



BRINGING CONSCIOUSNESS

CHOICES & RESPONSABILITIES

Have you ever said or heard one of your friend saying: "I do not have the choice"?

What if I were to tell you that **WE ALWAYS HAVE A CHOICE?**

I often hear people answering to this quote with as many arguments as there are possibilities. I let them talk and listen as they *may change my point of view*. And after a moment of silent, I say: "**You ALWAYS have the CHOICE on HOW you want to live the experience**". Facing a difficult time, you can keep yourself in tears for days even months or you can choose to consciously allow yourself those moments of sadness or frustration and shift the reality by taking actions. You can experience a fabulous moment and nod "it's fine" or be childlike and be in AWE... **It is all created by you**. On a physical level, you may not have the choice but on an emotional side, you always have.

Remember that **your thoughts are creating your reality**, therefor if you change the prism you observe a situation, the experience could be completely different (either way). It depends on the consciousness you will bring to the experience and the choice you make.

When you make a CHOICE, you also take the **responsibility** of the experience. You **consciously** choose to experience this way or that way. So whatever the outcome, you will not be able to blame the others or the outside for it. By taking **this responsibility**, you will always **learn a lesson** and **growth** with and from it.

The moment you make a CHOICE, you regain your power, you embody your full potential and you CREATE a new REALITY made by you and for you.

With love
All-ways

Penelope Hardy

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LAUNCHING NOW

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
19h till 20h30
In French

15€
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.



Golden Milk Paste

*A Golden Medicinal
Ayurvedic Glow*



Ingredients



30 gr Curcuma - Tumeric



10 gr Ginger



5 gr Black Pepper



5 gr Cinamon



1 table spoon of coconut oil



half a glass of water

Golden Milk Bliss

Recipe

Mix in all ingredients in a glass jar.
Place it in double boiler water to allow the coconut oil to melt and the spiced to blend in.
Stir frequently for a **smooth paste**.
Let it cool
Store in a fridge 2-3 weeks.

Warm up the **milk** of your choice (almond is my favorite) and mix it with a coffee spoon of **GOLDEN MILK PASTE**.
Add a bit of **honey**, maple sirop or coconut sugar
ENJOY...

Benefits

STRENGTHENS THE IMMUNE SYSTEM

Turmeric-based drinks have long been used in India as a natural tonic for treating colds, flus and infections.

IMPROVES DIGESTION

Both ginger and turmeric are powerful Ayurvedic spices well-known for aiding digestion.

IMPROVES MOOD

Amazingly, golden milk is also said to give you a helpful mood boost. This is because turmeric contains curcumin, an active compound linked to reducing symptoms of depression.

STRENGTHENS BONES

Golden milk contains calcium and vitamin D. These two nutrients are essential for keeping your bones strong and healthy.

IMPROVES BRAIN FUNCTION

Research has demonstrated that curcumin, found in turmeric, increases levels of BDNF, a compound responsible for forming new connections and promoting growth and repair in the brain.

HELPS WITH SLEEP

Golden milk has been used in Ayurvedic and Chinese medicine for centuries. It was often prescribed to help with sleep, being sipped before bed much like chamomile tea.

BEAUTIFUL SKIN

A cup of golden milk a day can help with blemished skin and inflammatory acne.

IT IS SO GOOD

The homemade version is so good. And you can use with rice or other dishes.



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 be more present in the now of our everyday life, we can see more clearly within and our surrounding.

I have always been fascinated by *peacocks* and over the last year almost day to day, I keep on seeing peacocks in random ways and places. From walking on the road less traveled or in the motorway in Sri Lanka, to one of the master peace worn by the Imperatrice Eugenie at a private event at Mellerio in Paris a couple of days ago and many more manifestations somehow and somewhat quite surprising.



THE PEACOCK AND ITS MESSAGES.



Peacocks are **confident** but never arrogant, and are symbols of **respect, rejuvenation, honour, integrity, royalty, passion, beauty, protection, and holiness**. Also ability to see into the **past, present, and future, immortality, dignity, rising out of ashes, self-confidence, watchfulness, immortality**.

