

Copia October 2013 Newsletter

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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.](#)

Irresistible

Your Heart Knows the Answer

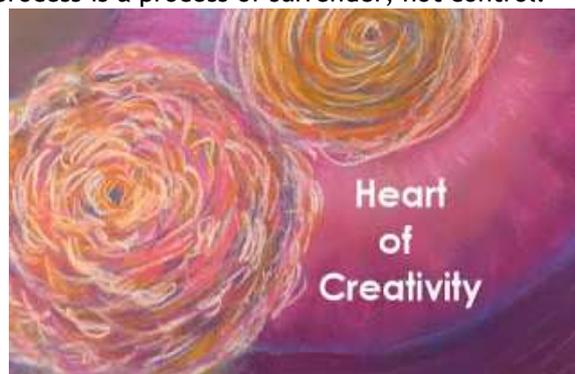
As I return back to India this month, I have been reflecting on the work that I was involved in with a local Delhi charity, and pondering how we were able to be so creative in our endeavour.. One common thread that was easy to spot was that everyone involved were passionate about making a difference and through that passion and love, were deeply connected to their hearts, myself included.



Living from our heart expands us into more of who we really are. We more readily tap into our love, compassion and joy when we live from our heart. Joy is a key element in guiding us along our life path, in knowing what brings us alive, and in expressing ourselves creatively so connecting with our heart helps with all that.

Our heart holds our soul's compass. Our feelings, whether something expands us or contracts us, provides direction. Whether something makes us feel lighter or heavier helps us to know our truth. I find that staying in my heart keeps me out of fear and in the present moment allowing me make the best decision around what actions to take. And the same is true for when you want to bring life into this world through our creativity. It takes a mind and heart clear of fear and doubt that pollutes with limiting beliefs..

One day we were working in smaller groups and my group got very stuck. It became apparent to us that we were fearful of not doing the right thing or making a mistake. This fear of making a mistake was certainly crippling our creativity! Julia Cameron said "The creative process is a process of surrender, not control."



Reading

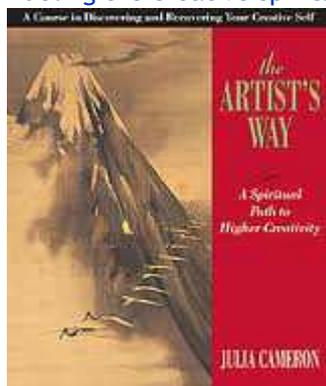
The Artists' Way

by Julia Cameron

Julia Cameron and Mark Bryan lead you through a comprehensive twelve-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with artistic confidence and productivity.

The Artist's Way has helped writers, poets, actors, painters, musicians, and creative people from all walks of life find the courage to create and to make the act of creating a way of life. This collection of meditations and reflections from this groundbreaking work serves as a daily companion and catalyst for inspiration.

Julia Cameron's works reveal that there is a definitive link between creativity and spirituality that can be rekindled and recharged. Inspirations is a powerful resource for fueling the creative spirit.



Irrisistible Daily Question

And we realised we had to surrender into the process rather than try to control it. And when we were able to surrender; to shake this feeling of doubt, a new excitement grew out and a certain heavy weight was lifted from the energy in the group. What took its place was feelings of playfulness, joy and supporting every creative idea that the other team members were generating. As I reflect back, it feels like we were all connected through the heart at that moment! By the end of the process, we were so excited by the ideas that seemed to spring out of nowhere, yet it seemed our hearts had the answers all along..

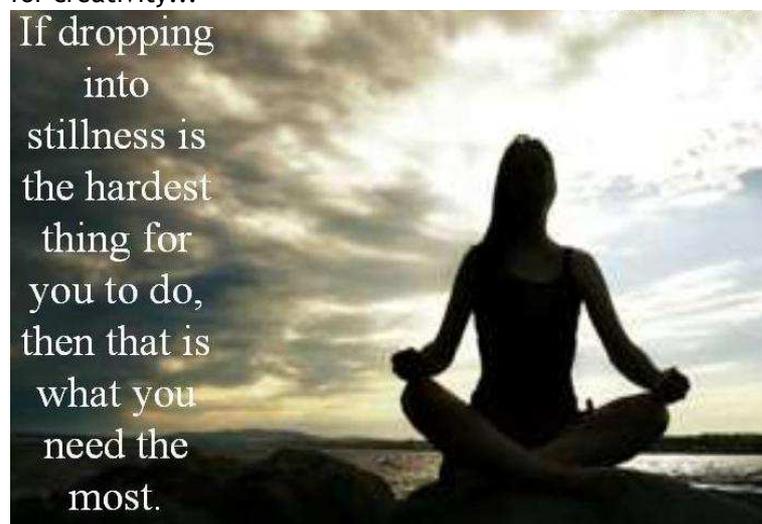
Even science supports the importance of the heart's affections. Our heart produces the strongest electromagnetic field in our body extending beyond our body and is aware of information about people and situations before our mind is. You have probably, like me, all had the experience of walking into a room and picking up on the energy or vibes and have a feeling about it before you thought about the experience?! In fact your heart sends more information to your brain than your brain sends to your heart.

