

Financial Frequency

WHAT'S YOUR FINANCIAL FREQUENCY?

Happy Frequency Friday!

Silicon Valley Bank Failure & Your Money

On March 10, Silicon Valley Bank, one of the most prominent lenders in the start-up ecosystem, collapsed. Federal regulators stepped in to allay fears and limit risk in the broader financial system.

Is your Money Safe in the Bank? FDIC Insurance limits explained!

As concern about the US Banking rises, it is important to understand FDIC insurance limits to make sure your money is safe.

One of the frequently asked questions that I get from clients is how much can I maintain in my bank account with FDIC insurance. FDIC deposit insurance enables consumers to confidently place their money at thousands of FDIC insured banks across the country, and is backed by the full faith and credit of the United States government.

The FDIC covers:

Checking accounts, Negotiable Order of Withdrawal (NOW) accounts, Savings accounts, Money Market Deposit Accounts (MMDAs), Time deposits such as certificates of deposit (CDs), Cashier's checks, money orders, and other official items issued by a bank

~~The FDIC does not cover Safe deposit boxes or their contents, U.S. Treasury bills, bonds or notes~~

FDIC Deposit Insurance Coverage Limits by Account Ownership Category

Single Accounts (Owned by One Person)	\$250,000 per owner
Joint Accounts (Owned by Two or More Persons)	\$250,000 per co-owner
Certain Retirement Accounts (Includes IRAs)	\$250,000 per owner
Revocable Trust Accounts	\$250,000 per owner per unique beneficiary
Corporation, Partnership and Unincorporated Association Accounts	\$250,000 per corporation, partnership or unincorporated association
Irrevocable Trust Accounts	\$250,000 for the noncontingent interest of each unique beneficiary
Employee Benefit Plan Accounts	\$250,000 for the noncontingent interest of each plan participant



Jill



Yoga Frequency

with Jennifer Basing 200 hour RYT



The Muladhara - A Voyage of Connection to your Sacred Grounding

ROOT CHAKRA WORKSHOP WITH JENNIFER BASING AND STEVEN GARRITY

PRACTICE ENCOMPASSES:

- MEDITATION
- BREATHWORK
- ORGANIC VINYASA
- YIN
- YOGA NIDRA
- SOUND BATH



SATURDAY MARCH
25TH

1-4:30

REFRESHMENTS
AVAILABLE

INVESTMENT \$108

IG:@KULAYOGASHALA

REGISTER NOW



Reserve your space at
Kula Yoga Shala in
Jupiter

<https://www.kulayogashala.com/shchedule>



This is the second class of a Series of Workshops focusing on each Chakra through the gentle practice of Meditation, Breathwork, Organic Vinyasa, Yin and Nidra Practice accompanied by the Song and Crystal Bowl Sound Healing of Jennifer Basing.

The root chakra is located at the base of our spine associated with the regulation of energy connected with instinct, survival and safety. This primal chakra is often the most blocked and constricted energy fields in our bodies. Upon examination we may find ourselves struggling with our self-esteem and a general sense of lack in all things including safety, trust, control, money and a sense of belonging. Deficiencies and blockages of the root chakra may lead to feelings of anxiety, panic and even fear that can disrupt the flow of life. Join us for a journey through these layers to the very center of your 'home' in the root chakra. Experience meeting yourself, your whole self, with love and compassion. By doing so, you can begin to find a stable source of safety and security within your own body leading to groundedness, patience, and trust. Connect to your authenticity and the inherent wholeness that is waiting to be seen, felt, expressed, and shared.

Cosmic Crypto Mojo

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

LET GO AND GROW: VISIONARY VICTORY



**THE COSMIC AND VERY PRACTICAL CASE FOR LEARNING TO USE
THIS METAPHYSICALLY INSPIRED SYSTEM FOR WELL-BEING AND SUCCESS**

LET GO AND GO WITH THE FLOW OF NATURAL CYCLES

WE ARE LIVING IN TIMES OF GREAT CHANGE. COSMICALLY WE ARE NOW, AFTER ALMOST 15 YEARS, ON THE PRECIPICE OF A MAJOR GLOBAL CHANGE. PLUTO, A PLANET THAT MOVES VERY SLOWLY AND BY ITS NATURE FORCES LETTING GO TO MAKE SPACE FOR TRANSFORMATION IS AT THE VERY BEGINNING STAGES OF CHANGING ITS ENERGETIC IMPACT ON THE WORLD. ITS ACTION IS CONGRUENT WITH A QUOTE ATTRIBUTED TO COLUMBUS. "IF YOU WANT TO CROSS THE OCEAN YOU HAVE TO LET GO OF THE SHORE." NOW, AFTER A DECADE AND A HALF PLUTO WILL BEGIN LEAVING CAPRICORN, THE SIGN OF BIG BUSINESS. IT WILL BE ENTERING AQUARIUS, THE SIGN OF REVOLUTION.

