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Copia May 2012 Newsletter

Irresistible content

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Irresistible Reading

[The Dark Side of the Light Chasers: Reclaiming Your Power, Brilliance, Creativity and Dreams](#)
By Debbie Ford

"You must go into the dark in order to bring forth your light. When we suppress any feeling or impulse, we are also suppressing its polar opposite. If we deny our ugliness, we lessen our beauty. If we deny our fear, we minimize our courage. If we deny our greed, we also reduce our

May I Be Frank?...

Last month I watched what I confidently call the most inspiring film I have ever seen: 'May I Be Frank'. Although in the story, Frank sets out to lose weight and get healthy, I certainly did not anticipate the profound impact this journey would have in the break-through in how he feels about himself, on his self-awareness and what it truly means to fall in love again.



As English is not my fiancée's mother tongue, I also had to explain to him what the name of the film also meant.. Explaining to him that it means being "blunt" or "straight forward", having a directness in manner or speech; telling people the truth even if it might hurt their feelings. As I explained this meaning to him, I started thinking about how Frank had to get very direct and honest with himself, in order to get the lessons and breakthroughs that his transformation required. Wow! Over the years, I have peeled off layer upon layer, to get closer and closer to my own inner truth. And yet, as I peel, all that has really happens is that I come face to face with yet another layer. So I inch myself closer to being more honest with myself.

And yet I seem to still have many challenges around this area. I notice how I cleverly ignore the signs of my own truth, in order to not create tension or disagreements with others. Recently, my partner and I were in a deeply disturbing situation, that affected me deeply, and also our relationship. As we slowly started to communicate about it, I saw an old pattern I have with him, that I tip-toe around him.. As he is a deeply sensitive man, I am afraid to rock the boat sometimes, and so I play 'nice' rather than being more fierce, as that is what the situation calls for. And so as I get more real with my own feelings, and express them more to him, I can also see how the effect is that he no longer can hide from his own dark side, his own unexpressed truth. We are in this together. And it is certainly a work in progress, being more frank to ourselves in order to be honest with the other.

Reading this, where is it in your life you can afford to be more

generosity. Our full magnitude is more than most of us can ever imagine." (From The Dark Side of the Light Chasers)

In this #1 New York Times best-seller, Debbie examines the fascinating process of projection - whereby we transfer our own unwanted qualities onto others - and demonstrates how our darkest tendencies, when embraced, can be used to fuel our dreams.

THE DARK SIDE OF THE LIGHT CHASERS

Reclaiming your power, creativity, brilliance, and dreams

DEBBIE FORD



"In this profound book, Debbie Ford systematically outlines the steps to wholeness and transformation."
—Deepak Chopra

UPDATED EDITION WITH A NEW INTRODUCTION

Irresistible Viewing

May I Be Frank

May I Be Frank chronicles the transformation of Frank Ferrante's life. Frank is 54 years old, obese, depressed, and addicted. He stumbles into a local raw, organic and vegan restaurant in San Francisco, Café Gratitude. When Ryland, a server at Café Gratitude asks Frank "What is one thing you want to do before you die?" Frank replies, "I want to fall in love one more time, but no one will love me looking the way I do".

Ryland, his brother Cary, and Conor, his best friend,

frank? Where have you let your own truth down in order to accommodate others or to shun away from conflict? It is worth a ponder!

Where Do I Start?

Becoming more frank with yourself could require patience and some compassion. If you have been afraid to speak your own truth in fear of offending or hurting another, then it will require courage to start moving away from this pattern, into a place where you can feel more yourself.

Writing in a journal could be a great way to start! So once you have your journal, set aside plenty of time where you will not be disturbed. Make sure you have the quiet space you need; then close your eyes and allow everything to quieten down. All the noise of your day, all the should've, could've, would've can rest for the time being.. Once you feel more centered inside, open your eyes and in your journal, answer your personal answers to the following questions:

- What am I most afraid of?
- What aspects of my life need transforming?
- What am I most afraid of that someone else will find out about me?
- What am I most afraid of in finding out about myself?
- What is the biggest lie I have ever told myself?
- What is the biggest lie I have ever told someone else?
- What could stop me from being more honest in my life?



When you have finished answering the questions above, take some time to write in your journal and express anything else that needs to surface. Finally, take a moment to acknowledge the courage you brought to this exercise.

'May I Be Frank' Movie Screening

Thursday 24th May

This film cannot be seen at the movies.. it cannot be downloaded.. It actually has to be experienced! this is why Copia Coaching has teamed up with SOL Wellness in central, to create the movie screening of 'May I Be Frank'.

