



## Copia March 2015 Newsletter

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### Join our list

### Irresistible Reading

[Osho Therapy](#)  
Compiled by [Svagito](#)

International therapists and teachers share their insights and experience, showing how their work has been influenced and guided by the vision of the enlightened mystic Osho.

This book is a journey through a kaleidoscope of different therapeutic methods aligned around the essential importance of meditation and love for healing and spiritual development.

### The life that resides just under the surface

Its been a while since my last newsletter.. The outer world takes over, the to-do list gets longer and longer, and often what is most important gets shoved down further and further on the list of priorities. Recognize this predicament?

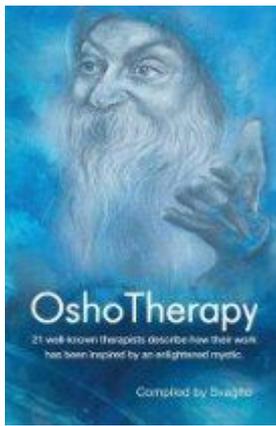
Thankfully I always schedule time for two or three retreats through the year, having learnt my lesson in the past that if it isn't scheduled, it will not happen. So the latest retreat was going back to Pune and Osho international Meditation Centro; facilitating Awakening of Love there and also co-facilitating Path of Love, the more intense, 7-day process. And in my experience, there is nothing like full immersion to remind yourself of the life that resides just slightly under the surface of your being. The tears that didn't seem to have space to be heard and felt, the frustration or anger that was inappropriate to express at the time they surfaced..

For all sorts of reasons we find ourselves shut down or closed off and in a state of hurt and protection. This can show up as heartache, blame, isolation, unhealthy relationships, anger, resignation or addiction. We long for something else and we often don't know where to start looking.



So going into the space where there is freedom to be yourself and to express just what is true for you, is so freeing! and healing.. In fact, it is in the feeling that the healing is possible. Having the courage to admit that life isn't perfect, that that your jealousy towards your colleague is actually eating you up.. it is zapping you of your life energy, of your true essence, which is actually where your truth gives you access to every question you ever thought of.

Next month we bring you another rare opportunity to stop; to



## Irresistible Words

"There is a difference between stuffing your emotions and dealing with them responsibly. Stuffing them generally results in an unpredictable bad ending. Dealing with them (which can include expressing them in an appropriate way) is what is needed. Feeling your emotions does not mean falling in a weak mess on the floor.... you can be (some would argue the only way to be) strong and in your power when you let yourself experience your emotions - all of them. Take a big risk, explore, expose and be your self." I think the biggest risk lies, for most of us, in just being (and expressing) our true selves. This is my biggest edge" - Michael Burnstein [Real Man Awake](#).

## Irresistible Media

She REFUSED To Be Photoshopped. So THIS Is What She Did... WHOA!

Colbie Caillat, singer-songwriter and acoustic guitarist was tired of trying to live up to unrealistic beauty standards. Colbie decided to make a music video

retreat inwards. The workshop is about discovering ways to be more authentic and honest, connecting with yourself and others in ways that create trust and joy. We all have a longing for love and to be seen and heard. This work is about bringing more presence to that longing inside of us.

We work with honest, loving self-exposure, supporting you to connect with your true value and essence through unique exercises and meditations. You will get clearer at reading, understanding and knowing your authentic self.



Learn more [HERE!](#)

## The case for emotional hygiene

Although we have bandages for cuts, chicken soup for colds, and ice packs for bruises, most of us have no idea how to treat day-to-day emotional injuries such as failure, rejection, and loss. We'll go to the doctor when we feel flu-ish or a nagging pain, we go to the dentist if we notice a problem with our teeth. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own. But we don't have to. What stops you from taking as good care of your emotions, your minds, with the same diligence we take care of your bodies?

### Maladaptive Self-Reflection:

- Increases emotional distress
- Increases urge to ruminate about event
- Impaired problem solving and passivity: stewing instead of doing
- Depression, alcohol/eating disorders
- Risk of cardiovascular disease

These kinds of emotional injuries often get worse when left untreated and can significantly impact our quality of life. Let's take the example of brooding and ruminating. When we brood and ruminate, we 'pick at the wound'. You are opening the wound and not letting it heal. We see the world in negative terms and put us at risk for depression, even alcoholism.

that is catching everyone's attention. And you better believe that it's for all the right reasons... incredible! Watch HERE!



