



life coach :: trainer :: facilitator

*pia muggerud*



## Copia July 2012 Newsletter

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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 the privacy of your own home!

Ideas:

- Hen (Bachelorette) Nights..
- Baby Shower..
- Leaving Party..
- Vision Board Party..

### Mind. Body. Spirit.

As I continue to pay more attention to what I eat, a growing awareness has surfaced for me that has become more and more tangible. When I watched the movie 'May I Be Frank' again in May, I saw how the work on the body that he was doing, had a direct influence on his mind and also his spirit. Frank's profound transform-ation right in front of our eyes also opened my eyes to this all-important Mind-Body-Spirit connection, and not treating them as separate entities. When in fact, they very much function in unison!



In my own body, I have noticed a new lightness that was not there before. Or at least it has been a long time since i was aware of it.. And I feel that this is a different lightness to losing weight. I have lost 7 1/2 kg in the last few weeks, and that will of course have an impact. But I feel that more has been shed, apart from the body mass. Somehow my new sense of responsibility and love for my body is having a ripple effect into parts of me that is manifesting as a 'lightness in being' And the opposite is also true, when I get sloppy in my care of the body, it retaliates either through the mind or through spirit..

So this month I dedicate to connecting body-mind-spirit in a nurturing, connected, conscious manner! And committing to always listening to the three as one voice..

### Find the Connection

The real key to creating the life of your dreams is achieving a connection between the mind, the body and the Spirit. They are connected like the gears of a clock. When one has a great diet and active life, positive emotions and thoughts along with a strong spiritual connection, the effects are fantastic. If one area gets out of sync, everything else will suffer. Since all three are interconnected, all three need to be aligned at the same time in order to create a life of total health, joy and peace of mind.

- Spa Party



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

## Irresistible Reading

### The Bodacious Book of Succulence:

Daring to Live Your Succulent Wild Life

By Sark

SARK, an author, artist, and incest survivor with many years of therapy and self-healing behind her, wishes to shine her "beacon of hope to the world" as she encourages and inspires women of all ages to become "succulent."

She defines this as transcending past pains and feeling the freedom of full self-expression.

Very candidly she shares the tragic, the glorious, the intimate, and the adventurous in her life, dispensing sage advice and a lengthy menu of readily doable suggestions for arousing creativity and nurturing self-discovery. Bubbly, humorous, and at times just far-out, SARK is enjoyable to read!

## Irresistible Viewing

Soul Surfer

is an American drama about the life of surfer Bethany Hamilton. At the age of



The mind, body and spirit are one. It no longer makes sense to classify problems as stress/emotional (mind) or physical (body). For example, a physical symptom such as abdominal cramping may trigger or be triggered by emotional stress. The symptom is the same and still needs treatment. You can see that if you treat only mind or only body you will miss out on opportunities for healing. Scientific evidence continues to confirm the power of spirit and how affirming beliefs, particularly belief in a higher purpose and a higher power, can contribute significantly to your health. A well-nourished spirit is a great preventive measure for many illnesses.

Have you like many others, disconnected the three? Have you relied too much on Western medicine for your dis-ease, rather than looking at where it might be rooted? Or have you considered what you eat has a direct impact on how you feel in your body as well as about yourself?

The first place is to start to understand your own behaviours and creating more awareness around the particular relationship between body-mind-spirit for you. If you are out of alignment or have not seen the connection yet, the increased awareness will be the first step towards change.



The quality of our breathing simultaneously affects body-mind-spirit. Optimal breathing practices are an essential means to explore the physical development of our body, the imaginative development of our mind, and the more intuitive and subtle development of our spirit. Optimal breathing is the union of body-mind-spirit.

The most basic and perhaps most essential exercise for developing awareness is to start by eliminating all distractions, and simply sit (or lie down). Follow your breathing. What is most important in this exercise is embracing a calm spirit of inquiry.

Then you start by asking specific questions related to the quality of your breathing and how you feel in the body. How does the breath feel as it enters the body, pauses and leaves the body? Are there points of tension or stress elsewhere in the body? What is this stress a result of? Can I feel a relationship between the quality of my breath and the kinds of thoughts that are materializing in my mind? How am I feeling as a result? Is my body and mind still enough to maintain focus on my breath and

fourteen, Hamilton lost her arm to a shark attack. The film details the events surrounding this attack and her struggle during the aftermath. you will get a personal glimpse of her life and faith, and how tragedy has turned to triumph.

*"That's all it took: a split second. I felt a lot of pressure and a couple of lightning fast tugs. Then I watched in shock as the water around me turned bright red. Somehow, I stayed calm. My left arm was gone almost to the armpit, along with a huge crescent-shaped chunk of my red, white and blue surfboard..."*

Watch trailer [here!](#)



## Irresistible Words

"Human beings are made of body, mind and spirit. Of these, spirit is primary, for it connects us to the source of everything, the eternal field of consciousness"  
- Deepak Chopra

## July Horoscopes

Susan Miller of Astrology Zone is an American astrologer from New York. Although Susan has a degree in business from New York

awareness?

