



life coach :: trainer :: facilitator

pia muggerud



Copia October 2012 Newsletter

Irresistible content

[The 2012 Clean-Out..](#)

[Shedding the Old Skin...](#)

[Intro Evening to Awakening of Love...](#)

[Awakening to Love in Hong Kong...](#)

[Women's Sacred Circle...](#)

[Forks Over Knives...](#)

[Irresistible Women...](#)

[Irresistibly Osho...](#)

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!

The 2012 Clean-Out...

Raise your hand if you've had a crazy year with lots of changes... good, bad, or otherwise. OK! Just as I thought; we're all in this together. The most difficult change I've been dealing with has just surfaced recently so I have far from worked through it, in fact it is just beginning.. It has not come as a huge surprise to me, however the intensity of how much it wants to move me is just a tad overwhelming..



For a long time now, people have been speaking of, predicting about the changes to occur in 2012.. Hollywood made the film "2012", and other stories of the end of the world circulate around, making many feel quite uneasy. Although I have not studied the predictions about 2012 in detail, I know that what I feel to be true is that it is not the end of the world, but I believe the end of the world as we know it.. I feel myself in this world, and of late, my world seems to be pushing and pulling at me, twisting and turning upside down, and for me, it seems like it is the big 2012 clean out happening.. And it seems I am not the only one..

The world as we know it, is in great turmoil and the ideals of the developed world has set their goals for opportunity and as a result, greed has become a constant companion.. Yet, there is a consciousness shift happening. People on the inside and outside are questioning what before seemed like the norm.. These people that sense that what they have been doing and how they have been living their lives do not serve anymore. The emptiness of striving for a materialistic world is pushing more and more people to question is this it?

Then there is that tiny percentage of this world who have the courage and determination to go against the mold and follow their hearts.. The shift in consciousness is exactly that, to move more into heart, and be led by the truth that is within you. For me, this is showing up more and more as I do my corporate work. Small challenges show up, participants of my trainings are difficult or not committed to the process, reading their BlackBerrys etc. So much of this has been infuriating me, I notice myself getting

Some Ideas:

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



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

Irresistible Words

"Thoroughly unprepared, we take the step into the afternoon of life. Worse still, we take this step with the false presupposition that our truths and our ideals will serve us as hitherto. But we cannot live the afternoon of life according to the program of life's morning, for what was great in the morning will be little at evening and what in the morning was true, at evening will have become a lie."
- Carl Gustav Jung

Irresistible Viewing

The Shift with Wayne Dyer

In his first-ever movie, Wayne Dyer explores the spiritual journey in the second half of life when

angry, bitchy and judge judgmental.

As the messages are coming up more and more, I have come to realise that I need to take a closer look at how working in the corporate world is not serving the work that I love most, which is heart-based and heart-focused. The closer I look, the more I see my fears hiding just under the surface. Fears of letting go of what is known to me, fears of how I will replace this work and how will I make an income, and the list goes on.



What I recognize is happening is that I am being pushed to claim why I am here in a bigger way, an inner force that seems to be stronger than me keep prodding at me to take a leap of faith, let go of the old and stale and embrace what will make my heart sing. Phew... In the process, my ego is kicking and screaming all the way!

It is early days as I continue to explore the feelings coming to the surface, but I know that I am going to have to make some major shift and shed the old skin that is no longer big enough for my being...

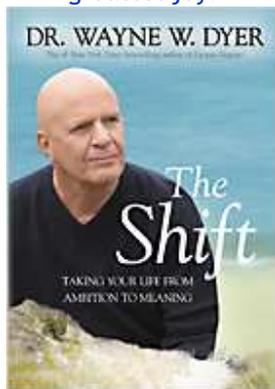
Shedding the Old Skin...

