



life coach :: trainer :: facilitator

*pia muggerud*



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### Woman's Sacred Circle

on International Women's Day

The Sacred Circle welcomes women to a space where we can just be.. We will share together in a sacred circle, fostering a strong sense of community, deepening our personal spiritual journey. It will be a time for quiet contemplation and it is also a time for lively discussion about...well,

### Imagine a Woman...

As I contemplate this month's honouring of women all over the world on March 8th, I wonder how most of you honour yourselves? As kids we learn to say 'please' and 'thank you', be polite and smile, even when we don't feel like it.. the message of putting others ahead of our own needs came for many of us very strong.



I myself sometimes struggle with honouring the simplest of things inside of me.. my own voice.. And the cost can be steep! In February, I have had a deep need to have time to myself, to go inside, be with myself and generally be less available to those around me.

Hibernating animals conserve energy, especially during winter, and I feel have been acting a lot like a bear or mouse myself; I've gone into hibernation. Although I didn't stuff myself with food and then went into a deep sleep, my 'sleep' has been much more subtle. Yet, what i notice is that I have had a tendency to make myself wrong for needing this. Both my inner voice and my body has been very clear. So the lesson for me this month has been to honour this part of me that is the opposite of the obvious me. The part that gets enough of the sociable, gregarious part of me and needs to recharge when things gets too much..

Which voice inside of yourself have you not honoured or paid attention to recently (or forever?) And as in the poem I am sharing from our last Sacred Circle, *Imagine a woman who trusts and respects herself. A woman who listens to her needs and desires. Who meets them with tenderness and grace.*

any and everything that matters to women!



This month, we will meet:

**Date:** Thursday 8th March

**Time:** 7pm - 9pm

**Venue:** Active

Communications, Suite  
1302, 13/F, Universal  
Trade Centre, 3 Arbuthnot  
Rd, Central

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

\*Limited numbers..

*(April Circle will take  
place on Thursday April  
19th)*

## Irresistible Words

I would like to share with you the poem that was the basis of our February Sacred Circle:

### Imagine A Woman In Love With Herself

Imagine a woman who believes it is right and good she is a woman. A woman who honors her experience and tells her stories. Who refuses to carry the sins of others within her body and life.

Imagine a woman who trusts and respects herself. A woman who listens to her needs and desires. Who meets them with tenderness and grace.

Imagine a woman who

## International Women's Day...

International Women's Day is a global day celebrating the economic, political and social achievements of women in the past, present and future. It is a day when women are recognised for their triumphs, regardless of divisions, whether national, ethnic, linguistic, cultural, economic or political. It is an occasion for looking back on past struggles and accomplishments, and more importantly, for looking ahead to the untapped potential and opportunities that await future generations of women. A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatric performances, fashion parades and more.



International Women's Day is now an official holiday in Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

Women worldwide will connect to celebrate and honor women past, present, and future, in many exciting ways. Search for an event in your area [here.](#)

## Honouring Yourself

*International Women's Day honours accomplishments of women in so many ways. Honor is really about respect. The word respect is commonly used as it relates to respecting others. For example, "Respect your elders. Honor your mother and your father. Give honour to whom honour is due." All of these phrases are familiar.*

acknowledges the past's influence on the present. A woman who has walked through her past. Who has healed into the present.

Imagine a woman who authors her own life. A woman who exerts, initiates, and moves on her own behalf. Who refuses to surrender except to her truest self and wisest voice.

Imagine a woman who names her own gods. A woman who imagines the divine in her image and likeness. Who designs a personal spirituality to inform her daily life.

Imagine a woman in love with her own body. A woman who believes her body is enough, just as it is. Who celebrates her body's rhythms and cycles as an exquisite resource.

Imagine a woman who honors the body of the Goddess in her changing body. A woman who celebrates the accumulation of her years and her wisdom. Who refuses to use her life-energy disguising the changes in her body and life.

