

# Frequency Friday!

Elevate your frequency!



## Financial Fitness



## You Are Invited!

### Join us on for a Financial Fitness Checkup and Q&A!

What better time as we are about to enter the New Year to evaluate your financial goals & set yourself up for a year full of prosperity & abundance in the New Year!

The evening will start off with a vision meditation to help you envision your financial future. Join Jill as she co-hosts this special evening with Heather Viniar.

When: Thursday, December 7th  
5:30- 7:30 PM

Where: The Alton Clubhouse  
13255 Alton Road, PBG

Light Refreshments will be served! Don't miss this free opportunity to learn how to take control of your financial health & thrive in 2024!

RSVP by 12/1/23 to  
Shuggins@d-acpa.com



**Heather Viniar**  
Financial Representative  
Northwestern Mutual

*I have everything I need to succeed  
I am a magnet for success and good  
fortune.*

*I am happy for, and inspired by the  
success of others*

*I have the power to turn experiences into  
opportunity.*

*I am capable of achieving my goals.  
Success, money and happiness come  
easily to me.*

*Everything I touch turns to gold  
I have the power to be financially  
successful*

*I can handle massive amounts of success  
with ease*

*I am open to things working out for me*

*I am open to receiving abundance.*

*I was born to be abundant*

*Life is full of opportunities to create wealth  
Abundance continuously flows into my  
life.*

# Illuminate Your Soul

A COLLECTIVE SOUND HEALING EXPERIENCE & FIRE CEREMONY

SATURDAY, NOVEMBER 4TH 6PM

Guided by



Angie Greenfield



Dakota Dawkins



Jennifer Baez



Jennifer Basing

centertheheart.com

# STROLL IT ALL



## Sound Healing Event



Saturday, November 4th, 6pm,  
Palm Beach Gardens

REGISTER NOW



Hello and welcome! I'm Britni, and I came up with the idea for the Stroll It All stroller organizer. I was overwhelmed trying to be prepared one day while preparing our forthcoming family vacation to Orlando for a week of fun-filled amusement parks. I had a double stroller and two little girls, ages four and three. One afternoon, while surfing websites after websites and failing to locate what I was looking for, I decided to create a prototype to test. I took it with me on vacation and received numerous

compliments on what a brilliant idea I had. I went on a ride with my daughters and left my husband with the stroller and my prototype organizer; when I returned 30 minutes later, he began to question why I had made this. I said that I couldn't locate anything on the market and that I wanted something easy to reach and view my essentials without digging in the stroller's bottom. He stated how much he loved the concept, how clever it was, and how much he believed in me, encouraging me to continue forward and begin product design and manufacturing. I founded, Stroll It All, LLC to bring my stroller organizer to parents everywhere. I believe that parenthood should be filled with moments of joy and connection, not frustrations over misplaced pacifiers or spilled snacks. My hope is that the stroller organizer will become a symbol of functionality and style, as well as a must-have for busy parents.

SHOP NOW

**Upcoming Event!**  
11/11/2023



Scan to learn more

**Frequency 432  
Healing and  
Wellness Expo!**

All Event proceeds donated to Vibration 432, a 501c non-profit with a mission to heal those who have experienced trauma, suffering from PTSD.

**Free!**

Explore, experience and engage with the area's finest! 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 purpose, heal and unleash the best version of yourself!

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!

Fun! Family Event!

561.425.8707 Carlin Park Jupiter www.frequency432.us

Get Ready! 11/11 is around the corner!  
Mark your calendars to join this EPIC  
Event! We still have room for a few  
more vendors too! email:  
info@vibration432.com

# GET YOUR COSMIC *Maja* ON



We are **Spirit** having a human experience

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

## AN INVITATION TO FIND AND CULTIVATE LOVE IN ALL THE RIGHT PLACES

### A LITTLE ASTRO GOOD NEWS!

On November 4, 2023 the planet Saturn, that has been in retrograde mode (re-work, re-evaluate, revamp) since mid-June, is turning "direct". Soon we are likely to find that the creation of useful structures and systems may seem to go more smoothly and/or even spontaneously emerge. Thus, related to our love and loving theme you may find yourself experiencing more ease in giving and receiving love. However, there is a word of caution: You may find on Saturday 11/4 you are slow moving. When a planet "stations" and changes direction it tends to be sluggish. Saturn's energy can be imposing, and as we are one with the Universe, we too may be sluggish. Its only for a very short period of time. If you are frustrated summon patience and assure yourself: This too will soon pass.

