

ELEVATE YOUR VIBRATION

# Frequency

## 432



*Happy Frequency Friday!*

FREQUENCY 432 HEALING &  
WELLNESS EXPO

Don't Miss out!

\$20 Suggested Donation  
1 Complimentary  
Beverage  
Swag Bag for 1st 100  
Guests!  
Raffle Prizes  
Door Prizes  
Giveaways  
FREE Mini Reading!

When: **TODAY 12:00-5:00 PM**

Where: The Armory Art Center  
811 Park Place, West Palm Beach

See Page 2 for complete  
list of vendors! Come  
Experience & Shop!



**Time is Running Out!**

Schedule your Year End Tax Planning  
Session Today!

[CLICK HERE](#)



All proceeds will be donated to Vibration 432, a 501(c) 3 non profit with a mission to heal and improve the lives of those that have experienced trauma, suffering from Post Traumatic Stress, Depression and Anxiety. Our focus group is first responders and veterans as well as teens affected by Post Traumatic Stress and impacted by experiencing trauma.

# Frequency 432

This year's expo is attracting some of Palm Beach County's finest

## Learn, Grow & Discover

Curious about learning more about yourself? Want to see your aura? Have an angel reading? Have your tarot cards read or gemstone reading? Would you like to learn about the healing powers of salt therapy? Looking to learn a self assessment tool to help guide you through your day? Interested in hypnotherapy? Would you like to learn more about meditation & yoga? Craving creative expression?

### Agenda 11.18.22



12:00 PM: Open to the Public

12:30-1:15 PM: Yoga/Pranayama Session with Sofusion Yoga

1:30-2:00 PM: Cassi Eubank, CCHt, NLPP, DTM on Finding True Happiness After Extreme Trauma: 3 Steps to Developing Emotional Mastery to Heal Your Heart



2:00-2:30 PM: Sophie Frabotta, MA, Awaken Life Coach & Spiritual Healer on The Secret to Healing Ancient Wounds

2:00 - 2:30 PM: Dawn Vazquez on Thriving after Surviving Terminal Illness



3:30-3:45 PM: Healing Power of Crystals and How to Utilize in your Daily Life by Anthony Arnone from Ruby's Healing Crystals

4:00-4:30 PM: Dr. Daniel Hulsey from Epic Clinics on Brain Health and overall wellbeing



5:00 PM: Event Ends



We feel so honored & are grateful to have the Redline Sisterhood joining us! The Red Line Sisterhood, are dedicated to educating ourselves to provide the best support system available to our Fire Fighter family.

## Financial Fitness

Sure Fire Financial  
Financial Frequency

## Eat & Drink

Boozie Bluebell  
Dope Vegan  
The Healthy Spot

## Shop!

Looking for the perfect holiday gifts this year? Check out these vendors including crystals, gemstones, self care products with reiki energy, bathing suits, chakra teas, hydroponic gardening, nutritional supplements & unique jewelry! Looking for eco friendly, organic makeup and skin care?

Ruby's Healing Crystals  
. Eco Swim Co  
Tea 4 Chi

Exclusive Designs by Eva  
Calm Mind & Body Store  
Live Green Beautifully  
The Meridian Project  
Zetta Karmas Fine Art  
Earthfluenced  
Folayan Original  
Crystal Mystic Goddess  
Atlexas

## Health & Wellness

Come to meet some of South Florida's finest healing practitioners and learn about the different modalities available!

Living Towers  
The Salt Suite PBG  
Cassi Eubanks  
Sofusion Yoga  
Shay's Holistic Spa  
Soham Yoga  
Soham Yoga  
Zen Sweat Den  
Suresh Raja, MD & QBioClub  
The Metafix Wellness Center  
Danaysi  
Zen Sweat Den  
Tactics Elite  
Reckless Training  
Collaborated Wellness Cryo  
EPIC Clinics Pompano Beach  
Progress Pharmacy  
Wellness for Busy People  
Stretch Lab  
4 Ever Young Antiaging  
Metaflex Wellness Center  
Vibrations Massages

## An Attitude of Gratitude, with Love



Nanette  Saylor

There was a time in my life I was petrified to write my thoughts. I was paralyzed by the belief that the written word had permanence and powerful consequences that I could only see as negative. There was danger there, I was sure!