Imagine a woman who values the women in her life. A woman who sits in circles of women. Who is reminded of the truth about herself when she forgets.

**Imagine yourself as this woman.**

**By Patricia Lynn Reilly**

*But how about "Honor yourself?" How does that sit with you? If it doesn't, it is only because you have not heard it enough to form a habit in your mind and actions.*

*You may be surprised by just how many people do not have a healthy respect for themselves. When you don't respect yourself, it always shows. It's impossible to hide.. One way to determine if people have a healthy respect for themselves is to watch how they keep their word to themselves. If you cannot commit to do for you what you say you're going to do, then you really don't honor yourself. There are people who give to others but never give to themselves. That is not honoring.*



*How do you keep your word to yourself? Or not? Is it easier to keep your word to others than it is to yourself? What are ways that you can slowly start creating more honour in this area for yourself? If you are not sure, think about in all the areas you honour your word to others, then you just start doing the same for yourself.*

*Do you exercise and eat right? That is a self-honoring practice. It could be as simple as one less coffee per day or walking to the office instead of driving. What are some ways you can start making some new choices to build up this self-honoring practice?*

*Honor and value your soft and vulnerable side. When we make a mistake or foul up, it's easy either to cover it over (and feel bad about ourselves) or to rise up in defensiveness. If instead we say, "I'm so sorry I took all you did for granted and didn't thank you," we own up to our failure, and something remarkable happens: we can still feel good about ourselves even when we know we have blown it. The most enduring self-esteem comes to us not when we seem perfect, but when we hold and honor all parts, including our weaknesses, within ourselves. Compassionate understanding, both of our flaws and those of our loved ones, keeps us deliciously and attractively human. How can you start today do make yourself talk in a way to support yourself rather than making yourself wrong?*

*Some people make time for their partners, their children, their work, their church, and their friends, but they feel guilty about taking time for themselves. They are not honoring themselves.*



## Irresistible Reading

[Dying To Be Me](#)  
by Anita Moorjani

In this truly inspirational memoir, [Anita Moorjani](#) relates how, After fighting cancer for almost four years, her body - overwhelmed by the malignant cells spreading throughout her system, began shutting down. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth ... and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was able to be released from the hospital within weeks... without a trace of cancer in her body.

*They deserve to treat themselves well. When you honour yourself highly, there is more space for you to honour other people you come into contact with. Now, take some time to think/feel about how you honour yourself on a daily basis. Write a list to yourself. If you find that you are lacking in this area, how can you start honouring yourself more today?*

## Extraordinary :: Irresistible :: Woman

Anita Moorjani

On 2nd February 2006, [Anita Moorjani](#) experienced what most of us never have! She crossed over.. and came back.. to share what she learned..

My dear friend Anita and I studied Coaching together back in 2003. At the time, Anita was already sick, and she was very private about the experience. Now, Anita is being anything but quiet about what happened to her - helping thousands of people to 'Remember Your Magnificence'.



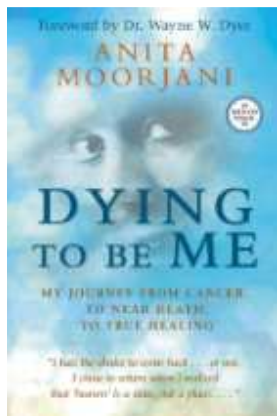
### Here is an extract of Anita's story:

'I had end stage cancer and was being cared for at home. I was connected to an oxygen tank, and I had a full time nurse. But on this morning, February 2nd 2006, I did not wake up. I had fallen into a coma. I was rushed to hospital and the senior oncologist told my husband that it was now the end, and that my organs were now shutting down.

I thought that I was drifting in and out of consciousness during this time, because I was aware of everything that was going on around me. But it was confirmed to me later by my family and the doctors that I was in a coma the whole time. I saw and heard the conversations between my husband and the doctors taking place outside my room, about 40 feet away down a hallway. I was later able to verify this conversation to my shocked husband. There was another scene where I saw my brother on a plane (coming from India), having heard the news I was dying. And this was verified to me, my brother was there, having just got off a plane.

