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pia muggerud



Copia July 2014 Newsletter

Irresistible content

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Testimonials

'Another profound experience... This is definitely it, healing takes place here... just speechless...'

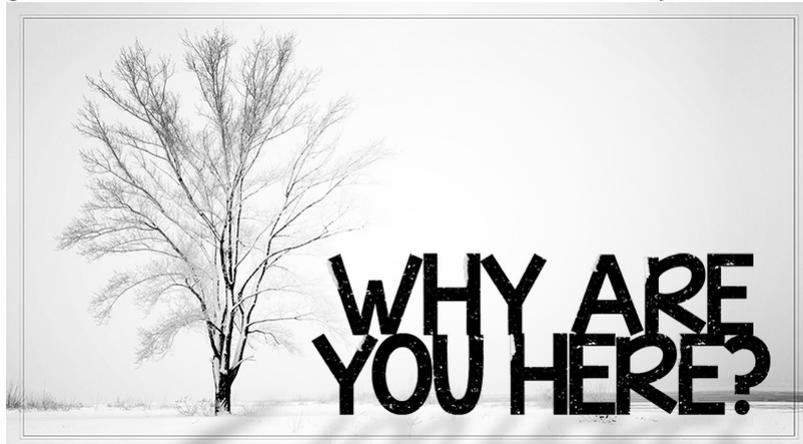


Read more testimonials [here.](#)

What have you come here for?

I have been experiencing a lot of frustration and even fear recently, in particular with my work. Not just with my business but also in being the spokes-person and organiser for Awakening of Love Hong Kong. The frustration mainly comes from the lack of control I feel in managing all the things outside of myself, meaning all the decisions others are making that affect me.. When it comes to Awakening, the feelings coming up are that of being alone, without support, having to do it all myself.. And that old fear of not being good enough creeps in... And yet, since my teens I have wanted to be understand the human condition and to be of service to people. Yet there has been a part of me that never believe I could make the kind of difference I wanted to make. And that old voice shows up again when fear takes over..

We had some beautiful friends visit us this weekend, and interestingly last night one friend asked me how I was able to stay in the business world, and also be so committed to my spiritual life. In his experience, he explained most people stay firmly rooted only in one of them, either in business world or in the spiritual world. He asked, is there some natural talent I have in this flexibility between the two seemingly different worlds? I found the question strange at first, and I didn't really see what the answer could be? And then I saw it! No matter how hard it gets, I get back to asking myself the big cosmic question: "What have I come here to do?" My answer has always been the same: "I came here to be a support to others in their expansion, their evolution, their growth.." And then the fear and frustration melts away...



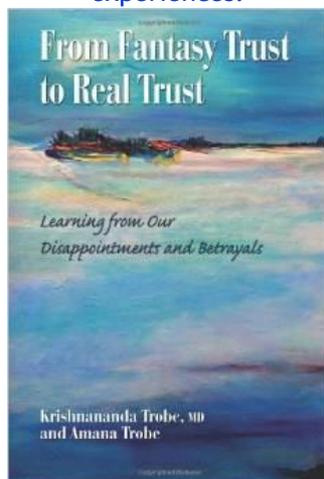
So, whenever I get frustrated, or blocked, or fearful, I remind myself that I came here to support people in their growth and expansion. Then I turn my attention back toward that support and ask existence respectfully, "What do you need from me?" Existence always gives me the same answer: "Your patience, and your

Irresistible reading

From Fantasy Trust to Real Trust Learning from Our Disappointments and Betrayals

By Krishnananda and Amana Trobe

This book deals with the roots of our mistrust and the ways that we can learn to recover our lost sense of trust. What we normally consider trust is actually a false trust, a childish, fantasy trust. This kind of false trust is dependent on how others and life treats us. Life teaches us through the painful experiences of disappointment and betrayal how to learn a new kind of trust, a real sense of trust which comes from inside and no longer dependent on outside events and experiences.



Irresistible Words

Life is nothing but an opportunity for love to blossom.
~ Osho

labour."

And so I get back to work.

