



WISHING YOUR DEEPEST DESIRE TO MANIFEST TO GIVE IS TO RECEIVE

New Year kick off... How heated is this month for you?

2023 doesn't look like any other year for the time being.

It seems this January has started in somehow quite intensively. I may not go in more depth on the intensity of the last couple of days for many of us though I wish to comment on few things.

January started with Mercury Retrograde (the planet of communication) until the 18th and we will feel its effect a few days later, many new paradigmes, access to new levels of consciousness, etc...

It is not always easy to express yourself or to share clearly your thoughts and what is coming through your mind. Everything being frequency, we have to adjust, tune in and observe constantly. I do feel **COMMUNICATION** is going to be at the heart of 2023. It is time to speak your truth, disclose, unravel your deepest secrets toward authenticity and true self. For many years, I played a game, wore a mask because of my education and family background until one day I discovered a few **SUPERPOWERS** including being vulnerable, authentic, emotional. I had limiting beliefs on those until I realised they could actually benefits me and others. I learned to be friend with them, after failing some experiences I started trusting them ei trusting myself. Not putting them aside was actually such a gift, I was suddenly growing with them, expanding my consciousness.

We all have **SUPERPOWERS**, *What are yours?*

Give to yourself and you shall receive, give to others and you shall receive and accept others to give you too. **Accept the gift you have within you.**

I guess this is what I can wish you for 2023, accept who you are with your flaws, wounds, talents, magic and your superpowers.

With love
All-ways

Penelope Hardy

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BUSINESS FEED BACKS

WHAT PEOPLE SAY ABOUT US



YIN YOGA

- Thank you smoothie P for this great workshop. It is more than just Yoga
- Thanks for this class tonight. It hurts in my entire body, this is perfect, it makes me move.
- Yes yes yes, please create more workshops.
- In the end I survived. For my part no aches and pains and I slept very well. Great first Yoga experience
- Thank you for this parenthesis. A moment of well-being And cosy
- sooo peaceful!
- Thanks for this yoga workshop this afternoon, it was great!

*Call if you think you wish to join Yin Yoga classes or workshops

QUANTUM CONVERSATIONS & LUNDIS QUANTIQUES

Clairvoyant and clairaudient, full of abilities
 I love her authenticity, her accuracy,
 her abilities and her light.
 THANK YOU Penelope.

Oceane - Real Este Broker - Syracuse

- Thanks for your interesting sharings
 - Thanks for the Quantum conversations of today and sentence.
 - Love you so glad that we can all learn and grow / support each other on this journey
 - Interesting point. The subconscious can be influenced by our conscious thoughts, behaviours etc. We can rewire old patterns. Of course that takes time and some very feel patterns may take a very long time.
 - Amazing to share with mind like people
- Texts messages from participants*





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.

HARMONIZED RELATIONSHIPS

When you are an **empath**, Deep **meaningful** relationships are very important. It is probably hard for you to make small talk and deal with superficial connections. **Empaths** are overly **sensitive** and takes in, absorbs, and feels the emotions and energies of others. They're highly **tuned in and intuitive** with how other people feel. It is a fabulous GIFT though, like everything else, it can be a real NEGATIVE turned out.

With this 3 hours program, you will learn:

- to clear toxic relationship & people from your life
- to know were you stand in complexe and inevitable relationships.
- to harmonise and balance your relationship.
- to know who you can count on and not
- how to address issues you never dared to address before.
- to feel at peace with everyone
- etc...

Prices & full description on the website



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 seing 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
THE BATS AND THEIR MESSAGES.

THE BAT



The first time I recall seeing a bat was back in 2006 on PhiPhi Island in Thailand. They were so cute. I saw many since then and more recently this summer in my bedroom in South West of France and every night in a row in December while in Sri Lanka. I always observe in more depth when those phenomenals are not familiar.

Bat symbolism and meanings include community, longevity, manoeuvrability, balance, good fortune, evolution, and supernatural powers.

As a symbol of **longevity**, the bat reminds you that your best years are ahead of you. Indeed, bat people are the types who get better with age.

As a symbol for **manoeuvrability**, the bat reminds you to be flexible and quick on your feet. You may feel like you face more challenges and obstacles than others do – even like that the deck is stacked against you. The bat is a reminder that it's not a matter of more problems, more obstacles, or even more stress – it's how you deal with them.

A willingness on your part to help is your way of keeping things in **balance**. This selflessness means you are in-tune with the positive forces of the Universe. Likewise, the bat may also be reminding you to keep your own life in **balance**.

If a bat or bats come into your life, **view it as a positive sign of good fortune coming your way.**

Sometimes the biggest challenges and the most painful heartaches are our best learning experiences. The bat says: **Keep moving forward** – because you are learning to fly.

Because of their sensory powers and the fact that they are mainly nocturnal, the bat has long been associated with the supernatural world. As a flying animal, the bat is associated with idea of astral traveling – when the soul temporarily leaves the body and flies before returning. It can be a sign to **tune into your intuition and spirit guides more**. We all have this capability.

"As a symbol of supernatural powers, the bat spirit animal reminds you that there is far more going on than what many people experience in their busy daily lives."

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



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

