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pia muggerud



Copia June 2014 Newsletter

Irresistible content

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Testimonials

'It has been a truly intimate journey, to open myself, to trust myself to focus. Pia and Samved are amazing! I truly enjoyed the experience and would love to join the 7-day Path of Love.'



Read more testimonials [here.](#)

I have no skeletons in my closet

There has been lots of press coverage recently about Maya Angelou's death. As I read about Maya Angelou's passing I have enjoyed getting to know Maya more and to witness her lack of feeling the need to make excuses for her life and choices. What freedom that must have brought her, and as a result allowed her to be so much more creative and in communication; not fearful of people's opinions.. That poison that stunts our growth and potentiality..



In reading Maya's comment 'I have no skeletons in my closet, I have no closets...' has also forced me to come face to face with my own fear of people's opinions. As much as I like to think i am independent, it feels like i will never be quite free of worrying about and as a result, being a slave to others' opinions..

As I look closer inside my own closets through my personal work and therapy, there are rooms there that do not often see the light of day. There lies a frail little girl that wants to be accepted just as she is, warts and all... And I can see how often the little one takes over in decision-making, and only later do i realise! And the result is that the grown woman that is me does not get what she needs.

Of course in my intimate relationship, there is less room to hide this part, or rather, there is more room for love to come in. Very slowly... And my Path of Love work (Awakening of Love in Hong Kong) has given me more space to open the closet doors and let other peek inside. this is my journey, this is my ath in this lifetime, to let more light in, and to let more of you really IN! Which is why this month I dedicate this newsletter to one great

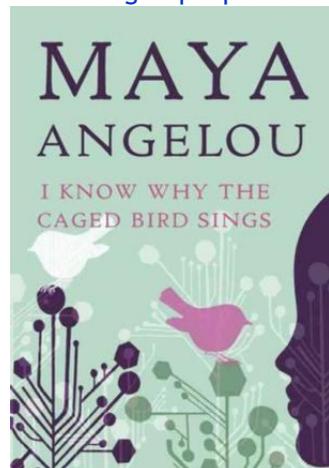
Irresistible reading

I Know Why the Caged Bird Sings

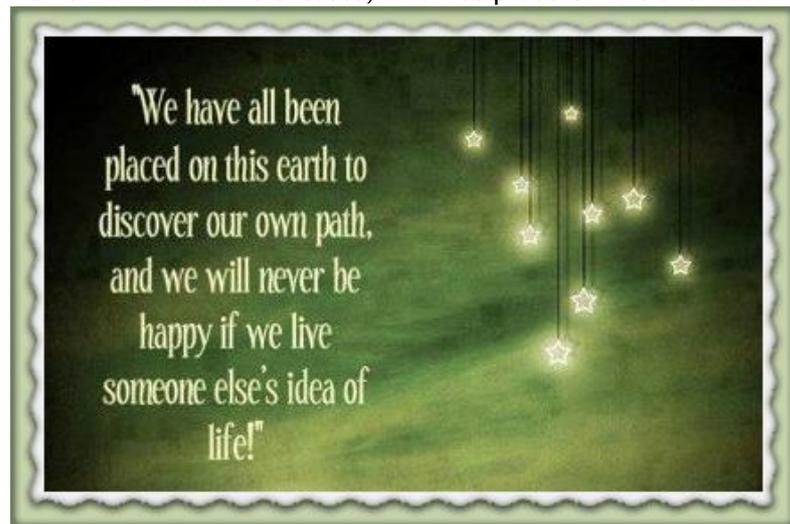
By Maya Angelou

Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns about love for herself and the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned.

Poetic and powerful, I Know Why the Caged Bird Sings is a modern American classic that will touch hearts and change minds for as long as people read.



woman who made no excuses, who was proud of who she was!



Irresistible Women

Maya Angelou RIP

"I'm a woman, phenomenally. Phenomenal woman, that's me."

Dr. Maya Angelou, best-selling author, storyteller and poet, spiritual goddess and a prominent black writer and activist who passed away last Wednesday May 28, was even more "phenomenal" than the words of one of her most famous poems can express. From the "fearful trill" of the caged bird longing for things unknown and singing of freedom, to the defiant resilience in "Still I Rise," Maya Angelou illuminated universal feelings of love, sorrow and triumph. She lived a life as a teacher, activist, artist and human being. She was a warrior for equality, tolerance and peace.

During her 86 years, she wrote seven autobiographies, was active in the civil rights movement and worked with the likes of Dr. Martin Luther King Jr., recited a poem at Bill Clinton's 1993 presidential inauguration, became a college professor, befriended Oprah and was awarded the 2011 Presidential Medal of Freedom -- the list goes on. (As the NY Times obituary points out, before her first autobiography, I Know Why The Caged Bird Sings, was published in 1969, Angelou had already been "a dancer, calypso singer, streetcar conductor, single mother, magazine editor in Cairo and administrative assistant in Ghana.")

