



life coach :: trainer :: facilitator

pia muggerud



Copia September 2012 Newsletter

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Join our list

Woman's Sacred Circle

We are back again this month with the wonderful Sacred Circle. We have had a couple of months break, and now I feel it is time to

Commitment...

This newsletter arrives very late this month as I have been caught up in wedding celebrations. My commitment is to get the newsletter out in the first few days of each month, yet somehow this month arrived before I could blink..

Yes, Saturday September 1st. at 3pm Norwegian time, I walked down the aisle and gave my yes to commit to my now-husband Pravas. Our journey over the last three and a half years together has been that of wonder, exploration, stretching, tears and let go, of growth and deep surrender.. What culminated in our ceremony last Saturday was a continuation of our journey of growing into deeper love and intimacy, something that in the past had been a scary notion for me..

I actually always thought we would live in sin.. There is a deep wound inside me around marriage, so I conveniently stuck by this thought, never having to commit too much..

When we finally gave each other our 'yes' it seemed the most natural thing in the world! The fear of intimacy is still there, but our shared commitment to depth and growth has proved to be much stronger than my fears.

So committing to this man I realised, started the day I stepped out of my comfort zone with him for the first time. It started with the first "I love you".. It started with our Path of Love together, where we continue to rip our hearts out, in order to let the light heal the hurt and darkened places of our souls..

So I would say this marriage is a commitment to LIFE! Of walking this path less travelled together... Of being open to change and to be surprised by each other, again and again. What a trip, who would have thought!?? Certainly not little, ole' me...



get back on track.

I was reminded very strongly when in Berlin, finalising wedding plans, including getting a new wedding dress, that I need strong female relationships in my life. And it does not have to be something as huge as a wedding, but for everyday support, love, hugs and relating. So it is with new vigour I plan this months circle as follows:

Date: Thursday 20th Sept.

Time: 7-9pm.

Venue: Room 606, Tung Ming Building, 40-42 Des Voeux Road Central

Theme: 'commitment'

RSVP: pia(a)co-pia.com



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



Practice of Commitment...

The practice of commitment can be scary for many of us. For me, I was always worried that it would seem so final.. What if I changed my mind along the way?? What if I signed the lease, and then half-way through, I wanted to move out? Or what if took a new job and recognized sooner rather than later that it was not a good fit?

I realised the more I pondered this subject of commitment, that it is a daily practice.. It is a practice of committing to the small things, again and again. It is about trusting the process and seeing things through on a daily basis. And believing in yourself and your own ability!

The closer I looked at my so-called commitment-phobe, I saw truths that had been blind spots before. I saw the woman that committed passionately to her friends and keeping the relationships alive. I saw the committed student of life that continuously created space for people in Hong Kong who wanted to expand and grow, and didn't stop even if those people failed to show up..

So maybe what is really needed is doing everything to begin with in baby steps.. Starting to commit to daily practices that give you a sense of being in integrity with your word and with your actions.

IF you feel there are too many blocks in the way, start with one focus only. True commitment has to start with a decision to move scloser to what you want. And every day, take small incremental steps towards your commitment, be it your weight, a relationship, finding a new job etc. Soooo, it can be as easy as:

1. Make a firm decision about what you want!
2. Commit to daily action!
3. Remind yourself how important this is to you!
4. Take Action!
5. Review your results!

home!

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

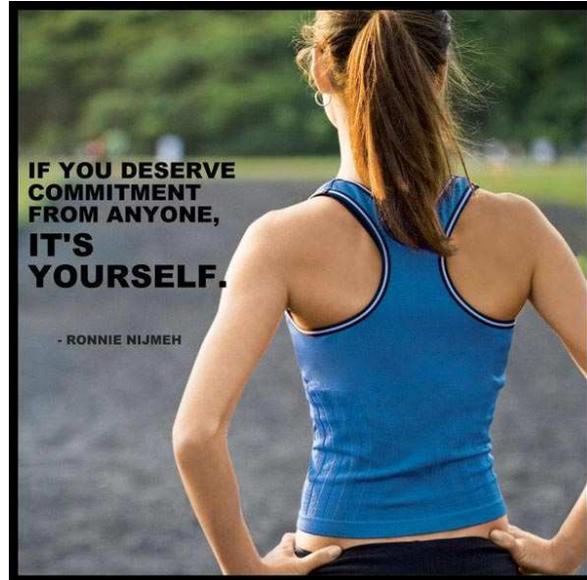
"Nature loves courage. You make the commitment and nature will respond to that commitment by removing impossible obstacles.

