



life coach :: trainer :: facilitator

pia muggerud



Copia November 2012 Newsletter

Irresistible content

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Join our list

Copia Home Events

Do you want to plan something special with your girlfriends? Would you like to connect with them outside of the bars and dinner parties?

[Irresistible Home Events](#) provides you and your friends with the perfect combination of support, guidance, and tools. And not to forget FUN! All in the privacy of your own home!

Some Ideas:

- Hen Nights..
- Baby Shower..
- Leaving Party..
- Vision Board Party..
- Spa Party

Be Impeccable With Your Word

Recently, I picked up a book from my home library that I have already read. The purpose was to show my friend the book. I had been to see a Toltec shaman to receive some body work, and he brought the ideas of the Four Agreements back into my conscious awareness. As I held the book, I realised I wanted/needed to read it again. It had not made much of an impact the first time around, so it was quite a surprise to read it again where every word hit me with so much force, I have decided to dedicate the next four newsletters to these agreements!



Don Miguel Ruiz writes about ancient Toltec wisdom. The first agreement on first glance does not seem like much: Be impeccable with your word. Yet he writes: "You can measure the impeccability of your word by your level of self-love. How much you love yourself and how you feel about yourself is directly proportionate to the quality and integrity of your word. When you are impeccable with your word, you feel good; you feel happy and at peace. You can transcend the dream of hell just by making the agreement to be impeccable with your word. Right now I am planting that seed in your mind. Whether or not the seed grows depends upon how fertile your mind is for the seeds of love. It is up to you to make this agreement with yourself: I am impeccable with my word. Nurture this seed, and as it grows in your mind, it will generate more seeds of love to replace the seeds of fear. This first agreement will change the kind of seeds your mind is fertile for".

My own lesson for reading this book again is how subtle our words impact. And I notice if I say the words in my own head only, I do not honour or imagine the power it has on my life.. The fact is that I often have negative self-talk.. The perfectionist in me gets the better of me or my need to be right that also gets in the way of me having more peace in my life. I feel myself much more aware now having completed the book again, but clearly these habits die hard, so I can see how being impeccable with my word is going to be a daily practice of awareness and action!



Contact us so we can design a 3-hour seminar/event for your specific requirements: [pia\(at\)co-pia.com](mailto:pia(at)co-pia.com)

Irresistible Reading

The Four Agreements

by Don Miguel Ruiz

For many, *The Four Agreements* is a life-changing book, whose ideas come from the ancient Toltec wisdom of the native people of Southern Mexico. The Toltec were 'people of knowledge' - scientists and artists who created a society to explore and conserve the traditional spiritual knowledge and practices of their ancestors. The Toltec viewed science and spirit as part of the same entity, believing that all energy - material or ethereal - is derived from and governed by the universe.

Ultimately, it is about finding one's own integrity, self-love, and peace by way of absolving oneself from responsibility for the woes of others. The Four Agreements are:

1. Be Impeccable With Your Word.
2. Don't Take Anything Personally.
3. Don't Make Assumptions.
4. Always Do Your Best.

4 Agreements Mindfulness exercise

THE FIRST AGREEMENT is to "Be impeccable with your word. Speak with integrity and say only what you mean. Through the word you express your creative power. Regardless of what language you speak, your intent manifest through your word." - Don Miguel Ruiz, *The Four Agreements*

To get into the habit of this agreement and to also check in with yourself and where your thoughts are at, keep a journal for the next 24 hours. Make note of ALL the different thought-seeds that become obvious to you throughout the day. By this I mean repetitive or habitual thoughts, either positive or negative. Don't judge what you find, simply write it down.

At the end of the day, sit quietly and review your findings. If you discover thought-seeds that are growing beautiful experiences for you, see yourself planting even more of those seeds. If you notice any pattern of thinking from which "weeds" will grow or are currently growing, simply visualize yourself plucking the thought-weed from your mind and immediately plant a thought-seed that supports the idea of wholeness.