As I am in the early days of shedding my old skin, feeling the pain of it peeling off and also suffering in my fear I might not grow a new one, I came across words by the great Sufi master, Hazrat Inayat Khan: *"Walking on the turning wheel of the earth, living under the ever-rotating sun, man expects a peaceful life."*

How clear.. how simple.. I have been doing a little of this myself, attempting to hold change at bay. Even if I know that change can be both healing and exciting. Since we live in a changing universe,

we long to find the purpose that is our unique contribution to the world. The powerful shift from the ego constructs we are taught early in life by parents and society-which promote an emphasis on achievement and accumulation-are shown in contrast to a life of meaning, focused on serving and giving back.

A compelling portrait of three modern lives in need of new direction and new meaning.. The Shift not only inspires, but also teaches us how to find the path to our spiritual purpose and therefore our greatest joy.

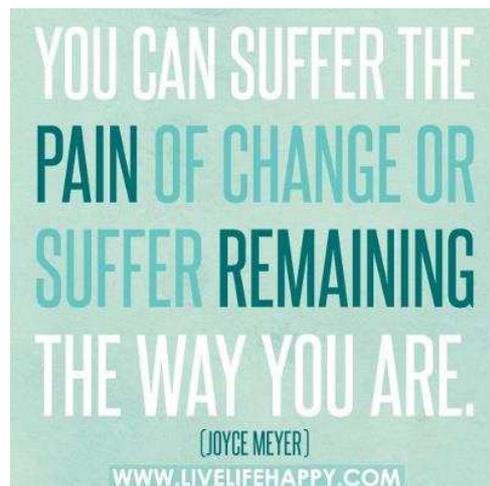


Irresistible Reading

A Course In Miracles

By Foundation For Inner Peace

A Course in Miracles is a complete self-study spiritual thought system. As a three-volume curriculum consisting of a Text, Workbook for Students, and Manual for Teachers, it teaches that the way to universal love and peace-or remembering God-is by undoing guilt



Expect change Good change, difficult change, destructive change, transformative change. So when it comes, you can have open arms to what is meant to come your way.

Make Friends With Change Be willing not to fight change. Make unconditional friendship with it, in whatever form it arrives. Be curious what it may lead to.

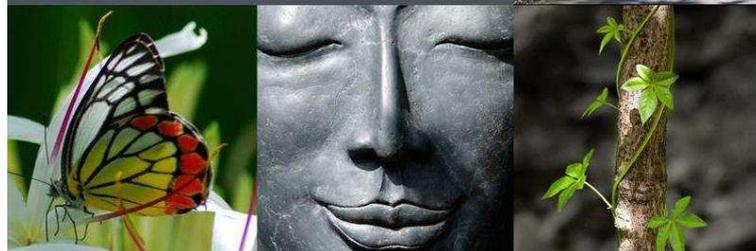
Relax Into the Mystery There is so much more to this life than we can ever understand through our tiny brains and fearful hearts. So in times of big change, it's good to be gentle and kind and patient with yourself. And to relax. The best peacemakers are those who are at peace with themselves.

Receive Change's Message Be still and listen deeply for the truth that is carried on its winds.. information about the past, wisdom about the present, and direction for the future.

Come Alive Join forces with the dynamic flow of life. The African-American theologian Howard Thurman said: "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs are people who have come alive."

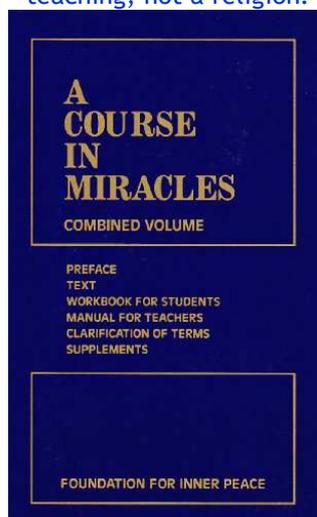
Find the light and it will show you the path. The path that is shown by your own light is the only path that is right.

Osho



through forgiving others. The Course thus focuses on the healing of relationships and making them holy.

