

# Frequency Friday!

Financial Frequency

ELEVATE YOUR FREQUENCY!

*Happy Memorial Day!*



Wishing you and your family a happy, fun-filled & safe Memorial Day Weekend! Our office will be closed on Monday, May 29th so our staff can enjoy the holiday weekend, but will be open for business on Tuesday, May 30th!

♥ Jill

- **Make the pasta.** Bring a medium pot of salted water to a boil. Add pasta and cook until al dente, about 8-10 minutes or according to package instructions. Drain and rinse pasta under cold water to stop the cooking process and to cool the pasta down.
- **Toss ingredients.** Transfer the pasta to a large mixing bowl or serving bowl. If not assembling the salad immediately, add some olive oil and toss together to prevent the pasta from sticking together. Otherwise, add remaining ingredients. Pour Italian salad dressing on top, and toss to combine.
- **Serve or chill.** You can serve immediately with Parmesan on top, or cover the bowl tightly with plastic cling wrap and refrigerate for at least 2 hours. This will allow all the flavours to infuse into each other. When ready to serve, give the salad a good toss and add a little more dressing, if desired.

## *Italian Pasta Salad Recipe*



# Frequency Friday! Bulletin Board



## Meet our Newest Team Member!


### *Meet Stacy Majewski, Small Business Specialist*


I am a Florida native, born in Broward County. Been a West Palm resident since 1999. I have 2 gorgeous sons; Garrett and Mason. I am married to Piotr (Peter). I have 2 sulcata tortoises; Lois and Sheldon, and a fur baby mixed lab named Bindi.

I fell into bookkeeping by necessity in my 1st husband's business back in 1996 and have been doing it ever since. I have worked with marinas, restaurants, construction companies and dentists. I love learning and exploring the smaller details in each.

In my free time, if any, lol. I love being outdoors. I like to walk my dog and play pickleball, which I am still learning!

Check out my Business "Collaborated Wellness Cryo" below!

 *Need an alternative option to surgery, needles or medication?  
Get rid of stubborn pain and sports injuries.  
Give localized cryo therapy a chance.*

 *Want a non-invasive, no down time option to smooth out those trouble spots or cellulite?  
Localized cryo sculpting can help!*

Collaborated Wellness Cryo which uses cryo (cold vapor) to aide in pain, inflammation, skin disorders, fat-freezing / cryo sculpting and skin tightening.



 **Collaborated  
Wellness Cryo**

**Discover Your Best Self**

Schedule your body and facial sessions today

LEARN MORE



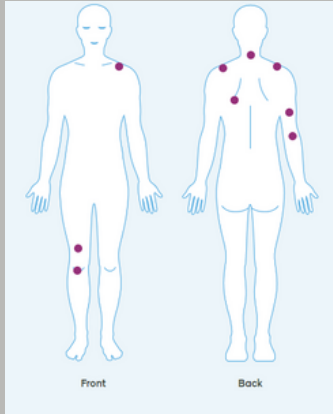
@wellnesscryo



Cwcryo.com

Text @ 561.900.6393

# LIFEWAVE®



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"I have been experiencing severe and constant neck and shoulder pain for decades and have tried almost everything to provide some relief to no avail!

One of my clients told me about Life Wave patches and how the ICEWAVE patch instantly relieved her shoulder pain - I had to try it for my self!

Since using ICEWAVE patches, I have been basking in the relief these patches have provided! If you want to learn more, click the button above and order your patches today!" ~Jill

IceWave patches are specifically designed to provide relief at the source of discomfort. If you have knee pain, for instance, you can place the patches around that area for quick relief. If you have pain throughout your body, there are different placement options that produce equally effective results. When used as part of a healthy lifestyle, IceWave is a safe, powerful, and affordable solution with no drugs, chemicals, or stimulants. With its non-drug, non-addictive approach, IceWave truly stands apart from other pain management products on the market today.

## WEAR YOUR WELLNESS

*Live well, simply. Choose the patch that fits your wellness need. Click any icon below to discover more!*



### Youth Renewal

Redefine aging with our innovative product technology, which activates stem cells.



### Energy

Harness the power of light to increase your energy and endurance during your fitness routine.



### Sleep

Improve your sleep quality and quantity naturally without sedatives or next day grogginess.



### Performance

Elevate your performance metrics on a cellular level.



