



PENELOPE HARDY
QUANTUM COACH

a wish link

SPRING HERE WE COME....

EXPAND TO CREATE YOUR DREAM LIFE

Dear Readers,

As we eagerly anticipate the arrival of spring, we find ourselves on the cusp of various celestial **events** and **exciting opportunities**. Mark your calendars for these **key dates** in the weeks ahead:

- **April 1st - 24th - Surviving** 🍷 **Mercury Retrograde** 🍷

Mercury Retrograde has a reputation for causing communication mishaps, technological glitches, and general chaos. In this issue, we'll share some basic keys to surviving the typical mistakes often made during this period. Page 2

- **April 8th** - ✨ **New Moon Ritual** ✨

Harness the energy of the upcoming New Moon with our exclusive ritual guide, designed to help you set intentions, release what no longer serves you, and manifest your dreams. Turn to page 6 for the full ritual. Page 3-4-5

- **New Workshops in May** - 📅 **4 Modules** 📅

Join us in May for transformative workshops, featuring four modules of 1.5 hours each. Learn to **UNRAVEL THE FEAR OF REJECTION** and step into your power.

designed to help you un-program this limiting belief and step into your power. Register now to secure your spot. Page 6

- **Ibiza Retreat** 🧑‍🌺 **June 2nd - 9th**

Experience rejuvenation and transformation at our upcoming Ibiza retreat in June. Page 7

Hurry, as only a few spots remain!

- **Now Available: Akashic Readings** Unlocking Your Soul's Wisdom

Curious about Akashic Readings? Discover the profound insights and healing potential they offer as you tap into the wisdom of your soul's journey. Book your online session today and explore the depths of your being. Page 8

Stay tuned for these exciting updates and more as we embrace the season of growth and renewal.

Warm regards.

Penelope Hardy

MERCURY RETROGRADE

TOOLS TO SURVIVE AND REMAIN PEACEFUL

April 1st till 24th, 2024

Mercury Retrograde often **brings** a flurry of communication mishaps, technological glitches, and unexpected twists. Here are some steps to **not only survive but thrive** during this astrological phenomenon:

1



Patience

Understand that things may not go according to plan during Mercury Retrograde. **Patience is key.** Take deep breaths, slow down, and resist the urge to react impulsively to challenges that arise.

2



Communications

Miscommunications are common during this time. Before hitting send on emails or important messages, **double or even triple-check** for clarity and accuracy. Be mindful of how you communicate, **ensuring** your intentions are **clearly conveyed**.

3



Technology

Technology tends to act up during Mercury Retrograde. **Back up** your important files and documents regularly to prevent potential data loss. Consider **keeping physical copies** of essential information as a backup.

4



Delays

Prepare for **delays** and **disruptions** in travel, appointments, and projects. Leave extra time for commutes and schedule buffer periods to accommodate unexpected setbacks. **Flexibility is key to navigating this period with ease.**

5



Reevaluate

Mercury Retrograde offers an ideal time for **introspection and reflection**. Use this period to **review** past decisions, **reassess** goals, and make any necessary **adjustments**. It's a valuable opportunity for **personal growth** and self-awareness.

6



Commitments

Hold off on signing contracts, making significant purchases, or starting new projects during Mercury Retrograde if possible. Decisions made hastily during this time may come back to haunt you later. **Avoid major commitments.**

7



Self-Care

The heightened energy of Mercury Retrograde can be draining. Prioritize self-care activities such as meditation, exercise, and relaxation techniques to maintain emotional balance and resilience.

8



Stay Grounded

Amidst the chaos, stay grounded in the present moment. Engage in grounding practices such as spending time in nature, practicing mindfulness, or connecting with supportive friends and family.

*By following these steps and embracing the unique energy of Mercury Retrograde, you can **navigate this period with grace and resilience**. Remember, challenges during this time are opportunities for growth and transformation.*



NEW MOON RITUAL

A FABULOUS WAY TO MANIFEST YOUR DEEPEST DESIRES.

Every month, as the **new moon** graces the sky, I embark on a journey of manifestation, and I'd love for **you to join me**. It's a time when the universe feels alive with possibilities, and I've found a beautiful ritual that has made all the difference in how I approach my dreams and desires.

I've learned to cherish these moments leading up to the new moon, as they offer a precious opportunity to reflect on what truly matters to me. With a simple notebook by my side, one that's become a dear companion in this journey, I take the time to ponder my deepest wishes and intentions.