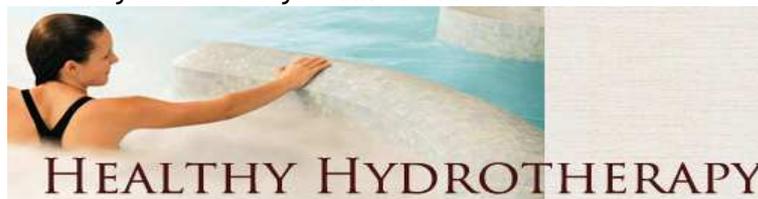
What will you declare to the universe you stand for today by means of your intentions and words?

Healing the Body through Water

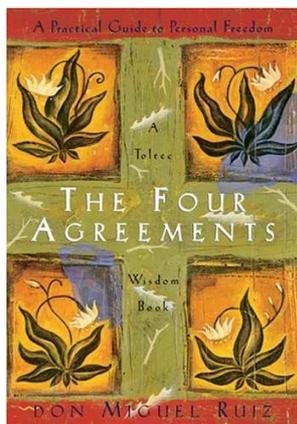
As a person who has lived with chronic back pain most of her life, As I embrace more my health in a more holistic way, not just through the emotional part through Coaching, I find it essential to take care of all aspects: mind, body and spirit!

So I am going to be sharing more and more about the healing tool that I finally found that works for me, specifically to heal my back: WATER! In the newsletters to come, I will share more insights into the healing power of water, specifically through hydrotherapy. My back has healed in the last few years due to daily hydrotherapy sessions in my own home, and I am so grateful and happy to finally be able to jump out of bed in the morning, rather than crawl in pain! As a start, you can follow our [Hydrotherapy Home Spa](#) page on Facebook!

Testimonial: "*After recovering from breast cancer I studied and researched traditional and alternative health systems in order to provide a natural and healthy lifestyle for my family. We use the SG-2000 to maintain our health and to prevent serious illness. It also relieves the daily stresses and strains of Hong Kong's busy and polluted lifestyle, while boosting the immune system. This is provided in a relaxing and very enjoyable way - its so easy to be healthy.*" - Jackie Vach



HEALTHY HYDROTHERAPY



Irresistible Viewing

Peaceful Warrior

Based on the novel *The Way of the Peaceful Warrior*, By Dan Millman. During his junior year at the University of California, while training to become a world-champion gymnast, Dan Millman stumbled on a 94-year-old mentor nicknamed Socrates. A powerful, unpredictable, and elusive character who taught a way to maximize performance using a unique blend of Eastern philosophy and Western fitness to cultivate the true essence of a champion;

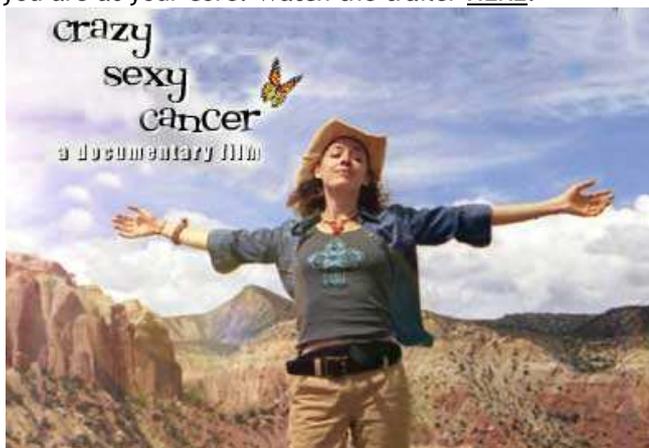
Way of the peaceful warrior Millman's first-person account of his odyssey into realms of light, darkness, mind, body, and spirit has since become an international bestseller about the universal quest for happiness.
Watch the trailer [HERE!](#)

Crazy Sexy Cancer

Healthy Movie Screening

Crazy Sexy Cancer! That title will certainly grab your attention, right!? This month, on November 28th, Copia Coaching in collaboration with SOL Wellness is bringing you another fascinating health movie. This time, we are featuring the film Crazy Sexy Cancer, a documentary film created by actress/photographer Kris Carr, who was diagnosed with epithelioid hemangioendothelioma (EHE), a vascular cancer in the lining of the blood vessels in her liver and lungs. This cancer is so rare, only 0.01 percent of the cancer population has it.. She has produced a deeply personal documentary and written three best-selling books.