### Fast Relief

Get quick relief from minor aches and pains

# GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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

## The Cosmos and Debt Ceiling Mojo

Note: This edition of Cosmic Mojo is being written on 5/23 ten days in advance of the announced 6/1 debt ceiling deadline. When this article is published (5/26) there will remain only 6 days. Perhaps, a definitive outcome will have been announced to the public by then, thus, making this prediction irrelevant. If not, and that said, from an astrological perspective ten days out I will "stick my neck out" and project that I believe the debt ceiling will be raised. I believe we will back away from what I, as a person who receives a Social Security check (and thus my bias revealed), does not want to see. FYI: This prediction is meant to be educational about astrology not political. It is based upon analyzing how the planets are influencing the birth chart of the US (7/4/1776).

### Astrology: Good, Bad, and Better

It may seem to be a curiosity why I am "sticking my neck out" to be predicting the above information. I will explain. There are many misconceptions about the utility of astrological insights and I feel if I can be helpful in mitigating these it is a good thing. I encounter many people who, because they tend toward being pessimistic, project that they are fearful that they will hear bad news if they consult astrology. This is a projection of their fearfulness about life. Such people will, thus, say something to the effect of, "I don't want to know." Their response seems to be inspired by a belief that they will be better able to go with the flow if they "fly blind." As an astrologer I am not on a mission to change anyone's belief system. I am, however, interested in educating people about the benefits of this ancient system of wisdom and prediction that I have empirically known to be very helpful for many. As a caveat I will share that I am a personal (about personalities) not a mundane (about world affairs) astrologer. As I explain below I am using deductive thinking based on knowing many of the same trends apply to both cosmic disciplines.

### The Rationale for My Positive Debt Ceiling Outlook

Jupiter, the planet of luck, is currently at 3 degrees of Taurus. Venus, the planet that rules money, is, in the US Chart at 3 degrees of Cancer. This means these two planets are 60 degrees apart. This is known in astrology is a sextile aspect. It is a very positive harmonious and positive pairing of planetary energies. Additionally, Ceres, the asteroid of mother earth who feeds the masses is currently at the very top of the US chart. Thus, it reveals a national recognition of its importance. Then, revisiting the chart of last week (The Phases and Phases of the Moon), you will see we are currently in the First Quarter phase of the Moon. Events unfold with Proactive Implementation. It is time to end delay moving toward the Full Moon in Sagittarius on 6/3. Sagittarius is one of the most positive signs of the zodiac. Given there are 3 positive signs I deduct we will be OK.

### On Applying Astrological Wisdom to Your Everyday Life

Do you have a question about an event or the advisability of direction you are taking in your life? Take note that the astrological analysis above was based upon finding three and not just one positive factor. It is reassuring that the "heavens" naturally seem to work with multiple trends. My work with individuals offers insights into how themes are repeated. Each and every chart and its relationship to the movement of the planets is different. And, however, the principles of using multiple indicators in making an assessment are the same. I enjoy helping people gain insights into how we live in a User-Friendly Universe. As an added bonus factor in my consulting practice I engage in utilizing astrology, numerology and tarot. Applying these additional insights I get that: June 1, 2023 in numerology is a 50/5 day; 5 is wisdom, 0 is a blessing number. In a deck of tarot cards the 50th card is the happy family card. I thus deduct the family of humans are projected to be happy on June 1, 2023. In the spirit of happy families, I invite everyone reading this to join in thinking positively about results that support the greatest common good of all.



# Phases & "Phases" of Moon Mojo

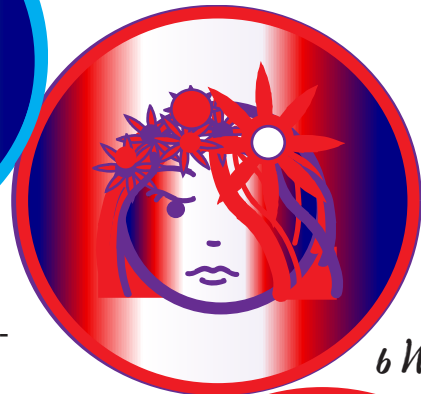
7 Days favoring  
On-Going  
Evaluation  
3.5 Days per phase



7 Last Quarter Moon



7 Days favoring  
Assessment &  
Tweaking  
3.5 Days per phase



REST, RESTORE &  
MAINTAIN JUNE 10-  
JUNE 16

8 Waning Gibbous

6 Waning Crescent



CREATIVE  
PROBLEM  
SOLVING  
MAY 19-26

INSIGHTFUL  
COURSE  
CORRECTION  
JUNE 3-JUNE 9



1 New Moon

5 Full Moon



PROACTIVE  
IMPLEMENTATION  
MAY 27-JUNE 8



2 Waxing Crescent

4 Waxing Gibbous

7 Days favoring  
Idea Generation  
& Planning  
3.5 Days per phase



3 First Quarter



7 Days favoring  
Action &  
Implementation  
3.5 Days per phase