It is your patience and your labour that allows miracles to happen. And not to forget, to get out of your own way!

“DON'T ASK WHAT THE WORLD NEEDS. ASK WHAT MAKES YOU COME ALIVE, AND GO DO IT. BECAUSE WHAT THE WORLD NEEDS IS PEOPLE WHO HAVE COME ALIVE.”

-HOWARD THURMAN

Using your life experiences as a vehicle for awakening...

The Process for Awakening

As I was preparing for writing this newsletter, I came across a lecture/discourse by Ram Dass. (an American contemporary spiritual teacher and the author of the seminal 1971 book *Be Here Now*.)

Ram Dass talks about the process of using your life experiences as a vehicle for awakening. I am often struck by how I decide that I don't want to experience this or that again, as it was painful or I deemed it too hard. And in the process of promoting Awakening of Love Hong Kong, and not getting the interest I deem worthy for it, I have seen myself fall into a I don't care, I will just drop it thinking.. I stand back from it and want nothing to do with it. And so through my fear-spectacles, I have limited myself again and again as a result.

And Ram Dass talks about this as an avoidance in order to avoid the pain of living. Wow, so powerful! And to stay open to the human condition; to your fear, longing, hopes, joys, arousals, depression, loneliness, self-pity, anger and jealousy.. And in those moments also appreciate that part of you inside that is not wanting, and do your practice, be it meditation, devotion, go to retreats to increase your faith in that non-detached part of yourself. And as your faith in this other part of you becomes deeper, you dive into life! Living life more to the full.

You sit with the process in yourself so that you see yourself get stuck and then you see yourself come up for air and you begin

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 monthly horoscope.



Path of Love

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path of love

life changing

to notice where you are clinging...

You can listen to the whole piece by licking [HERE](#).

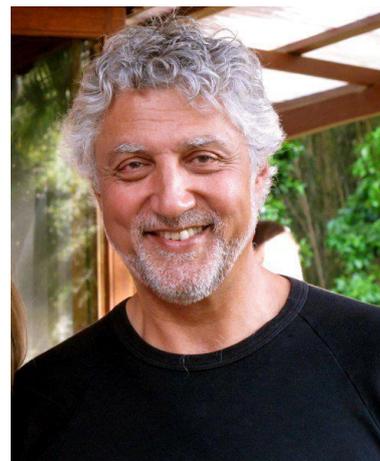


Image Credit: [Patricia Ariel](#)

Irresistible Man

A Few Things You Never Knew About Samved

Some of you may know me, others not yet. I have been involved in Path of Love for 17 years, in fact since a year after its inception, and have loved and been challenged by it in equal parts, something which has made it a very rich and rewarding path indeed. But here's a little bit about my life before, and during my involvement with Path of Love.



When I was 19 and at college training in electronics, I embarked on my first work with people, helping those with cerebral palsy by taking care of them on holiday camps (see picture). Its only in looking back now that I realise this was my first draw to working with people. It was to be the first communal situation that I would be involved in with friends prior to Osho, Sannyas and therapy. I looked after the same man, John, each year and he would look forward to the holiday annual camp and seeing me there, something which I found very touching.

Following this I was a computer engineer, a yoga teacher, a London double decker bus driver and a car mechanic. I studied and became a pilot for many years, the most expensive and one of the most enjoyable hobbies I've ever had.

Prior to my involvement with Osho I was involved with an Indian Tantric master in Karnataka. By this I mean Tantric in the Vedantic sense and it was a Tantra of which few in the West would learn. "Tantra of the left hand" in India can be best seen as a study and meditation of oneself under fearful stimuli. This guru said to me

Irresistible Media

[Now THIS Is A Commercial EVERY Woman Should See.](#)

Hearing someone do anything "like a girl" has generally meant an insult, so how do you think it feels when you are an adolescent girl? Pretty insulting, right? Always is trying to change all that with their new commercial #LikeAGirl, which shines the light on the confidence crisis currently affecting millions of young girls. Instead of creating a negative notion around doing anything "like a girl,"

Sanitary towel manufacturer, Always is flipping it completely on its head in this awesome commercial and making it into something amazing. As Always says, "We're kicking off an epic battle to make sure that girls everywhere keep their confidence throughout puberty and beyond, and making a start by showing them that doing it [#LikeAGirl](#) is an awesome thing."