Then I actually "crossed over" to another dimension, where I was engulfed in a total feeling of love. I also experienced extreme clarity of why I had the cancer, why I had come into this life in the first place. Words seem to limit the experience - I was at a place where I understood how much more there is than what we are able to conceive in our 3-dimensional world. I realized what a gift life was, and that I was surrounded by loving spiritual beings, who were always around me even when I did not know it.

The amount of love I felt was overwhelming, and from this perspective, I knew how powerful I am, and saw the amazing possibilities we as humans are capable of achieving during a



## Irresistible Viewing

### Sliding Doors

Arriving at work one morning, Helen discovers that she had been unjustifiably sacked from her PR job. She is returning home when an amazing thing happens, time reverses itself for a few seconds and a second version of herself is created. In one reality Helen catches the tube train, meets James and arrives home to find her loathsome Lothario lover Gerry cheating on her with his ex-girlfriend Lydia. In the other reality, Helen misses the tube train, gets mugged, goes to hospital and eventually arrives home to find Gerry alone in the shower. The two realities move forward in tandem.

Watch trailer [here](#).

physical life. I found out that my purpose now would be to live "heaven on earth" using this new understanding, and also to share this knowledge with other people. However I had the choice of whether to come back into life, or go towards death. I was made to understand that it was not my time, but I always had the choice, and if I chose death, I would not be experiencing a lot of the gifts that the rest of my life still held in store.

At first, I did not want to come back, because my body was very sick, and I did not want to come back into this body as the organs had already stopped functioning and I had all these open skin lesions. But it seemed that almost immediately, I became aware that if I chose life, my body would heal very quickly. I would see a difference in not months or weeks, but days! I realized if I went back, it would be with a very healthy energy. Then the physical body would catch up to the energetic conditions very quickly and permanently.

I made my choice, and as I started to wake up. The doctors came rushing into the room with big smiles on their faces saying to my family "Good news - we got the results and her organs are functioning - we can't believe it!!" After that, I began to recover rapidly. The doctors did a lymph node biopsy to track the type of cancer cells, and they could not even find a lymph node big enough to suggest cancer!

Because of my experience, I am now sharing with everyone I know that miracles are possible in your life every day. After what I have seen, I realize that absolutely anything is possible, and that we did not come here to suffer. Life is supposed to be great, and we are very, very loved. The way I look at life has changed dramatically, and I am so glad to have been given a second chance to experience "heaven on earth".

Read the full story [here!](#)

This month you also have the opportunity to hear Anita speak. Anita will speak on March 6th with the title '*Dying to Live: A Coaches Journey*', at Hong Kong Football Club, 3 Sport road, Happy Valley. Time 7.30pm-8.30pm (registration 7pm) To register, email: [registration@coachinghk.com](mailto:registration@coachinghk.com)

## Yoga and Ayurveda

### Re-Connect Your Life To Wellness (Part 1)

with **Vinod Sharma** and **Mindy Tagliente**

Be the first in Hong Kong to experience this unique workshop. It will offer you the opportunity create optimum health, both for yourselves and for your students. (if you are a yoga teacher.) It will offer a practical way to apply the ancient knowledge of Ayurveda to a modern day Yoga practice and take Ayurveda to a practical level by identifying health conditions such as back pain, skin allergies, and sinus problems; recognizing their symptoms. And at the same time, understanding the cause of those symptoms and then applying specific Yoga postures and sequences to treat them. How empowering to be able to heal



## Copia Home Events

In today's modern society, where we lead increasingly busy lives, it is difficult to find space to nurture ourselves, feel emotionally recharged and enjoy a sense of community. So Copia offers the custom-made [Irresistible Home Events](#) to support you in connecting with your community of friends, *not because we need healing, but because we need replenishment..* These events are designed to be held in the privacy of your own home. You invite your friends, Copia does the rest! Read more [here!](#)



## Quick Event Links

[Diamond Breath](#)  
[5 Rhythms Dance Practice](#)  
[Copia Home Events](#)  
[Fearless Loving Fearbuster Group](#)

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yourself!

