



life coach :: trainer :: facilitator

*pia muggerud*



## Copia November Newsletter

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### 5 Rhythms Dancing

The practice of 5Rhythms dancing, often described as moving meditation, was created in the late 1960s by Gabrielle Roth, who distinguished five rhythms common to all humans. When she combined these rhythms together in a wave as a natural progression of energy, Gabrielle discovered they can liberate the free creative spirit inside each of us, regardless of our age, size or physical ability. [Read more here](#)

### Feels like lightning running through my veins...

...is one of my favourite lines of all time in a song, by [David Gray](#). Make of the song what you may.. for me the line was always romantically linked, or more specifically, it was linked to the hope of someone somehow feeling like that about me!



But without actually being struck by lightning, or love, the type of energy that could be imagined by the words sounds quite explosive! How often do you feel anywhere near that kind of life and enthusiasm? Well if you have a full-time job and other similar responsibilities, then I am guessing that you, like me, only very rarely touch that kind of energy.

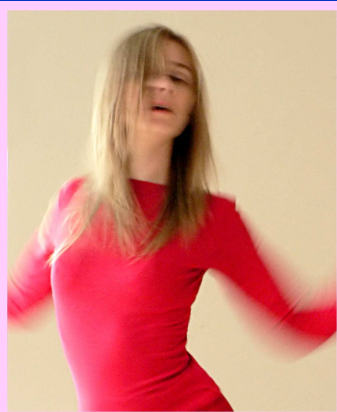
During the summer, I experienced surges of energy and joy rushing through my veins as I embraced my body in a new way. I spent three weeks focusing purely on my breath and the magic that can occur when we allow the breath to help us let go and heal the blockages that have us stuck and sometimes even sick..

I may not have been sick when I arrived for the three week breath work training in Italy, but I was certainly in a lot of agony from lower back pain. This is a pain I am very familiar with, as it has been a companion with me since I was around 15 years old. Old energy blocks that still feel the need to self-protect..

The work used breathing techniques, body movements, and expressive sounds, which formed a framework to explore the tensions and blocks which have formed in the body over many years of conditioning and repression. And over the three weeks, energy slowly started to emerge, and in its outer expression, joy and laughter was made easier, as were tears and anger!



Both the therapists I worked with over the summer are gracing South China with their presence in the next few months, so some of you will not have to go all the way to Europe like I did. Read more here about the [December breath workshop](#) in Shenzhen!



## Irresistible Reading

### Ladies Who Launch in Hong Kong

Over the summer, this book was the talk of the town (even for me, and I was all the way in Europe!) So as soon as I returned to Hong Kong, I made sure I got a copy! And it was a lot of fun and inspiring to read about these 12 women who used their creativity, intelligence, their trust to build their unique businesses. So if you are slightly curious as to how 12 women with no previous experience as entrepreneurs went on to create million-dollar businesses in Hong Kong, get the book [here!](#)

## Irresistible Movies

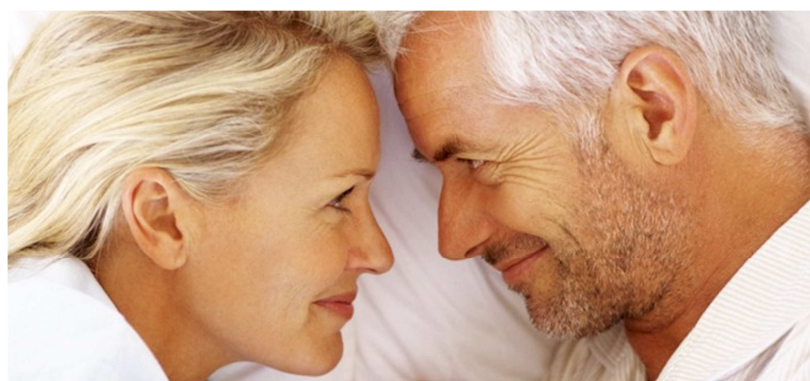
### A Dangerous Method

On the eve of World War I, Zurich and Vienna are the setting for a dark tale of sexual and intellectual discovery. Drawn from true-life events, A DANGEROUS METHOD explores the turbulent relationships between fledgling psychiatrist Carl Jung, his mentor Sigmund Freud and Sabina Spielrein, the beautiful but disturbed young woman who comes between them. [Click here](#) to watch the trailer.