Preparing for this ritual has become a **cherished part of my routine**. I follow the new moon calendar closely, ensuring I'm aligned with the natural rhythm of the cosmos. Setting the scene with flickering candles, fragrant incense, and gentle music, **I create a sanctuary where I can truly connect with myself and the universe**.

Before I even put pen to paper, I take a moment to **breathe** deeply and **center myself** through meditation. It's a grounding practice that helps me tap into my intuition and align my intentions with my heart's true desires.

And then, with a sense of purpose and excitement, **I begin to write** my affirmations. Each word feels like a declaration of **my innermost hopes and dreams**. Whether it's affirming my worthiness of love and abundance or expressing gratitude for the blessings in my life, each affirmation carries **a piece of my soul**.

As I continue this ritual month after month, I've noticed something **truly magical happening**. My intentions start to take shape in the most unexpected ways. Opportunities present themselves, relationships deepen, and abundance flows into my life with effortless grace.

So, I invite you **to join me in this sacred practice**. Set aside some time during the days leading up to the new moon, find a cozy corner to call your own, and let yourself be guided by the whispers of your heart.

Together, let's manifest our biggest dreams and create a life filled with joy, love, and abundance.

Penelope Hardy



NEW MOON RITUAL








3 STEPS TO MANIFEST

AFFIRMATIONS – AFFIRMATIONS STATEMENT – INTENTIONS

HOW ABOUT REFINING YOUR NEW MOON AFFIRMATIONS BY INCORPORATING A DEEPER CONNECTION BETWEEN YOUR INTENTIONS AND YOUR BODY?

- **Embodied Affirmations:** Enhance your new moon affirmations by intertwining each intention with physical sensations or bodily awareness. For instance, as you set intentions, focus on how each one resonates or manifests physically within you.
- **Somatic Awareness:** Tune into your body's responses while stating affirmations tied to your intentions. Notice any shifts or sensations in different areas of your body as you affirm each specific intention.
- **Envision and visualize** each affirmation as a current and tangible reality, painting a mental picture of how these intentions manifest in the present moment.
- **Mind-Body Fusion:** Merge your mental affirmations with physical sensations.

DID YOU KNOW THAT EACH **CHAKRA IS LINKED**
TO A PARTICULAR **ASPECT OF BEING?**

	I AM	Root Chakra (Muladhara)	<i>feelings of being grounded, safe, and secure in one's existence.</i>
	I FEEL	Sacral Chakra (Swadhisthana)	<i>emotions, creativity, passion and sensuality.</i>
	I DO	Solar Plexus Chakra (Manipura)	<i>personal power, willpower, and taking action.</i>
	I LOVE	Heart Chakra (Anahata)	<i>love, compassion, empathy, and relationships.</i>
	I SPEAK	Throat Chakra (Vishuddha)	<i>communication, self-expression, and speaking one's truth.</i>
	I SEE	Third Eye Chakra (Ajna)	<i>intuition, perception, and inner vision.</i>
	I KNOW	Crown Chakra (Sahasrara)	<i>spirituality, higher consciousness, connection to the divine or universal wisdom.</i>

IN YOUR **NEW MOON JOURNAL**; START WRITING YOUR AFFIRMATIONS SUCH AS:

The date of this New Moon +/- 3 dates

- I AM in integrity to and with myself.
- I AM love and loved
- I FEEL at home in my body and on mother Earth
- I PAY attention to my needs
- I LOVE with all my heart
- I SPEAK my truth at all time with compassion and respect
- I SEE clearly
- I KNOW how to set boundaries
- I KNOW how to say no
- I AM present in the now moment

Allow **your thoughts to flow freely** as you write. You might also consider asking yourself questions like:

- Why am I deserving of love?
- How do I embody love in my life?
- What qualities make me worthy of love?

Answer these inquiries with affirmations and reflections, letting your **inner voice guide you** toward **self-affirmation and empowerment.**



NEW MOON RITUAL

3 STEPS TO MANIFEST

AFFIRMATIONS - **AFFIRMATIONS STATEMENT** - INTENTIONS

IN THE SACRED SPACE OF MY NOTEBOOK, I INSCRIBE THE FOLLOWING AFFIRMATION, ALLOWING ITS WORDS TO REVERBERATE THROUGH THE DEPTHS OF MY BEING:

"I am a beacon of light, shining with unwavering confidence, even in the darkest times. I break through shadows with each flicker, drawing purity and beauty into my life. Love flows effortlessly from me, touching every part of my existence.