Frank Ferrante is 54, weighs 290lbs., had a lifetime of drug and alcohol abuse and as a result, contracted Hepatitis-C. He is on multiple medications including anti-depressants, undergoing chemo and drinks 10 espressos a day to stay awake. One day

are inspired by the possibility of helping Frank. For the next 42 days, Frank will eat only raw food, practice gratitude, visit local holistic practitioners, and get a weekly colonic. Ryland, Conor, and Cary get to support Frank's miraculous transformation. Frank gets a new body, a clearer mind, and most importantly, a soaring spirit. May I Be Frank documents the essence of the human condition and what it truly means to fall in love again. Beautiful! Inspiring! Life Changing!

may I be
FRANK



TRANSFORMATION.

Watch trailer [here!](#)

You can purchase the film on their [official website!](#)

Irresistible Words

"My thoughts are my own - I will not modify them to receive the approval of others. My feelings are my own - I will not silence them to make others comfortable. My life is my own - I will not shape it according to the expectations of others. I live in harmony with my natural cycles, deepest wisdom, and truest self. And so it is."

Frank stumbles into Cafe Gratitude, a Raw food café in San Francisco, and meets Ryland, the café's manager. Ryland asks Frank, *what is one thing you'd like to do before you die?* Frank answers *'I want to fall in love one more time, but with a body like this, no one will love me, because i don't love myself.'*

Come join us and watch as Ryland, his brother Cary and best friend Conor, help Frank take on his weight, health, relationships and loving himself in just 42 days. Watch the movie trailer here.

Hong Kong May Screening:

Date: Thursday 24th May

Time: 7-9pm approx.

Venue: [SOL Wellness](#), 16/F Tin On Sing Commercial Building, 41-43 Graham Street, Central

Cost: HK\$100, which includes raw and living snacks prepared by SOL Wellness. (to be paid on the day)

Reserve your seat: pia@co-pia.com *Seats are strictly limited



Woman's Sacred Circle

Saturday 19th May

I feel very much drawn to creating a space that is sacred, a space where you can truly share from vulnerability and authenticity. This is where this circle was born.. So the actual sharing will continue to be sharing from that space if you wish, with no feedback or personal comments from others (unless requested) no coaching or fixing the person who is sharing. The circle is not a place to be sharing meditation tips or what you did last weekend...

As we come together, we are able to listen whole heartedly to what each woman has to say, holding her in support and compassion, receiving her in wholeness. And we receive this beautiful gift in return.



This month, we will meet:

- Patricia Lynn Reilly

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 more [here!](#)



Monthly 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.

Date: Saturday 19th May

Theme: 'May I Be Frank?'

Time: 3.30 - 5pm (Followed by a more casual/playful/flowing gathering and eating: 5pm - 6pm. Please bring a snack/bite to share.)

Venue: 6th Floor, unit 92, 92 Robinson Road (the very end of the road next to Babington Path) Call upon arrival!

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

(Next month we meet on Wednesday, June 20th for Summer Solstice celebrations)

Angels for Orphans Charity Event

Thursday May 12th

[Angels for Orphans](#) charity have teamed up with stylish boutique [Nude is Rude](#) for a one night only pop up store shopping event. Be sure to join them for a glass of bubbles, Vero chocolates and lots of feel good vibes in the knowledge your purchase will help impoverished children worldwide.



Many of you may not need an excuse to buy yourselves a beautiful piece of jewelry for a great cause but we do deserve it for Mother's Day! The inscription on the sterling silver pendant "to the world you might be one person, but to one person you might be the world" says it all... Join the charity special event:

Date: Thursday May 10th

Time: 5pm-8pm

Venue: No.7, Lan Kwai Fong, Central. [Contact!](#)

[Angels for Orphans Charity](#) provides funding to improve children's lives worldwide. They believe that every child has a right to love, happiness, education, care, shelter, food, medicine, clothing and hope. Angels for Orphans feels passionate about helping children where the needs are most desperate. Currently, they are working to secure funding for projects managed by three very worthwhile charities working tirelessly to give renewed hope to vulnerable, disadvantaged and neglected children in Cambodia and Bali, Indonesia.

Mother's Day

Mother's Day is celebrated on different days and dates around the world. Most commonly, Mother's Day takes place on the second Sunday in May.

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 May horoscope.](#)



Quick Event Links

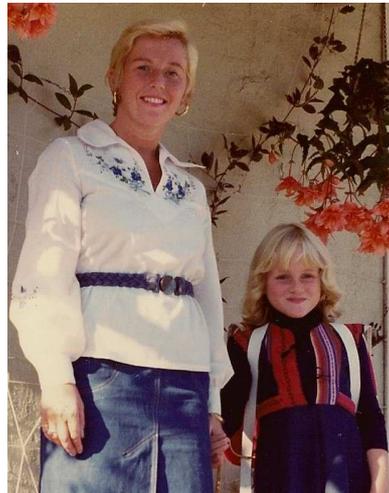
[Awakening of Love \(coming soon to Asia!\)](#)
[May 19th Sacred Circle for Women](#)
[5 Rhythms Dance Practice](#)
[Copia Home Events](#)
[Fearless Loving Fearbuster Group](#)

Mother's Day celebrates the important roles that mothers serve in society. Anna Jarvis of West Virginia started the holiday in 1908 to pay tribute to mothers, but it wasn't until 1914 that US President Woodrow Wilson made the holiday official by signing it into law.

