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pia muggerud



Copia June 2012 Newsletter

Irresistible content

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By Sark

Retaining a light, positive and humorous tone, even when she discusses death, SARK advocates finding pleasure in every situation, while admitting that, as for many people, "the struggle still feels more comfortable to me than the pleasure." In the spirit of teaching what she most needs to learn, she reminds readers that "our spirits are in need of pleasure, like our bodies need vitamins, or oxygen, or water."

Based on this ethic of joy, SARK demonstrates what might be gained from

Celebrate now!

Life can get very serious sometimes.. Busy schedules take over, you forget to breathe.. or you are running around so much that you cannot remember last time you took a sip of water..



(a goofy picture of me and Pravas that we took in celebration of our friend Sudha's wedding in Tel Aviv on June 1st)

In the last 3 weeks, not only has life been very busy but I have also been on a fairly limiting diet/detox. Limiting in terms of what i can eat and also how much of it. It has taken so much willpower as well as commitment, and I am happy to report that I got a pretty great result from it. One thing that struck me was after a while on this diet, I had fallen in love with oranges! Not just peeling them and eating them, but cutting them into little pieces, and treating them as a snack.

So in the midst of what felt like a time of great sacrifice on my part, I came to appreciate the very simple joys when eating, like these precious moments in the evening that I had looked forward to all day.. my orange! It has been a long time since I appreciated something so much, and I recognized it comes from living such an abundant life that I start taking things for granted.. So I realised it is time to stop, and take more time to smell the roses, chew my food more than I have to, enjoy and celebrate life's small miracles every day...



painful experiences, other people, mistakes, change, nature, ordinary things around the house and imaginary or vicarious adventures. She uses anecdotes from her own and others' lives to illustrate how "pleasure responds to invitation," showing up when and where we may least expect it, if we are open to receiving it.



Irresistible Viewing

Eat Drink Man Woman

This is not a movie to see on an empty stomach... A culinary celebration it is! Writer-director Ang Lee's 1994 Oscar nominee tells a family story about a chef and his three daughters through the meals the chef prepares and serves his family. This touching, dryly funny story of a family coping with personal lives and the way those lives intersect with the family relationships captures a shift in generations in Taipei. The father, a famous chef who has lost his taste buds, still cooks, though he draws no pleasure from eating. A subtle, amusing--and mouth-watering--comedy of impeccable manners.

Celebrate Life Every Day

Create Your List of Simple Pleasures

"The more you praise and celebrate your life, the more there is in life to celebrate." -- Oprah Winfrey

If you don't have a list of at least twenty things you like to do, then you do not have a menu for enjoying life. So I encourage you to create a list of things that are fun for you. And make a commitment to do at least one of the things on your list every day.

If your energy level is low, you might not feel like doing any of the items on your list. That is, your strategy might be to wait until your energy level has peaked up. However, by intentionally doing things you enjoy.. even if it is something small, such as drinking a cup of freshly roasted coffee as you read a novel by your favourite author, or calling a dear friend to catch-up, you are actually building up your energy resources. You are also teaching your body to get more accustomed to simple pleasures, looking for easy ways to enjoy life more.

Below you'll find a list of a few ways for you to start celebrating life: simple pleasures to help remind you to slow down and enjoy the moment. Use them as inspiration to create your very own list of things that bring you joy. Remember that the point is not just to create a list, it is for you to go out and actually do the things on your list!

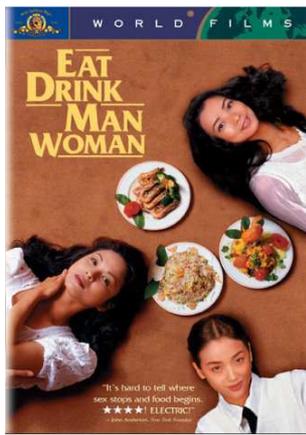
- Go to the beach and walk barefoot in the sand, feeling the sand between your toes.
- Run through your garden sprinkler.
- Do a random act of kindness; this can include leaving the exact change for a soda in the change slot of a vending machine, giving up your seat on the train to someone who looks tired or letting someone who appears to be in a hurry cut ahead of you in line at the grocery store
- Be a kid again; Learn to do the Hula-Hoop.
- Give someone you love a gift "just-because".
- Have Sunday Brunch with your closest friend in the world.



- Arranging beautiful flowers in a vase is a simple, exquisite pleasure.
- Donate clothes you no longer use to a battered women's shelter.
- Grab a good friend and go for a drive, with the windows down, and the car radio playing your favorite songs.
- When you have a particularly good meal at a restaurant, ask to see the Chef and thank them personally for the meal.

Make sure to thank your waiter or waitress for their service after a great meal

- Don't just read poetry, let it drip from your tongue like honey.



Irresistible Words

"And in the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed."

-- Kahlil Gibran

Copia Home Events

Would you like to do something a little different with your friends? Something that might bring you closer together or help you to get to know each other on a more intimate level? Copia Coaching offers the custom-made **Irresistible Home Events** to support you in connecting with your community of friends *because we need replenishment..* Women thrive in each other's company and support. And when any woman honors herself, all women collectively move closer to becoming what they are truly capable of being.

The Home events are designed to be held in the privacy of your own home. You invite your friends, Copia does the rest! Read

- Renew a relationship with someone you've lost touch with. Keep toys in the bathtub.
 - Extend an invitation to a friend to watch movies and eat your favourite healthy snacks.
 - Invite your friends over for a night of board games, cards, and charades.
- Join a Session of a Laughter Yoga Club
- Get yourself a book or crossword puzzles and sit back for an afternoon.

and remember... It's All About the Little Things...

