

Frequency Friday!

ELEVATE YOUR FREQUENCY!

Happy Frequency Friday!

Financial Frequency



- April 1st: Tangible Personal Property Returns Due
- April 18th: Personal & C Corporation Returns Due

We have filed protective extensions for all business clients in our system as a courtesy to avoid late filing penalties.

Thank you for your patience and cooperation this filing season! We have

There are 19 days left (but who is counting) this tax season, so don't delay - send your documents today!

****This is a reminder that your 2023 Florida Annual Report are Now Due. The Filing deadline is May 1, 2023. The late filing penalty is up to \$500 depending on entity type so don't delay!****

The FL Division of Corporation filing fees are as follows:

For Profit Corporation \$150.00.
Limited Partnerships \$500.00
Non Profit Corporation \$61.25.

Limited Liability Company \$138.75
Limited Liability Partnership \$25
General Partnership \$25.00

Don't delay! Contact us today!

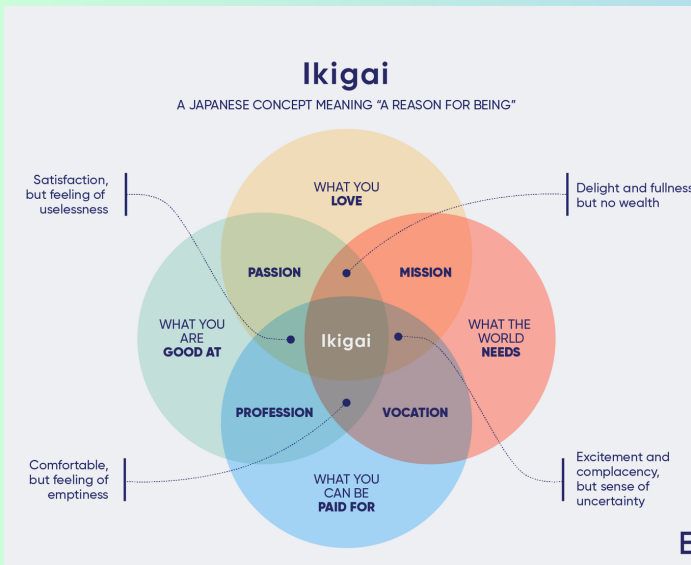
*****If you have already filed, please e-mail: Shyann @ Shuggins@d-acpa.com*****



Frequency 432

ELEVATE YOUR FREQUENCY!

What's Your Ikigai?



Ikigai is a Japanese concept that means your 'reason for being.' 'Iki' in Japanese means 'life,' and 'gai' describes value or worth. Your ikigai is your life purpose or your bliss. It's what brings you joy and inspires you to get out of bed every day.

It's important to mention that while traditional Japanese philosophy focuses on finding your bliss, western interpretation has used ikigai as a method of finding your dream career..

The Westernised version of ikigai says you've found your dream career when your career includes This ikigai diagram helps to visualize this concept by showing these four main overlapping qualities:

- What you love
- What you're good at
- What you can be paid for
- What the world needs

The center point on the Venn diagram where all four circles overlap is your ikigai. Apart from living a longer and happier life, knowing your ikigai can help you:

- Design your ideal work lifestyle
- Create strong social connections at work
- Create a healthy work-life balance
- Pursue your career dreams
- Enjoy your work

When you know your ikigai and understand its meaning, you're aligned with the work you've longed to do and the work the world needs you to do.

I first learned about this Japanese concept of Ikigai last year and I immediately wanted to share this concept with everyone that I knew that was struggling with having purpose in life. I thought to myself - if kids can learn this concept in school, that it would save so much time, frustration, for them and that everyone should find their Ikigai.

After more research, I stumbled across a blog post by Nicholas Kemp, and started reading his book: *Feel a Life Worth Living Ikigai-Kan" Japanese wisdom for a fulfilling and meaningful life"*

The Venn Diagram above was produced by Marc Winn and was based on Andrews Zuzunaga's original diagram which has been utilized by life coaches around the world. I do love this concept especially for those questioning their life purpose and existence, however as a person that admires the Japanese culture and has intellectual curiosity, I am looking forward to reading this book and learning more about this concept from the Japanese perspective as from what I have learned so far, Ikigai is more about a reason to get out of bed everyday and living in the present moment, than finding your life purpose that also affords a living monetarily for you More to come, but wanted to share this information with you!



Yoga Frequency

with Jennifer Basing 200 hour RYT

Yoga Asana of the week: Garudasana

The word **Garudasana** is a combination of two Sanskrit words; 'Garuda' means an eagle and 'Asana' means posture or pose. Hence, the Garudasana yoga pose is also termed as Eagle pose.

How to Execute Eagle Pose Arms

Spread your arms apart. Bring one arm over the other, joining them at the elbows. Cross your arms over, bringing your palms together. Make sure both your pinkies are facing forward. Keep your shoulders open as you lift your hands up to capacity. Change the cross of your arms and repeat.

Garudasana is definitely one of my favorite Yoga Asanas. While arms are woven together, there is also an element of freedom, of openness that occurs through the back body. An invitation to let go, to create space. Physically, The shoulder area, particularly the trapezius muscle, tends to carry more tension than anywhere else. It's essentially the body's way of guarding against injury and pain. The mind/body connection is real, and for those of us who ignore it, stress can have serious consequences. If you have chronic shoulder pain along with a stiff neck there's likely more to your stress than just a rough day at work.

*"What lies behind us and what lies before us
are tiny matters compared to what lies within us"*

Reasons to consider Shoulder Tension:

- Feel like you carry the weight of the world on you
- Shifting roles in personal or professional environments
- Inability to let go or forgive
- Negative talk to self and/or others



What is the benefit of eagle arms?