## Testimonials

"I feel a sense of peace and clarity I have not experienced in a long time. It was a huge gift for me to be part of such an open and loving group whom made me feel safe and accepted".'



Read more testimonials [here](#).

## 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.

Because the stress and anger from stirring ourselves up, we need to take the edge off, so we drink. It puts us at risk for eating disorders, as we want to manage our feelings with food, stuff them down to a place we don't have to feel them. And it puts us at risk for cardiovascular disease due to all the stress hormones we are releasing into our blood stream.

A survey studied the behaviours of women found a lump in breast. The findings showed that the women who ruminate, tend to wait 2 months longer before going to doctor.

[Guy Winch Ph.D.](#) is a clinical psychologist, speaker, and author whose books have been translated into 14 languages. In this TED talk, he highlights the importance of applying what he calls **emotional first aid** to common psychological injuries when we first sustain them would have a powerful impact on our mental health, emotional resilience and our physical health. [WATCHHERE! https://www.youtube.com/watch?v=F2hc2FLOdhl](https://www.youtube.com/watch?v=F2hc2FLOdhl)

## Adaptive Self-Reflection:

- **Eases emotional distress**
- **Lowers emotional potency of event**
- **New insights, fresh perspectives, learning**
- **Clarifies present or future action**
- **Helps us move on**

## Emotional first aid at our doorstep

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.



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](http://www.astro.com) if you already know your time of birth and location.

Read your monthly 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*

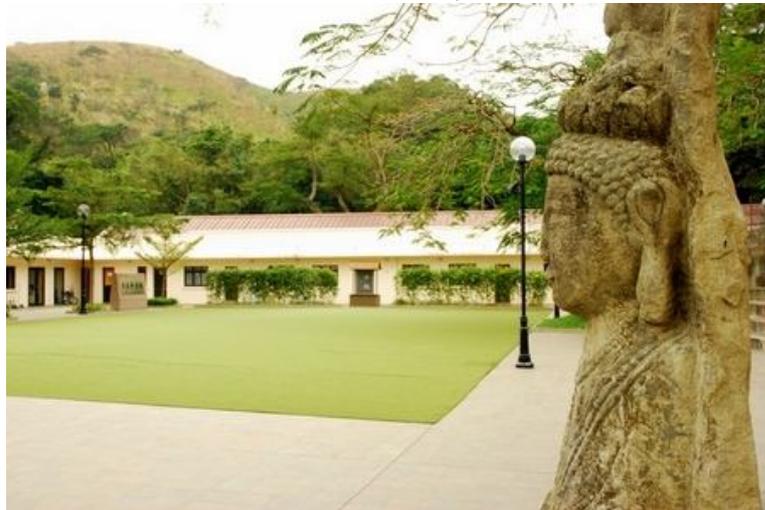
### JOIN IF YOU:

- \* Experience negative and self-destructive behaviours..
- \* Have a longing to re-connect with yourself..
- \* Sometimes feel lonely or isolated from others..
- \* Looking for a change in your life..
- \* Are seeking clarity in your life..
- \* Sense that something is missing in your life but don't know where to start..

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.

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

Early-Bird price: HK\$4300 (on or before 23rd March)  
Full Price: HK\$4,900!



Residential Venue: \*\*\*\*

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

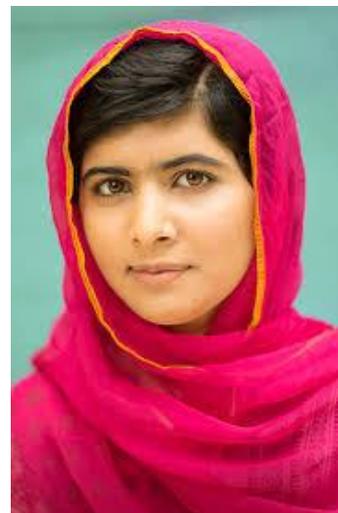
## Irresistible Woman

What Malala Yousafzai Teaches Us About Psychological Health

Malala Yousafzai was an 11-year-old schoolgirl in Pakistan when she began speaking out against the Taliban's efforts to ban girls from attending school. By the time she was 12, she had gained worldwide recognition.

On October 9, 2012, when she was still 15, Taliban assassins boarded her school bus and demanded Malala identify herself or they would shoot the entire bus. "I am Malala," she said. The assassins shot her in the head.

Malala recovered and underwent intense rehabilitation. Less than a year later she spoke at the



United Nations and issued a call for worldwide access to education for girls. On October 10 of 2014, at the age of 17, she was awarded the Nobel Peace Prize.

