Run mysql as root, using -p to prompt for password:
mysql -u root -p
(enter password)

MySQL command prompt will then be ready:
mysql>

Create database for Copiosis:
mysql> CREATE DATABASE copiosis;

(You can see the database by show DATABASES;)

Create a MySQL user that CakePHP will use to access copiosis database:
mysql> GRANT ALL PRIVILEGES ON copiosis.* To 'copiosis_user'@'localhost' IDENTIFIED BY 'PasswordHere';

Switch to copiosis database:
mysql> use copiosis;

Run sql file to create tables:
mysql> SOURCE path/to/mysql_database_tables.sql

Quit MySQL:
mysql> quit;