#### 11/11 Invitation: Vibration 432 Love Portal #11

Join Us at The Vibration 432 Booth at the 11/11 Wellness Expo in Carlin Park. Vibration 432 is the frequency of love. We will be offering Aura Imaging and guidance on how to nurture your well-being. (Please Bring your cell phone to capture a picture of your image.)

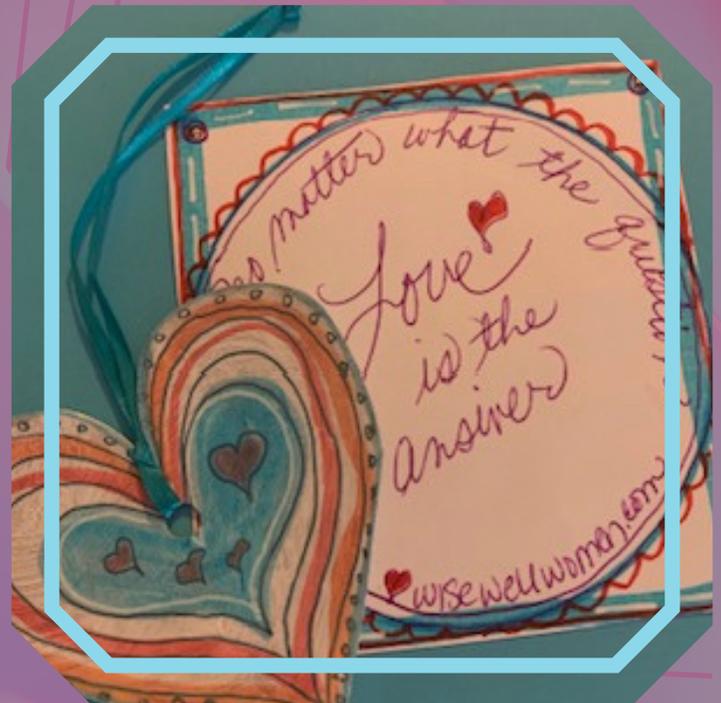
#### 12/12 Invitation: Vibration 432 Love Portal #12 12 Days of Conscious Manifesting Your Wishes, Hopes and Dreams for 2024

*"Love is the Answer. What was the Question?"*  
John Lennon

In the popular song "Imagine" John Lennon called us to envision a more peace-loving world. The key to being a loving person who is empowered to walk your talk and make a difference, starts with you loving you. Heartfelt embodiment of self-love is key to your ability to manifest your wishes, hopes and dreams.

# Imagine

THIS LOVE HEART WAS CREATED BY NANETTE SAYLOR, INTENTIONAL CREATIVITY TEACHER AND LIFE COACH



*"All you need is love. Love is all you need."*  
The Beatles

This well-known Beatles song makes it sound simple. And, consistent with many lofty ideas, the concept expressed in the song's words is easier said than done.

In partnership with Vibration 432, Inc. we're launching our highly anticipated program to elevate love vibrations for ourselves and to send much needed love out to our troubled world. Together, "with a little help from our friends", we can, and we will change our world.

We invite you to join us for the inaugural virtual introduction of "Love Portal #12: 12 Master Keys to Manifesting Your Wishes, Hopes and Dreams", commencing on 12/12/23 for a 12-day virtual vibration elevation experience, and a special bonus New Year's Day 2024 celebration activation.

# GET YOUR COSMIC *Maja* ON



We are **Spirit** having a human experience

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## AN INVITATION TO FIND AND CULTIVATE LOVE IN ALL THE RIGHT PLACES

### A LITTLE ASTRO GOOD NEWS!

The following is a brief preview of this, a unique Love Portal #12 Experience:

- **Opening Introductory Event:** Tuesday 12/12/23, 7:00 – 8:30 PM (Zoom)  
*Note: This is a New Moon, a time well suited to new beginnings.*
- **Daily Love Energy Sessions:** 12/13 – 12/23, 8:30 – 8:45 AM (Zoom)  
*Note: Mercury Retrograde (Rethink) begins 12/13*
- **Self-Guided Custom Workbook** included to support energetic alignment, creative activation, and personal reflection, designed for on-going use.
- **Daily Love Notes:** Inspirational email messaging to support your positive, energetic elevation.
- **Mid-program check-in:** Sunday 12/17/23 7:00 – 8:30 PM (Zoom) Q + A and coaching available.
- **Closing Celebration Event:** New Year's Day 1/1/24 4:00 – 5:00 PM



Beginning on 12/12, universal energies are aligned to support you to create new possibilities. What will you create? What question are you choosing to answer?

