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- NANETTE ON GOING WITH THE FLOW

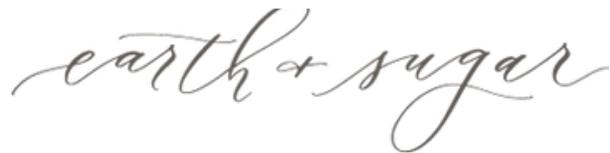
Birthday Wishes!

Hi! Many of you reading this newsletter know me well and have known me for a long time! We have some history together and you know that I have had quite a wild ride since starting our CPA firm in 2008. Between divorce, custody battles with my ex, financial & relationship issues, almost losing my son in 2012, being a single mom, running a restaurant, etc, etc. The list goes on and on. but I feel very fortunate to be blessed to have a positive outlook on life and to always try to see the good even in the ugliest moments. Of course, I have had my own struggles with depression, mostly in my teen years, but I also have had people very close to me affected by mental health issues. One of my clients said that this is my **PASSION PROJECT** and that is exactly what it is! Vibration 432, my 501(c)3 non profit was founded in September 2019 and I along with some very special people have been working to launch this organization. and we are getting very close! Check out Page 2 featuring a very special event very near and dear to my heart - my 16 year old dreams coming true! It would mean the world to me if you can join us and I promise- it will be an amazing life-changing & invaluable experience



To Hattie & Me!
This week we both celebrated our Libra birthdays!

Featured Business Spotlight



Earth + Sugar is one of our favorite clients and so excited to happy to feature Earth + Sugar in this newsletter. Janderyn is a self taught baker and cake artist who likes all things food including visual styling. Earth and Sugar launched in August of 2009 and has hit the ground running since. They make the most beautiful confections and their Halloween Collection is just spooktacular!

Visit their website to see their amazing creations today!
www.earthandsugar.com

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I Was Completely Burned Out. Then, a 3-Word Setting on My iPhone Changed Everything

Inc Magazine - Bill Murphy Jr.

I came across this article from Inc. Magazine and wanted to share so if you have ever felt stressed-this article is for you!

have a problem. I was at risk of burnout.

It was not a matter of not liking the work I do, or not finding it challenging enough anymore, or even not making enough money.

All those boxes were checked.

But after working diligently through the pandemic for many years, building a small business, and having the satisfaction of reaching millions of people through my work, I've never really been completely left behind for any significant amount of time. Didn't get a chance to unplug. A day off here, a day off there, sure. Vacation tour with extended family? Yes, we did that. We even spent a week or two at the beach. But, even on these trips, I always found myself pecking at my laptop after my family slept through the night—just one more thing to do.

Or else, check my phone 10 times a day to see if things really happen in my various work projects. was happened. To paraphrase Ronald Reagan: I wasn't getting a vacation. I was just getting a change of scenery.

the contrast was astonishing

Come to think of it, "checking my phone 10 times a day" is a true understatement. I probably don't want to accept real numbers.

The point was, I saw warning signs, but I also faced a dilemma:

- On the one hand, my family and I clearly needed time, unplugged to the maximum extent possible.
- On the other hand, I had not yet built my business and my job to the point where it could go on for days or weeks at a time without me.

The paradox was puzzling, but perhaps not unfamiliar. What's more, because I believed that getting away would give me a rest my mind and fresh perspectives back to my daily challenges.

But, it was precisely these daily challenges that I felt like I could not overcome.

Then, earlier this summer I got the answer in an unexpected place, when I was staring at my iPhone after a long day of work as the battery percentage dropped below 20 percent.

An alert flashed on the screen, giving me the option to turn on: "Low Power Mode."

'Work Energy Mode'

How many times over the years have I seen this warning appear? How little did I think of it? Just swipe up the screen, watch the battery icon change from green to yellow, and move on. But now, I laughed: "That's what I want in my life," I thought. "I don't want to give up what I do. I don't want my output to the world to be dark." I just want to turn on "Low Power Mode".