A Course in Miracles also emphasizes that it is but one version of the universal curriculum, of which there are "many thousands." Consequently, even though the language of the Course is that of traditional Christianity, it expresses a non-sectarian, non-denominational spirituality. A Course in Miracles therefore is a universal spiritual teaching, not a religion.



Testimonials

"I worked with Pia for about a year. This was a challenging time for me as I was moving into a new situation in my life with uncommon demands and unusual stresses on my character.

From the moment we started working together, I began to appreciate her non-judgmental approach to what I was saying, and also the unquestioning support she gave me. While at times she did ask difficult questions, these

Introductory Talk Awakening of Love

Thursday 4th October

For many, the Path of Love and Awakening of Love work is completely new. This work has never before been on offer in Asia, and for this region, I believe this is close to a miracle. In a few days, we will jump in... Samved, my co-facilitator of this work here in Hong Kong will fly in this week and he will come to share more about this work and how it can support you in shedding the old patterns, so you can come back to your true self.. in love!



We have arranged for an introductory evening where you can come and hear more about the work. It is our aim to have more Awakenings in Hong Kong than this a first October one. So this will be an opportunity for you to plan ahead for the next workshop, and make space for it in your diary.

Soooo, join us for an intimate evening of sharing:

Date: Thursday 4th October

Time: 7 to 8.30pm

Venue: Active Communications, Suite 1302, 13/F, Universal Trade Centre, 3 Arbuthnot Rd, Central

Registration: [pia\(a\)co-pia.com](mailto:pia(a)co-pia.com)



only served to help me understand and gain clarity on my inner motivations and also my emotions.

I heartily recommend Pia as a life coach to anyone who is seeking to apply themselves in a greater way to their life situation, and overcome internal and external challenges and obstacles".

Operations Manager -Hong Kong

Read more testimonials [here](#).



October 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

Awakening to Love in Hong Kong

October 5th - 7th 2012



Dates: Evening of October 5th (7pm start) and full days on October 6th and 7th, 2012. Finishing at 5pm on Sunday.

For all the details, please [click here](#).

Women's Sacred Circle

Without awareness there is very little possibility of change.. And when we are stuck in our own world, repeating the same conversations again and again, they usually stay as they are, with no room to transform. So like the rosebud, it's beauty can only truly be revered when it opens itself up!

In the Sacred Circle, all is welcome! That means, whatever is going on for you now, bring it, share it, allow it to transform in the witnessing from others.

So bring your heart, your courage, your willingness to open a little more to share with us:

Date: Thursday 11th October

Time: 7-9pm

Venue: TBC

Theme: 'Shedding the Old Skin'

RSVP: [pia\(a\)co-pia.com](mailto:pia(a)co-pia.com)



Forks Over Knives

Healthy Movie Screening

birth and location.

Read your October
[horoscope](#).



Path of Love

:: quick links ::

[Path of Love HOME](#)

[Schedule](#)

[Testimonials](#)

[Leaders](#)

[Video Interview with
leaders Alima and](#)

[Satyarthi](#)

[Audio Interview with
grad.](#)

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

[FAQ](#)

path of love
life changing

Quick Event Links

[Awakening of Love.
Coming to Hong Kong
October 5th-7th!](#)

[Path of Love](#)

[5 Rhythms Dance Practice](#)

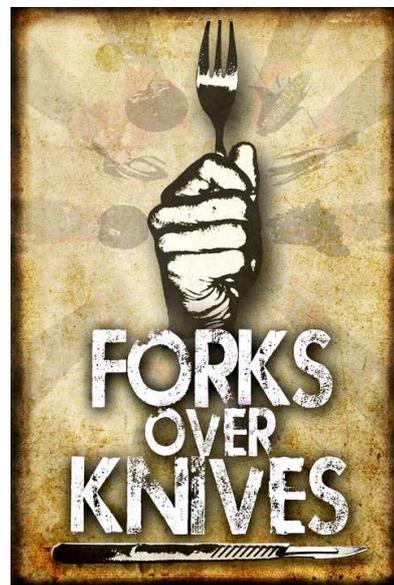
[Copia Home Events](#)

[Fearless Loving Fearbuster
Group](#)

This month, Copia Coaching in collaboration with SOL Wellness is bringing you another fascinating health movie. Copia Coaching and SOL Wellness Health Series is aimed to inform, educate and inspire people to make new and different choices about their health.

