

Frequency Friday!

Elevate your frequency!

Small Business Saturday!

If you have a friend or family member that has a small business, please shop with them or share their business page, links, and deals with your friends & family this holiday season!

You're helping someone build a dream, while getting great products & services!

Small Business Saturday is tomorrow! Help to support local business owners & their dreams!

Here are 5 Tips to make the most of Small Business Saturday if you are a business owner:

1. Provide a unique customer experience or service for the day
2. Partner with other local businesses
3. Leverage Social Media
4. Put employees in the spotlight
5. Offer free giveaways for the day

If you are not a business owner, you can help your entrepreneurial friends that are by doing the following:

1. Checking into their business on social media
2. Featuring an item purchased from them and tagging them on social media
3. Tag your favorite local businesses in a Small Business Saturday Post!

Let's support our community this year!





Illuminate Your Soul

THURSDAY, DECEMBER 7TH 6PM

Our Very own Jenn is collaborating once again with Angie, Dakota and Jenn for this incredible sound journey! A Magical Evening of sound and healing you don't want to miss! Register below, spots sold out quickly last time!

Hope to see you there!

Illuminate Your Soul
A COLLECTIVE SOUND HEALING EXPERIENCE & FIRE CEREMONY
THURSDAY, DECEMBER 7TH 6PM

Guided by

-  **Angie Greenfield**
-  **Dakota Dawkins**
-  **Jennifer Baez**
-  **Jennifer Basing**

centerttheheart.com

REGISTER NOW 

A Truly Uplifting Thanksgiving Moon Mojo



This November we had a Scorpio New Moon on Monday 11/13 and will have a Gemini Full Moon on 11/27. The 11/13 New Moon involved having Mars (the warrior) close by stirring up tension and Uranus (the expect the unexpected disrupter) also messing with us on the opposite side of the zodiac. In the spirit of Thanksgiving now is time to choose to come from the perspective that, we live in a user-friendly Universe and that "The Universe is in perfect order". If you experienced unexpected confusing and/or hurtful disruption, take a deep breath and commit to going with the flow of this season. Strange as this may seem consciously choose to be thankful for the disruption. On Monday 11/27 the Sun in enlightening Sagittarius lights up the Gemini Full Moon. We will be blessed with the opportunity to be enlightened. Gemini rules communication you may be inspired to engage in meaningful clarifying communications.

Looking ahead on 12/12 we have a New Moon in enlightening Sagittarius. This will be an auspicious time to commence to engage in a self-discovery process of planning for what you want to enjoy, express and accomplish in 2024. Nanette Saylor, Creativity teacher and Life Coach and I will be leading a 12/12 experiential event. Learn more and sign up at:

<https://www.createwithnanette.com/loveportal12>

Gratitude Revisited...

With Courage



If you've participated in any of my journal workshops or have been reading my posts for a while, you know that there was a time I was petrified to write. I was paralyzed by the belief that the written word had permanence and power, with consequences that I could only see as negative. There was danger there, I was sure, even if I didn't know what I was afraid of, and I could not gather up enough courage to face those fears.

Today I share in the joy of expressing myself in words, pictures, and even doodles because I have embraced that power, that very same power I only new as negative now is the key to my serenity. Today when I put my thoughts on paper they become alive. And when I share my visions with others, they are real and, though they may frighten me, they no longer paralyze me.

Even more amazing is that by sharing those dreams with others, on these pages, in Masterminds, with a coach, or an Artist's Way Creative Cluster, I know that I am drawing myself in the direction of those dreams. I choose to believe that the collective support of sharing does manifest my dreams. That gives me courage.

So today I am revisiting a gratitude list I wrote a while ago. These were new awarenesses then... born from a realization that I had never written a gratitude list before. I remember how good it felt to write them down. I experienced a moment of true clarity.

And, it feels great to know now, reviewing this list, that it is exactly what I want to share today. This attitude of gratitude is a part of me, expressed and now confirmed by my Inner Wisdom. It is imprinted on my soul, just as the words have been printed on the pages of this blog, my online journal, for years. These words live on, no matter what.

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

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

- knowing that a power greater than myself does work in my life in miraculous ways.
- accepting the peace I feel when I allow myself to just "BE".
- sharing love in my life with my family, my daughter, my partner, 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.
- using my intellect, my voice, and my creative imagination as an instrument for awareness and change.
- knowing and accepting the existence of pure joy.
- appreciating the incredible women who are my teachers, mentors, and supporters, who gently push me to face my fears and remind me that anything is possible!
- allowing myself to dream BIG (after all these years) and to acknowledge that playing small no longer serves me or the universe.

So, today I will add, I am grateful to serve and support all who are drawn to my message and my work. 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 find your courage and to live your dreams.

What are you grateful for today? I encourage you to share your thoughts. Give thanks and celebrate, even the littlest of things.

In the spirit of wisdom, wellness, and prosperity- I wish you everything you dream, and more!

~Nanette