- Improves the balance of the body.
- Alleviates Sciatica.
- Complete upper body stretching.
- Augments mental attention.
- Brings flexibility to the body.
- Elongates the arms
- Releases Neck Tension

Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED
A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

**Part One: (This Week) The April Full Moon Work/Life Balance
Including how to obtain a FREE Astrology Chart w/commentary
Part Two: (Next Week) Pluto, Fate, and the 2023 Financial Outlook**

The Full Moon 4/6/23: What it Means for You

This coming week in the wee hours of the morning on April 6 (EDT) there is a Full Moon in Libra. Full Moons are attributed to influence looney tune behaviors for some.

However, for the average person they can be beneficial when understood in a context that relates to how they function. Full Moons bring light and thus insight. You are likely to be sleeping when this next Full Moon technically occurs. Nonetheless, you can plan on next week as presenting an opportunity to enhance your personal awareness of your deepest and most insightful feelings. Near and dear feelings are the domain of Moon.

The April Full Moon is in Libra, the sign symbolized by scales. For anyone engaged in work and a career it will favor gaining insights into how you feel about your work/life balance as it relates to targeted issues. The issues are based upon how the Full Moon impacts your astrology chart. This article is a guide into predicting how (as in what area of your life) the coming Full Moon can be anticipated to empower you to find benefits from the Moon's cosmic light.

Predictions Based Upon Your Individual Chart: FREE Offer Gain the Benefits of Personalized Cosmic Self-Awareness

To help you understand how you might benefit from knowing the nitty gritty of your astrology chart I am will use my own chart as a teaching example. The April Full Moon is in Libra. This promises to be a very significant lunar event for me. My chart has 4 planets and the Sun (the most important heavenly body) in Libra. It is arguably the most dominate energy in my chart. Additionally, it is the sign on the cusp of the house related to my Life Purpose. Thus, I look forward to having the Full Moon powerfully shed new light on how and what I am motivated to do to fulfill my Life Purpose.

Water Signs (Cancer, Scorpio, Pisces) You may be favored to gain a new sense of balance between your work and financial planning, feeling safe and happy at home and/or planning for retreats for rest and renewal.



Air Signs (Libra, Aquarius, Gemini) You may be favored to gain a new sense of balance between your work and children and creativity, your self-concept and appearance, and/or spiritual well-being and travel.

Cosmic Crypto Mojo

Regarding the practicalities of focusing on my Life Purpose, I relate this to the product/materials development I am engaged in creating and testing. The materials development project is called VIBE 432 (Visionary Victory through Insight and Breakthrough Energy). The materials are in development for Vibration 432 Inc., the nonprofit founded by Jill DiSalvo to mitigate the effects of trauma and depression. This product development is a very engaging aspect of my current Life Purpose focus. This weekend I am attending a workshop to learn more about using artificial intelligence to speed up the development and distribution. process. The congruence of the of the Full Mon's impact on my chart and this opportunity helps assure me that my investment will be well spent.

Know YOUR Chart: Empower Yourself to Take Advantage of the Light
Note: This is an opportunity to obtain a FREE copy of your Astrology Chart

If you know and/or have access to your astrology chart you can determine where the Full Moon will impact your chart by looking to see where 16 degrees of Libra falls in it. If you do not know have a copy of your chart and would like to obtain one send me an e-mail at:

(Hattie@HattieParker.com) Subject line: Full Moon Astrology

Include in the e-mail your birth data*. I will generate a chart for you and send you commentary on how I predict this Full Moon will impact you. (No Charge)

*Needed Birth data DOB, Location of Birth (City and State) Time of Birth: Look for the time on your Birth Certificate. Note: An accurate time of birth is essential to being able to send you valid information.

In Conclusion: JUST FOR FUN! Predictions Based Sun Sign Insights

FYI: Astrologers offering advice for each of the signs daily, monthly or yearly are using what is known as Sun Sign Astrology. This is accomplished by grouping all the natives of each Sun Sign together. It is a practice that became popular in 1929. There was a great economic depression. People were suffering from lack of work, food and hope. The opportunity to get a little good news for every member of a household incentivized people to spend a nickel to buy a newspaper. True scientifically based professional astrology is far more individualized than Sun Sign astrology. However, the Sun, being the most important heavenly body, can be utilized to enable you to learn about where, in general, in life you are most likely to shine. To use the following information to your advantage: Find your Sun Sign and then next week pay attention to see if the Universe seems to be helping and inspiring you in one or several of the domains listed as related to your sign. Enjoy!

Earth Signs (Capricorn, Taurus, Virgo) You may be favored to gain a new sense of balance between your money and resources, and/or your sense of fulfilling your life purpose, and health.

Spring is a time for new beginnings.

It's time to awaken from our winter slumber and put our creative energy to work.

I like to think of creative energy as our "super power".
Ready to awaken your creative super-powers?

The right questions can spur your unconscious mind to feed you the right answers and get you growing!

Stuck, stalled or just needing a little inspiration for a project?
I use this system to process any challenge, organize any project and expand all possibilities.

Ask yourself these questions: (Use an extra piece of paper if you need to).
Who or what can I connect to that might provide support for this situation or project?

What do I need to release in order to move forward?
What else or where else can I explore that will provide options, interest or support?

Is this project or choice aligned with who I want to be today? Is it aligned with other things I am doing or making now?

What do I want the transformation for myself or others to be as the result of this choice or experience?

Will this choice or project elevate my life and others? What might I add or take away that will make this an elevating experience?

And always remember, life is not intended to be a struggle. Creating and playing actually does result in more focus and productivity.
enjoy!

Nanette Saylor
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