Over the next few weeks, I used "low power mode" as a metaphor that guided all of my preparations. I had already scheduled a trip, but now I added a little buffer time before and after the actual trip, so that my calendar shows a full 21 days off in August and early September. Then, I set out to jot down what I did professionally every day, figure out what the "Low Power Mode" version really was—the minimum requirements to keep things running—and from that minimum amount of time. Find ways to schedule earlier.

start with the minimum

Probably the biggest example had to do with the email newsletter I write five days a week, called It is evident, Most days – every Monday through Friday, throughout the year – the newsletter includes an original essay and a series of links to ongoing things that I think will help my readers understand the world.

More than 160,000 people subscribe to it, and that's a big part of my work. But, the truth is, I never have three weeks of newsletters set up and ready to go ahead of time. (I want!)

Hence necessity became the mother of invention.

I told my readers what I intended to do, and even asked permission in a way. Instead of shutting down, I told them, I plan to pull back: a smaller newsletter, less-component, and even run again.

I Was Completely Burned Out. Then, a 3-Word Setting on My iPhone Changed Everything, continued

(It meant a lot, I realized, as my audience had grown to such an extent that most of my readers today weren't there to read some of the good work I had done in earlier days.) Anyway, I went ahead, and "low power mode," as I explicitly stated, meant three things:

First, I was able to create and schedule my three weeks of content ahead of time. Second, paradoxically, the percentage of readers who decided to upgrade the free subscription to the paid, premium version of my newsletter increased by almost 60 percent during the three weeks after I left. (My theory on this is that the "Low Power Mode" products were smaller, but still had the same number of precepts to upgrade.)

Finally, most importantly, I was able to take a good, long, badly needed vacation. As I'd hoped, my subconscious acted on some of the biggest challenges I was facing, so that I came back excited about new solutions.

Forget 'Shut Up'

A few weeks after I return, I still find myself thinking about the low power mode metaphor. I think it's a powerful alternative to the two extremes we've written about a lot over the years: First, the hustle culture, which made it seem like everyone was working nonstop, trying as hard as they could, trying to achieve and make money before the music took off. Heck, we were even bragging to people about how little sleep they got for a while.

Second, the extreme other reaction: great resignation or, even more, quitting quietly, with people deciding that they have just enough and are unwilling to participate anymore, at almost no cost. But on your device, low power mode means slowing down some processes, not updating as often, and generally using less power so you don't want to drag things around until you plug in again. Don't many of us want to do that right now?

Don't leave and stay on an island somewhere – but instead, find a way to temporarily retreat. Do only what is needed to keep things moving, rest and rejuvenate for a while, and then come back stronger.

If borrowing the name of a setting on your iPhone makes it easy to accomplish, I think it deserves the label.

Hurricane Ian Update - Tax Deadline Extended

Hurricane Ian victims throughout Florida now have until Feb. 15, 2023, to file various federal individual and business tax returns and make tax payments, the Internal Revenue Service announced today.

This means that individuals and households that reside or have a business anywhere in the state of Florida qualify for tax relief. This means individuals who had a valid extension to file their 2021 return due to run out on Oct. 17, 2022, will now have until Feb. 15, 2023, to file



Financial Frequency
Abundance Affirmation
Cards Now Available!

I am so excited to announce that our Financial Frequency Abundance Affirmation Cards are now available for purchase! There is one card to pull per day of the month to give you positive motivation & inspiration! Only \$25/set! Makes the perfect gift!

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jdisalvo@d-acpa.com

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We are very excited to introduce our clients to Suite Dash! We are in the process of building our very own App that you will be able to download so that you will have your very own Client Portal where you will have access to all of your tax returns, tax documents, financials, etc! We are working out all of the kinks now so if you happen to receive an e-mail from the system - we want you to know that it is legitimate and you should set up your password so when we are ready to go live in a couple of weeks you will be ready!

Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

Be Flexible: Cosmic Advice for 4th Quarter 2022 & 3rd Quarter 2023



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Warlike Mars, as Friend and Ally

Mars, the planetary warrior, rules action and aggression. Thought of as a powerful ally it can inspire you to accomplish herculean tasks. The good news is: If you have a big or even monumental task you wish to achieve, now is a good time to be planning, executing and expecting to succeed at completing it.

Mars, as Potential Foe

On a less uplifting and cautionary note: Beware. Mars has a tendency to mess with people (you, your family, business associates, political allies and not). It influences humans to be touchy, feisty and even downright nasty.

If you prefer to have a peaceful existence you are advised to watch and curtail tendencies to respond to provocations with anger. As Mars is in intense Gemini it tends to bring intense irritations to the surface. Thus, you will most likely have occasions to use this advice.

Mars entered Gemini, a mutable (flexible) sign, in August. It is set to have a long slow retrograde that begins on October 30, 2022. As a result of this retrograde Mars will remain in this mutable sign until almost the end of March. This is, thus, all of the fourth quarter of 2022 and most of the first of 2023. This is an unusually long time for this planet to be in the same sign. Warlike energy, that the human race is not accustomed to navigating, will thus be sustained over an unusually long time.



Cosmic Triggers: Making for Complications

During this multi-month timeframe on October 25 and November 8 (midterm election day*) there will be eclipses that involve the Sun and the Moon. These two heavenly bodies are the most important elements of the zodiac. Eclipses are wild cards. The best advice for coping with eclipses is to "Go with the flow." and "Expect the Unexpected" and to uplevel best to fit our current time. I recommend: *"Expect the unexpected and BE FLEXIBLE."*

(*One potential way of reading the signs is that the results of, at least some of the elections, will not be clear until the end of March.)

Another powerful cosmic trigger during this time is that very close to Christmas Day, Pluto, the planet of power and transformation, will, for the 3rd time this year, be in the same place it was as seen in the July 4th 1776 US Astrology Chart. This cosmic event, known as a "Pluto Return," is a big deal. The influence of Pluto is to force change. It has the potential evolutionary influence on life to enable things that weren't even possible before to now be possible.

continued next page)

Cosmic Triggers: Making for Complications, continued

To Clearly Articulate My Sense of Caution

There are momentous cosmic changes at work in The Universe. With Mars being in a mutable sign there is likely to be plenty of room for random rancor and confusion. I believe your best shot at living through this time with some sense of equanimity and calm is to be prepared and committed to being flexible. Gemini is a mutable (changeable) sign. Mars in Gemini calls us to be flexible. Seek to avoid being attached to having "things" go your way. In the second quarter of 2023 Mars will be in Cancer where it is not strong. It will be easier then to keep your temper in check and for now your best shot at being happy in life is very much related to and about being flexible.



New Moon Idea + Vision Board Party

These ladies had a wonderful time on Saturday with Nanette & Hattie creating their Vision Boards & working with Hattie to learn her new self-discovery tool, VIBE 432.



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FREQUENCY 432 HEALING & WELLNESS EXPO

We are super excited to bring together practitioners of different disciplines for the benefit of all who attend.

This one of a kind event offers holistic & metaphysical practitioners to showcase different healing modalities available to all. Learn how to tap into the many tools being offered to find your life purpose, heal and become the best version of yourself!

- *Feeling stressed out about juggling your work/life balance and looking for methods to balance your energy and stay grounded?*
- *Are you the parent of a child that is struggling with depression or anxiety and looking for ways to help them combat their symptoms and thrive in their teenage years?*
- *Have you or a loved one experienced trauma and having difficulty getting through each day?*
- *Looking for ways to learn more self discovery techniques to become the best you that you can be?*
- *Do you find yourself anxious about the state of the world right now and you feel that it is affecting your mood every day?*
- *Are you looking for something to ignite your passion and zest for life?*
- *Is your energy blocked, or are you feeling stuck?*

This Event is for You!
Take advantage of this opportunity to experience first hand the services, talents that these talented practitioners offer. If you feel called to create more in your life and want to live in your infinite potential this event is for you and the knowledge you will gain will be invaluable!