By now I hope you know me, **Hattie Parker, MS Ed Astrologer, Numerologist and Card Reader and Designer / HattieParker.com**. I am honored to guide you through Love Portal #12 and will use all my 35+ years of knowledge and experience to support you to elevate and maintain your energy in alignment with these powerful forces. I've invited Nanette Saylor, Intentional Creativity Teacher and Life Coach at [WiseWellWomen.com](http://WiseWellWomen.com) to join me, too, so that you can benefit from her unique talents and visioning expertise. Together, we will encourage you to release what no longer serves you, stretch beyond what you've known, and get focused so you can manifest your highest vibration wishes, hopes and dreams for 2024.

Investment: \$88.00 (including a 20% portion to nonprofit Vibration 432, Inc.) All sessions will be recorded to serve those unable to attend sessions in person.

The link for learning more and signing up is below, space is limited!

[SIGN UP](#)



Special Bonus: During the Evening and late day sessions Optional Surrogate Aura Imaging will be available following those sessions. Additional surprises and enlightening materials are included with your investment.



**NANETTE SAYLOR**  
[WISEWELLWOMAN.COM](http://WISEWELLWOMAN.COM)



## Attuning to the Moon

One of my earliest memories is of my grandmother, "Nana", singing me a lullaby at bedtime in our summer cottage, "I See the Moon and the Moon Sees Me".

Do you remember it?  
It originated as an 18th-century nursery rhyme.  
The most common verse goes like this:

I see the moon, and the moon sees me,  
God bless the moon, and God bless me!

And then, I remember my grandmother singing it like this:

I see the moon; the moon sees me  
Dear Mr. Moon won't you shine on me, and  
Shine on the ones I love.

So, for as long as I can remember, I've been looking up to the moon to ask for love to shine over my world. I can feel her radiance, can you? (And yes, now I refer to the moon as feminine.)

Growing up I learned in science that life on planet earth is ruled by the cycles of the moon. Today I know that when I'm attuned to the moon-

WISEWELLWOMAN.COM

# NANETTE SAYLOR



- paying attention with full intention - then I am feeling in flow. I trust that there is an order and rhythm underlying everything that I can rely on, no matter how chaotic other influences may appear.

I invite you to check-in with yourself today. Get a sense of your energy- not the outside influence energy- your energy. Are you gaining energy, filling up... Or, might you be feeling the pull of energy being released? Maybe, you're experiencing something in between?

*"Growing up I learned in science that life on planet earth is ruled by the cycles of the moon."*

One of the biggest shifts in my life occurred when I realized that my natural rhythm is very much aligned with the northern hemisphere seasons. For years I tried to push hard at the beginning of our calendar year. I was trained that way in the corporate world. I thought there was something wrong with me that I just couldn't muster up the "motivation" to take on big new "goals" on January 1st.

Looking back I created a ton of chaos at that time of year to try to measure up to this standard. Now, I understand that Winter is a time of rest for me. It's a time of storing my energy for Spring, when I plant new seeds with excitement. As we approach the end of the calendar year, I invite you to observe yourself through the next lunar cycles. (Check in with Hattie's recent posts for notable lunar dates.)

Might you benefit from shifting the way you move through your planning and project cycles and move away from the Gregorian date calendar and to a lunar one?

I teach about the "Wheel of the Year" and creative flow in my conscious creativity and visioning practices. I hope you'll reach out if you'd like some private guidance.

As an introduction, Hattie and I have created an opportunity for you to practice raising your vibration and tuning to the moon during the upcoming Love Portal #12: 12 Master Keys to Manifesting Your Wishes, Hopes + Dreams experience. We're excited to begin 12/12 (a unique energetic portal day- and a New Moon) to guide you through using simple and powerful tools to raise your vibration and energize your creative flow to manifest your dreams. Join us here: <https://www.createwithnnette.com/loveportal12>

