

# Frequency Friday!

Elevate your frequency!



## UPDATE

Notice of Statewide Minimum Wage on September 30, 2023, the minimum hourly wage in Florida will be \$12.00. Florida employers are permitted to take a tip credit of up to \$3.02 per hour for tipped employees. Beginning September 30, the minimum hourly cash wage rate for eligible tipped employees will be \$8.98.

### Avoiding identity theft scammers posing as the IRS

Imitation may be the sincerest form of flattery, but when scammers pose as the IRS it means trouble for taxpayers. Identity thieves may contact taxpayers through fraudulent calls, emails, texts or social media messages pretending to be the IRS. Here are tips to help taxpayers know when the IRS is contacting them.

#### Letters and notices

A letter or notice is usually the first way the IRS will contact a taxpayer. When a taxpayer receives a suspicious letter or notice, they can check to see if it's really the IRS:

- Log in to their [secure IRS Online Account](#) to see if a copy of the notice or letter is in their file.

- Review common IRS letters and notices at the [Understanding Your IRS Notice or Letter](#) page on [IRS.gov](#).
- Contact IRS customer service directly to authenticate it, if they weren't able to authenticate in their online account.
- Verify that any collection notice from a private collection agency has the same Taxpayer Authentication Number as the Notice CP40 the taxpayer received from the IRS. Taxpayers can visit [Private Debt Collection Frequently Asked Questions](#) to learn more about verifying a private collection agency.

#### Phone calls

After first mailing a notice or letter to a taxpayer, IRS agents may call to confirm an appointment or discuss items for a scheduled audit. Taxpayers should know that:

- The IRS doesn't leave pre-recorded, urgent or threatening messages. Scammers will tell victims that if they do not call back, a warrant will be issued for their arrest. Anyone making threats is a scammer.
- Private collection agencies contracted by the IRS may call taxpayers to collect certain outstanding inactive tax liabilities, but only after the taxpayer and their representative have received written notice.

The IRS and its authorized private collection agencies will never ask a taxpayer to pay using any form of pre-paid card, store or online gift card. Taxpayers can review the IRS payments page at [IRS.gov/payments](#) for all legitimate ways to make a payment.

#### Email, text and social media

The IRS doesn't first contact taxpayers by email, text message or social media channels to request personal or financial information. Some common electronic scams that thieves use are:

- Sending [phishing emails](#) to taxpayers.
- Posing as an IRS social media account to contact taxpayers about a fake bill or refund.
- Texting taxpayers about fake "tax credits" or "stimulus payments."

The IRS recently ended [most unannounced visits to taxpayers by agency revenue officers](#). Ending these unannounced visits to taxpayers will improve overall safety for taxpayers and IRS employees.

# Frequency Friday!

## Bulletin Board

### Frequency 432

Elevate your Frequency!  
[www.frequency432.us](http://www.frequency432.us)



Join our Community!

You are invited to join this Meeting in the efforts to build a community of Healers and Wellness Practitioners to showcase the many services available for trauma-afflicted individuals and their families. Our Mission is to expand within our Organization to have a wide network of resources that offer holistic healing therapies and a variety of techniques that can be blended with traditional Western medicine and treatment plans to help heal.

Event date:

September 28, 2023, 5-7 pm  
 Alton Clubhouse 13255 Alton Rd.  
 Palm Beach Gardens, FL 33418

You are invited to an evening of sharing ideas, collaborating with fellow wellness practitioners, helpers and healers. We are working to build our network of resources to serve our 501(c)3 non profit Vibration 432 to help to heal and improve the lives of first responders and teens suffering from PTSD.

Visit [www.frequency432.us](http://www.frequency432.us) to learn more!

Limited space available! RSVP to: [info@vibration432.com](mailto:info@vibration432.com)



Sound Bath Meditation!

### Frequency 432 Community Gathering 9/28/23!

You're Invited!

Join us on Thursday, September 28th  
 5-7pm at Alton Clubhouse!  
 13255 Alton Road, PBG

Calling all Healing and Wellness Practitioners that are interested in becoming a part of our community of Healers!

RSVP to [info@vibration432.com](mailto:info@vibration432.com)  
 limited space available!

## JOIN Sofusion Yoga Exploration GREECE Retreat June 30-July 7th 2024!

Come Experience  
 Yoga, Serenity and Harmony  
 in the Greek Islands!

Immerse yourself in a week-long 21+ All-inclusive (some exclusions apply) Yoga retreat and cultural experience in the beautiful Cycladic Islands in Greece. Our home base is the stunning island of Paros, a place where beauty knows no bounds. From here, we'll be embarking on daily journeys to the nearby islands of Mykonos, Antiparos, and ancient Delos, each one a treasure waiting to be discovered.

BOOK NOW



Yoga, Serenity and Harmony  
 in the Greek Islands



Your Retreat Experience

7 nights in a stunning Private villa with a pool by the beachfront

Daily Yoga

Sound healing, meditation, pranayama sessions

All transfers

Most meals, except for when out exploring

A promise for the most unforgettable and Authentic Greek experience with a Greek local yogi and guide



SCAN ME

PLEASE FIND OUT MORE AT [WWW.SOFUSIONYOGA.COM](http://WWW.SOFUSIONYOGA.COM)

GET YOUR  
COSMIC

Mojo

ON



We are **Spirit** having a human experience

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

## September, "Zentember", "Redtember" Balance or Imbalance?: That is the Question

### The Case for "Zentember" and Balance

Tomorrow September 23, 2023 is the Fall Equinox whereby the amount of daylight is equal and balanced with the amount of nighttime darkness. Balance is considered to be a very Zen like quality. Thus the coined (by me) name "Zentember." September is the month of my birthday and I, thus, have positive energies associated with it. In places I have lived (New York State, New England and Colorado) where there is a Fall season it is environmentally a very beautiful month highlighted by gorgeous fall colors. As the 9th month of the year numerologically it is associated with completion. Vibration 432 the healing ambient sound which is related to love and all good things energy and is the basis of the nonprofit organization our visionary leader Jill founded. It is notable that the numbers 432 add up to 9 (completion).