Using #LikeAGirl as an insult is a hard knock against any adolescent girl. And since the rest of puberty's really no picnic either, it's easy to see what a huge impact it can have on a girl's self-confidence. We're kicking off an epic battle to make sure that girls everywhere keep their confidence throughout puberty and beyond, and making a start by showing them

once - something that comes to me again and again - "when you start the real inquiry there is no greater fun". And he was right, but it took me a long time to be able to "catch" the fun of it!



Path of Love has been very much spliced with my own personal meditation and inquiry. It has been one of my greatest teachers along with my involvement with the Diamond Essence work of both Faisal Muqaddam and AH Almaas.

The Path of Love community in Australia is strong and the process has been running here for more than 16 years. We have had people fly from all over the world to experience staffing here and we welcome more of you to join us.

As well as running Path of Loves around the world I increasingly enjoy facilitating [Awakening of Love](#) around Australia, New Zealand, Hong Kong and most recently, Ireland. Pia Prana and I will be running the fourth Awakening in Hong Kong in July. I'm delighted to see that it is becoming a robust and welcome piece of work there! My "everyday" work continues with running [The Bay Retreats](#), private individual retreats for addiction and depression treatment.

Right now, my co-facilitator of Path of Love, Alima and I are preparing for a five-day "Reviewers' Path of Love" in July, and we are also gearing up for the full Australia process in August.

September will again be a busy time for me. Along with the other Path of Love leaders I will attend a leaders meeting in Italy. This will be a great opportunity for us to work together to improve our immensely valuable and unique piece of work. Following this Alima and I will run the third Path of Love process in Afroz on the beautiful island of Lesbos in Greece.

I wish you all love and acceptance wherever you are in your life and whatever you are doing. Please come and join us somewhere along the path.

Love,
Samved

For more details on Samved's upcoming workshops, please follow the links below:

[Awakening of Love in Hong Kong, July 25 - 27, 2014](#)

[Path of Love in Australia, August 7 - 14, 2014](#)

[Path of Love in Greece, September 18 - 25, 2014](#)

that doing it #LikeAGirl is an awesome thing.

"In my work as a documentarian, I have witnessed the confidence crisis among girls and the negative impact of stereotypes first-hand," said Lauren Greenfield, filmmaker and director of the #LikeAGirl video. "When the words 'like a girl' are used to mean something bad, it is profoundly disempowering. I am proud to partner with Always to shed light on how this simple phrase can have a significant and long-lasting impact on girls and women. I am excited to be a part of the movement to redefine 'like a girl' into a positive affirmation."



We have a short time on this planet..

"We have a short time on this planet.." Why not make this summer a meaning one you'll never forget?

Yes, we don't have a lot of time on this planet and certainly not for postponing those core issues that keep running our lives; addictions, anxiety, bottled up anger, frustrations, fears, isolation, list goes on...

Awakening of Love is about letting the air in. Giving a voice to those parts inside ourselves that we hold back. Giving space and time to connect with ourselves from a much deeper place, so that we can feel our aliveness again and not live from a held-back place, but rather from an open-hearted, connected place.

It's a powerful 3-day workshop that gives you an opportunity to.

- Sincerely evaluate where your life is right now.
- How you got to be where you are today.
- What you need in order to make an inner-shift.

By taking this time out, you give yourself an opportunity to discover what it is you're truly longing for to make a genuine change and shift in your life. We have one life. Make every day worth while.

By working with honest, loving self-exposure, unique exercises, and meditations, you will discover ways to connect with your true essence and authentic self while at the same time connecting with yourself and others in ways that create more trust and joy.