Crazy Sexy Cancer is an irreverent and uplifting documentary about a young woman looking for a cure and finding her life. Weeks after she was diagnosed, filmmaker Kris Carr began documenting her story. Taking a seemingly tragic situation and turning it into a creative expression, Kris shares her inspirational story of survival with honesty, courage, and lots of humor. Crazy Sexy Cancer is more than a film, it's an attitude! It's about rising to the challenge of life, and no matter what, refusing to give up who you are at your core. Watch the trailer [HERE!](#)



Date: Wednesday 28th November 2012

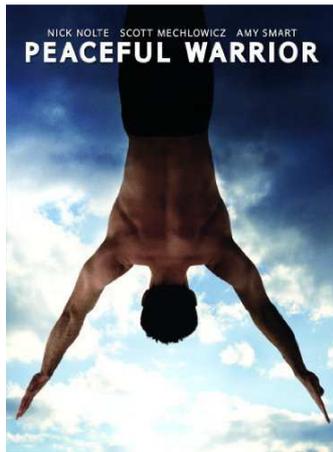
Time: 7-9pm

Venue: SOL Wellness, 16/F Tin On Sing Commercial Building, 41-43 Graham Street, Central

Cost: HK\$100, which includes raw snacks prepared by SOL Wellness.

Contact: info@sol-wellness

Copia Coaching and SOL Wellness Health Series is aimed to inform, educate and inspire people to make new and different choices about their health.



Irresistible Words

"The language we use to communicate with one another is like a knife. In the hands of a careful and skilled surgeon, a knife can work to do great good. But in the hands of a careless or ignorant person, a knife can cause great harm. Exactly as it is with our words."
- Source Unknown

Testimonials

"Pia is insightful and passionate about the potential of people and is an excellent coach when supporting people to live their true potential. With her rare combination of exceptional interpersonal skills and facilitation skills, she is able to make powerful and positive connections with people and support their development in a context that delivers real value".
Alistair Lamont :: Evans and Peck
Read more testimonials [here](#)

Irresistible Women

Louise Hay

I would call [Louise Hay](#) the 'Queen of Affirmations'. Although in her career, her impact has reached much, much further than her affirmations..

Louise Hay (born October 8, 1926) is an American motivational author, and the founder of Hay House, a publishing company. She has authored several new thought self-help books, and is best known for her 1984 book, "[You Can Heal Your Life](#)". It was with this book that I first came across Louise. Her book You Can Heal Your Life was one of my first 'self-discovery' books, and it still stays with me to this day, where I refer back to it when my body is showing signs of challenge..



Louise hay has definitely had her fair share of difficulties in life, like most people that end up serving others in finding their peace and happiness. She was born to a poor mother who remarried Louise's violent stepfather. When she was about 5, she was raped by a neighbor. At 15 she dropped out of high school without a diploma, became pregnant and, on her 16th birthday, gave up her newborn baby girl for adoption. In the early 1970's when her 14-year marriage ended, she came across the First Church of Religious Science, which taught her the transformative power of thought. She studied the New Thought works of authors like Florence Scovel Shinn, who claimed that positive thinking could change people's material circumstances, and the Religious Science founder Ernest Holmes, who taught that positive thinking could heal the body. Within this study, she became a Religious Science practitioner. In this role she led people in spoken affirmations, which she believes would cure their illnesses.

1977 or 1978 she found she had cervical cancer, and how she came to the conclusion that by holding on to her resentment for her childhood abuse and rape she had contributed to its onset. She reported how she had refused conventional medical treatment, and began a regime of forgiveness, coupled with therapy, nutrition, reflexology and occasional enemas. She claimed in the interview that she rid herself of the cancer by this method.



November 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.