Since both Ayurveda and Yoga are in essence ways of life, rather than just remedies or exercise, a balanced lifestyle can be achieved through understanding ones constitution, following a diet that corresponds to that constitution and then maintaining a connection between the physical body, the mind and emotions.

You will learn about the seven stages of the digestive process and in doing so, be given the chance to lead a healthy, pain-free life. Who doesn't need that living in a city like this? Be prepared to move your body, mind and spirit to another dimension and experience the true power of Yoga and Ayurveda.

**When:** Saturday 17th March

**Time:** 2.30pm - 5.30pm

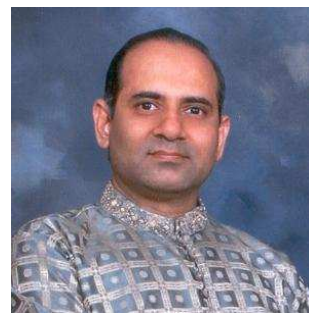
**Where:** Estoril court, Garden road, Mid-Levels

**Fee:** \$888 per person (10% discount for groups of over 6 people)

**Contact:** 2167 7401 or [mindy@yogaforlife.com.hk](mailto:mindy@yogaforlife.com.hk)

**Part Two:** Saturday 31st March (same time and place as level 1)

**Mindy** has been teaching Hatha, Ashtanga, Vinyasa, Iyengar and Kryoga around the world for 8 years and founded [Yoga For Life](#) in 2007, Hong Kong's leading private Yoga organization, teaching Yoga as a way of life to Hong Kong's VIPs, stars and elite!



**Vinod Sharma** hails from several generations of healers and is well versed in the ancient medical science of Ayurveda and Ayurvedic Panchakarma (rejuvenative therapies), Chakra Healing, and Homeopathic/ Biochemic remedies. He has obtained dramatic results in helping people overcome asthma, arthritis, diabetes, back pain, migraine, obesity, high blood pressure, insomnia, skin disorders, depression, stress, impotency, infertility, PMS, and much more.

## Irresistibly Osho

Celebrating The Feminine Qualities

*"Love, trust, beauty, sincerity, truthfulness, authenticity - these are all feminine qualities, and they are far greater than any qualities that man has. But the whole past has been dominated by man and his qualities. Naturally in war, love is of no use, truth is of no use, beauty is of no use, aesthetic sensibility is no use. In war, you need a heart which is more stony than stones. In war, you need simply hate, anger, a madness to destroy. In three*

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## Basic Integrated Clinical Hypnosis - Level I

Conducted By  
Sonia Samtani

If you always say and think that you are helpless, you will be. If you always say and think that you are confident and strong, you will be. It is vital to manage your thoughts and have a positive mindset. As we create our own reality, it is also possible to be the creator of our destinys. This course will show you how to understand the mind in totality and utilize the magnitude of its power to make your life work for you.

### The course covers:

- Brief History of Hypnosis
- History and Development of the Human Mind
  - Theory of Mind
  - How to create the Hypnotic State
- Theory of Suggestibility
- Laws of Suggestibility
  - How to Conduct a Hypnosis Session
- Deepening Techniques
- Wording of Effective Suggestions
- Post-Hypnotic Suggestion for Re-Hypnosis
- Awakening Techniques
- Self Hypnosis

**Duration:** 2 evenings &  
2 full days

**Dates:** March 8th &  
9th (6.30pm to 9.30pm.)  
and March 10th & 11th  
(10am to 6pm)

*thousand years, man has fought five thousand wars. Yes, this is also strength but not worthy of human beings. This is strength derived from our animal inheritance.*

