



life coach :: trainer :: facilitator

pia muggerud



Copia May-June 2013 Newsletter

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Testimonials

"I don't want to gush or exaggerate, but I want to thank you for delivering a wonderful course. I can honestly say, it's one of the best I've done. I've learnt so much, fantastic couple of days I would recommend these couple of days to everyone I can think of".

Banker :: Hong Kong



Always Do Your Best

There is just one more agreement, but it's the one that allows the other three to become deeply ingrained habits. So this month, we continue with the final of Don Miguel Ruiz's four agreements: Always Do Your Best.

The fourth agreement is about the action of the first three: Always do your best. Under any circumstance, always do your best, no more and no less. But keep in mind that your best is never going to be the same from one moment to the next. Everything is alive and changing all the time, so your best will some- times be high quality, and other times it will not be as good. When you wake up refreshed and energized in the morning, your best will be better than when you are tired at night. Your best will be different when you are healthy as opposed to sick, or relaxed compared to stressed. Your best will depend on whether you are feeling wonderful and happy, or upset, angry, or jealous.



Always do your best sounds like agreeing to perfectionism, but it is nothing like that. At its very base it is an agreement to live your life without regret. If every decision, every action you take is the best you can do at that particular moment in your life under the exact circumstances you are in, you can never look back and honestly say to yourself you could have done better. This agreement is not about beating yourself up because you are not perfect, it is about accepting your limitations as a human being, doing the best you can no matter what situation faces you and living without regret. Regret that your best on your worst day is not your best on a fantastic day, or concern over whether or not you have actually done your best will cause you to look behind you at the past, rather than focusing on doing your best in the present.

Read more testimonials [here](#).

Irresistible Viewing

[The Master](#) tells the story of Freddie Quell (Phoenix), a World War II veteran struggling to adjust to a post-war society who meets Lancaster Dodd (Hoffman), a leader of a religious movement known as "The Cause," who sees something in Quell and accepts him into the movement. Freddie takes a liking to "The Cause" and begins traveling with Dodd along the East Coast to spread the teachings. The film was partly inspired by Scientology founder L. Ron Hubbard, but also used early drafts of *There Will Be Blood*, stories Jason Robards had told Anderson about his drinking days in the Navy during the war, and the life story of John Steinbeck.



view trailer [HERE!](#)

Irresistible Reading



Regardless of the quality, keep doing your best--no more and no less than your best. If you try too hard and do more than your best, you will spend more energy than is needed and in the end your best will not be enough. When you overdo, you deplete your body and go against yourself, and it will take you longer to accomplish your goal. And if you do less than your best, you subject yourself to frustrations, self-judgment, guilt, and regrets.

Just do your best.. in any circumstance in your life. It doesn't matter if you are sick or tired, if you always do your best there is no way you can judge yourself. And if you don't judge yourself there is no way you are going to suffer from guilt, blame, and self-punishment. By always doing your best, you will break a big spell of self-limiting beliefs you have been under.

4 Agreements Mindfulness Exercise

Don Miguel refers to people who decide to adopt the Four Agreements and create love and happiness in their life as Spiritual Warriors. It is Spiritual because it is about living your Life. It is also referred to as a war because you are challenging the old fear based beliefs in your mind. The quest of a Spiritual Warrior is for Personal Freedom. Personal Freedom means freedom from fear, illusions, and the fear based beliefs in the mind. In essence it means to win the war over the beliefs in the mind. It is with Personal Freedom that we are free of the human condition of emotional suffering.

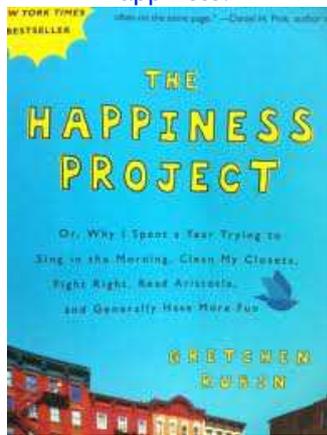
During our early life we began making agreements. Our parents rewarded us when we did what they wanted and they punished us when we didn't. We also learned behaviors and habits in school, church, and from other adults and children on the playground. The tools of reward and punishment were often emotional and sometimes physical. The impact of other people's opinions and reactions to us became a very strong force in the habits we created. In this process we created agreements in our mind of who we should be, what we shouldn't be, who we were, and who we were not. Over time we learned to live our life based on the agreements in our own mind. We learned to live according to the agreements that came from the opinion of others. In this process of domestication it turns out that the choices we make and the life we live is more driven by the opinions we learned from others than one we would choose on our own.

The Happiness Project:

Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

One rainy afternoon, while riding a city bus, Gretchen Rubin asked herself, "What do I want from life, anyway?" She answered, "I want to be happy"-yet she spent no time thinking about her happiness. In a flash, she decided to dedicate a year to a happiness project. The result? One of the most thoughtful and engaging works on happiness to have emerged from the recent explosion of interest in the subject.

The Happiness Project synthesizes the wisdom of the ages with current scientific research, as Rubin brings readers along on her year to greater happiness.



Irrisistibly Abundant

Money Stress ARTICLE:
Why We Use Money to Feel Bad About Ourselves

"Work and money are the leading causes of stress in



So as your mindfulness exercise starting today, is to start watching from where your decisions come from, your actions, your judgments.. Start by sensing your body. Does the body feel good after your decision or a certain action? Or is there tension? The first place you can check if you are in alignment with yourself is to check the body. The body's wisdom goes far beyond the mind and ego. If there is a sense of unease, maybe that is the time to re-evaluate your position to better align with a direction that will better serve your sense of personal freedom.

