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pia muggerud



Copia July 2013 Newsletter

Irresistible content

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Testimonials

"Thank you for the session yesterday, it was a very profound for me. It has opened so much for me that I could not even imagine were hidden under my layers of self-protection".

- Anonymous ([Singapore](#))



Read more testimonials [here](#).

Irresistible Viewing

[The Mirror Has Two Faces](#)
Barbara Streisand

Seek the Barriers You Have Built...

Summer is finally here! Many of you are may be busy planning for your upcoming holidays.. I have already enjoyed an early [holiday](#) in Europe. And also. my usual way of spending parts of my summer is in attending therapy trainings, and this year is no different. As a therapist in training, I deepen my own practice in working with the pain that we all carry with us. I also get a clearer sense of how I show up in the world myself, through the layers of protection I have built to stay safe, yet by keeping more pain out, I am also keeping everything else out, like connection, love, vulnerability, truth. And the list goes on. As a result, that don't always communicate in the ways that serve me or my relationships the most.



As I do a lot of this work with my partner, it allows each of us to be seen further in our vulnerability and at the same time, we get to practice communicating in ways that are more from a centered-ness and vulnerability, rather than from our wounding. We realize how much commitment this way of communicating requires, at least in the beginning, but also it gets easier! The day we arrived here in Switzerland for our first training, we were barking at each other. I wasn't even sure about what, but I was barking from a place of feeling hurt and being in the wrong. This morning on our day off, we used a simple technique we have learnt, to communicate about the same issue, and it was so much more clear and the charge was already gone. (I will share with you below) The first response from my body was more relaxation. I was not holding anything inside and letting it fester there.. (or against my partner) and in place of this holding was relaxation and then slowly joy appeared.

Joy is a clue from the heart, not to be confused with pleasure. When you evoke the feeling of joy, you are tapping into your deepest nature, your truest self, and the source of your full power, your full creativity, your full wisdom. Then you're generating passion. Passion creates energy, and energy creates enthusiasm. It's very contagious. When you are passion ate about your life, it comes through! And between lovers it is magic!

Barbara Streisand

How rare it is to find a movie that delves into issues such as self-love versus insecurity and self-image. The Mirror Has Two Faces is such a film.

Barbra Streisand convincingly plays the professor who over years of being nagged and even bullied by her mother and sister about her sloppy and ugly appearance is highly insecure. Although she is highly achieved as a college professor, she is unsure about her personal worth and unaware of her beautiful personality. Jeff Bridges is a handsome math professor at the same university who has many insecurities about intimate relationships and as a result looks for a companion rather than lover.. Drawn together by fate, these two start out with a platonic relationship, only to realize that they are attracted to each other. After a strong rejection, Streisand finally finds her inner strength and realizes, as well as Bridges's character that beauty lives within.



[Watch trailer HERE!](#)

Irresistible Reading

[Face to Face with Fear](#)
By Krishnananda Trobe

In Face to Face with Fear,
my therapy teacher

Communicating from the Heart

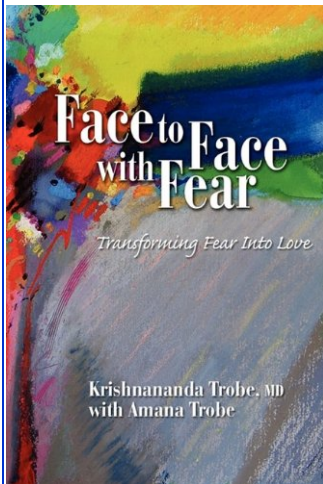
- Tell the person you want to communicate with that there is something you would like to share and ask if they would be willing/have time to listen.
- Next step is you take responsibility. That means before you share about the other's behavior, you share where you see that your own behavior has got in the way of your connection.
- Then you share what you feel the other person has done to get in the way of your connection.
- Then share what you need.
- Finally, you ask the other how it is for them to hear what you have shared.

This simple process gives you both space to share and even more importantly, you do not go into a blaming-game, instead you get really clear about your own responsibility.

Exercise is copyright of [Learning Love Institute](#).

Painting copyright and courtesy of [Helena Nelson Reed](#).

In Face to Face with Fear, my therapy teacher Krishnananda offers a roadmap with specific tools and guidance for how to transform fear into [love](#). Sharing openly from his own life, his experiences working as a psychiatrist and seminar leader and his many years as a disciple of an enlightened spiritual master, Krishnananda (Thomas O. Trobe M.D.) takes us on a journey of self-discovery, self-love and healing.



Irresistible Daily Question

What are the things you do that give you absolute [joy](#)?