We are building a community and looking to connect with like-minded individuals to heal transform and grow together. We want to share the resources that are available with you and invite you to experience them on 11/11/22!

Come and find your tribe, connect with others and connect with yourself..

It will be Magic!!! [CLICK HERE](#) to learn more!

On Going with the Flow

Even during stormy and unpredictable times, you can stop for a moment and observe...

Notice movement, action, stillness, and pulse.

You will soon discover there is an ebb and flow – a groove – to everything in a cyclical pattern that is not random. The sun rises and falls, as does the moon. The tides shift in and out. Birds migrate as the season's change. Plants blossom and fruit in patterns in sync with other phases of life. The examples are endless. The energy of the Great Creator is at work in our world in limitless ways.

Everything is connected through this energy of flow in patterns and waves.



Nanette Saylor

www.wisewellwomen.com
createwithnanette.com

"Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost." –Mihaly Csikszentmihalyi

Why is it important to understand this rhythmic cycle of energy?

According to noted expert, Raj Raghunathan, Ph.D. "It is important because therein lies an important secret to sustaining emotional positivity. Put more simply, understanding energy flux is important for enhancing happiness."

When you align yourself with this natural order, allowing it to fuel your creative essence, you begin to feel almost as if you're floating on air. Everything becomes effortless. The struggle is non-existent. You have, in essence, learned to "stand in the storm" in the words of the late Elizabeth Edwards, author of *Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities*, "and when the wind did not blow her way, she adjusted her sails."

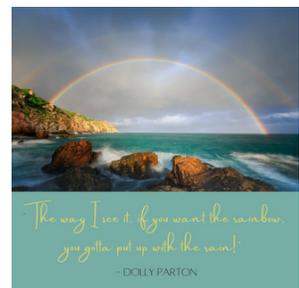
The reality is that most people don't live in this flow state. We struggle against the wind rather than adjusting to ride with it. We tend to forget that with light comes darkness, and before Spring, there is Winter. We're taught to judge one state as better than the other, in many cases, rather than to live with the energies of acceptance and allowance that help us navigate life's rough waters.

Here are a few quick tricks to shift your energy into alignment with the natural order and kick your creativity into high gear.

1. Get Quiet. It doesn't matter how you choose to do this. Meditation comes in many forms. Use whatever is most comfortable for you. Turn off the TV, the radio, your cellphone, and any other electronic gadgetry. Allow the sounds of silence to become the base beat of your natural rhythm.
2. Breathe. Consciously, deliberately, take long slow breaths. Follow the flow of air in and out. Connect to the pattern, the rhythm of your natural breathing. Allow yourself to feel the expansion that comes. Visualize yourself opening up with each new breath.
3. Observe. Watch, look and listen. Wherever you are, simply look with fresh eyes. Connect to the patterns and the movement of everything in your field of vision. Can you see the wind?
4. Get Up and Move. Move with intention. Feel your body. Whether you choose to walk or to dance or to run as fast as your legs will carry you, begin this action connecting to the fluid movement that is your body. Then slowly, deliberately allow yourself to let go of your need to control the motion. Allow the momentum of the movement to take over.
5. Sing. Yes, sing... even if you can't carry a tune! Chant if you can't think of any words to sing. Use the meditative practice of OM, the sacred Sanskrit sound of Vibration 432, endorsed by spiritual mentors around the globe. Or, simply make sounds, opening your mouth as wide as you can. Belt them out if you wish. Or, sing softly as if you were sharing your favorite lullaby with the universe.

Integrate some or all of these practices into your routine and you will be in a flow state more often than not. And when you feel yourself forcing or struggling, as if you're swimming upstream, or paddling against the tide, simply stop. Take a few deliberate breaths, and then as quickly as possible, find a way to practice one of these easy tricks to reconnect to a natural aligned rhythm.

And remember,
"The way I see it, if you want the rainbow, you gotta put up with the rain!" - Dolly Parton.



The way I see it, if you want the rainbow
you gotta put up with the rain!
- DOLLY PARTON