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Meet Nanette!



This week I am super excited to introduce you to Nanette Saylor! Nanette is a life and business coach that supports worn out, high achieving women who are itching to create something more purposeful and joyful in their lives. She is known as a Creativity Curator + Champion and Possibility Partner for visionary women who are consciously creating their lives and transforming the lives of the people they serve!

I hired Nanette at the end of 2021 and she has a very unique approach and has really helped me to feel more grounded, while cultivating my creativity and helping me to become clearer about my goals and achieving them. She is a self-proclaimed recovered "Stress Junkie" leaving behind her high-stress corporate job and creating a career that fills her passion and purpose. **If you would like to schedule a "Virtual Coffee Date" with Nanette - [CLICK HERE!](#)**

Nanette  **Saylor**

www.wisewellwomen.com
www.nanettesaylor.com

[See page 2 for Nanette's article - I Can & I Will!](#)

Celebrate Frequency Friday with an Aura + Numerology + Astrology Reading with Hattie!

I have had several readings with Hattie since I first met her in 2020 and the information and guidance that I have gained through the various tools that she uses has been invaluable!

- **Aura Reading**

Aura Reading is literally the practice of capturing the aura of an individual in a picture. It is done by specific cameras that can catch and present the aura colors in a photograph.

- **Astrology**

It is the study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world.

- **Numerology**

Numerology is an ancient study that draws meaning from different numbers, number combinations, letters, and symbols in your life.

Curious to see what your Enneagram profile type is?

I have a few **FREE** codes left! E-mail Shyann for your Free code @ shuggins@d-acpa.com

BOOK NOW



Schedule your session @
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 every Friday!



CLICK HERE First 10 are free and then the Enneagram Institute charges \$12/test.

I can & I will

By: Nanette Saylor

When I pay attention, I see and hear lessons I am intended to learn. I've experienced some wondrous reminders of the power of my thoughts to change my world!

One came in the form of a visit from two friends I don't see very often, who, like me, have experience in the world of hospitality. The other came in the form of a few amazing blossoms expanding on a delicate orchid that my partner, Bill, gave me for my birthday back in February.

Over a delightful breakfast, my girlfriends and I shared some "war" stories about our service days and laughed a little. We were remembering the long gone motivational program of the Radisson hotel chain, aptly called "Yes I Can". Every staff member wore a button for all to see that said simply, "Yes, I Can!" It was a reminder to all of us of our power to create a positive outcome.

As we chatted that day, I didn't think much of it, other than how simple it was and how effective the program had been at shifting everyone's attitudes.

And then later in the day, when I returned home, **I noticed that my orchid plant was blooming.** This plant had dropped its first beautiful flowers months ago and stood as a plain stick for weeks and weeks. Now it had, not one, but two, glorious purple blossoms on it and another was about to open up any moment.

And I couldn't help but smile and express my gratitude.

Before my eyes was a **blooming example of universal energy reaching out to support me** and reinforce in me my growing belief that "Yes, I can!".

You see, up until that moment, I had convinced myself that I couldn't keep orchids alive.

Every orchid I'd either been given or purchased NEVER bloomed again after the first flowers died and eventually, the plants died, too. No matter what I tried, for years I had not been successful. I was so sure I would kill them, I stopped trying. The only reason I had a plant now was that it had been given to me as a gift.

A gift of pure love.

And here it was, blooming for a second time! And crushing forever my limited belief that I couldn't grow an orchid.

Never again will I be able to say "I can't" without remembering this glorious example of nature and love at work.

And I'm celebrating the mind shift that made it so.

Because, despite my ongoing journey toward self-discovery, I recognized that I still fall into the old patterns of believing limiting beliefs that affect how I see the possibilities of my future. I catch myself speaking or thinking in terms that put ceilings on my potential success.

So I get to remind myself to re-focus energy each day on shifting those beliefs. I get to re-write that story and paint a different picture - one with no limits!

My re-programming includes using **affirmations, conscious language and writing clear details of my vision for today and for the future.**

With a little hope and faith, I've made it a picture of a BIG vision! I've crafted a vision statement to go with that picture, too. And, daily affirmations to support me to change my beliefs.

So the next time you wonder out loud why you're trying to do something again that has never quite worked out in the past, or you catch yourself thinking "I can't", just remember the story of my orchid, and then repeat the words **"Yes, I can!"**.

Why? Because you can!



BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

THE FOUR AGREEMENTS

DON'T MAKE ASSUMPTIONS

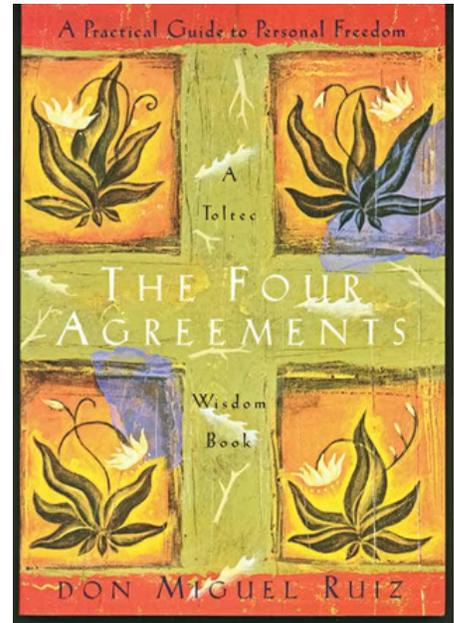
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are tired as opposed to well-rested. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

I first learned about The Four Agreements by Don Miguel Ruiz 5 years ago when my fiancée introduced me to it. It's an easy read (or listen) in my case) and I highly recommend checking it out! The picture to the right gives a summary of the agreements with a brief summary.

Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



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Cosmic Crypto Mojo

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

Get Your Cosmic Mojo On Over the Moon: A June Frequency for Exceeding Expectations

Preview-Next Week: Summer Solstice (6/21/22): The beginning of the
Astrological Second Quarter of 2022



**Full Strawberry Moon
is on June 14th!**

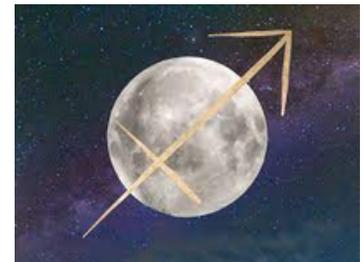
Three month planning timeframes are familiar and used by many businesses, entrepreneurs and professionals. Quarterly taxes, business planning cycles, and sales goals are often planned in three-month timeframes. In the astrological calendar equinoxes and solstices mark three-month timeframes. They have the potential to be useful planning tools and yet typically not factored into practical life planning.

The Moon influences our deepest feelings and passions. The power of emotions to influence outcomes is well known. Paying attention to the cycles of the Moon in the context the change of the seasons can offer us added energetic (frequency) boosts for harnessing the benefits of going with the flow of nature.

Harnessing June Moonshine in 2022

Is there a goal, project, situation, or call for action for which you would like to be able to **exceed even your own expectations?**

The June Full Moon happens on June 14, early in the morning. Astrologically, this is a Sagittarius Moon. It is a Sagittarius Moon that receives its light from a Gemini Sun. This week's mojo is intended to alert you to being aware of the frequency and power of this highly charged combination of energies. It is shared to inspire and enLIGHTen you to take advantage of this that I am alerting you to think of as **exceed expectations** energy.



Cosmic Crypto Mojo

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

The Power to Perform: An Imagined Celebrity Astrology Example

To gain an imagined sense of these two energies (Sagittarius and Gemini) working cooperatively with each other you might think of what it would be like for Angelina Jolie, (Gemini) to be working with Tina Turner (Sagittarius) to produce a world-wide humanitarian star studded concert. I recently saw "Tina" the musical on Broadway. Tina is portrayed as an unstoppable powerhouse inspired to overcome all obstacles guided by her commitment to a Buddhist path. If you are familiar with Angelina Jolie's passions you are aware she has been a fierce champion of many far-reaching humanitarian causes.



No doubt the pair would each give it her all, and by the very nature of who they as people and professionals, they would undoubtedly produce above and beyond results. Both of these emissaries of their respective signs share a passion for making the world a better place. Working with a singular cooperative focus we can easily imagine they would **exceed expectations** in producing impactful results. This upcoming lunation is the last Full Moon of the Spring and the first Full Moon of the Summer. Sagittarius, the sign of the Moon, is ruled by Jupiter, the

planet of expansion and spirituality. This Full Moon is called a Strawberry Moon because strawberries are harvested at this time of year. In a more astrologically inclined culture it could rightfully, because Jupiter is the planet of spirituality, be called a "Spiritual Moon." Thus, it is a Full Moon that can uplift and charge your spirit.

Moonshine for the Soul

On the eve of June 13th and continuing in the morning of June 14th the Full Moon will be sharing its light with us. It will loom large in the sky. This Moon is called a "Supermoon," because in its travels it is orbiting at the closest point to Earth and thus it looks large. I encourage you to plan to engage with this powerful energy on Monday (6/13). Call on the Full Moon to super charge your spirit. Utilize the light of the Moon to shed light on and insight into what it is you truly want for your life, knowing that the moonlight can inspire you to achieve what you want and more. Be creative; have fun; partner with the Moon with the intent of being empowered to exceed expectations.

Next week we will examine how the energy of the coming 3-month cycle that includes Cancer (nurturing), Leo (taking charge), and Virgo (attending to details) can be energies that will guide and support your intention to **exceed expectations**.