Irresistible Words

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."
~ Rumi

July Horoscopes

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

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Irresistible Women

This month, instead of focusing on one woman in particular, I want to share with you words from a long list of irresistible women in history. In communication, a few words can inspire, lead, move you to action (or even tears) and on the other side of the coin, words can harm (which always comes from fear). In the article below, a collection of 100 women have been listed with words of wisdom and grace; from Indira Gandhi to Hilary Clinton, and everyone in between. When you cannot find your own inner inspiration, allow other who have paved the way for women like us to lead the way. Maybe you are like me, different words move me at different times. One of my favourites is from Virginia Woolf: "*You cannot find peace by avoiding life.*"

Irresistible Water

What is the Home Health Spa System?

This easy to use, safe and natural health product effectively turns your bathtub into a home spa. The surprisingly affordable system consists of a compact processing unit, joined to a flexible mat, which is lined with ceramic cells. The mat is placed into the base of your bath, and the system generates air-cleansing ozone, which is then forced out of the mat through minute holes. This rush of air produces millions of very small high-energy bubbles in the hot

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 July horoscope.



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

produces millions of very small high-energy bubbles in the hot bathwater, which, combined with ultrasonic sound waves and Farinfrared waves, provide numerous health benefits in the privacy of your own home.

Typical ailments that the home spa machine has shown dramatic results have been: diabetes, gout, muscle and bone pain, arthritis, thyroid issues to name a few.

In one study using Home Hydrotherapy Spa, The Shizuoka Agricultural Society in Japan conducted studies with some members who suffered from specific ailments. Using the Home Hydrotherapy Spa over a period of 20-40 days, the results for the 30 subjects are listed briefly below:

No	Illness/Conditions	Length of Use	No. of Successful Cases (out of 30)
1	Insomnia	10-20 days	25 no longer need sedatives
2	Lack of Appetite	3-15 days	28 improve appetite
3	High Blood Pressure	35-50 days	26 show lowered blood pressure
4	Gastric Problems	35-50 days	21 show marked improvement
5	Neuralgia/Backache	15-35 days	26 No more pain
6	Foot Arthritis	24-40 days	25 No more pain
7	Neck/Shoulder Pain	5-20 days	29 do not need massage anymore
8	Constipation	7-25 days	25 have normal bowel movement
9	Inactivity & Weakness	10-25 days	28 have vitality restored
10	Frequent Headaches	10-25 days	26 have no more headache
11	Piles	10-20 days	30 show marked improvement
12	Cold Hands & Feet	15-20 days	29 have no more symptoms
13	Flaking Skin	20-30 days	30 show smooth supple skin
14	Lethargy	15-35 days	28 feel revitalized
15	Obesity	50-50 days	30 lost flabby tissue around waist
16	Diabetes	90-180 days	19 showed marked improvement
17	Recovery from Traffic Accident	40-60 days	27 report obvious improvement

You are welcome to follow our [Hydrotherapy Home Spa](#) page on Facebook! Here we will be posting research, testimonials etc on hydrotherapy as well as other technologies that the spa offers you, in the privacy of your own home.

Irrisistibly Osho

"Unless a love affair is very conscious, it is going to create great anguish, a great trouble. All lovers are in trouble. The trouble is not personal; it is in the very nature of things. They would not have been attracted to each other... they call it falling in love. They cannot give any reason why they have such a tremendous pull towards each other. They are not even conscious of the underlying causes; hence a strange thing happens: the happiest lovers are those who never meet.

Once they meet, the same opposition that created the attraction becomes a conflict. On each small point, their attitudes are different, their approaches are different. Although they speak the same language, they cannot understand each other". [Continue reading HERE...](#)

Private Policy Notice

We want to inform you about the recently passed Personal Data (Privacy) Amendment Ordinance in Hong Kong, which took effect on April 1st, 2013. At Copia Coaching and Training, we are committed to serving you at top standards, and we consider your privacy a top priority. Your personal data, such as your name, email, and other contact information, is used only for internal use of sending newsletters of our upcoming events, workshops, our usual articles and suggestions and of course to keep you in the loop. Rest assured, we will not share your personal details with any third parties without your permission.



We would love to continue sending our emails and newsletters to you. However, at any time, if you decide you no longer want to receive any such direct marketing, all you have to do is hit the unsubscribe button that's at the bottom of every Copia newsletter.

Communication is the foundation of everything we do and create. How well you can be understood and heard depends on your own clarity inside of yourself. Coaching can help you create such clarity so both you and the important people in your life can experience more love and harmony! For many, your true voice is wrapped up inside of fear, disillusionment, shame etc. In coaching, we slowly peel away the layers to help you hear what is really true for you. If this speaks to you, [contact Copia Coaching](#) to arrange a free trial coaching session.

In love and gratitude... ***Pia PranaMuggerud***
Copia Coaching www.co-pia.com