



CAN OUR THOUGHTS CREATE OUR REALITY?

THE POWER IS WITH YOU...

Emerging from the recent Mercury retrograde and the whirlwind of a tumultuous summer, the beginning of this new school year has brought significant changes for many of us.

2023 has been marked as a year of fresh starts and a time for clearing space in our lives to welcome the gifts of higher dimensions. What I mean by this is creating room to embrace what is meant for us, enabling us to evolve into a better version of ourselves.

A new beginning can manifest in various ways, such as moving to a new home, changing schools, ending or starting a relationship, switching jobs, taking on new challenges, embarking on solo travel, or even exploring unique experiences like trying unusual foods or uncovering hidden truths. It's essential to recognise that wherever you are right now, you are there for a reason—to experience this new moment.

With that in mind, I want to encourage all of us to cultivate more peace in our lives by practicing the following:

1. **Self-compassion:** Let go of self-judgment and extend this grace to others.
2. **Accountability:** Take responsibility for your actions.
3. **Forgiveness:** Forgive while maintaining your self-respect; welcome what aligns with your values.
4. **Mindfulness:** Embrace the power of deep breathing and the serenity of silence.
5. **Daily Joy:** Make an effort to do something that brings you happiness each day.
6. **Self-Reflection:** Examine what triggers you and find the lessons within those experiences.
7. **Authenticity:** Speak your truth, even when it might not be popular.
8. **Self-Expression:** Be unapologetically yourself and dare speaking your truth.
9. **Continuous Learning:** Seek wisdom from every situation.
10. **Laughter:** Find humour in life's moments.
11. **Nature's Beauty:** Take a walk outside and appreciate the sky, even when the sun hides behind clouds.
12. **Sharing Wisdom:** Share what works for you with others; it might resonate with them.
13. **Self-Love:** Above all, love yourself.

These are the mantras and actions I strive to incorporate into my daily life. Remember, it's okay not to succeed every day; after all, we're all human. Be kind to yourself and embrace the differences in others; it's what makes life truly extraordinary.

With love
All-ways

Penelope Hardy

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ADHD OR AHTS?

*“Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning”*

Albert Einstein

ADHD: ATTENTION DEFICIT HYPERACTIVE DISORDER
AHTS: ATTENTION HYPERACTIVITY TALENTS SPECTRUM
 or ACTIVE HYPER-THINKING SOULS



For many years, society categorised individuals with ADHD as having disabilities. However, as I learned more about the different types of ADHD and observed their behavior, I began to realise that many of them struggled with low self-esteem and inner strength. I also came to understand that these individuals possessed unique abilities that often went unrecognised, preventing them from reaching their full potential.

AHTS implies that the brain is wired differently in individuals who exhibit attention-related differences. From different abilities to potential challenges, individuals with this trait may excel in certain areas while facing difficulties in others. The diverse range of attention related talents and strengths that individuals possess.

Instead of viewing these differences as a disorder, the **AHTS** recognises them as unique traits that contribute to an individual's abilities and potential.

By reframing the narrative and focusing on talents, the **AHTS** approach encourages understanding, acceptance, and support for individuals who possess attention-related differences.

By recognising that the brain is wired differently within the **AHTS** framework, it implies that individuals with attention-related differences have unique neurological characteristics that contribute to their talents and abilities.

This perspective emphasises that these differences are not inherently negative or problematic but rather reflect the natural diversity of human cognition.

In a nutshell, it became clear to me that they harboured incredible talents.

When I rebranded **ADHD** as **AHTS** (referring to these individuals as "Active Hyper-Thinking Souls" or "Attention Hyperactivity Talents Spectrum"), some of my clients experienced a rapid boost in self-confidence and trust in their abilities.

Inspired by this revelation, I developed a new workshop aimed at helping these highly active minds unlock their full, enjoyable potential.

Penelope Hardy

NEW WORKSHOPS

I am continuously appreciative of my friends and clients for consistently pushing me to develop fresh teaching materials on a regular basis.

Over the past few months, the topic that has garnered the most inquiries is "Establishing Boundaries." It's important to note that we often assume this involves setting boundaries with others, but more frequently, we find the need to set boundaries with ourselves.

Lately, I've received the highest number of requests on two specific topics: **"Perfectionism"** and **"Intuition."**

Additionally, the most recent request has been for a workshop on **"Harnessing Your Talent with a Hyperactive Mind."** (AHTS*)

Penelope Hardy



"Harnessing Your Talent with a Hyperactive Mind" refers to the process of effectively utilizing one's natural **talents** and abilities, even when dealing with a mind that is highly active or constantly racing with thoughts and ideas. It suggests finding ways to channel the energy and creativity associated with a hyperactive mind into productive and constructive outlets. This may involve strategies for focus, time management, and creative problem-solving to make the most of one's talents despite the challenges posed by a highly active or restless mental state.