So to me it seems the heart lies at the core of our creativity. And creativity is needed more than ever, not just in the painting studio or writing class but even in business to stay competitive. So what are you waiting for? The heart knows the answer!

Drop Your Attention Into Your Heart

For me meditation has been a great support in accessing the heart. But some people feel meditation is too hard, that the inner voices still get in the way.. But it doesn't have to be so complicated, only that you are committed to spending more time being heart-centred.

Simply drop your attention down into your heart. Focus your attention or imagination on something that opens your heart, a memory of beloved pet, a beautiful sunset or anything that expands you. Breathe into this space, imagining that you are breathing in even more love. Send that energy to every cell of your body and radiate it out into the world. Practice dropping down into your heart throughout the day and see if you don't feel better and have greater clarity. Not to mention, more room for creativity...



What would you start today if you knew you could not fail?

Irresistible Article

Creativity as a Salve for the Mind and Heart

'In this life, it is destined that even the most serene and inspired soul will be tested, as is the way of human existence - for without shadow, we cannot come to appreciate light. When dark clouds gather above, we steel ourselves against the storm and resolve to get through. In life's trying moments, art transforms from pastime or profession to devoted confidante. Creativity has been the life preserver for many great men of our time...
[Continue..](#)



Irresistible Words

'The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself'. - Alan Alda

Horoscopes

Susan Miller of Astrology

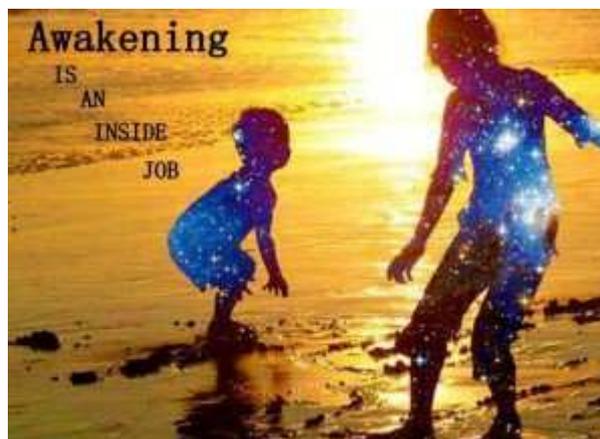
Awakening of Love is finally coming back to Hong Kong!

17th - 19th January

We have been forced to have a break from running our Awakening of Love workshops in Hong Kong. We are now back in planning mode and we will again offer this powerful weekend program for those of you interested in meeting life in a deeper more personal way. We have had to let go of our retreat centre on lantau Island and instead the program will be non-residential on Hong Kong island. My hope is that we will find another retreat centre where we will be able to be in nature and away from our daily grind, but in the meantime, we will continue without the residential aspect.

So for now, MOST importantly is that you reserve the dates for the workshop, and we will send more details shortly. New-comers and graduates welcome! Contact us with your interest!

7pm on Friday 17th January - 5pm on Sunday 19th January



"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

Irresistible Event by Women for Women... and Men!

Hong Kong 8th and 9th November

Super Woman Unmasked

...a Three Woman Cabaret about the Feminine Muse Questions Beauty, Myths, Power and Sexuality...

Super Woman Unmasked is an original show co-produced by All Theatre Art Association, Allofthersoul Productions and Cat Bird Theatre Society. Blending funny, sexy, entertaining and provocative scenes, three talented women rock the stage with

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 monthly horoscope.



Path of Love

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path of love

life changing

their "divalicious" cabaret storytelling. Like being backstage with three actresses preparing for a performance, the audience is brought along for the ride, eavesdropping on their personal stories of self-discovery and travelling with them through their wild imaginations. Playful and touching, sacred and profane, Super Woman Unmasked engages the senses with singing, dancing and acting, inspiring you to remember your own super powers.