For more information on our upcoming Awakening of Love retreat, click [HERE!](#)

Full Price: HK\$4,700!
Graduate Review Price: HK\$3500



Residential Venue: Tao Fung Shan Shatin

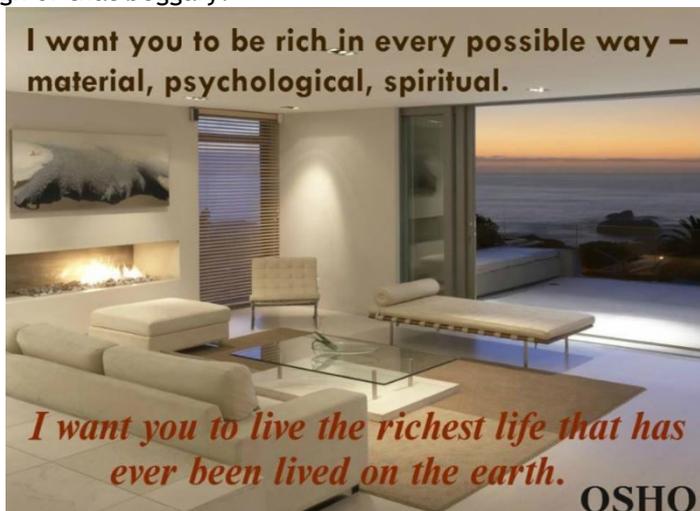
You are invited to join our online community by visiting our [Facebook page!](#)

Irrisistibly Osho

Don't drop - transform!

The enlightened man receives much without ever asking. These are the mysteries of existence. If you can give without asking, the whole existence will start pouring on you. You are no longer a beggar, now you are an emperor; and existence exalts only emperors, not beggars.

I cannot say, "Blessed are the poor for they shall inherit the kingdom of God." Sheer nonsense! I say, "Blessed are the emperors because they have already inherited the kingdom of God; there is nothing else to be inherited." My sannyasins (followers) have to be emperors -- for the first time in the whole history of the world. All the sannyasins (followers) of all the religions have been beggars. Enough of that beggary!



I want you to be rich in every possible way -- material, psychological, spiritual. I want you to live the richest life that has

ever been lived on the earth. This whole earth is like a desert. I want you to become small oases. Perhaps in those small oases lies the very hope of humanity's future.

Yes, Zorba the Buddha is humanity's future. And you all have to become Zorba the Buddhas. Nothing has to be denied, nothing has to be dropped. Everything has to be enjoyed, everything has to be understood. Everything has to be transformed in such a way that it becomes a new source of richness, nourishment, rejuvenation to you.

Please don't try to drop your suffering. Try to understand it. And in that very understanding suffering will disappear. But the energy involved in suffering will be left with you. The same energy becomes blissfulness. - OSHO

Summer is here in full bloom! For many summer is for long holidays, for enjoying sun sea and sand: *'A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken'*. -James Dentfor. For others it is simply sitting back and enjoying seeing the fruits of their labour come to fruition. or simply to live!!! *'If a June night could talk, it would probably boast it invented romance'*. -Bern Williams

In my world, it is building up to another stunning retreat for Awakening of Love. This could be the kick-start to the most magical summer. If you're on the fence, jump in! Let the moment catch you... July 25th to 27th - transforming fear to love - simple. no prior skills required!

Please get in touch if you are 1) interested and want to book a place. 2) Would like to know more. 3) Simply want to talk about coaching and moving forward to where you are now to where you want to be.

In love and gratitude...

Pia Prana Mugggerud

Copia Coaching

www.co-pia.com
Awakening of Love

AWAKENING OF LOVE LUCKY DRAW

HERE IS YOUR CHANCE TO 'WIN' A HALF-PRICE attendance to Awakening of Love retreat in July! Simply share this newsletter on your Facebook page or that of a friend and tag me. Winner will be announced on July 16th You can also share our [website page](#). There are also plenty of banners that can be shared from our [Facebook page](#)! The more times you share, the more times you will enter the 'lucky draw'. Winner will be announced on July 16th!



Our Price: \$2,350

List Price: HK\$4,700

*****WINNER WILL BE PICKED AND NOTIFIED ON JULY 16TH*****