CHANGING YOUR BELIEFS & PATTERNS CREATE A NEW REALITY

[CLICK HERE TO BOOK A FREE 30 MINUTES ENQUIRY CALL](#)

[BOOK NOW](#)

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RETREAT IN SPAIN

A retreat that seamlessly blends city and beach experiences while offering coaching, yoga, and the chance for exploration can create an ideal equilibrium of relaxation, personal development, and adventure. The primary aim of this retreat is to emphasise the importance of self-care, relaxation, and engaging in activities that bring joy and inner peace. Since these retreats are designed for small groups, they are entirely customised to cater to your unique needs and preferences.

- Discover the city of Alicante and its surroundings
 - Join or create a small group retreat with like-minded individuals seeking similar rejuvenation.
 - Share experiences and insights with others.
- **Digital & Mind Detox Retreat:**
 - *Disconnection from technology for a set period.*
 - *Use this time to read books, write in a journal or reflect on yourself.*
 - **Yoga & Full Moon Retreat:**
 - *Daily Yoga Class*
 - *Meditation with the full moon rise.*
 -
 - **Discover your true self Retreat:**
 - *Coaching Discover your true self*
 - *Meditation with the full moon rise.*

Dates: Available for the weekends of October 28th and November 26th.

Location: The retreat will be held in downtown Alicante, Spain.

Duration: You have the flexibility to choose between a 2, 3, or 4-day retreat.

Accommodation: You can opt for lodging at Penelope's residence (please note there are only 2 rooms available) or select from nearby hotels.

Flights: You can book flights with Transavia, Ryanair, or Vueling, depending on your preference and convenience.

Fees: For detailed pricing information, please refer to the full program.

**[CLICK HERE TO
DOWNLOAD THE FULL
PROGRAM](#)**

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NEXT EVENTS

Recurring Events



Yin Yoga

Every Mondays

18h30–20h00

25€ Zoom

in French & in English

Penelope's Retreats & Conferences



Discover your true self Retreat

PENELOPE
HARDY

&

THE ENNEAGRAM

Weekend of the 28th of October, 2023

2, 3 or 4 days

From 333€*

Alicante, Spain in French or in English

[REGISTER NOW >](#)



Digital & Mind Detox Retreat

PENELOPE
HARDY

&

FULL MOON
ENERGY

TBC in November, 2023

2, 3 or 4 days

From 333€*

Alicante, Spain in French or in English

[REGISTER NOW >](#)



Full Moon Healing Power Retreat

PENELOPE
HARDY

&

FULL MOON
ENERGY

Weekend of the 28th of November, 2023

2, 3 or 4 days

From 333€*

Alicante, Spain in French or in English

[REGISTER NOW >](#)

[TO KNOW MORE & REGISTER TO OUR EVENTS](#)

EVERYTHING IS CONNECTED
OPEN YOURSELF TO NEW REALITY



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QUINOA MINI CAKES



SERVINGS: 20

PREPPING TIME: 5 MIN

COOKING TIME: 30 MIN

OVEN: 175

FINGER FOOD

Ingredients

100 g quinoa seeds or 300 g cooked quinoa
 1 free range egg
 25 g flour of your choice (I often use rice flour)
 75 g greek yogourt
 Salt & Peper

Directions

1. Mixed all the ingredients choosing the option 1, 2 or 3
2. Put in oven tray
3. Place in the preheated oven for 30 minutes ish

Benefits

Quinoa packs more nutrients than most other grains and is relatively high in quality protein. It's rich in vitamins, minerals, plant compounds, and antioxidants. **Quinoa** is gluten-free, may help lower blood sugar levels, and aid weight loss.

Greek yogurt contains more protein compared to regular yogurt. It's also a good source of calcium and provides probiotics that are good for your gut health.

Add ons:

Option 1:

2 ts old style mustard

Option 2:

100 g goat cheese

1 ts honney

Option 3:

100 g tomato sauce

100 g tuna

2 ts balsamic vinegar

Rice flour is a gluten-free ingredient, it's high in protein and dietary fibre and is low in calories. It also contains vitamin E alongside several other nutrients too.

Mustard is good for you because it contains several antioxidants that provide various health benefits including anti-cancer, antibacterial, antiviral, antifungal, anti-inflammatory, and wound-healing properties.