October's movie is '[Forks Over Knives](#)'. The film examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The film gives the cold hard facts using medical studies and 3D models of diseased arteries.

The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Watch the trailer [HERE](#).



Date: Saturday 20th October

Time: 3.00pm to 5.30pm

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

Irresistible Women

Positively Remarkable Women

This month, as I was pondering which irresistible woman I wanted to feature, I came across a project called [Positively Remarkable Women](#). This was not a group of famous women, supported by media, fans or avid readers. This was a project started by an unknown photographer, Diane Macdonald to tell the stories of remarkable women in her community.

POSITIVELY + REMARKABLE

WOMEN

The portrait photography project focusing on women who have/had a positive impact on their community, women who fight

for the underdog or for those unable to speak for themselves, or women who broaden our horizons through ideas and innovation - women who are making our world a better place.

What struck me about this project and the stories, is that these are examples of the women next door, who took it upon themselves to make a change.. [Click HERE](#) to view video message.

This project functions as a window into the world of women who have strength and courage, compassion and integrity, and the will to impart their passions onto others. By drawing attention to their accomplishments, their lives can offer inspiration to others.

What I love most about this project, is that it became a sort of domino effect, where one woman would recommend or suggest the next woman, whom they had been inspired by.. and so the project grew. Regular women speaking for other women. It seems we don't have to look so far for inspiration in this world, we only have to open our eyes!

Diane's book can be purchased [here!](#)

Irresistibly Osho

Rebellion Is Individual

"I don't preach revolution. I am utterly against revolution. I say unto you that my word for the future, and for those who are intelligent enough in the present, is rebellion. What is the difference?

"Rebellion is individual action; it has nothing to do with the crowd. Rebellion has nothing to do with politics, power, violence. Rebellion has something to do with changing your consciousness, your silence, your being. It is a spiritual metamorphosis.

"And each individual passing through a rebellion is not fighting with anybody else, but is only fighting with his own darkness. Swords are not needed, bombs are not needed. What is needed is more alertness, more meditateness, more love, more prayerfulness, more gratitude. Surrounded by all these qualities you are born anew." - Osho

(Satyam Shivam Sundaram: Truth Godliness Beauty, Talk #26)

I teach you rebellion!
Come out of the
masses. Stand alone
like a lion and live your
life according to your
own light.

Osho

AmyJalapeño.com

The process of coaching is not always a comfortable one.. usually because it requires you to look at what is not working in your life, what needs to be shifted or left behind. Change and letting go can be a scary prospect, as sometimes we are so stuck in our old patterns and beliefs, that we believe this is all there is. However,

And like with any new endeavor, change does not happen overnight.. Patience and persistence is needed. So is courage and a willingness to pick yourself up again if you fall. But with your willingness to go through the fire, to move beyond what holds you back, even if the consequences may seem overwhelming.. you find yourself on the other side.

The beauty of coaching is that you have a partner that is there to pick you back up, to acknowledge the small steps up the mountain, even when you cannot see the mountain top. Your Life Coach is your trainer as well as your cheerleader! Last but not least, your Coach will ask you the questions that you may not have been willing to ask before...

"Patience is not sitting and waiting, it is foreseeing. It is looking at the thorn and seeing the rose, looking at the night and seeing the day. Lovers are patient and know that the moon needs time to become full". - Shams Tabrizi

If this speaks to you, contact [Copia Coaching](#) to arrange a free trial coaching session.

with love and blessings...

Pia Prana Muggerrud

Copia Coaching
www.co-pia.com