Dream the impossible dream and the world will not grind you under, it will lift you up.
This is the trick.

This is what all these teachers and philosophers who really counted, who really touched the alchemical gold, this is what they understood. This is the shamanic dance in the waterfall.

This is how magic is done. By hurling yourself into the

6. Repeat the above...



And of all this still seems too much, then hire a Life Coach so you can have a person to be accountable to!

Last chance to commit to Awakening to Love in Hong Kong

October 5th - 7th 2012

We are so excited about the response to our first Awakening of Love!! We are almost full now! This just goes to show that my feeling has been right all along about Hong Kong'ers. Even if you are achieving and busy and successful every day.. you do yearn to connect with a deeper part of yourself! You do want to be in intimate relationship with yourself and others!

We have a few more spots available for the Awakening of Love on October 5th to 7th. As Awakening of Love will be a residential program, you will be staying in the accommodation provided at the venue. So if you need to make arrangements in order to be away for the weekend, don't hesitate!



abyss and discovering its
a feather bed."
-Terence McKenna

Irresistible Reading

Passionate Marriage
By David Schnarch

Most books on improving a marriage focus on communication techniques or the basics/exotics of sex ed. David Schnarch has created something quite different.

This book focuses on using conflict within the couple to create the growth necessary for partners to relate to each other. The book describes how our past emotional conditioning not only affects our current relationships, but how it gets in the way of our sexual relationships with our partners.



"This pioneering work opens whole new lines of thought and will benefit many couples."
-Benita Zilbergeld, PhD, author of THE NEW MALE SEXUALITY

PASSIONATE
MARRIAGE

Keeping Love & Intimacy Alive in Committed Relationships

DAVID SCHNARCH, PhD

WITH A NEW PREFACE

Irresistible

You will be away from your daily routine and responsibilities during the program, free to go through your process in your chosen way. Have time for yourself, no need to make any explanations to anyone.. And the greatest gift with this venue, is that you will be close to nature, surrounded by the mountains on one side, and the beach on the other. What bliss!

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](#).



My co-facilitator in October will be Samved Dass, who is originally from the UK. Samved has worked in the world of psychotherapy and meditation for more than 25 years. Read more about Samved [here](#). And to read more about me, [click here](#).

Intro Evening to Awakening of Love

Thursday 4th October

For many, the Path of Love and Awakening of Love work is completely new. So 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 first October one. (However we will be taking the price up, as we kept it low for the first one in order to get the people interested.

Soooo, join us for an intimate evening of sharing the work on **Thursday 4th October**, from **7 to approximately 9pm**. The venue is undecided, but register with us via [pia\(a\)co-pia.com](mailto:pia(a)co-pia.com) and we will let you know where in Central we end up meeting.

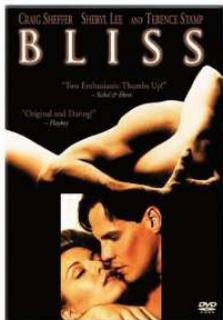
Viewing

Bliss

This film is a daring and honest look at sexual intimacy and emotional risk within a marriage.

The story of a young man who embarks on a sexual odyssey with his deeply troubled wife. A passionate, compassionate film acted with intensity by a committed (and rather brave) trio of extraordinary performances.