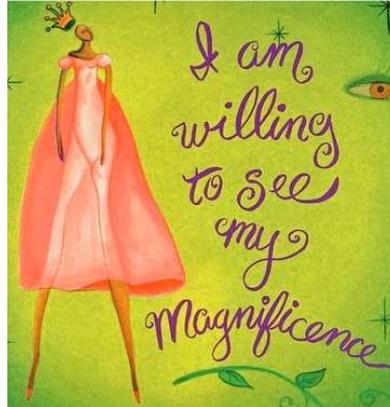
Read your October horoscope.



Path of Love

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[Video Interview with leaders Alima and Satyarthi](#)



In 1976, Hay wrote her first book *Heal Your Body*, which began as a small pamphlet containing a list of different bodily ailments and their "probable" metaphysical (emotional) causes. This pamphlet was later enlarged and extended into her book *You Can Heal Your Life*. As of February 2008, it was second on the New York Times miscellaneous paperback best-sellers list. Around the same time she began leading support groups for people living with H.I.V. or AIDS which she called "Hay Rides". These grew from a few people in her living room to hundreds of men in a large hall in West Hollywood.

Her work with AIDS patients drew fame and she was invited to appear on "The Oprah Winfrey Show" and "Donahue" show in the same week, in March 1988. Following this, [You Can Heal Your Life](#) immediately landed on the New York Times best-seller list. More than 35 million copies sold around the world in over 30 languages. It was announced in 2011 that *You Can Heal your Life* had reached 40 million sales.

International Survivors of Suicide Day

Day of Healing for Bereavement After Suicide
November 17th 2012

Suicide is among the top 20 leading causes of death globally for all ages. Every year, nearly one million people die from suicide. (WHO) They leave behind countless family members and friends to make sense of it.

On November 17th, survivors of suicide loss come together at healing conferences in their communities and online for support and guidance. If you have lost someone to suicide like me, this conference is for you. You'll get to hear from other survivors about how they cope. The program also features experts sharing what we now know about suicide and grief. [Click HERE](#) to find your country's involvement.

American Foundation for Suicide Prevention has programs from the past two years saved on their website, so survivors can watch free of charge throughout the year. Programs are available with English captioning or subtitles in Spanish and French. [Click HERE](#) to listen!

[Audio Interview with grad.](#)
[Audio Interview with co-founder Turiya](#)
[FAQ](#)

path of love
life changing

Quick Event Links

[Awakening of Love, Hong Kong](#)
[Path of Love](#)
[5 Rhythms Dance Practice](#)
[Copia Home Events](#)
[Fearless Loving Fearbuster Group](#)



Irresistibly Osho

Osho : Remember this - that beauty of truth, authenticity. Become more authentic and you will have a flowering. And the more authentic you become, by and by you will feel many things are falling away - of their own accord. You never made any effort to do it; they are falling of their own accord. And once you know the knack of it, then you become more and more loose, more and more natural, authentic.

And, says Tilopa:

... ONE CAN BREAK THE YOKE - THUS GAINING LIBERATION.

The liberation is not very far away, it is just hidden behind you. Once you are authentic and the door is open - but you are such a liar, you are such a pretender, you are such a hypocrite, you are so deeply false; that's why you feel that the liberation is very very far away. It is not! For an authentic being, liberation is just natural. It is as natural as anything.

As water flows towards the ocean, as vapor rises towards the sky, as the sun is hot and the moon is cool, so for an authentic being is liberation. It is nothing to be bragged about. It is nothing that you have to tell people that you have gained something. [continue...](#)

A Life Coach does not tell you what to do. He or she often does not even give you any advice.. However, one of the most powerful supports a Coach can bring you is accountability. It is easy to promise yourself you are going to do or complete a certain task, yet how many times have you let yourself down for lack of personal accountability. A Life Coach will support you in Being Impeccable With Your Word. As your coach, I will ensure you stay accountable to your own vision of yourself and the life you want to live. Although I am not in the business of making you wrong, however, I am in the business of being on your side. And that also includes you honouring your word not just to me but to YOURSELF! If this speaks to you, contact [Copia Coaching](#) to arrange a free trial coaching session.

with love and blessings...

Pia Prana Muggerrud

