

# PENELOPE HARDY

## QUANTUM COACH



## EXPRESSION OF YOUR TRUE SELF COMMUNICATION

**Becoming the best, most aligned version of ourselves is a dance.**

As mentioned in the January newsletter, **COMMUNICATION** has already proven to be at the heart of our life... January Mercury retrograde has brought us back in the attention to be as CLEAR as possible with our peers, significant self, families, children, friends etc... Our brains are as unique as our fingerprints according to new researches. Therefore, an individual's functional brain connectivity profile is both unique and reliable. It proves that there are billions of see, observe, feel, smell ways to experience.

That being said, it is becoming an evidence that COMMUNICATION must be a CORE topic to improve our relationships. Not only our relationships to the outside world but first of all the relationships with ourself.

*Do you know yourself? Can you understand your behaviours? And it is always necessary to understand everything? Why do some people have a tendency to need to justify themselves? Are you afraid to speak your truth? How does the other person perceive what I am sharing? and so on...*

There are multiple aspects that could change your perception of just your own reality, so can you imagine how it could be for a group of beings sharing ONE same experience? This is one of the reasons I emphasize my teaching on COMMUNICATION. And one of the tools which I find amazing to understand this is the ENNEAGRAM. (page 3)

In line with this 2023 frequency of COMMUNICATION, I am delighted to announce the launching of **PENELOPE'S RETREATS** with **THE WOMEN SAFE SPACE**. (IG @penelope\_retreats) on **March 8th 2023**.

*What kind of life do you wish to create for you?*

With love  
All-ways

*Penelope Hardy*

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Approach your contemplation with sincerity, and you will begin to sense the innate intelligence in the miracles of nature we rarely take time to notice. Each earthlings has its own frequency and therefor a meaning. Starting to ne more present in the now of our everyday life, we can see more clearly within and our surrounding.

Over the years, I realised that sometime some things were manifesting in a so called weird way at first and the more I explored, the more it made sense.

I recall un 2011 seeing tones of lady birds in April in my entrance hall, in my kitchen and everywhere I was going, I searched the meaning and the messages those beautiful lady birds wanted to sent me. It was spot on to what I was experiencing back then. Since that day I have been bringing more awareness to what can be seen and why we were seeing those earthlings. In Indian, they sometime call then DEVAs (the world of nature spirits).

SEE FOR YOU AND HERE IS A LITTLE STORY ABOUT DRAGON AND THEIR MESSAGES.

## DRAGON

You are going to tell me that we do not see dragons so much those days... Well, how about in a movie, a children book in a waiting room, someone seating next to you using that word to mention their mean teacher or else. Or even a statue in the middle of Paris with your childhood character who is a dragon (Casimir\*).

\*Google Casimir for more info on this character

Those synchronicities are to be observed and noticed.

**The Dragon is the incarnation of the Spirit. It is the equivalent in our western culture of the Eagle, the Great Spirit of the Amerindians.**



The dragon symbolises **power, change**, and spirituality, and it also symbolises good luck, fortune, and prosperity. In some cultures, the dragon is a protector and is often associated with royalty. The dragon spirit animal can also symbolise **self-love** and **empowerment**. This spirit guide can help you tap into your power.

Dragon Spirit is drawn to people of intellect, dignity, contagious enthusiasm and authority. Dragons guide such individuals toward brilliance and, indeed, enlightenment. In this setting your Dragon Spirit Animal teaches you to roar – **finding your voice**, being heard and truly **understood**.

The type of Dragon spirit that you encounter may give you a clue:

- **Fire Dragons:** bring you lessons of self-mastery, creativity, mental keenness, alchemical transformation and leadership.
- **Water Dragons:** focus on what drives the ship of your life, be ready to put down unhealthy patterns and sail toward your fate.
- **Earth Dragons:** stabilises and provides the key for sustaining your needs.
- **Air Dragons:** wrap you safely in his/her grasp and flies high. From here you gain greater perspectives personally and globally, untroubled by the winds of change.