Irresistible Words

Still I Rise
by Maya Angelou -

You may write me down in history.. With your bitter, twisted lies, You may tread me in the very dirt But still, like dust, I'll rise. Does my sassiness upset you?.. Why are you beset with gloom?

'Cause I walk like I've got oil wells.. Pumping in my living room... Just like moons and like suns, With the certainty of tides, Just like hopes springing high, Still I'll rise.

Did you want to see me broken?.. Bowed head and lowered eyes? Shoulders falling down like teardrops... Weakened by my soulful cries.

Does my haughtiness offend you?.. Don't you take it awful hard... 'Cause I laugh like I've got gold mines

Diggin' in my own back yard.

You may shoot me with your words, You may cut me with your eyes, You may kill me with your hatefulness,

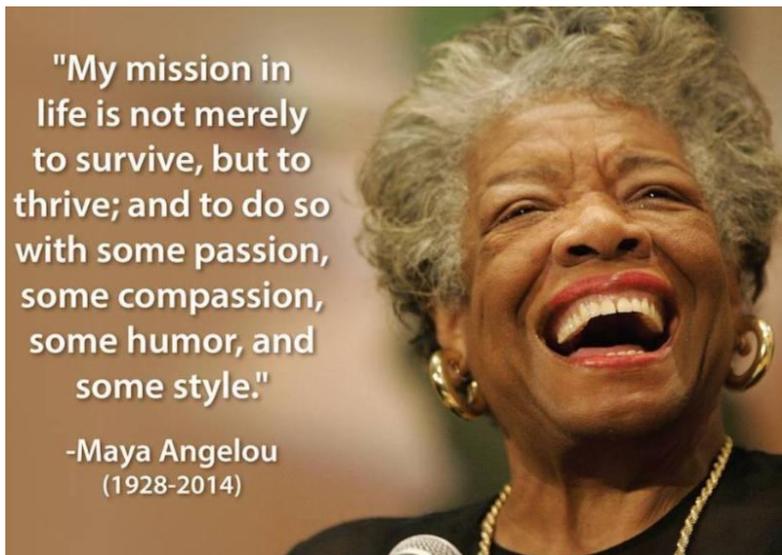
But still, like air, I'll rise. Does my sexiness upset you?

Does it come as a surprise That I dance like I've got diamonds... At the meeting of my thighs? Out of the huts of history's shame... I rise

Up from a past that's rooted in pain I rise I'm a black ocean, leaping and wide, Welling and swelling I bear in the tide. Leaving behind nights of terror and fear I rise... Into a daybreak

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

-Maya Angelou
(1928-2014)



Dr Maya Angelou: "I have no skeletons in my closet, in fact, I have no closet..."

Much has been made of her memoirs, poems and physical presence - she was six foot tall - but what's less well known is that she was a sex worker and brothel manager in her youth. Why was this secret kept by seemingly everyone except Dr. Angelou herself? References to this in the media describe it negatively as a 'brief or unsuccessful stint as a prostitute' as though it was something she did short-term until better work came along. But she had no problem stating plainly: "There are many ways to prostitute one's self."

Her past as a sex worker wasn't something she was ashamed of or tried to hide and she wrote about it in her memoir *Gather Together in My Name*. She was also upfront about it with her family, calling her mother, brother and son to discuss certain passages before she sent it off to the publisher. She told them there were parts they needed to know about but if they were too painful she would take them out. Her mother's response after reading the passages was "Is it ready? I'll take it to the Post Office!".

Angelou said: "I wrote about my experience because I thought too many people told young folks 'I never did anything wrong. Who, moi? - Never I. I have no skeletons in my closet. In fact, I have no closet'. They lie like that and then young people find themselves in situations and they think, "Damn, I must be a pretty bad guy. My mom or dad never did anything wrong". They can't forgive themselves and go on with their lives. So I wrote the book *Gather Together in my Name* [about her past as a sex worker]".

Angelou also wrote candidly about her use of marijuana in "*Gather Together*," the second installment of her autobiography after "*Caged Bird*." Her poem "I Rise" has been quoted in many obituaries without the stanza:

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds

that's wondrously clear
I rise... Bringing the gifts
that my ancestors gave,
I am the dream and the
hope of the slave.
I rise... I rise... I rise.



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

:: quick links ::

At the meeting of my thighs?

Thank you for everything you've so shamelessly shared with us, for your truth needs no shame and deserves acknowledgment, acceptance, and a warm, loving embrace.