- Blow bubbles.
- Whistle.
- Sing in the shower.
- Watch the sunset and/or sunrise.
- Wear audacious underwear. Nobody has to know.
- Stop and really listen to a street musician.
- Write your partner a love letter.
- Go to a pet shop and "ooh" and "aah" at the puppies and kittens.
- Go out for a walk and take your camera along; take photographs of interesting faces.
- Listen to your favorite songs.



ENJOY!!!

Hong Kong is Awakening to Love

October 5th - 7th 2012

For me, the biggest reason for celebration this week, or even this year (!!!!) is that we have confirmed to run one of the programs from the **Path of Love** family; "Awakening of Love" in Hong Kong for the first time. I have been committed to this work for 6 years, working on the Path of Love every year since I participated myself in 2006. This work has had such a profound impact on my life, that I keep on going back for more. Being involved in the work truly has been a gift for me, and I continue to grow and to push my own boundaries into deeper intimacy with myself again and again. In fact, my commitment brought me to attend a training this year that now will allow me to facilitate the Awakening of Love program

[more here!](#)



June 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 [June horoscope](#).



Quick Event Links

[Awakening of Love \(coming soon to Asia!\)](#)
[June 20th Sacred Circle for Women](#)
[5 Rhythms Dance Practice](#)
[Copia Home Events](#)
[Fearless Loving Fearbuster Group](#)



Path of Love is a 7-day residential process, whilst Awakening is a shorter version, more like an introduction. "[Awakening of Love](#)" lasts for 2 and a half days. Starting Friday evening, it will run through Sunday late afternoon. For now, I want to give you a heads-up for the dates, so you can reserve them in your diaries: Friday October 5th through Sunday October 7th.

[Read more about the Path of love work here!](#)

Welcome Summer!

Welcome Summer! June 20th is Summer Solstice and what is considered as the official start of summer, and the longest day of the year here in the Northern hemisphere, which means there are over 13 hours of daylight. Summer Solstice falls between June 20 and 23 of every year and has different significance for various religions. This occasion is also called Midsummer because it is almost in the middle of the growing season throughout most of Europe.



The Summer solstice is recognized and often celebrated in many cultures around the world, in both the past and the present. The Celts & Slavs celebrated the first day of summer with dancing & bonfires to help increase the sun's energy. The Chinese marked the day by honoring Li, the Chinese Goddess of Light. Perhaps the most enduring modern ties with Summer Solstice were the Druids' celebration of the day as the "wedding of Heaven and Earth", which is why there are so many June weddings as we still believe them to be "lucky". In my local Norway as well as neighboring Sweden, we would always have big bon fires at midsummer.

Woman's Sacred Circle

Wednesday 20th June

The June Circle will be held on Wednesday June 20th, for Summer Solstice celebrations. In honour of this special early celebration as well as many more, we will join this month to make way to celebrate the simple things in life..

For those of you new to the circle, we gather to share a deeper, more intimate part of ourselves, in a respectful and honoured space. You have the choice of what to share and of to share at all. The gatherings are proving to be a wonderful support for vulnerability and authenticity.



This month, we will meet:

Date: Wednesday 20th June

Theme: Celebrating the simple things..

Time: 7-9pm

Address: Merry Terrace, Block J, 10/F, Apt. 10J, 4 Seymour Road, Mid-Levels.

Register: pia@co-pia.com
***Limited numbers..

For many of the ancients, though, the summer solstice wasn't just an excuse to party or pray, it was essential to their well-being. Associated with agriculture, the summer solstice was a reminder that a turning point in the growing season had been reached and the bounty was almost ripe for the picking.

Ancient Celebrations:

- Ancient Rome - Bring out the food! The Festival of Vestalia went on from June 7th to June 15th in preparation for summer. It was held in honor of the Roman goddess of the hearth, Vesta. Married women were allowed to enter the Vesta shrine during this festival. Normally, only virgins were allowed inside.
- Ancient Sweden - In each town a tree was set up and villagers danced around the Midsummer tree. Women and girls gave up their bathtubs and washed in the local river instead. This ritual was supposed to be magical and bring rain for the crops.
- Native Americans - The Natchez tribe in the southern US worshipped the sun because they believed their ruler came from it. Every summer they had a fruit festival. Nobody was allowed to harvest any corn until after the feast.



(Both these beautiful images are courtesy Celine of [DeviantArt](#). Visit her other site [here!](#))

Irrisistibly Osho

I celebrate myself - celebrate yourself, too!

"I celebrate myself, and I hope soon the day will come you will be celebrating yourself. And when thousands and thousands of people around the earth are celebrating, singing, dancing, ecstatic, drunk with the divine, there is no possibility of any global suicide. With such festivity and with such laughter, with such sanity and health, with such naturalness and spontaneity, how can there be a war?"

(Next month we meet on
Thursday, July 5th 7-9pm)

Celebration is the same as being thankful. The more we celebrate, and the more grateful we are, the more comes our way. Sometimes we forget how blessed we are, even when things are not going the way you had hoped. So I hope this newsletter has reminded you to stop and pay attention to your life, and all the beauty that is in it..

Coaching can help you in this process. The benefits of coaching are numerous. People often develop stronger clarity and self-awareness, 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.

From my heart to yours, with love and blessings...

Pia Prana Muggerrud

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