Irresistible Water

As a person who has lived with chronic back pain most of her life, I have realised I have to embrace my well-being in a more holistic way, not just through the mind and spirit (through Coaching), but also through better care of the body. I now understand it is essential to take care of all aspects: mind, body and spirit!

Hydrotherapy Home Spa is technology that has been a part of my life for four years and it has drastically improved my health. The Spa (SG 2000) technology incorporate Ultrasound, Far Infrared Rays Therapies as well as produces Ozone and Negative Ions; all incorporated into our simple bathing routine. These can immediately start benefiting the body by improving blood circulation and boosting immunity while raising the body's core temperature.

Typical ailments that the home spa machine has shown dramatic results have been: diabetes, gout, muscle and bone pain, arthritis, thyroid issues to name a few.

[Contact us today to receive your free trial spa session!](#)

You are also welcome to follow our [Hydrotherapy Home Spa](#) page on Facebook! Here we will be posting research, testimonials etc on hydrotherapy as well as other technologies that the spa offers you, in the privacy of your own home.

America, according to the American Psychological Association's "Stress in America" survey. Money may seem like a practical concern, requiring rationality and logic to manage. However, we very often underestimate the emotional aspects of handling money. Our attitudes about money have deep roots in our past"... [continue reading](#)

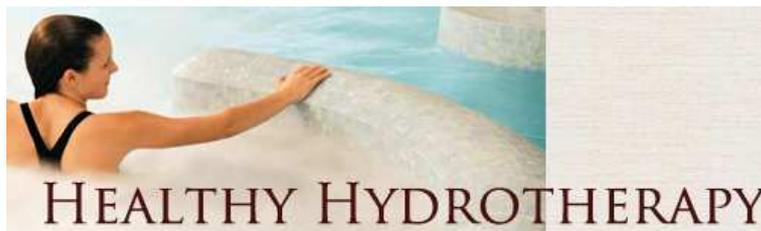
Irresistible Words

"Do your best when no one is looking. If you do that, then you can be successful in anything that you put your mind to".
- Bob Cousy

May 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.



Also, watch Testimonials on our YouTube page [HERE!](#)

Irresistible Women

Jada Pinkett-Smith

"The War on Men Through the Degradation of Woman"

"How is man to recognize his full self, his full power through the eye's of an incomplete woman? The woman who has been stripped of Goddess recognition and diminished to a big ass and full breast for physical comfort only. The woman who has been silenced so she may forget her spiritual essence because her words stir too much thought outside of the pleasure space. The woman who has been diminished to covering all that rots inside of her with weaves and red bottom shoes.

I am sure the men, who restructured our societies from cultures that honored woman, had no idea of the outcome. They had no idea that eventually, even men would render themselves empty and longing for meaning, depth and connection.

There is a deep sadness when I witness a man that can't recognize the emptiness he feels when he objectifies himself as a bank and truly believes he can buy love with things and status. It is painful to witness the betrayal when a woman takes him up on that offer.

He doesn't recognize that the [creation] of a half woman has contributed to his repressed anger and frustration of feeling he is not enough. He then may love no woman or keep many half women as his prize.

He doesn't recognize that it's his submersion in the imbalanced warrior culture, where violence is the means of getting respect and power, as the reason he can break the face of the woman who bore him 4 four children.

When woman is lost, so is man. The truth is, woman is the window to a man's heart and a man's heart is the gateway to his soul.

Power and control will NEVER out weigh love.

May we all find our way".

Read your May [horoscope](#).



Path of Love

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path of love
life changing



Sinuou

s Magazine (<http://www.sinuousmag.com/>)

Awakening of Love

Lantau Island 4-6 October

The Awakening of Love is a powerful weekend workshop for people who really want to change their lives. These gentle and unique 2 ½ days have been designed to shake the dust off your heart and give you a taste of the Path of Love work. We all have a longing for love and to be seen and heard. This work is about igniting a passion to live with an open and honest heart.

DETAILS:

Dates: Friday October 4th from 8.00pm to 5pm on
Sunday 6th October

Venue: YWCA Sydney Leong Holiday Lodge, South Lantau, HK

Workshop Price: HK\$4700.

*****EARLY BIRD price HK\$4200 and GRAD price HK\$3900
(paid before September 1st 2013)**

Program price also includes 2 nights shared accommodation
and all meals. [Click HERE](#) for full details.



Irrisistibly Osho

"Comparison is a very foolish attitude, because each person is unique and incomparable. Once this understanding settles in you, jealousy disappears. Each is unique and incomparable.

You are just yourself: nobody has ever been like you, and nobody will ever be like you. And you need not be like anybody else, either. God creates only originals; he does not believe in carbon copies."

- Osho



In this world we are living in now, competition is fierce, more is demanded from you in the workplace, at home. Maybe you are juggling your family with your work or maybe you are running your own business, up against much larger companies with more resources than you have.. Sometimes it may feel for you that whatever you do, it is never going to be enough..

It is easy to fall into the trap of comparison with others, wishing you were in their shoes. However, there will be smarter, richer, stronger, luckier people in the world, but your very uniqueness makes what you have to offer so special! Whatever situation you are currently in, it is imperative to remember this month's agreement: Always Do Your Best. The key is to stay true to who you are and what you stand for and when you stumble, to get back to doing your best!

As a Life Coach, I provide guidance while holding a steady vision of how you can make choices based on what is important to you, rather than fear and obligation. Coaching helps decrease your stress levels as you make life changes, helping you to better utilize your natural gifts. If this speaks to you, [contact Copia Coaching](#) to arrange a free trial coaching session.

In love and gratitude...

Pia Prana Muggerrud

Copia Coaching
www.co-pia.com