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Copia May 2014 Newsletter

Irresistible content

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Testimonials

'Your energy and passion was infectious and it gave me permission to express more of who I am than before'
-Anonymous



Read more testimonials [here.](#)

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Learning to Trust Yourself

Something I have struggled with for years is trusting myself. And this can be both confusing and painful. Double checking, or having to have everything in place (read in control) seems like a short-term remedy for this lack of trust, but in the long-term I have found a exhaustion in having to be so alert or informed to be able to relax..

And reading an article about neuroscience this week which also happened to coincide with doing a Deepak Chopra meditation on the sixth chakra, more pieces of the puzzle started to fall into place.. In Deepak's meditation one morning this week, he said 'our real Self is wise and intuitive in this very moment. Knowingness is the nature of pure consciousness. By activating this innate knowledge and insight, we can use it as a trusted guide. Intuition comes alive when we listen deeply'.



And the article actually backed this up! The hippocampus is a part of our brain that is involved in memory, learning and also in giving us a sense of context. In other words, it tells us that it may be more appropriate to let our guard down with someone who feels safe rather than a perfect stranger. So creating an enriching environment has been connected with stronger neural growth in the hippocampus.

It seems that human brains are primed for learning in times when we are mindful or aware of what's here or what is. And studies have shown that there are various ways to create growth in the hippocampus. Growth has been seen through steady practice of mindfulness meditation. One of the earliest studies showed this area of the brain larger in taxi drivers versus bus drivers because they had to constantly use memory to navigate versus just being on auto-pilot.

I think that we are primed even more intensely for learning when we're mindful during an emotionally vulnerable moment. We know that the emotional center of the brain is a primary

challenges the media's limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself. Written and directed by Jennifer Siebel Newsom, the film exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America.

Watch trailer [HERE!](#)



Irresistible Words

"Have enough courage to trust love one more time and always one more time."
- Maya Angelou

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.

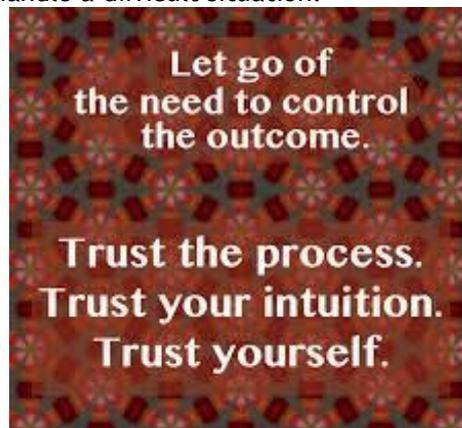
You should also read your

decision maker for us throughout the moments of the day. Emotional experiences (especially difficult ones), influence our snap judgments that form our perceptions and actions.

Many see vulnerability as something to stay away from because there is the fear of getting hurt or rejected in it. But the truth is, we can't learn to trust ourselves without being vulnerable. You need one to build the other.

If we can learn to intentionally pay attention to our moments of vulnerability, without judgment, and meet it with a curious and caring awareness, we can build that into our hippocampus, and make it readily retrievable when we need it most. We condition the natural ability to trust and rely on ourselves.

So when it comes to trusting ourselves, we need to have retrievable memory of experiences where we were able to rely on ourselves to handle a difficult situation.



Why Trust Is Worth It

We expend so much time watching and calculating.. trying to predict, reading signals from people. Ready for anything to change suddenly. Preparing to be disappointed. So much energy you spend. But what if we stopped worrying that someone wouldn't catch us if we fall??... Could we then enjoy the moment?

The following clip is a stunning clip by two acrobats from [Cirque Du Soleil](#), performing to a dialogue around trust. Enjoy this masterful piece about trust, trust to the unknown, like invisible hands that you stretch out to the world for someone to hold on to!



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

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path of love

life changing

Awakening of Love Summer Retreat!

25th - 27th July

Love and fear. The two forces that underpin so many of our feelings, decisions and relationships. **Love** - that eternal energy that promotes growth, connection and healing. **Fear** - the pervasive force that leads to contraction, separation from others and increased woundedness.

Love is our birth right. Imprinted on our souls is a deep longing for loving relationships with ourselves, others and the world. Yet our experiences of life have often hurt us and we have put defences in place to protect us from future pain. These layers of protection form barriers that keep us from pain, but separate us from love.

Awakening of Love is a 2 1/2 day experience that gently and safely allows you to lower these barriers and connect with your authentic loving self. Using a combination of honest self-exposure, exercises and meditations it forms an introduction to the Path of Love, the world-renowned transformational process.

What do we regret more - things that we did? Or things we didn't do? "Footfalls echo in the memory down the passage which we did not take towards the door we never opened into the rose-garden".
- TS Eliot

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

Venue:Tao Fong Shan Retreat Centre, Shatin, Hong Kong

***Awakening of Love will be a residential program. Cost of retreat includes 2 nights in twin share accommodation and all meals are provided.

Cost:

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

Full Price: HK\$4,700!