THIS CHANGE COMMENCES NEXT WEEK ON MARCH 23. BETWEEN MARCH 23 AND JUNE 11 PLUTO WILL TEMPORARILY MOVE INTO AQUARIUS AND THEN TURN BACK INTO CAPRICORN. ON JANUARY 21, 2024 PLUTO WILL ENTER AQUARIUS FOR THE NEXT 20 YEARS. HOLD ON TO YOUR HATS – BIG REVOLUTIONARY CHANGES WILL ABOUND. THE PHRASE "NO TIME LIKE THE PRESENT." COMES TO MIND. NEXT WEEK'S APPROACHING 2.5 MONTH PLUTO SIGN CHANGE WILL BEGIN PREPARE US. AND WE CAN EMBARK UPON LET GO AND GROW BEGIN TO PREPARE!

THE TIME IS NOW!

BETWEEN MARCH 23 AND JUNE 11 WE WILL BE UNDER THE INFLUENCE OF REVOLUTIONARY TRANSFORMATIONAL ENERGY THAT WILL INSPIRE INNOVATION AND INVENTION.

WALT DISNEY, A MASTER OF INNOVATION SAID:

IF YOU CAN VISUALIZE IT, IF YOU CAN DREAM IT, THERE'S SOME WAY TO DO IT.



Cosmic Crypto Mojo



IT IS AN IDEAL TIME TO FIND SUPPORT FOR EVALUATING WHAT CAN BE RELEASED TO MAKE ROOM FOR INNOVATION IN YOUR LIFE. THE LET GO & GROW PROGRAM WILL HELP YOU FIND CLARITY AS WELL AS HOW TO APPLY EASY-TO-USE TECHNIQUES FOR MAKING ROOM FOR DESIRED TRANSFORMATION. IT HAS THE POTENTIAL FOR PROFOUND SELF-DISCOVERY.

ABOUT LET GO & GROW: VISIONARY VICTORY

THE PURPOSE OF LET GO & GROW: VISIONARY VICTORY IS TO

- 1.) STRENGTHEN YOUR VISUALIZATION "MUSCLES" AND
- 2.) EMPOWER YOU TO CREATE DESIRED TRANSFORMATIONAL CHANGES.

YOU WILL LEARN TO USE AN EASY SYSTEM FOR BUILDING VISIONARY STRENGTH AND GAIN ACCESS TO THE TOOLS TO SUPPORT YOURSELF IN SUCCEEDING.

6 POWERFULLY GOOD REASONS TO LEARN TO USE AND BENEFIT FROM: LET GO & GROW: VISIONARY VICTORY

1. IT WILL HELP YOU GO WITH COSMIC THE FLOW.
2. IT IS FUN (EVEN GAMELIKE), EASY, AND EFFECTIVE.
IT IS ALSO PROFOUND AND CAN MAKE A REAL DIFFERENCE IN YOUR LIFE.
3. IT WILL GUIDE YOU TO FIND CLARITY ABOUT YOUR MOST PRECIOUS HEARTFELT HOPES AND DREAMS.
4. CURRENTLY (FOR THIS FIRST TRIAL RUN) YOU GET TO PARTICIPATE AT NO COST. (THOUGH DONATIONS TO VIBRATION 432, THE SPONSORING NONPROFIT ARE WELCOME.)
5. BY PARTICIPATING WITH FIELD TESTING THIS SYSTEM YOU WILL BE GAINING GOOD KARMA THROUGH SERVING THE GOOD CAUSE OF VIBRATION 432. IT IS A PROJECT IN DEVELOPMENT FOR HELPING PEOPLE SUFFERING WITH PTSD. (EVERYTHING IS ENERGY AND WE KNOW WHAT COMES AROUND GOES AROUND.)
6. BY PARTICIPATING YOU WILL BE ENTERED INTO A DRAWING TO WIN AN IN-DEPTH AURA IMAGING SESSION. THIS IS A \$125-150 VALUE. MORE ON THIS ONCE YOU SIGN UP.

INFORMATION ABOUT SIGNING UP FOR LET GO AND GROW (AND HOW IT IS RELATED TO THE VIBRATION 432 AND VIBE 432) CAN BE FOUND AT:

[HTTPS://HATTIEPARKER.COM/VIBE-432-VISIONARY-VICTORY/](https://hattieparker.com/vibe-432-visionary-victory/)



The Practice of Let Go and Grow

MORE ON LEARNING HOW TO LET GO SO YOU CAN GROW...

IF WE'RE GOING TO GROW WE ARE GOING TO HAVE TO LEARN TO LET GO OF THE THINGS THAT ARE KEEPING US STUCK OR HOLDING US BACK.
THE CHALLENGE IS THAT WE GET REALLY COMFORTABLE WITH WHAT WE KNOW, EVEN WHEN THAT BEHAVIOR, RELATIONSHIP OR THING IS NOT PRODUCTIVE, SELF-AFFIRMING OR EFFECTIVE.