Spirit animals are life guides that point us in the right direction while teaching us lessons. *Totem animals* are also spirit guides, but are called upon when we need them most. Both spirit and totem animals protect and guard, and help us find our higher purpose.

The **peacock** teaches the lesson that you must learn from your past, and sees obstacles as an opportunity to create a brighter future. Peacock reminds you to make your voice heard, even if others criticize you.

The beautiful colors on a **Peacock's** plumage are symbolic of the full spectrum of colors in the rainbow and each of their associations. Meditating on one Chakra and balance it, bring it into alignment with all the others. **Peacock** can be a reminder of the harmony between all these Chakras and their associated energies.

Peacock can be symbolic of our connection to the Divine, especially the Deities associated with the **Sky and Sun**.

The shape of the **"Eye"** on Peacock's feathers is symbolic of our own awakenings and need to be watchful. This is a symbol of **protection**, having **"Eyes in the back of your head"** to sense what you can not see with your physical eyes.

Peacock Symbolic Meanings Key

Compassion / Earthly
Phoenix / Eyes / Fortitude /
Good Fortune / Materialism /
Pride / Psychic Sense /
Resurrection /
Supportiveness

The Peacock & The Phoenix

Historically, some traditions equate the **peacock spirit animal to the Phoenix**, a mythical bird that is said to have risen from funeral pyre ash and to be reborn. Why the comparison? Like the Phoenix, the peacock exudes confidence and offers encouragement to shed the old to make way for the new. Another reason is that the peacock of all birds most closely resembles the phoenix in appearance.

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

Sources:
<https://www.yourtango.com/2021344536/peacock-symbolism-spiritual-meaning-seeing-peacocks>

Additional References:
<https://www.universeofsymbolism.com/peacock-symbolism.html>
<https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/birds/peacock-symbolism-meaning/>



CREATE
TOGETHER WE

QHHT

QUANTUM HEALING HYPNOSIS TECHNIQUE®

QHHT was developed by the late Dolores Cannon in over 45 years of groundbreaking work. Dolores is the author of 19 award winning books and her method is being taught all over the world. QHHT is based on two main components: past life regression and working with the Subconscious. In this method the term Subconscious relates to the Higher Self, the Oversoul, Higher Consciousness or the Universal Mind.

In line with my Quantum Coaching, it was an evidence to train myself to QHHT (just graduated Level 2).

The insight and wisdom you get from a session are priceless. This experience will always stay there ready to help through your life, if you choose so.

WHY BOOKING A QHHT SESSION?

People come for a QHHT session for many reasons. Some come out of curiosity, some have questions about their life purpose, family, work, or health issues. Over all, clients want to better understand why their life has been the way it has, and most importantly, how to move forward in the best way possible. Clients come with life threatening diseases, pain, discomfort, depression or addictions. They come with a desire to make their life better. Many times they may feel an inner knowing that they are meant to be doing "something" different with their life but need clarity on what that something is.

On this path of liberation, you will discover your unlimited potential and have an amazing experience.

BENEFITS OF WORKING WITH THE SUBCONSCIOUS

The Subconscious knows everything there is to know about you and the life you are living now, the Subconscious is asked your questions about your life. Obtaining this information is crucial to the healing aspect of the technique as it provides comfort, support and greater understanding in many different areas of life. Help can come in many different ways. The purpose of working with the Subconscious is always to help you to the greatest extent possible. The Subconscious will only choose to share information that is appropriate at the time and information that will only be of benefit to you.

READ MORE »

"No perfection... more experience. As soon as you reach perfection it is not perfect anymore because you want to try something different."

Dolores Cannon

[CLICK HERE TO BOOK A FREE 30 MINUTES CALL TO KNOW MORE AND ASK ANY RELEVANT QUESTIONS](https://linktr.ee/awishlink)

<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:

- Monday the 13th of March in **French**
- Wednesday the 22nd of March in **English**

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

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