I welcome prosperity and blessings, knowing they serve the greater good. With gratitude, I accept, trusting they align with my highest purpose and the highest good of all persons concerned.

May these intentions ripple out into the universe, weaving their way into the fabric of my existence and the lives of all who are touched by my journey. I surrender to the divine timing of manifestation, trusting that everything unfolds in perfect alignment with my soul's purpose.

I am guided forward my destiny with clarity and grace. Each step leads me closer to my potential, for my highest good and the highest good of all."

IT IS NOW TIME TO WRITE YOUR INTENTIONS

BE MINDFUL OF YOUR DESIRES, FOR THEY HOLD THE POWER TO MANIFEST.

Start by jotting down your desires, whether they're for personal fulfillment or the betterment of the world:

- "I desire world peace."
- "I crave inner serenity."
- "I seek a better world for all."
- "I long for freedom and truth."
- "I wish for abundant opportunities."
- "I yearn for love and connection."

Keep your list open-ended to embrace **infinite possibilities** and avoid limiting yourself.

EACH MONTH, RENEW YOUR INTENTIONS DURING THE NEW MOON BY REVISITING AND REVISING YOUR LIST. **ACKNOWLEDGE** MANIFESTED DESIRES WITH A **HEART SYMBOL**, AND **REMAIN OPEN TO NEW MANIFESTATIONS AS THEY UNFOLD.**



UNRAVEL THE FEAR OF REJECTION

A 4 MODULS WORKSHOP TO REGAIN YOUR POWER IN BOTH PERSONAL AND PROFESSIONAL LIFE.

Are you tired of feeling held back by the fear of rejection?

It's time to break free and step into your power.

Join us this **May** for a **transformative** workshop designed to help you overcome this limiting belief and **embrace your full potential**.

PROGRAM OVERVIEW - MAY 2024:

- **Four Modules:** Dive deep into understanding and conquering the fear of rejection through engaging sessions held every Tuesday in May: 7th, 14th, 21st, and 28th. Each session runs from 7:00 PM to 8:30 PM.
- **Paris Session:** Depending on participant availability and interest, one session may be held in Paris for a unique and immersive experience.
- **Interactive Zoom Meetings:** Connect with like-minded individuals facing similar challenges in our interactive Zoom meetings. Share experiences, offer support, and celebrate victories as you navigate this journey together.
- **Personalised Homework Assignments:** Receive personalized homework assignments after each session to reinforce learning and encourage practical application of new skills. These exercises will deepen your understanding and facilitate lasting transformation.
- **Anonymous or Deeper Connections:** Choose to remain anonymous or deepen your connection with others in the group outside of teaching hours. Engage in discussions, share insights, and build supportive relationships.

Don't let the fear of rejection dictate your life any longer.

Take the first step towards liberation and empowerment by registering for our workshop today. Spaces are limited, so secure your spot now and embark on a journey of self-discovery and growth.

Join us and unlock the doors to a brighter, more confident future.

Are you ready to embrace the journey? **Register now and reclaim your power.**

Penelope Hardy

[DETAILS HERE & FULL PROGRAM](https://linktr.ee/awishlink)





POSITIVIUM IBIZA

JUNE 2ND TILL 9TH, 2024

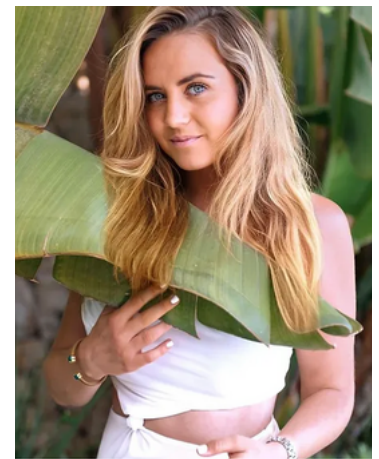
Get ready to unlock the magic within! You've found the ultimate destination for an extraordinary experience. I'm beyond excited to share that I'll be a part of this incredible retreat in June.



My dear friend Laura, along with Anna, has been curating this retreat for years.

Now, they've invited me as a healer, armed with quantum tools like Enneagram, QHHT, and Akashic Reading, to join this exceptional team.

Our purpose is to offer an experience filled with joy, healing, discovery, and more...