Today, expressing myself in words, pictures, and even doodles is a key to great joy because I have embraced the positive power inherent in recording my thoughts and dreams. What I could only see previously as negative, is now the key to my serenity.

Today when I put my thoughts on paper, they become energized with positive vibration. When I consciously choose to anchor them with love for myself and all whose lives are impacted, all is well. I can feel the shift in me as soon as I declare my feelings of love and gratitude for all that is.

I choose to believe that the collective support of sharing does manifest my deepest desires. By sharing my dreams with others, in women's circles, with a coach, in an Artist's Way Creative Cluster, and on the pages of this newsletter, I know that I am drawing myself in the direction of those dreams. This act gives me great courage. When I share my visions and desires with others, they become real.

gratitude  
CHANGES  
every  
thing

You can do this, too! It's as simple as declaring your gratitude for what is, setting an intention to live in the vibration of love first, and declaring your desires out loud. The first step toward clarity around what you desire, is to write about what matters to you. How do you know what matters to you? The answer lies in your gratitude list.

So today I am revisiting a gratitude list I wrote a while ago. When I first wrote this list, it was a new experience. It felt awkward and a little selfish somehow. If this is a new practice for you, too, I encourage you to give it a try. Begin by simply writing the words, I am grateful for...

Then, fill in the rest of the sentence. Keep going until you can't think of anything else. Write whatever comes to mind. Don't judge what comes up. You may be surprised by what comes to mind and that's OK. Simply and silly responses are also OK!

I remember now how good it felt to write down the things that mattered to me. I had never done it before. It was a moment of true clarity when I acknowledged how these things impacted my life. And, I gave myself permission to want more of them.

It feels especially good to know now as I review the list, that, many years later, these things are still what matter. And, it is exactly what I want to share today. Cultivating an attitude of gratitude transforms you and all those around you. Over time, the shift is imprinted on your soul, just as the words have been printed on the pages of my blog and various newsletters like this one for years. These words live on just like the love Vibration 432.

*No matter what fears lurk in my imagination, I am armed with the courage to face them, empowered by these simple truths. Writing them gives them life and sharing them gives me strength.*

*So today I affirm, once again, that I am eternally grateful for:*

*-knowing that a power greater than me does work in my life in miraculous ways.*

*-accepting peace and the feeling of acceptance when I allow myself to "BE".*

*-sharing love with my family, my friends and kind, gentle strangers.*

*-wondering at nature, and all her amazing gifts.*

*-appreciating the power of the ocean, and the healing it brings to me and those I love.*

*-nourishing myself and strengthening my physical being.*

*-knowing and accepting the existence of pure joy.*

- using my intellect, my voice, and my creative imagination as an instrument for awareness and change.
- allowing myself to dream and to acknowledge that playing small no longer serves me or the universe.
- appreciating the incredible women who are my teachers, mentors, and supporters, who gently push me and remind me that anything is possible!

Today, I add that I am grateful to serve and support all who are drawn to my message and my work, especially those who are called into the collective to support the non-profit mission of Vibration 432. I am truly blessed to be inspired by my life experiences, and to use my gift of compassion to teach, to mentor, and to encourage you to uncover your creative super-powers, to find your courage and to live your dreams.

Now it's your turn...

As we approach the holiday season, I invite you to consciously focus on an attitude of gratitude with love. This will change you and all of your life experiences.

So, I ask, what are you grateful for today? Give thanks and celebrate, even the littlest of things.

In the spirit of wisdom, wellness, and prosperity-

I wish for you everything you dream, and more!

Nanette Saylor

Creativity Curator + Possibility Partner

WiseWellWomen.com

#wisewellwomen are #consciouscreators who #createplaylive!

# Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED  
A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

## Get Your Cosmic Mojo On

Thanking the Heavens for the Gift of a Cosmic Perspective  
A Commentary on the Crypto Crash

My Mortal Perspective and a More Cosmic Perspective

If you have been reading the Cosmic Mojo contributions I have been making to this newsletter over the past many months you may be aware that I was, at one point in time, "over the moon" about crypto investing. There was a time on what I now view as a financial roller coaster that my account was rising in value almost hourly. Having never experienced anything like that in my past financial existence I was hooked on the high it produced. I enthusiastically shared my experience with others. As I am sure you are aware - times have changed and I feel a bit embarrassed for all my unbridled enthusiasm.

However, despite the hard times in the Cryptosphere, based upon astrology, a discipline I study in depth, I remain pleased I have taken this path in planning for my financial future. I will explain herein. FYI: I stay informed about Astro informed finances by attending the biweekly webinars of an astrologer who dedicates his practice to financial affairs.

First, before briefly explaining what he is saying, I want to express sincere condolences to anyone who has experienced significant losses because of the FTX crash. I profoundly hope that no one in this orbit experienced losses that look anything like what people who invested with Bernie Madoff experienced. If you have most of your holdings in Bitcoin and Ethereum and they are securely stored in a hard wallet (not on an exchange) my understanding is that though you need to endure lows for probably most of the coming year you should, in the long haul, be fine.

### Cosmic Financial Trends: Taking the Long View Looking Backward and Forward

In September of 2008 when Lehman Brothers went bust Pluto, the planet that destroys in order to make room for something that wasn't otherwise possible to emerge, was just about to enter the sign of Capricorn. This earth sign is the ruler of big business, governments and money. By December of that same year Pluto actually entered Capricorn and it was on December 10, 2008 that Bernie Madoff turned himself into authorities.

Ever since 2008 many Pluto defined cosmic level shifts have been occurring in global financial markets. When Pluto leaves Capricorn in early 2024 it will go into Aquarius the sign of inventions and paradigm shifts. New systems (including crypto) have been and will continue to emerge. In 2024 when Pluto enters Aquarius it will be fully time for the Universe to support the changes that Pluto's destructive tendencies made possible.

Thus, for now, we are still in the phase of destruction (as evidenced by the FTX debacle) and I believe that the best way to navigate with equanimity is to adopt an attitude of patiently waiting until 2024 before making moves and choosing Wisdom. (Wisdom with a Capital W.)

Continued on next page



# Cosmic Crypto Mojo

WITH ASTROLOGER & NUMEROLOGIST HATTIE PARKER, MS,ED  
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## Get Your Cosmic Mojo On

### Continued

If you are wondering how I suggest you patiently wait and choose Wisdom. Here are my thoughts:

1. Patiently wait: (FYI: This is not meant to be financial advice. Rather simply to share about my plans.) I do not plan to sell any of my Bitcoin or Ethereum. I will keep it stored safely and continue to attempt to stay well-informed. I plan to wait until it is well into 2024 to reevaluate.

2. Choose Wisdom: In numerology the number for Wisdom is 5. The Master number of 5 is 77 ( $7 + 7 = 14$ ,  $1 + 4 = 5$ ). The number 77 (the mastery of Wisdom) relates to not being attached to having "things" go as you plan for them to go. It is human to plan. It is the law of nature that many "things" are not in your control. The AA program is well known for encouraging people to use a profound prayer to calm jittery nerves. It is called The Serenity Prayer:

GOD,  
grant me the  
*Serenity*  
to accept the things  
I cannot CHANGE;  
*Courage*  
to CHANGE  
the things I can;  
and  
*Wisdom*  
to know the DIFFERENCE.

Choosing Wisdom might look like saying this prayer when you feel fearful.

In conclusion FYI: Thanksgiving is on 11/24/2022 the numerology total for that day is 77/5. It will be an excellent day to count your blessings and practice the art of choosing Wisdom.