you are wrong and to build bridges instead of walls.

You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you.

You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower.

Then, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than your heart's desire.

You make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility.

You hang a wind chime outside your window so you can listen to the wind.

Finally, with courage in your heart, you take a stand, you take a deep breath, and you begin to design the life you want to live as best you can. ~ Author Unknown

As I finish writing this, I want to thank you all for your support and for travelling with me on this journey of growth and self-discovery. be it in a very active way or in a more quiet way. Know that I appreciate your presence in my life! And if at any point you would like to remove yourself from this mailing list, all you have to do is press the 'unsubscribe' button on the bottom of this letter. Namaste!



Wishing you every joy for this coming year!

with love and blessings...

*Pia Prana Muggerrud*

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