This movie is a must see for anyone who is committed to their own emotional healing. The scars from abuse changes the lives and the healing comes through commitment to living their lives in love. This movie portrays in gentle beauty the journey home to self



Testimonials

"I just wanted to thank you so very much for your workshop. Without a doubt this fun and gentle workshop had an incredibly



Path of Love Testimonials

"My experience through the Path of Love met all my needs. Through this Process I was able to experience my deepest fears and begin to learn how to trust the Universe and what my connection is to life. I learned how to receive love and what it feels like to express all my emotions in the presence of loving support. I experienced love at a deep level through movement, silence, unity, support, music and celebration. I have so much gratitude for this outrageous process". - Chris Rossman (USA, October 2009)

Thank you for one of the most amazing experiences I have ever had. The Process goes to the depth of what I always thought was missing in my life - my journey to myself. This magical experience is one of a kind, experienced differently by all and yet universal. It is truly a path of great love. Once on this path I can never turn back. Thank you for so perfectly creating our experience unlike any other and which will continue with me forever. - Judy Fulop (M.S., N.D., Naturapathic Doctor, USA)

Read more testimonials [HERE!](#)

powerful impact on my life. With no expectations on the weekend, I found the key to my deep seeded unhappiness I wasn't even conscious was there but subconsciously knew it was impacting negatively on my life. Now that it has come to the surface it isn't even an issue but the positive impact it has had on every aspect of my life is nothing short of a small miracle!

Thank you Pia, without wanting to sound too over the top, your workshop literally changed my life."

- Recruiter (Hong Kong)

Read more testimonials [here](#).

September 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



Suicide Prevention Week

September 9th to 15th

Being someone who's family has been touched intimately by suicide, my commitment is to raise awareness this week especially, on the Suicide Prevention Awareness Week 2012!

I know it is not a very happy topic and I believe as a result of us not talking about mental health issues, people are more stigmatised and are less likely to seem help from professionals.

In Hong Kong, the charity, The Samaritans run a phone line to help people in need. Samaritans is a confidential emotional support service available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Samaritans aims to benefit society by improving people's emotional health in order to create a greater sense of wellbeing. You can also train to become one of their volunteers on these help lines. [Click HERE](#) for more information.

On Friday, US President Obama signed an Executive Order directing the Department of Veterans Affairs and the Department of Defense to expand suicide prevention strategies and take steps to meet the current and future demand for mental health and substance abuse treatment services for veterans, service members, and their families. [Read more here](#)

 I'm Raising Awareness About
Suicide Prevention
Suicide Prevention Awareness Week September 9-15, 2012



American Foundation
for Suicide Prevention www.AFSP.org

natal chart via www.astro.com if you already know your time of birth and location.

Read your September horoscope.



Meditation

Osho's Nadabrahma Meditation

is the humming meditation - through humming and hand movements conflicting parts of you start falling in tune, and you bring harmony to your whole being. Then, with body and mind totally together, you "slip out of their hold" and become a witness to both. This watching from the outside is what brings peace, silence and bliss.



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-](#)

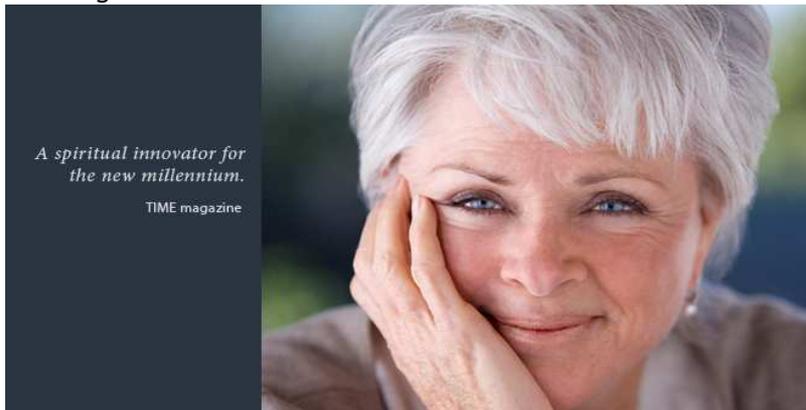
Irresistible Women

Byron Katie

Byron Katie is committed to one thing: to teach people how to stop suffering. When Katie appears, lives change...

In 1986, at the bottom of a ten-year fall into depression, anger, and addiction, Byron Katie woke up one morning and realized that all suffering comes from believing our thoughts. She realized that when she believed her stressful thoughts, she suffered, but that when she questioned them, she didn't suffer, and that this is true for every human being. Her simple but powerful method of inquiry is called *The Work*.