And next time you have an ache or a pain, or you get sick. Ask yourself what might be the cause of the illness? What are you eating to add to a feeling of unease in the body? The answers are all inside!

Once you have opened and created a connection between all three, your life begins to flow, miracles can happen, and people and opportunities start to show up that are a match to the life you want to create and enjoy.

## Water as a Healer

Hydrotherapy talk - Tuesday July 3rd at 12.30pm

In May we started a new relationship with SOL Wellness, and the launch was the screening of the film May I Be Frank. One of the biggest insights I got from the film was how our mind, body and spirit are completely connected, that one cannot function without the other. And as a Life Coach who's focus has been less on the body, it taught me that working with the body has a direct effect on the mind and spirit. We will be continuing in the fall to host screenings of more insightful films about health, and we will keep you posted when these monthly events happen.

And in our continued commitment to health and well-being, we will host a final event THIS week! We have invited Hydrotherapy and wellness author, teacher, speaker and instructor Mr. Tan Meng Kwan to shed light on the power of Hydrotherapy in our modern day lives. He will also introduce us to a hydrotherapy spa machine that can be used in your home.



Hydrotherapy is the use of water, either internally or externally, to maintain health and prevent disease. Recent medical research informs us that sickness is the result of a weak immune system, and low body temperature is the main culprit for this. This talk will help illustrate how with hydrotherapy, you can strengthen your immune system, thereby setting you on a journey towards good health.

Issues that have been treated with hydrotherapy for great results, include: Stroke Recovery, Backache, insomnia, Joint Aches & Pains, High Blood Pressure and many more..

His focus is on self-healing without medication, raising body's immunity via thermal therapies, water and food.

**Come join us hear more about this fascinating subject at:**

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

Read your [July horoscope](#).



## Woman's Sacred Circle

Thursday 5th July

In this circle, we meet to share a deeper, more intimate part of ourselves. The gatherings are proving to be a wonderful support for vulnerability and authenticity.



**Date:** Thursday 5th July

**Time:** 7-9pm

**Register:** [pia@co-pia.com](mailto:pia@co-pia.com)  
\*\*\*Limited numbers..

(Next month we are taking a break. We will back with the circle in September!)

**Venue:** SOL Wellness

**Address:** 16/F Tin On Sing Commercial Building, 41-43 Graham Street, Central

**Date:** Tuesday July 3rd 2012

**Time:** 12.30 - 1.30pm

**Register:** [pia@co-pia.com](mailto:pia@co-pia.com) \*\*limited places available



### About the speaker:

Tan Meng Kwan is a Hydrotherapy and wellness author, teacher, speaker and instructor. His focus is on self-healing without medication, raising body's immunity via thermal therapies, water and food. Water makes up to 75% of a person's body mass. With the right type of water, one can live healthily without illnesses.

### Specialties:

The science of ultrasonic hydrotherapy and onnetsu therapy - including how to use these therapies to achieve self-healing for people who are sick.

## Hong Kong is Awakening to Love

October 5th - 7th 2012

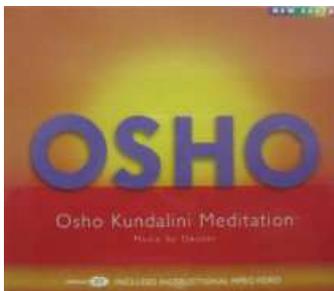
## Meditation

### Osho Kundalini Meditation

Deuter

This one-hour meditation is in four stages, including 1) shaking 2) dancing 3) being still and laying down. this meditation is a great way to connect with the body in order to further connect with your being.

Being fully immersed in the shaking and dancing of the first two stages helps to "melt" the rock-like being, wherever the energy flow has been repressed and blocked. Then that energy can flow, dance and be transformed into bliss and joy. The last two stages enable all this energy to flow vertically, to move upwards into silence. It is a highly effective way of unwinding and letting go at the end of the day.



[View demo here!](#)

## Quick Event Links

[Awakening of Love. Coming to Hong Kong October 5th-7th!](#)

[Path of Love](#)

[5 Rhythms Dance Practice](#)

[Copia Home Events](#)

[Fearless Loving Fearbuster Group](#)

We are in the final stages of securing a venue for October's [Awakening of Love](#), happening in Hong Kong for the very first time. This is not just exciting for me, having been involved in this work outside of Hong Kong for many years. it is also exciting for you and for Hong Kong!!

I want to be very clear. This is no ordinary process.. it is a journey of the heart. A Path of Love.. And it is a most glorious journey into the self. And this has the potential for you to make a difference in your world, for yourself and for the people you care about the most.

We are living in very uncertain times. When faced with the unknown, what choices do we make; do we operate out of fear or do we operate out of trust? What do you turn to? What supports you? What guides you? What resources do you have? For me, Path of Love is about rekindling the flame of trust and courage, so we dare to dream the impossible dream of each of us waking up. So we dare to authentically live our lives, not lives that operate out of fear, but out of trust and love.

Awakening of Love is a shorter, less intensive process to Path of Love. It will give you a taste of the [Path of Love 7-day process](#) and at the same time stands by itself in the 2 1/2 days we will spend together.