WHAT DO WE MEAN WHEN WE TALK ABOUT "LETTING GO"?

LETTING GO IS ABOUT RELEASING OUR ATTACHMENT TO PEOPLE, PLACES, PATTERNS, THINGS, MEANINGS, MEMORIES, FEARS, EXPECTATIONS AND SO MUCH MORE!

AND OUR ATTACHMENTS ARE OFTEN BASED ON HISTORY AND STORY THAT MAY NO LONGER REPRESENT WHO WE WANT TO BE NOW.

WE ARE ATTACHED TO OUR ATTACHMENTS!!! WE KNOW THAT OLD HABITS DIE HARD, SO EVEN THOUGH WE SAY WE WANT SOMETHING NEW, WE HAVE A TOUGH TIME TRYING TO CREATE ANEW BECAUSE OUR SUBCONSCIOUS IS HOLDING ON.

TO MAKE CHANGES, WE HAVE TO CONSCIOUSLY AND ACTIVELY CHOOSE TO LET GO OF THE PAST AND FOCUS ON THE HERE AND NOW.

THAT'S WHY RITUALS AND DAILY PRACTICES LIKE THE "YES I CAN" AND "LET GO AND GROW" CHALLENGE CAN BE SO HELPFUL.

WHEN WE ENGAGE IN ACTIVE PRACTICE TO SHIFT OUR THINKING, WE GET TO CONSCIOUSLY CHOOSE TO LEAVE OUR OLD STORY BEHIND AND CREATE A NEW ONE.

**THIS IS POWERFUL STUFF.
SERIOUSLY.**

DOING THIS WORK - COMMITTING TO THIS PRACTICE - IS LIFE-CHANGING.

HONESTLY, SOMETIMES THAT'S WHY WE AVOID IT.

WE'RE MORE COMFORTABLE HANGING ON TO OUR OLD STUFF.
OLD IS FAMILIAR AND SAFE.
NEW IS UNKNOWN AND SCARY.



Nanette Saylor
Creativity Curator + Possibility Partner
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Listen to our Podcast - Create.Play.Live.
Join us on Facebook at The Conscious Creators Cafe'





TRUTHFULLY, TRYING SOMETHING NEW IS UNKNOWN AND SCARY FOR ALL OF US.

WE ALL HAVE TO BE BRAVE TO MAKE THE CHANGES WE SAY WE WANT.

IT DOESN'T MATTER WHERE WE ARE ON OUR PERSONAL DEVELOPMENT JOURNEY.

THOSE OF US WHO ARE MORE EXPERIENCED STILL HAVE TO LET GO OF SOMETHING TO
MAKE ROOM FOR THE NEW.
WE JUST DO IT ON A DIFFERENT LEVEL.

TODAY, I AM REMINDED OF ANOTHER TOOL IN MY SELF-CARE TOOLKIT, A BOOK BY MELODY
BEATTIE, **"THE LANGUAGE OF LETTING GO".**

IF I WERE STUCK ON A DESERTED ISLAND WITH ONLY A HANDFUL OF BOOKS, THIS WOULD BE
ONE OF THEM. MELODY'S WORDS HAVE HELPED ME NAVIGATE THE MOST CHALLENGING
TIMES OF MY LIFE AND GIVEN ME CONFIDENCE TO STRETCH WHEN LIFE IS GOOD AND I'M
STRIVING FOR SOMETHING MORE.

HER LESSONS AND AFFIRMATIONS, LIKE THE ONE BELOW, ARE TIMELESS:

**"TODAY, I WILL LET THINGS HAPPEN WITHOUT WORRYING ABOUT THE SIGNIFICANCE OF
EACH EVENT.**

**I WILL TRUST THAT THIS WILL BRING ABOUT MY GROWTH FASTER THAN RUNNING
AROUND WITH A MICROSCOPE.**

I WILL TRUST MY LESSONS TO REVEAL THEMSELVES IN THEIR OWN TIME."

YOU MAY RECALL THAT LAST WEEK I WROTE ABOUT ANOTHER SELF-CARE TOOL KNOWN AS
THE HAWAIIAN TRADITION OF HO'OPONOPONO.

MY HOPE FOR YOU IS THAT YOU'LL BEGIN TO GATHER TOOLS THROUGH THIS NEWSLETTER
TO SUPPORT YOUR PERSONAL AND PROFESSIONAL GROWTH.

I LOOK FORWARD TO CONNECTING WITH YOU FOR A "VIRTUAL COFFEE" SOMETIME SOON.
USE THIS LINK: [HTTP://CHATWITHNANETTE.COM](http://chatwithnanette.com) IF YOU HAVE ANY QUESTIONS OR WOULD
LIKE ADDITIONAL INFORMATION ABOUT ANYTHING YOU SEE HERE OR SIMPLY WANT TO SAY
"HI"!

I WISH FOR YOU EVERYTHING YOU DREAM, AND MORE!



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