The Work consists of four simple questions and a turnaround, which is a way of experiencing the opposite of what you believe. When you Work with a thought, you see around it to the choices beyond suffering.



Katie has been bringing The Work to millions around the world for more than twenty years. Her free public events, weekend workshops, nine-day School for The Work, and 28-day residential Turnaround House have brought freedom to people all over the world.

Eckhart Tolle says, "Byron Katie's Work is a great blessing for our planet." Time magazine calls Katie "a spiritual innovator for the new millennium." Byron Katie's six books include the bestselling *Loving What Is*, *I Need Your Love-Is That True?*, and *A Thousand Names for Joy*. For more information, visit www.thework.com

[Click HERE](#) to watch Byron in action!

Irresistibly Osho

"Immature people falling in love destroy each other's freedom, create a bondage, make a prison. Mature persons in love help each other to be free; they help each other to destroy all sorts of bondages. And when love flows with freedom there is beauty. When love flows with

[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](#)

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Group](#)

dependence there is ugliness.

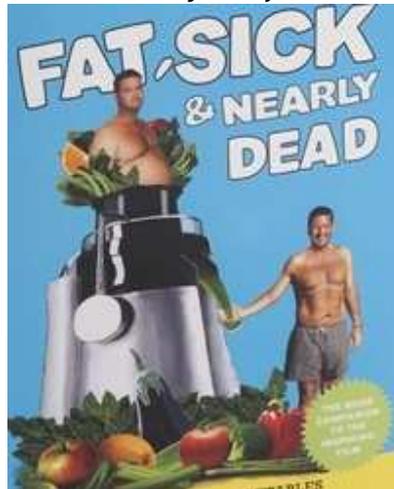
A mature person does not fall in love, he or she rises in love. Only immature people fall; they stumble and fall down in love. Somehow they were managing and standing. Now they cannot manage and they cannot stand. They were always ready to fall on the ground and to creep. They don't have the backbone, the spine; they don't have the integrity to stand alone.

A mature person has the integrity to stand alone. And when a mature person gives love, he or she gives without any strings attached to it. When two mature persons are in love, one of the great paradoxes of life happens, one of the most beautiful phenomena: they are together and yet tremendously alone. They are together so much that they are almost one. Two mature persons in love help each other to become more free. There is no politics involved, no diplomacy, no effort to dominate. Only freedom and love". - osho

Fat Sick and Nearly Dead Movie Screening

Wednesday, September 26th

Copia Coaching in collaboration with SOL Wellness is bringing you a healthy movie every month starting this month. The screening of May I Be Frank was such a success, it seems people in Hong Kong are really getting more and more committed to their health! This month, the movie we are featuring, 'Fat, Sick and Nearly Dead' is the story about Joe Cross and his journey to wellness through juicing!



Joe Cross, the creator and star of the film, set out on a journey to change his life. Starting out at 309 pounds and suffering from a rare illness known as chronic urticarial (chronic hives), Cross made a decision which could not be swayed. For the next 60 days, he would consume nothing but water and fruit and vegetable juice which would be made through his juicer. After the 60 days come to an end, Cross will only eat vegetables, fruits, nuts, and beans for 6-8 months in order to continue on the path of healthy eating. This Fat, Sick, and

Nearly Dead diet may sound intimidating, but with the proper motivation, anyone can do it... [See trailer here!](#)

Date: Wednesday 26th September

Time: 7-9pm prompt.

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

Life Coaching IS a commitment! When you sign up with a Life Coach, you are telling Existence that you mean business! That you want to be the creator of your own life experience, that you do not want to simply exist, but to truly live a life designed by your own dream.

Copia Coaching can help you re-align yourself with your gifts and your higher purpose, taking you closer to feeling prosperous and successful in every area of your life. The process you commit to will guide you to a deeper understanding of your inner wisdom and all the lessons to be learned, discover your goals and visions. I am fully committed as a Coach to support you to create the life you most desire, as I encourage you to see past the obstacles to your desired goals for health, joy, and fulfillment.

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

with love and blessings...

Pia Prana Muggerud

Copia Coaching
www.co-pia.com