## Intimacy or no intimacy?

Although I have only little experience with Tantra, it does feel like there are many different views and even misunderstandings around the subject. Tantric Sex seems to be the one big thing that is closely linked in many people's minds.. When I have in the last few weeks mentioned the workshop coming up, some have looked at me like they want to ask if I have sex standing on my head or both legs wrapped around my head.. In my own limited experience with Tantra, there has been focus on love, deep connection and spirit. And isn't that what most of us long for? Deep connection and love for our self as well as for our beloved?..

I have yearned for intimacy for so long! And to my shock.. When I attract a man of substance and depth, who yearns for this intimacy with me as well, I see myself run for the hills again and again.. What is it about intimacy that seems so scary? I don't have the answers, but I know that I have spent a lifetime hiding my true self on so many levels, peeling those layers are a much harder job than I could have imagined!



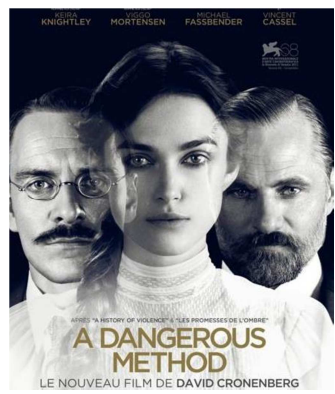
So I am so happy that my friend [Julia Tindall](#) will be in Hong Kong from California, running a one-day Tantra workshop this month. Her invitation is for us to experience a day of deep intimacy, playfulness and connection! As much as parts of me wants to run, an equally large part of me welcomes her guidance! [Click here](#) for workshop details.

## Take a deeeeeep breath..

Are you like me that when you get stressed or angry, you breathe very shallow or even worse, you stop breathing all together?

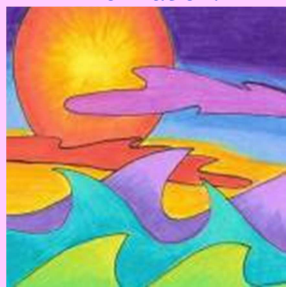
When growing up, my female cousin and I were very different in our personalities. She was outspoken and easily angry. Me on the other hand, played the opposite role of the 'good girl'. My cousin was often scolded, whilst I on the other hand was praised for my behaviour. So I learned fast what was acceptable! The cost of playing this role for me was a lot of unexpressed emotion and also shame and fear of someday not being able to control them.





## Metaphor Therapy

Metaphor therapy it is a unique healing modality taking you on a journey from discovery to resolution; you will be able to discover and identify your limiting patterns, heal the negativity, and completely resolve pertinent issues in your lives. [Click here](#) for more information.



## Irresistible Words

[The role of the breath on the path to self-realization is a most important one because breathing is the central point. On one side we have the body; on the other, the soul. We already exist on the physical level but what we yearn for is to be within the realm of the soul. But before this can be done it is essential to move onto the plateau of prana, of the breath. Only then can one enter the kingdom of the spirit. - OSHO](#)

Links to learn more about Breath Work

Whenever we stuff down our rage, swallow our tears or block a sexual feeling, we activate a powerful regulatory system in the body sometimes referred to as the 'muscular armour'. The effort to control emotional expression creates a tension in the muscles, which blocks the flow of feeling through the body. Through the unconscious tension, we become 'cut off' emotionally and energetically divided.

Breath work restores wholeness by reclaiming the rejected and disowned feelings which we have pushed down into our unconscious. Through deep breathing we tap into layers which connect us with the life force itself. Once the inner pressure of unexpressed energies is released, a profound relaxation follows, deep into the core.

I know many of you reading this piece will recognise yourselves! And to that I am happy, as you have a beautiful opportunity to start the work to 'peel off the layers' and come home to your true self - full of vitality, love and self-expression. The December Breath Workshop is available to you just around the corner: in Shenzhen! For more information, [click here](#). You can also hear the therapist Dwari speak about the work [here](#).