Only a **few spots remain!** Join us before the island gets bustling for summer. Take a break before the chaos of family holidays or your children's exams. Or simply indulge in a well-deserved escape.

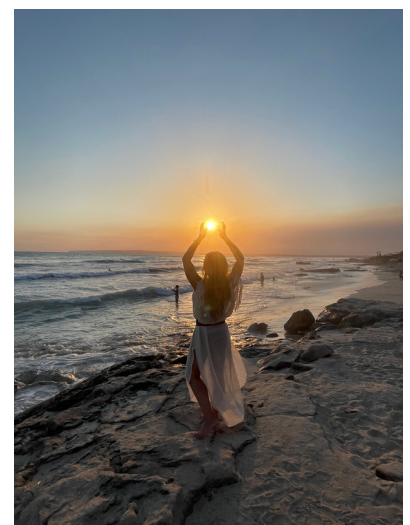
Imagine being pampered in our luxurious villa, nestled in the serene Ibizan countryside—surrounded by citrus orchards, olive groves, and enchanting pine forests. Classic views of Ibiza's rolling hills and its world-renowned sunsets await you!

But wait, that's just the beginning! Here's a glimpse of what awaits you:

- A powerful fire ceremony to initiate your transformative week.
- Alchemical Breathwork Journey
- Rewiring the Subconscious Mind & Shadow Work
- Embodiment and Sexual Energy Sessions
- Akashic Record Healing
- Starseeds and Past Life Readings
- Inner Child Play and Healing, Acroyoga, Yoga, Dancing, and More
- Heart Portal Activation with Cacao Medicine
- Kundalini, Higher Consciousness, and Higher Chakra Activation
- Manifesting Power Workshops
- Fun-filled activities, beach clubs, and an unforgettable closing party

This retreat isn't just a getaway—it's a holistic experience, offering medicine for your mind, body, and soul. Don't miss out on this exclusive opportunity!

EMBRACE IBIZA'S MAGIC



2nd of June 2024 - 6th of June 2024

From 3000 €

Ibiza

[CLICK HERE TO BOOK YOUR CALL TO KNOW MORE](https://linktr.ee/awishlink)

UNLOCK THE WISDOM OF THE AKASHIC RECORDS

HAVE YOU EVER WONDERED ABOUT THE **ORIGIN AND MEANING OF YOUR LIFE?**
DO YOU WANT TO DISCOVER THE **SECRETS** OF YOUR SOUL AND THE **MYSTERIES** OF THE UNIVERSE?

Imagine a cosmic library that holds the entire history of the universe: past, present, and future. This celestial repository, known as the Akashic Records, is believed to contain the energetic imprints of every thought, emotion, and experience ever encountered by every soul. Accessing these records allows us to gain clarity, healing, and guidance beyond the limitations of ordinary perception.



Penelope Hardy

TOP REASONS FOR A READING:

Clear Confusion:

- Gain a positive outlook and understanding by opening to new possibilities.
- Shift energy from old habits to supportive practices.
- Develop a clear plan for your path, leading to reduced stress and increased excitement.

Heal Pain and Trauma:

- Let go of physical and emotional pain from past, present, or future events.
- Experience deep personal transformation by releasing the origins and scars of past burdens.
- Achieve powerful integration of physical and spiritual healing.

Create Expansive Connections:

- Overcome feelings of separation from others or discomfort in social situations.
- Access the wisdom of the Akashic Records to bridge internal loneliness and connect with universal understanding.

NB: The **Akashic Reading** will not reveal anything that is beyond your capacity or readiness to receive. It will only show you what is **relevant** and **helpful** for your current situation and **growth**. You could say that the Akashic Reading is a compassionate and respectful **source of guidance** that honors your free will and soul journey.

BOOK NOW YOUR AKASHIC READING





CONTACT

AND MORE

The initial step toward discovering your **wellbeing toolkit** **begins** with reaching out to us.

We **believe** in fostering a **connection**, which is why we offer a **complimentary call**.

This call is an **opportunity** to gauge our resonance, assess your needs, and determine if we're the right fit for your journey.

If there's a better-suited **guide** within our network, we'll gladly direct you.

DON'T HESITATE => REACH OUT TODAY.

[CLICK HERE TO BOOK A FREE 30 MINUTES CALL TO SEE HOW WE CAN ASSIST YOU](#)

BOOK

SOCIAL MEDIA