### The Case for "Redtember" and Imbalance

Investment advice and reporting in the world of crypto currencies are subject to much scrutiny related to trends and cycles of past performance. Crypto was launched in 2009 and trend analysis shows that for every September since 2013 September has been a month of losing ground. Color coded Investment charts show losses in red. Thus, we see historical charts showing much red in the month of September. Thus, investors coined the word "Redtember".

Further of note is that more than in any time in my over 3 decades of being an astrologer I have had friends and clients querying me about what to expect to happen at the end of September.

I have had Christian devotees sending me information about the second coming of Christ and followers of Vedic (Indian) astrology sending me content about huge mind blowing and earth-shattering revelations. As I am trained in Western not Vedic astrology, which is very different from Western astrology, I have no real way to evaluate what is being predicted. I am aware that at least one of the sources is a very competent Vedic astrologer. However it is confusing to me because when I look at the Western chart for the time of concern I do not see anything that I would attribute to be cataclysmic.

### So What to Think and Do in Response? A Stress Reduction Tool Kit

It is astrologically noteworthy that the Full Moon on September 29, 2023 is in the early degrees of Aries. The tarot card associated with this part of the zodiac in the classic Rider Waite deck is the 2 of Wands. It shows an image of Columbus looking at the globe. Columbus is a quintessential archetype of someone who showed the world things are different than the way they appear. Perhaps some big news is coming our way. It most likely will depend upon who you are and what you wish for whether it is deemed to be good or bad news. Nicely we will have much light (Full Moon) shed upon it. If for you it is particularly stressful the following are some easy to apply stress reduction techniques to help you now or in the future.

1. Remember to breathe. To make it easier to oxygenate your system try placing the tip of your right middle finger in the middle of your left palm and vice versa. This movement activates the meridian that controls the diaphragm and will cause you to breathe more deeply. The results are almost instantaneous and you thus do not need to hold for a long time unless you want to deepen your experience.
2. Engage in the inspiring aspects of what serves as spiritual upliftment for you: prayer, walking in nature, meditating, helping others.
3. Reassure yourself that you will be ok with an uplifting quote. The following is one example.

**A Tax Deductible Declutter**

**Do you have an old computer sitting around collecting dust? We are seeking computers that run or are capable of running Windows 10 as part of our program of engaging healing practitioners in offering Aura Imaging services.**

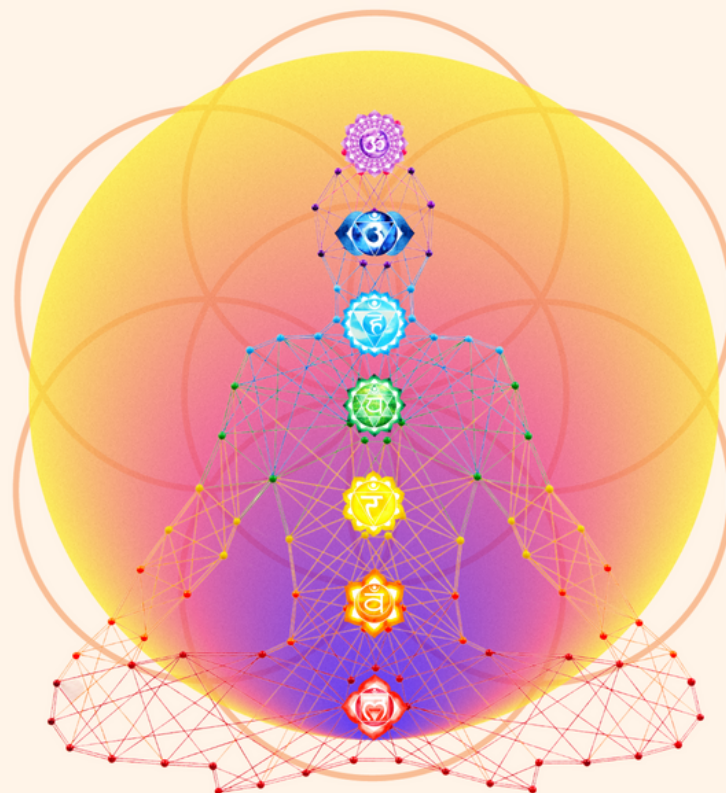
**The full value of computer donations to Vibration 432, Inc. a 501c non profit will be tax deductible.**

**Questions: [Support@Vibration432.com](mailto:Support@Vibration432.com)**

# **Aura Training**

## **with Hattie Parker**

**MS Ed, Astrologer, Numerologist, Aura Reader**



**HANDS ON TRAINING: WORK WITH THE BIOPULSAR REFLEXOGRAPH, LEARN HOW TO DECIPHER THE AURA, CHAKRAS, BODY-MIND SPIRIT CONNECTION. UNDERSTAND THE PHYSICAL AND BIOFIELD ANALYSIS AND WHAT STORY THE AURA IS TELLING.**

**\*CERTIFICATION PROGRAM AVAILABLE**

**SUNDAY OCOBER 8TH**

**1-3 PM**

**ALTON CLUBHOUSE**

**13255 ALTON ROAD**

**PALM BEACH GARDENS, FL 33418**