In my local, Hong Kong, it is actually celebrated on Sunday May 6th. And although you may not 'buy into' this most commercialized holidays Where sales for gifts peak during the days preceding Mother's Day, it is always a great reminder to celebrate your mother and her importance to you in your life!!!

Two days after mother's day, my family and I will commemorate the 2-year anniversary of my mother's death. it was a sudden and dramatic death, which did not leave any of us any chance to honour her or say our good-byes in person. Personally, I can only hope that she knew how much I loved her and how important she was to me! As I do not have the chance to ever tell her..

For those of you who's mothers are still in your life, maybe it isn't on mother's day, maybe it isn't on Christmas.. But how can you...



How can you honour and appreciate your mother or grandmothers today or during this month, in a way that fits all that she/they have given you?

Extraordinary :: Irresistible :: Woman

Ashley Judd

Ashley Judd is a celebrated and acclaimed actor, she has starred in 20 films, both box office hits and independent treasures, and on Broadway. Until recently, that is all I thought she was. An article she wrote sparked my interest, and since then, I have read more about this woman, that has made me very impressed!



Firstly, I do respect people who are in the limelight to use their position as well as their intelligence to do good for those less fortunate. Ashley is a dedicated humanitarian. Her work as an advocate and activist dates to her undergraduate years at the University of Kentucky. She actively supports a number of organizations, ranging from Women for Women International, Women Thrive Worldwide and many more. She has traveled around the world, visiting grassroots programs that focus on poverty alleviation, public health, human rights, and social justice. Entrusted with the sacred stories shared with her by the vulnerable, and often exploited yet remarkably resilient populations to whom she has dedicated much of her life, Ashley then speaks truth to power, carrying the message of empowerment and equality to heads of state, donors, the private sector, and the media.

It is however, her commitment to her own healing that really made me as a Coach appreciate her all the more. Although she does not have any addictions, in 2006, Ashley attended an intensive in patient treatment program at [Shades of Hope](#) to begin to meaningfully heal from unresolved childhood grief that manifest as depression and codependency. She rejoices in a recovering way of life and sharing her experience, strength, and hope. *"I had no idea there was help for someone like me, without an identifiable addiction or dependency. It is thus very important to me to speak without shame and stigma about depression, codependency and adult child issues, because I have now been taught we are only as sick as our secrets. Because someone carried the message of recovery to me, and helped me begin to learn about family systems and how affected I was by other people's addictions of various kinds, I have learned that I, too, can recover! Who knew?! It is a wonderful, miraculous thing!"*

Ashley Judd's 'puffy' appearance recently sparked a viral media frenzy. Ashley ordinarily ignores tabloid and internet gossip about herself, Rather than sitting back silently, taking the judgmental beating by the media Ashley fought right back, speaking for generations of women who have been scrutinized for their appearance. She decided to address it this time, she writes, because *"the conversation was pointedly nasty, gendered, and misogynistic... The assault on our body image, the hyper-sexualization of girls and women and subsequent degradation of our sexuality as we walk through the decades, and the general incessant objectification is what this conversation allegedly*

about my face is really about."

Read the full article [Ashley Judd Slaps Media in the Face for Speculation Over Her Puffy Appearance](#).

Irrisistibly Osho

Be Truthful so That One is Loving - Osho

If one is loving, one becomes truthful; it is impossible to be loving and not be truthful. Truth is necessarily created by the energy called love, and vice versa: when one lives the truth, one becomes loving; it is impossible to be true and unloving. If you find somebody who is loving and untruthful then know well that his love is just a façade, a camouflage, it is phony; because the criterion is truth. And if somebody is truthful and unloving then know well that truthfulness is just an imposed character. It is not growing in his being, it is not his own flower. It is something borrowed, something synthetic, not natural.

Whenever love grows naturally it brings truth in its wake and vice versa. They are always together, they cannot be separated. There is no way to separate them, they are inseparable. In fact they are one, two faces of one reality.

The real seeker has to work from both sides, then growth is fast. Be truthful so that you can be more loving; be more loving so more truth happens to you. And there comes a moment when they are one. That is the moment of illumination - when truth is love and love is truth. That's what Jesus means when he says 'God is love.' God is his word for truth.

From Turn On, Tune In And Drop The Lot

Being frank with yourself is the first step to living a more authentic and also happy life. It may feel strange and difficult in the beginning, but as you continue to live your own truth, the positive benefits will start showing themselves more and more..

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