## Irresistible Woman

Society are full of male role models. Men who have triumphed using their masculine powers and direction to beat the odds or to change the world. And I have admired and learnt from many of them; some of them were my teachers.

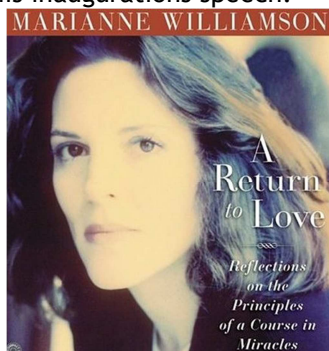
But I think I was already 36 years old when I met a women that I now believe to be my first role model. She was (still is!) so many things to me; strong and courageous, beautiful, intelligent and unstoppable. She was also not afraid to show her vulnerability, to ask for help and support when she felt she could not manage to go on.

As I have looked closer at my life, I have come to realise that there are plenty of women who are inspirational, awe-inspiring in their own ways. And as a woman, I believe I cannot learn to be a woman from a man in the way I can learn from a woman.

So I would like to dedicate each monthly newsletter to such a woman who in her own right gives inspiration or hope to other women. Who allows their presence to inspire others to break past whatever doubt or prison they may be stopped by. These Irresistible Women are in my community and yours! If you would like to recommend an Irresistible Women, or better yet, write about one, please contact us at [info\(a\)co-pia.com](mailto:info(a)co-pia.com)

So for this edition, I will only present a clip of one of my inspirational teachers, Marianne Williamson speaking about the current movement [Occupy Wall Street](#).

She wrote the most incredibly beautiful book '[A Return to Love](#)' as well as is the author of the famous quote believed to be quoted by Nelson Mandela in his inaugurations speech:



[Therapist Dwari speaks about breath work](#)

[Therapist Devapath talks about Breath Work](#)

[Alexander Lowen 'You are the Body'](#)

[Freud, Reich and Lowen](#)

## Quick Event Links

[Breath and Trauma Workshop](#)

[Tantra Workshop](#)

[Metaphor Therapy](#)

[Diamond Breath](#)

[5 Rhythms Dance Practice](#)

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[Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure..](#)

## Irrisistibly Osho

### **Begin with the body...**

*"The first thing is to learn respect for the body, to unlearn all the nonsense that has been taught to you about the body. Otherwise, you will never turn on, and you will never turn in, and you will never turn beyond. Start from the beginning. The body is your beginning.*

*The body has to be purified of many repressions. A great catharsis is needed for the body, a great rechana. The body has become poisoned because you have been against it, you have repressed it in many ways. Your body is existing at the minimum, that's why you are miserable. Tantra says: Bliss is possible only when you exist at the optimum--never before it. Bliss is possible only when you live intensely. How can you live intensely if you are against the body? You are always luke-warm. The fire has cooled down. Down the centuries the fire has been destroyed. The fire has to be rekindled. Tantra says: First purify the body-purify it of all repressions. Allow the body energy to flow, remove the blocks. It is very difficult to come across a person who has no blocks, it is very difficult to come across a person whose body is not tight. Loosen this tightness-this tension is blocking your energy; the flow cannot be possible with this tension."*

*Osho - From: The Tantra Vision, Volume 2, Chapter 7*

As I finish another newsletter where there is a lot of focus on events and training, please do not forget that one-on-one coaching is still at the core of our business. And with the amazing technology of Skype, we can live 1000s of miles apart, and we can still work together!

As a coach, I ask people what they want to create and clients will give me a great, long list of 'wants' from yachts to a day off. I then ask them - what will that give them....what do they really, really want? The answers range from freedom to security but more often than not, it's love.

Today, listen to some loving words. Get a person who loves you to sit you down and spend a few moments telling you why you are fantastic, wonderful and loved exactly how you are right now. If that's all too embarrassing (or a bit too Oprah) get them to write it down.

in friendship and love...

*Pia Mugggerud*

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