**Dates:** Evening of October 5th and full days on October 6th and 7th, 2012



My co-facilitator in October will be Samved Dass, who is originally from the UK. Samved has worked in the world of psychotherapy and meditation for more than 25 years. Read more about Samved [here](#). And to read more about me, [click here](#).

### **Testimonial from a Path of Love participant:**

*"To be on the Path of Resignation was how I entered the Path of Love. If there is another process that can expose self-doubt, self-recrimination and inadequacy in all ways - if there is another program that can neutralize anxiety, guilt and repression - if there is another way to let go of blame, shame and incessant judgment of self and others, then go for it! The Path of Resignation is the path of not showing up for life. The Path of Love is totally and utterly reconnecting with Life and its essential nature of Love. Love for self, love for others, love for all beings and Universal love. An unimaginable gift!"*

- Dr. Steven Cohen (MD, M.P.H Professor and Chief of Dermatology - Albert Einstein College of Medicine. Visiting professor Yale University)



## Irresistible Women

SARK

SARK, also known as Susan Ariel Rainbow Kennedy- which spells SARK, is an American author and illustrator of self-help books. The name was given to her by the author Henry Miller in the early 1980s. Soon after, she started taking notes as she states 'spirit spoke through her'. Five of her sixteen books have been US bestsellers, and she has sold more than two million copies of her books.



Throughout the course of her life and career as an international expert in personal well-being and transformation, her name has become synonymous with transformation, color, healing, movement & FUN.

At age ten, she became friends with an 80 year old neighbor, Mr. Boggs. When Mr. Boggs went to the hospital with a serious illness, he credited young Susan for helping him recover with the homemade cards and letters she sent every day for a month. No one else, he said, had visited or called during his illness. The experience inspired Kennedy to spend her life in some similar work.

I came across SARK's books a few years ago and it started with an attraction to her quirky titles as well as playful and colourful book designs. As I read, I was struck by her intimate way of expressing her raw humanness in her writing. Each book I read, she exposed intimate details of her own journey, in service of helping others to heal. And what I feel was most helpful to me was that she has an acceptance about her shortcomings, or what you might label as 'bad' experiences, that truly shifted something in me. As she is the writer, I feel it more appropriate to hear from SARK in her own words:

"Through my own journey of personal transformation I've come to know that...

... I was put on this Earth to be a Transformer, an Uplifter and a Laser Beam of Love...

...I do this through my Art, my Words and my Spirit...

...I've been blessed with color, creativity and an infectious laugh that, I'm told, could bring a smile to the devil himself (of course, you'd have to believe in the devil for that to be true)...

...I believe that Miracles are not only possible - they are the natural order of the world. If you have any doubt, simply look at a tiny baby; fall leaf colors glowing; the first snowflakes falling or your own dear face in the mirror. And we are surrounded by miracles that are just waiting for us to ask for them! I've lived and am continuing to live, a miraculous life and have transformed numerous challenges- and continue to transform! I'm practicing with everything that I offer to others.

My path has led me down many paths and roads, sometimes twisting back on itself to revisit experiences I had thought were long part of my

history (I'm sure you can relate). Because healing and change don't happen in steps like a ladder- they happen in spirals and layers. And practicing with those spirals and layers will lead to long-term sustainable growth and healing.

By walking (and sometimes crawling) with my eyes wide open through all of life's many challenges, I've come to know myself and the world in new and wonder-full ways."

## Irresistibly Osho

**"Detoxing the body to find inner harmony.** Dispense with moderation food to the body and to the mind repose."

Health has two aspects to it. One is the physical, the other is the spiritual. The body is your temple - don't neglect it. Your foolish, stupid ascetics have been telling you to neglect it - not only to neglect but to destroy your body. Pythagoras is not an ascetic: he is a man of understanding.

He says: Respect, don't neglect, your body. If your body is neglected, you will not be able to find the inner harmony - because if the body is harmonious it helps to attain to inner harmony. Take every care of your health, of your body; love it, respect it, it is a great gift. It is a miracle! a mystery. [Continue...](#)

I am learning the intimate connecting of body-mind-spirit. I am slowly starting to see that as a Life Coach, I have looked mainly at the mind part of the spectrum, sometimes of course also at the spirit, but the body never played a part in the equation. And the more I connect with a healthier body through more suitable choices in food, I can sense the dance between the three.

So Copia Coaching will definitely add more focus on the body part of the trilogy. We hope to organise more health-related talks and movie screenings to support more awareness. So please do come to our talk tomorrow, Tuesday 4th July to hear about how water can support all three! Email us or sign up [here!](#) We will continue after the summer to also bring you more educational films through SOL Wellness.

Life Coaching can also help you in the process of creating more understanding and awareness around balancing your life. Coaching is ALL about awareness and I would guide you to get familiar with what your body mind spirit want to communicate with you. The benefits of coaching are numerous. People often develop stronger clarity and an increased willingness and capacity to learn and change, enhanced understanding of the self and much more. If this speaks to you, contact [Copia Coaching](#) to arrange a free trial coaching session.

With love and blessings...

*Pia Prana Muggerrud*

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