### Dragon Symbolic Meanings Key

Psychic Ability / Speaking Truths / Fearless / Passionate / Magickal / Ability / Ancient Wisdom / Adaptable to Radical Change / Rage / Nobility / Worthy Causes / Sense of Humor

Many believe that you can receive the mighty power of the Dragon from the **tattoo**. Dragon **tattoos** have often been used as strength, protection, and wisdom symbols.

**DO YOUR OWN RESEARCH AND FIND WHAT RESONATE WITH YOU IN THE NOW MOMENT**

Sources:

<https://whatismyspiritanimal.com/fantasy-mythical-creatures/dragon-symbolism-meaning/#Spirit-Dragon>

Additional References:

<https://www.atshq.org/dragon-symbolism/>  
<https://www.thespiritualcentre.net/dragon.html>



CREATE  
TOGETHER WE

## YOU & OTHERS

### EXPRESSION AND COMMUNICATION

Each being is unique and that what make this world absolutely magic. Consequently we see the world from different angles. Miss communication, miss interpretation and different point of views are often a path to frustration, discomfort, unpleasant time, anger etc... Guided to focus my teaching on **communication** and **trust** using different tools, I will share with you the ones that suit you the best on your journey. Wether it is for families, couples, friends or corporate, we all need to learn to live together and understand each other for an harmonious life at home and at work.

In our daily life, communication helps us build relationships by allowing us to share our experiences, and needs, and helps us connect to others. It's the **essence of life**, allowing us to **express** feelings, pass on information and share thoughts.

A better communication will nourish you on all levels towards a better version of yourself with **trust & self love**.

#### DISCOVER YOUR TRUE SELF

It could also be called a "**Kick off**" 4 hours program. Realising who you truly are and not what people told you nor what you do nor who you want to be. Exploring and discovering your shadow areas and magic leads to more authenticity, creativity, energy, personal awakening, joy, freedom, finding your soul mission and much more.

From the **first session**, you will see your strengths and weaknesses. Immediately your limiting beliefs and patterns will be highlight according to your level of consciousness. You will understand the world from a different perspective. Whether you are emphatic or not, you will receive **keys and codes** to open doors to new worlds and dimensions with infinite possibilities.

*You are your own magic wand...*  
**Be sovereign of your body and mind.**

*On this path of liberation, you will discover your unlimited potential.*

#### WHAT IS THE ENNEAGRAM?

The **Enneagram** is a powerful tool for personal and collective transformation.

The **Enneagram** is a system of nine personality types combining traditional wisdom and modern psychology. It is a powerful tool for understanding ourselves and the people in our lives - with three major applications:

- Personal, intellectual and spiritual growth
- Successful relationships at home and at work
- Development of leadership, team building and communication skills for business
- A clear visualisation of the limits we place on ourselves.

Each Enneagram type has a different pattern of thinking, feeling and acting that stems from a deeper inner motivation or worldview.

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





## LAUNCHING EN 2023

### EXPAND WITH A WISH LINK

We are constantly organising workshops, conferences, sharing spaces, etc... for the benefit of all of us.

Looking beyond and growing together.

**We all learn from each other.**

Wednesday, March 8th 15€  
19h till 20h30 Paris 16th  
*\*Limited Space*

## THE WOMEN SAFE SPACE

A regular half hour meeting in a *safe and warm space*.

*A process towards your new self.*

Adapting to the changes in your body, mind and soul.

### PRE / PERI & MENOPAUSE

Pre-, peri- and *menopause* is a pivotal time in a woman's life when she can often feel *isolated* or even *helpless*. Faced with a profound upheaval that affects all aspects of her person: emotional, psychological and physical, being *surrounded, listened to and supported is essential*.

With *Helen*, we had the idea of creating "THE WOMEN SAFE SPACE", a place to exchange, share and help each other without judgment.