If there was a Nobel Prize for Psychological Health, Malala Yousafzai would have won it too. Indeed, Malala is a living testament to the incredible power of emotional resilience. Here are the five main lessons we can learn from her life, her struggle, her survival, and her success:

### **1. Do Not Let Failure and Setbacks Stop You:**

When Malala was 11 the Taliban placed a ban on girls attending school. They destroyed dozens of schools in her area and shut down hundreds of others. Malala wrote an anonymous blog post for the BBC detailing her life at the time, in which she reported studying for her exams nonetheless. Despite being banned from studying and schools not opening, Malala refused to give up. Eventually her school reopened and she was one of the 10% of students who initially showed up to continue their studies.

**2. Having Purpose Leads to Post-Traumatic Growth:** Malala has reframed the assassination attempt in her mind so she does not feel helpless and victimized but rather purposeful and empowered. "If they come to kill me I will tell them what they are trying to do is wrong, that education is our basic right." Having purpose can help people recover from trauma and become stronger psychologically than they were before, a phenomenon known as post-traumatic-growth. Malala is an amazing example of someone who has thrived after trauma, primarily because of the purpose and mission to which she has devoted her life.

**3. Heal Rejection by Reviving Your Self-Esteem:** After the assassination, Malala wrote a book about her experiences and was exposed to a harsh backlash in her home country of Pakistan. The All Pakistan Private Schools federation announced the book would be banned from over 150,000 institutions for being anti-Islam and for her being an "Agent of the West."

Malala, a devout Muslim, consistently takes steps to affirm her faith as well as her identity as an activist. Now living in the U.K., she adds a longer skirt and head scarf to her school uniform for modesty. She is not on Facebook and refuses to carry a cell phone so she can focus on her mission of educating children worldwide, thereby reinforcing her identity and sense of self-esteem. Of course, the Nobel Peace Prize will probably give a bit of a boost to her self-esteem as well.

### **4. Fuel Personal Empowerment by Adhering to Your Principles:**

Malala is clearly blessed with an incredible sense of personal empowerment but it is one she has fostered and cultivated. Wanting to devote her time to activism, she regularly takes steps to adhere to her principles. For example, she recently deleted Candy Crush from her iPad because, she said, she was spending too much time on the game.

**5. Manage Loneliness by Reaching Out:** Malala recently said, "It is odd to be so well known but to be lonely at the same time. One of the things Malala does to address her loneliness is to reach out to people who care about her. A recent article reported she spends hours on Skype each week talking to a childhood friend in Pakistan and catching up to hometown gossip to feel connected to her home community.

By Guy Winch

## Irrisistibly Osho

### Emotional Wellness

"Unconsciousness is the basement of the mind. In your unconscious many things are buried which find expression through your conscious. For example, millions of people watch boxing or football matches and really get excited; and they never think about what they are watching. In boxing they are watching sheer violence. But there is enjoyment; this is the expression of hidden violence in you.

Society has managed man with an absolutely wrong strategy. The idea of the society has been, that if something is thrown into the basement, into the darkness of the unconscious, you are finished with it. That is not the case. You are not finished with it. It will come up in different form and with a vengeance. And it will go on collecting."

You can also watch Osho speak of emotional wellness [HERE](#).

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You are a holistic being. You function on different levels; physically, mentally, spiritually and emotionally. Like having your medical check-ups and your teeth seen to regularly, there is nobody that is exempt from tuning up your inner life without suffering some consequences.

Perhaps you feel stuck in a rut? Or do you just want to step up your game so you can live life to the fullest? Get your energy back. Like a mechanic working on a vehicle, there are specific things you can do to tune up your inner life, and here we are simply offering you one vehicle. Not necessarily an easy option, but certainly a supportive and transformational one: [Awakening of Love](#).

In love and gratitude...

*Pia Prana Mugggerud*

Copia Coaching

[www.co-pia.com](http://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 April! Simply do one of the following: 1) share this newsletter on your Facebook page or that of a friend and [tag me](#). 2) Send an email to friends cc'ing me. Make sure you include the [webpage with all the relevant information](#). Winner will be announced on April 5th. You can also share our [website page on Facebook or other social media](#). 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'.



**Our Price:** \$2,450

**List Price:** HK\$4,900

**\*\*\*WINNER WILL BE PICKED AND NOTIFIED ON April 5th\*\*\***