

# Frequency Friday!

Elevate your frequency!



## YEAR END TAX PLANNING

Proper planning allows you to understand which tax benefits you qualify for.

You might be able to take advantage of:  
Deductions: Tax deductions allow you to reduce your taxable income. They're usually expenses you incur throughout the year, which you can subtract from your total income. Find out more and book your appointment with Jill today! Click below to schedule:

**INDIVIDUAL**

**BUSINESS**

## REFRAME YOUR MINDSET



### ***This 1900s Brainteaser Still Mesmerizes A Century Later.***

It's incredible how much can change with a tiny shift in perspective. The human brain has an incredible talent for looking at things from a variety of angles, whether that means reviewing all facets of a complicated problem, or literally looking at an image in more than one way. The cartoon — published in Puck, a humor magazine, in 1915 — appears differently to different people. Some folks, upon glancing at the drawing, immediately see a young woman. Others instantly know that it's an illustration of an old woman. The beauty is we can see both images with a longer gaze or more focus. How does this apply to the journey of your life? How can you look through a different lens to see another perspective? The real challenge is to reframe your mindset to see options where you get to choose. Change the vibration of your life!

# Frequency Friday!

## Bulletin Board

JOIN US AT OUR NEXT NETWORKING EVENT!



Wednesday, November 1st, 5:00 PM - 7:00 PM  
Renegades Country Bar & Grill  
600 Village Blvd, West Palm Beach, FL 33409

SPONSORED BY:



The Law Offices of  
Jonathan E. Litz, P.A.



Come have appetizers & cocktails on us.  
Make some new connections at Renegades Country  
Bar & Grill!

Please RSVP online or email  
kristen@palmbeachmortgagegroup.com

### Networking Event-November 1st!

Join us at Renegades from 5-7pm for appetizers and cocktails and a great time meeting new people and potential clients!

RSVP:

[CLICK HERE](#)



## Frequency 432

Healing & Wellness Expo  
[www.frequency432.us](http://www.frequency432.us)

### EVENT SPONSORSHIP OPPORTUNITIES

Join us for this unique opportunity to be a part of our 3rd Annual Frequency 432 Healing & Wellness Expo! All sponsors will be featured on event website and all printed and online materials. In addition, the sponsors will have a free vendor booth at the expo and complimentary ticket to our VIP Pre-Event

### Sponsors needed for our 11/11 Event!

We would love your support for our Health and Wellness Event next month! Please consider being a sponsor and we will promote your business! There are 3 Tiers of sponsorship or you can make a flat donation for the non-profit, Vibration 432!

If you are interested in sponsoring our event, please send an email to [info@vibration432.com](mailto:info@vibration432.com)!

Thank you for your support ❤️

[DONATE](#) ❤️



#### \$2,500 Investment

To be utilized for event promotion and marketing including feature article and advertising in Natural Awakenings and engaging the services of CIM Consulting for pre and post event coverage and public relations to promote Vibration 432, 501(c)3 non profit

#### Spirit

#### Mind

#### \$1,000 Investment

To be utilized to purchase 250 recyclable custom tote bags branded with your company's logo & contact information to be given out to the first 250 attendees at the expo as goody bags - will be filled with vendor merch



#### Body

\$250 Investment - multiple opportunities available  
To defray the cost of the production of the 11/11 including:

- Facility rental expense for venue fee at Carlin Park
- Day of Staffing Needs for PBC Parks & recreation employees for parking & clean up
- Event insurance coverage



*Frequency 432 Healing and Wellness Expo*

# VOLUNTEERS NEEDED

## We Need Help With

-  Kid Zone-Arts + Crafts
-  Parking Attendants
-  Event Security
-  EMS/First Responders on Site

We need volunteers for a variety of projects to support our Non-Profit Healing and Wellness Expo at Carlin Park Jupiter on November 11th, 2023!

This can count  
towards Highschool  
Community Hours!



**JOIN HERE!**

For more information, please visit  
[www.frequency432.us/event/2023-health-and-wellness-expo/](http://www.frequency432.us/event/2023-health-and-wellness-expo/).



# GET YOUR COSMIC *Mojo* ON



We are **Spirit** having a human experience

by Hattie Parker, MS Ed, Astrologer, Numerologist & "Yes I Can" Creator/Coach



## Friday the 13th, Spooky Halloween and An Antidote to Lighten up Scary Perceptions



This Mojo is being published in the Frequency Friday Newsletter on an often superstitiously feared Friday the 13th. This date is further associated with fear as it falls in the month of October, that is, of course, the traditional time of Halloween, a holiday that has long been associated with being the scariest time of the year. Hmmm, it all seems a bit spooky! Hopefully this article will lower the spook temperature and contribute to an uplifting hopeful horizon.

### The History of Why the Number 13 is Considered Unlucky

Research gleaned from the History Channel offers a wealth of interesting historical content.

"While Western cultures have historically associated the number 12 with completeness (there are 12 days of Christmas, 12 months and zodiac signs, 12 labors of Hercules, 12 gods of Olympus and 12 tribes of Israel, just to name a few examples), its successor 13 has a long history as a sign of bad luck.

The ancient Code of Hammurabi, for example, reportedly omitted a 13th law from its list of legal rules. Though this was probably a clerical error, superstitious people sometimes point to this as proof of 13's longstanding negative associations. Fear of the number 13 has even earned a psychological term: triskaidekaphobia.

According to biblical tradition, 13 guests attended the Last Supper, held on Maundy Thursday, including Jesus and his 12 apostles (one of whom, Judas, betrayed him). The next day, of course, was Good Friday, the day of Jesus' crucifixion.

The seating arrangement at the Last Supper is believed to have given rise to a longstanding Christian superstition that having 13 guests at a table was a bad omen—specifically, that it was courting death."

Further, to this interesting research I am aware, as a long time Tarot reader that, in the deck of Tarot cards, the 13th card is the Death Card.

An Uplifting Antidote for Transcending the Fear Factor of Friday the 13th.

As a Tarot card reader, committed to helping clients solve complex life problems, I have learned from years of observation what proves to be lucky and/or unlucking. Contrary to typical fearful reactions, the Death Card can be viewed as a reassuring blessing. I have, in fact, empirically found it to be a very good omen. It signals the opportunity to transform personality challenges and/or situations that have been causing people to feel and be stuck in self-defeating patterns. Try It! You Have Nothing to Lose

As an uplifting energy experiment I recommend you try using this particular Friday to make a commitment to changing (transforming) something you don't like about the way your life is unfolding. Take a minute to think about what or how you want to change. Write it down in a journal or on a piece of paper that you can place under your pillow.

Halloween: A Good Time for Personal Growth and Enhanced Well-being

From 10/13/23 there 18 days until Halloween. The encouraging side of how to engage in cosmic Halloween energy will be covered in next week's Mojo.

Further to Frequency Friday and Financial Frequency as a Source of Meaningful Personal Growth for Our Community

As we commence into the last quarter of the 2023 year we tend to naturally begin to think about envisioning what we want for ourselves and our loved ones in the coming 2024 year. Nanette Saylor, our queen of creative vision questing, and I are actively engaged in figuring out how to engage this community in activities to inspire creative thoughts and intentions for our individual and collective futures.

CAN YOU HELP?

One of our challenges relates to finding space for offering a Vision Board creation experience. If anyone reading this has a suggestion of a place for 4 hour a Saturday or Sunday event December 2 or 3 or alternatively December 9 or 10 please let us know by contacting: [Nanette@wisewellwomen.com](mailto:Nanette@wisewellwomen.com), or [Hattie@hatterparker.com](mailto:Hattie@hatterparker.com).