Graduate Review Price: HK\$3500



"The curious paradox is that when I accept myself just as I am, then I can change. In a person who is open to experience, each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness.

In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?"

- Carl Rogers

For those of you interested in attending our next Awakening of Love retreat, you can contact me directly or go to our [Facebook page!](#)

Irresistible Women

Jennifer Siebel Newsom

Jennifer Siebel Newsom is all about women! She is a filmmaker, speaker, former actress, and advocate for women, girls, and their families. Newsom is the writer, director, and producer of the 2011 Sundance documentary film *Miss Representation*, which is how I first came across her work. The film explores how the media's inaccurate portrayals of women have led to the under-representation of women in positions of power and influence.



Miss Representation made its national broadcast debut on OWN: the Oprah Winfrey Network on October 20th, 2011.

As I watched the film, I could not believe some of the statistics (USA) but it is truly heart breaking:

- 53% of teenage girls are unhappy with their bodies. That number increases to 78% by 17.
- 65% of women and girls have an eating disorder.
- 17% of teens engage in cutting and self-injurious behaviour.
- Cases of depression amongst girls and women have doubled between 2000-2010.

Newsom struggles with her own demons as a girl and young woman, and is committed to women's issues of all kinds. She is the Founder and Chief Executive Officer of Girls Club Entertainment, LLC, a film production company established to develop independent films focused primarily on women that educate, activate, and transform culture. Newsom is an Executive Producer of the 2012 Sundance Award-winning documentary *The Invisible War*, which exposes the epidemic of rape in the U.S. military. She is currently in pre-production on her next documentary film series, *The Mask You Live In*.

In a society where media is the most persuasive force shaping cultural norms, the collective message that our young women and men overwhelmingly receive is that a woman's value and power lie in her youth, beauty, and sexuality, and not in her capacity as a leader. While women have made great strides in leadership over the past few decades, the United States is still 90th in the world for women in national legislatures, women hold only 3% of clout positions in mainstream media, and 65% of women and girls have disordered eating behaviours.

Miss Representation challenges the media's limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself. Written and directed by Jennifer

Siebel Newsom, the film exposes how mainstream media contribute to the under-representation of women in positions of power and influence in America.

I want to honour Jennifer Siebel Newsom in this month's newsletter as she is truly out there giving a voice to those women who either are too afraid, who have been silenced or whom simply do not know any different. I invite you to watch her films, spread the message and speak up!

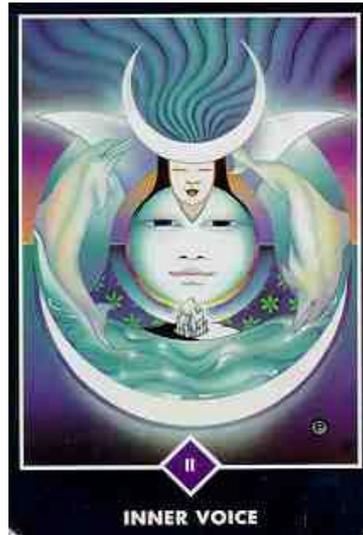


Irrisistibly Osho

The Inner Voice speaks not in words but in the wordless language of the heart. It is like an oracle who only speaks the truth. If it had a face, it would be like the face at the center of this card--alert, watchful, and able to accept both the dark and the light, symbolized by the two hands holding the crystal. The crystal itself represents the clarity that comes from transcending all dualities.

The Inner Voice can also be playful, as it dives deep into the emotions and emerges again to soar towards the sky, like two dolphins dancing in the waters of life. It is connected with the cosmos, through the crescent-moon crown, and the earth, as represented by the green leaves on the figure's kimono.

There are times in our lives when too many voices seem to be pulling us this way and that. Our very confusion in such situations is a reminder to seek silence and centering within. Only then are we able to hear our truth.



'If you have found your truth within yourself there is nothing more in this whole existence to find. Truth is functioning through you. When you open your eyes, it is truth opening his eyes. When you close your eyes, it is truth who is closing its eyes. This is a tremendous meditation. If you can simply understand the device, you don't have to do anything; whatever you are doing is being done by truth. You are walking, it is truth; you are sleeping, it is truth resting; you are speaking, it is truth speaking; you are silent, it is truth that is silent.

This is one of the most simple meditation techniques. Slowly, slowly everything settles by this simple formula, and then there is no need for the technique.

When you are cured, you throw away the meditation, you throw away the medicine. Then you live as truth--alive, radiant, contented, blissful, a song unto yourself. Your whole life becomes a prayer without any words, or better to say a prayerfulness, a grace, a beauty which does not belong to our mundane world, a ray of light coming from the beyond into the darkness of our world'.

Osho The Great Zen Master Ta Hui, Chapter 23

Osho said 'Everything is beautiful if inside your heart there is awareness.' And that really sums up to me the issue of lack of trust in yourself! So start today to create self-awareness routines and meditation. And for those of you who need more support in opening up to your inner world, contact Copia Coaching for a free 30 minute consultation.

In love and gratitude...

Pia Prana Mugggerud

Copia Coaching
www.co-pia.com