11 Ways Us To Be Better Women

as taught by Maya Angelou

In celebration of her incredible life, here are 11 lessons all women can learn from Maya Angelou:

- 1. Loving someone means risking everything -- but it's always worth it.** "In the flush of love's light, we dare be brave. And suddenly we see that love costs all we are, and will ever be. Yet it is only love which sets us free." -"Touched By An Angel"
- 2. Women need to support each other.** "Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."
- 3. The key to success is simple: enjoyment.** "Success is liking yourself, liking what you do, and liking how you do it."
- 4. Make changes where you can, but accept the things that you have no control over.** "If you don't like something, change it. If you can't change it, change your attitude. Don't complain."
- 5. Trust your own voice and instincts.**
- 6. Learn the value of forgiveness.** "It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody."
- 7. Looks aren't everything. Not even a little bit.** "Pretty women wonder where my secret lies. I'm not cute or built to suit a fashion model's size But when I start to tell them, They think I'm telling lies. I say, It's in the reach of my arms The span of my hips, The stride of my step, The curl of my lips. I'm a woman Phenomenally. Phenomenal woman, That's me." -"Phenomenal Woman"
- 8. Dare to "kick ass."** "I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass."
- 9. If you're in a bad living situation, relationship or job, get out now.** "Stepping onto a brand-new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole woman."
- 10. Always remember to laugh.** "Women should be tough, tender, laugh as much as possible, and live long lives."
- 11. How you make people feel is the mark you will leave behind.** "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel "

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path of love

life changing

We'll certainly never forget how you made us feel, Maya.



**Awakening of Love EARLY-BIRD price
available for 10 more days!**

25th - 27th July

*****Early-Bird Price available till 16th June *****

"What I love most about the Awakening of Love is to see people to dare to go in their hearts. This is it. This is the beauty and the journey. To dare to have the courage to leave the protection and the safeness of the head, and to go into the spaciousness and beauty of the heart. When I see people jumping or descending from the mind into the heart that is the most joyful and rewarding thing that my eyes, heart and soul can perceive and feel. It is a very courageous step. Of course it is not easy to do it, but when people let go of resistances and go there, for me that is when prayer becomes tangible.

In three days, it is an amazing way to see people dare to drop themselves into the heart and to become so close to their soul, to their essence. The whole room, within 3 days, becomes a room for brothers and sisters to meet.

There is so much of loving kindness in everybody, and loving kindness is a beautiful gift that someone can experience for oneself." - Praful

"You were born with wings, why prefer to crawl through life?"- Rumi



8pm on Friday 25th July - 5pm on Sunday 27th July

*****Early-Bird Price: HK\$3,900 (on/before 16th June) *****

Full Price: HK\$4,700!

Graduate Review Price: HK\$3500



Residential Venue: Tao Fung Shan Shatin

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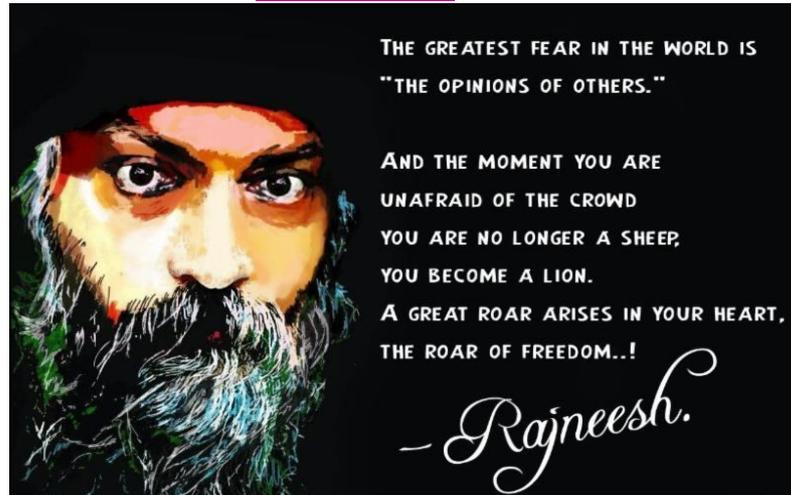
Irrisistibly Osho

Greatest Fear of All by Osho

The greatest fear in the world is of the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your heart, the roar of freedom.

Buddha has actually called it the lion's roar. When a man reaches an absolutely silent state he roars like a lion. For the first time he knows what freedom is because now there is no fear of anybody's opinion. What people say does not matter. Whether they call you

a saint or a sinner is immaterial; your whole and sole judge is God. And by 'God' a person is not meant at all, God simply means the whole universe. [Continue here...](#)



I think about my parents and their struggles to make sense of their lives and their efforts to live a life that had some meaning. And to them and their generation, there was not so many options other than mainly just getting on with it... These days, we have the opportunity to seek support on so many levels. So if you are someone who would like some support, we have both the options of personal coaching which is one-on-one and also our upcoming Awakening of Love retreat. get in touch and let us know how we can support your ongoing journey.

In love and gratitude...

Pia Prana Muggerrud

Copia Coaching

www.co-pia.com

Awakening of Love