*Penelope Hardy*

#### Why is it for you?

- You are over 40 years old
- You think it will happen soon
- You wish to be informed to prepare yourself as well as possible.
- You are "in the middle of it".
- You want to understand what is happening to you and share your doubts and questions.
- You are a bit overwhelmed by a lot of emotions and other symptoms.
- Your libido has changed and this impacts your intimate life.
- You are beyond all that and you want to share your experience.
- etc...

#### What will you get out of it?

- A safe space where you no longer feel alone.
- Advice on how to maintain or regain your serenity on a daily basis.
- Information to help you understand what is happening in your body and to choose among the different options proposed by traditional or alternative medicine.
- Humour and laughter to accompany you in this transition and help you go through it without complexes; with confidence and optimism.
- Wellness practices
- And much more...

[> REGISTER NOW](#)



**Menopause is not a problem to be solved or a disease to be cured, it is a stage of life that confronts us with an assessment, with sometimes radical changes.**

**Together, we have the courage to redefine, to reinvent and to open ourselves to infinite possibilities...**

\*\*Cet espace n'est pas une consultation médicale, nous vous conseillons vivement de toujours vous référer à votre médecin.

<https://linktr.ee/awishlink>



WELLBEING

# YIN YOGA

*Paris 16e*



## **What are the benefits of Yin Yoga?**

Like all Yoga, there are multiple benefits, including to learn how to connect with ourself. Here some of those:

- Cultivate gratitude for the body.
- Flexibility of the body and mind
- Allowing ourself to slow down
- Self compassion & self love
- Discover our emotions and transcend them
- Reduce stress and anxiety
- Improve joints mobility
- Elongates and stretches tight muscles
- Helps to promote mindfulness
- And much more...

## WORKSHOP

Sunday February 12th  
 From 15h till 18h00  
 55€

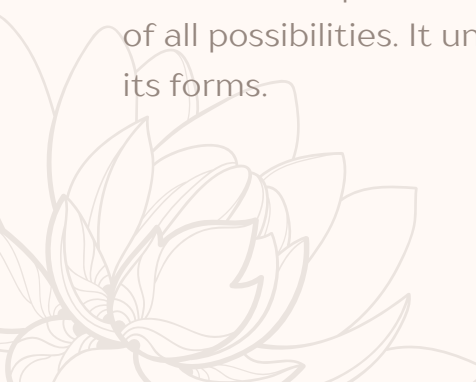
## WEEKLY

Every Mondays  
 18h30 till 20h00  
 25€

### THE 7 LAWS OF YOGA

#### THE LAW OF PURE POTENTIALITY

During this workshop, we will study the **Law of Pure Potentiality** and how our body can guide us to manifesting the life we wish for. The **Law of Pure Potentiality** states that at the core of being, we are pure awareness. The realm of pure awareness is the domain of all possibilities. It underlies creativity in all its forms.



\*Limited Space

<https://linktr.ee/awishlink>



OUR DECEMBER EVENTS

## FREE MONTHLY EVENTS

### OPEN YOUR MIND WITH OUR QUANTUM CONVERSATIONS

Quantum Conversations are a highly intentioned round-table with quantum coaches, astrologer, activists and passionate practitioners. Having a chance to discover new concepts and new perspectives about human life. Questions on all usual and unusual topics such as "How do I know if it is my intuition or my ego speaking to me?" or "What is the best way to deal with anxiety?" or "Is there an absolute truth?" or "What are synchronicities?" or even "What are quantum leaps?" will be answered by our coaches channeling responses.

Anyone can join... from 17 years old till...


### ON ZOOM

**Next dates:**

- Sunday the 22nd of January in **English**
- Monday the 13th of February in **French**

- Every 22nd of each month in **English**
- 2nd Monday of each month in **French**

### REGISTER HERE FOR OUR HOLIDAYS PROGRAMS & FREE EVENTS

The replays are on our YouTube Channel 

CLICK HERE TO BOOK A FREE 30 MINUTES CALL  
TO SEE HOW WE CAN ASSIST YOU

BOOK

### SOCIAL MEDIA

