



life coach :: trainer :: facilitator

*pia muggerud*



## Copia October 2015 Newsletter

### Irresistible content

[Living From Your Fullness](#)

[IT'S OKAY \(EVEN WHEN IT'S NOT OKAY\)...](#)

[a powerful MOT for love and life...](#)

### Join our list

### Irresistible Quote

#### On Meditation..

"There is an evolutionary unfolding going on, whereby there is more and more of a sense of what is possible.

That it's really possible to touch a great freedom.

That happiness, that loving without holding back, that really living from our fullness is possible.

And then there is this yearning to find the way of paying attention, that allows us to really live from our fullest....

... just the way exercising our body makes us more healthy, exercising the mind works, it really does."

- Tara Brach

### Living From Your Fullness

**Living From Your Fullness.** What does that mean exactly? In my world it means showing up in all that you are, and truly embracing the uniqueness that you bring to the world. That also means showing up to look deeper inside at what might be in the way for you being fully expressed; sadness, grief, shame or unworthiness. In what we often judge as bad or wrong, lies the seeds inside of the richest soil.. Hidden talents and gifts may abide in these hidden depths. We have to clearly see and understand our past and our part in creating it before we can become fully conscious of how we want to move forward and onward in life without repeating the past.



But also, look deep inside that space and feel what you want to heal. Perhaps Give up your addiction to pain and drama. This is where most people are entangled... Challenge yourself to reflect on what to hold onto and what to let go of. This way you can truly clean house emotionally, physically and otherwise which will create space for the new cycle that is being seeded to come in.

And out of that place blooms the abundant blossoms of your authenticity and you truth. A lot of the time we hide this part. However, the more you deny your truth, the stronger the shadow side becomes. These aspects are like young orphan children coming home for the first time. The key is love yourself with arms wide open, all that you are. And with this love comes acceptance. This will unlock any blocked energy that might keep you from living in your fullness.

Embracing your shadow will empower you. You will have more energy when you forgive your imperfections. Judging or criticizing only reaffirms that you should stay hidden. By being a conscious observer of what is taking place inside of you at any time, you can live more in your own freedom and truth. And then more freedom becomes possible. Your freedom and joy is in your ability to live authentically and in alignment with your core values

- . What you love and value is unique to you. It makes you what you are; Makes you full.

We still have space for the retreat. You are most welcome to join us! An amazing first step to start living from your fullness!

## Irresistibly Full

Question..

How are you can  
you live from  
your fullness  
more every day?

## Irresistible Media

Dove's One Beautiful  
Thought Will Have You  
Thinking Twice About  
Yourself

The #OneBeautifulThought  
campaign has arrived on  
the tails of the  
#SpeakBeautiful campaign  
that, according  
to TIME, encouraged more  
positive tweets about  
body image.

The script for this ad was  
made by asking women on  
the street to record their  
most personal thoughts  
about their bodies,  
according to  
FastCoCreate.

In the video, albeit  
staged, we see how these  
women reacted when they  
heard their thoughts read  
out loud. Or rather, the  
actresses put into these  
women's shoes. The  
#OneBeautifulThought  
campaign has arrived on  
the tails of the  
#SpeakBeautiful campaign  
that, according to TIME,  
encouraged more positive  
tweets about body image.  
View the full ad [HERE](#).



"I gave myself permission to feel and experience all of my  
emotions. In order to do that, I had to stop being afraid to feel.

In order to do that, I taught myself to believe that no matter what  
I felt or what happened when I felt it, I would be okay".

- Iyanla Vanzant

## Irresistible Words

*IT'S OKAY (EVEN WHEN IT'S NOT OKAY)*

IT'S OKAY (EVEN WHEN IT'S NOT OKAY)

Feel your feelings;

let them be alive in the body.

Let them be gentle or intense.

Think your thoughts.

Let them come and go.

Let them stay, let them depart.

Remember, there is only this moment.

Even if it's not okay right now,  
can it be okay?

Can it be okay for the belly to feel tingly, warm, tight?

For the chest to feel heavy?

For the throat to feel contracted?

For the head to feel pressured?

For the breath to breathe the way it's breathing?

For the heart to pound as it must?

For thoughts to be whirring around?

For this moment to be exactly as it is?

Including the urge for it to be otherwise?

You don't have to hold up your life.

It's already holding itself.

You only have to live  
a single moment.

And not even that.

So it's okay,  
even when it's not.

- [Jeff Foster](#)

## Testimonials

'I feel like you are helping me in expanding my heart'  
(Coaching client)



Read more testimonials [here](#).

## The Final Super Moon of 2015

October 27th

This moon is urging us to just simply go with the flow, because we already know everything we need to know. There aren't new lessons to be learned this time around-it's about simply being. It's not about making waves this time, but just accepting and riding what has already been put into motion. It's about ending our inner battles. Read the full article [HERE](#).

## Path of Love

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**path of love**

*life changing*



## a powerful MOT for love and life

October 30th - November 1st

[an article by Catharine Nichol..](#)

Is there something missing in your life? Are you unsure if you're in the right relationship, the right job, the right place, the right life? Perhaps you're at a bit of a crossroads, or simply stuck. Is there something you're striving for but can't seem to reach? Do you feel as if something is holding you back from taking action? If you have answered yes to any of the above then the Awakening of Love retreat this weekend might be for you.

"My biggest passion, what makes me tick, is leading Awakening of Love," says Pia Muggerud, life coach, leadership and presentation trainer, and the lead facilitator of the weekend version of the renowned Path of Love retreat. "Path of Love takes you on a journey that requires you to have a lot of courage and yearning for something other than what you're experiencing right now. Awakening of Love is a gentler version and Hong Kong is the only place we run it in Asia."

While the retreat is about love, its influence can touch every aspect of your life. "Awakening of love looks at what is in the way for you and love, and your experience of love and whatever that means to you - whether self-love, love of another or of life. There's no time in our busy lives to stop and feel these days. But feeling is very much part of healing. We offer the space to feel, heal and awaken love..."

continue reading <http://spasandbeyond-blog.com/a-powerful-mot-for-love-and-life/>

Awakening of Love  
Hong Kong  
October 30<sup>th</sup> (8pm) - November 1<sup>st</sup> (5pm)  
with Pia Prana and Samved  
path of love  
www.co-pia.com

Thank you for chasing the Light with me, and thank you for embracing your shadow. In all our imperfection there is wholeness. In our vulnerability there is love. We are a force. And little by little we are transforming ourselves and the world around us. Together we shift and together we shall rise.

Deeply grateful to all who tune in and extra heartfelt gratitude to those who have supported in the past and who are monthly supporters! You are helping to uphold a force that is larger than the sum of its parts, that is working in ways that we don't even know, healing hearts and helping to expand the collective consciousness.

We still have space in this weekend's retreat. You are most welcome to join us!

In love and gratitude...

*Pia Prana Muggerrud*

Copia Coaching

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

Awakening of Love