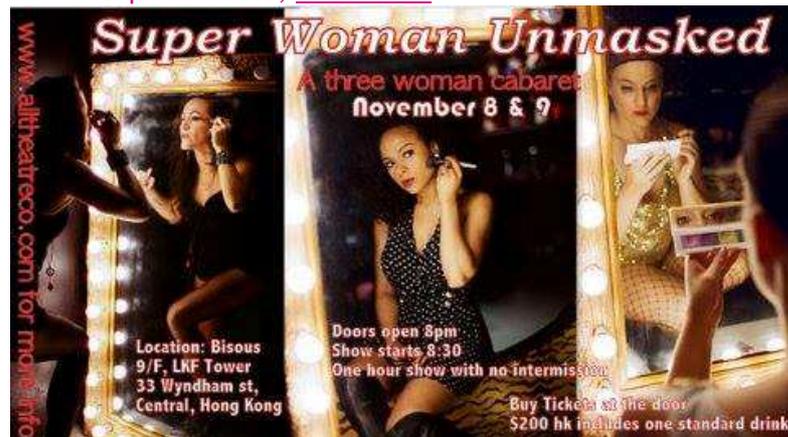
Price: Tickets \$200 HK includes one drink

Location: Buy tickets at the door at Bisous, 9/F, Lang Kwai Fong Tower, 33 Wyndham street, HK

Dates: 8 and 9 November

Time: 8-11pm

To watch promo video, [click HERE!](#)



Irresistible Women

Helena Nelson-Reed

You may have noticed that in a few of my newsletters, I have featured works of art by an amazing artist called Helena Nelson - Reed. I am not sure where I first came across her beautiful images, but I am immensely attracted to the spirit and energy that I feel so strongly emanates from her paintings. So this month, I want to honour this true feminine, wise artist in this newsletter! Helena's collections portray a visionary world focused on positive, feminine archetypal imagery.



She specializes in fine art watercolour painting, pencil drawings, fine art illustration, private/commercial commissions, and portraits. Rendered in luminous watercolour technique often described as ephemeral, Nelson-Reed's paintings are created in extraordinary detail, pushing the medium of watercolour past the usual limits. Her work may be found in private collections, book covers, magazines and cd covers. Nelson-Reed also has a line of jewellery, calendars and greeting cards.



Born in Seattle, Washington, she was raised in Marin County and Napa Valley, California and today lives in Illinois. A largely self-taught artist whose educational emphasis and degree is in psychology. As I read more about her, my understanding of my attraction to her becomes more clear, as her primary focus is exploring the collective consciousness and the portrayal of archetypal imagery in the tradition of Carl Jung and Joseph Campbell. Helena manages through her imagery to express so much, in colour, in texture, in feeling! Each painting offers the viewer a portal into their imagination, tapping ancient wellsprings of knowledge and emotion. These collections portray a world filled with light and shadow. She explores the realm of dreams, myths, the divine feminine and universal consciousness in her "Call of the Goddess" and "Visions of the Shaman" collections.

As I allow myself to be drawn deeper into her word of colourful depth, I can see myself in so many of her images.. My experience is that of melting deeper into each painting, allowing my own truth to emerge through the feelings that she so beautifully expresses on canvas.

"Painting is silent poetry, and poetry is painting that speaks". - Simonides

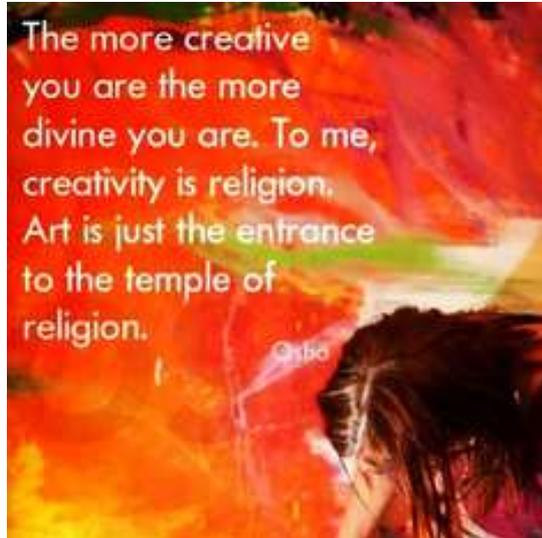


Click [HERE](#) to go to Helena's Website.

Irrisistibly Osho

"To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it."

-Osho



Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win"). The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time used by the ancient pagans to take stock of supplies and prepare for winter. On this, the eve of Halloween, as we move closer to winter, what do you need to take stock of? Where do you need to tie up loose ends so that you can move into the season of rest? Winter is indeed a time for slower paces as all creation ceases from the busyness of summer and autumn's harvest. There is no better time than spending more time in stillness, delving into the core of your heart, seeking the mysteries that dwell in there.. Coaching can also support you in going deeper into your own truth, support your system to take a rest, to take stock. Contact Copia Coaching should you want support in your journey moving forward.

Happy Halloween everyone!

In love and gratitude...

Pia Prana Muggerrud

Copia Coaching
www.co-pia.com