*It belongs to the past, which is gone, and the feminine qualities belong to the future, which is coming. There is no need to feel yourself weak because of your feminine qualities. You should feel grateful to existence that what man has to earn, you have been given by nature as a gift. Man has to learn how to love. Man has to learn how to let the heart be the master and the mind be just an obedient servant. Man has to learn these things.*

*The woman brings these things with her, but we condemn all these qualities as weaknesses. Even if you have chosen women as great individuals, you can see what you have chosen - you have chosen a man. Because you have chosen the qualities of man that were in the woman. For example, Joan of Arc had all the qualities of man. The Queen of Jhansi in India had all the qualities of man: she could fight with a naked sword, could kill people without any problem. Such women have been chosen in history and great tribute is paid to them by the historians. And they don't represent women. In fact, that is the reason why they have been chosen, because they are just carbon copies of men.*

*Women are women and men are men; there is no question of comparison. Equality is out of the question. They are not unequal and neither can they be equal. They are unique. Rejoice in your feminine qualities, make a poetry of your feminine qualities. That is your great inheritance from nature. Don't throw it away, because the man does not have them. To be equal, you may start doing idiotic things.*

*We have a deep respect for feminine qualities and those qualities prohibit many things, encourage many other things.*

*The woman should not try to imitate man, because even if you succeed.... It is difficult to succeed. Imitation is always imitation, it is never equal. But for argument's sake, if we accept that you can become exactly like a man, you will lose all that you have and you will not gain anything. Because even in the eyes of man, you will not be beautiful anymore, and in your own eyes, you will be shattered. It was better to be unequal than to be equal, because now the man takes no interest.*

*A woman should keep her separateness, should save all her feminine qualities and purify them. In this way she is going, according to her nature, towards enlightenment."*

## Remember a Time You Were Guided...

To finish off this month's newsletter, I invite you to do a gratitude exercise with Oprah and Tony Robbins. Oprah called this the Blessing Ceremony. Coach Tony Robbins was recently interviewed on Oprah after she attended his program "Unleash the Power Within".

During the seminar, Tony asks, "How many of you have had a moment in your life when you felt like you were guided?" Tony

**Venue:** 3/F Kowloon Centre, 29-39 Ashley Road, TST

**Investment:** HK\$3,600

**Contact:**  
[info@soniasamtani.com](mailto:info@soniasamtani.com)



requests that the audience members remember those moments and feel grateful for them, whilst connecting deeply to your heart.

*'What are you proud your heart has guided you to do or give, be or share in this life that you can feel grateful for?'*

Afterwards, Tony explains this exercise leads to a oneness state. 'You cannot be grateful and fearful simultaneously. You cannot be angry and grateful simultaneously.'

[Click here](#) to let Tony guide you through this 2 minute segment.



Coaching can serve many different purposes. However, overall coaching, is the practice of supporting an individual, through the process of achieving a specific personal or professional result. The structures, models and methodologies of coaching are numerous; Predominantly the coach asks questions and challenges the client to find answers from within himself/herself based on their values, preferences and unique perspective.

There are many ways to work with a coach: one-to-one sessions are common, but there are also ways through coaching events or group coaching and facilitation that you can also gain benefit to support you moving forward. This month, you have the opportunity to join our **Sacred Woman's Circle**, where some coaching can be part of the gathering. Coming up we will also be offering **Fearless Loving Book groups** online, and most excitingly, later in the year I will be hosting the very first Awakening of Love workshop in Asia! As part of the **Path of Love** family, Awakening is just that, an opening to yourself through vulnerability, authenticity and offering the potential for real enduring change. For now, you can read more about Awakening of Love [here!](#)

So exciting things lies ahead.. for those of you willing to jump in with both feet!

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

*Pia Prana Muggerrud*

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