

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

EUSTRESS - THE GOOD STRESS THAT HELPS YOU GROW

Americans are more stressed than ever — but if you're a glass-half-full kind of person, that statistic might not be so terrifying. There are two types of stress: the awful, normal stress that leads to late-night hair-tearing sessions, and eustress, or good stress. Good stress? It's not as wild as you think. If you're a scary movie fan, you know the feeling: The killer is right around the corner, the last protagonist alive is hiding behind the tree, and your heart is pounding. Yes, you're stressed. You're also excited, intrigued, and eager to keep watching. You'll experience bouts of eustress throughout your life, and it's easy to mistake them for regular distress.

Eustress pushes you to new heights. It encourages you to dive into new career experiences, finish that tough workout, and take on that major renovation project. Eustress drives you to achieve better things. Yes, it's stressful — but it also encourages you to improve yourself, reevaluate your approach, and search for the silver lining.



Eustress indicates a challenge, like a hard workout, a new language, a promotion, or a brand-new house. Challenges are difficult, and will definitely raise your hackles momentarily, but they can be overcome.

Remember that distress can turn into eustress if you have the right mindset. For example you might be distressed for a few weeks after losing your job. It's what comes after those few weeks that's important. Job loss becomes a job hunt, and you've gone from distress to eustress. The threat came and passed, and now you're fighting a challenge on the other side.

Avoiding stress may come naturally, but consider leaning into eustress. Positive stress encourages positive growth — so next time you feel your heartbeat pounding, think about how the sensation can help you learn.

[Read More here](#)

Article credit: <https://www.stress.org/the-good-stress-how-eustress-helps-you-grow>

Business Spotlight

TEA 4 CHI



This week, I am *extremely* excited to announce that I have launched a new business! This is actually my 16 year old business idea that has finally materialized and I could not be more thrilled! I first was introduced to Chi or Qi when I went to my first acupuncture appointment for stomach issues. What is Chi or Qi? In Oriental Medicine it translates as vital "life force".

I have created a set of seven teas for the 7 main chakras to help release the blockages in your chakras so the energy "Chi" can flow freely!

- **Worried about money? Drink a cup of 1st (root) Chakra or root tea!**
- **Craving creativity, then 2nd (sacral) chakra tea is the blend for you!**
- **Feeling angry or resentful, the 3rd (solar plexus) chakra blend is just what you need!**
- **Struggling in your relationships or heart broken? The 4th (heart) chakra blend will help you feel better!**
- **Having difficulty communicating or expressing your feelings? Your throat chakra (5th) may be blocked and this blend is right for you!**
- **Looking to connect to your higher self and intuition? The 6th (3rd eye) chakra (3rd eye) blend is perfect for you!**
- **Deepen your spirituality with a cup of the 7th (Crown) Chakra blend!**



Each set comes with 3 servings of each of the 7 chakra blends and a tea leaf ball. You can get 2-3 cups of tea from each serving so each package contains 40-60 cups of caffeine-free, chakra healing tea!

\$30 - All proceeds donated to my new 501(c)3 - **Vibration 432, Inc.**

Visit for details: <https://www.vibration432.com/tea-for-chi>

See page 3 for details about this non-profit!



INTERNATIONAL FIREFIGHTERS' DAY

May 4th

International Firefighter's Day is a way to say thank you to the world's firefighters for all they do to keep our communities safe. In honor of this day and the men and women that put their lives on the line to protect the citizens in the community, I would like to introduce my new 501(c)3, non profit, **Vibration 432, Inc.**

Vibration 432, Inc. is a 501(c)3 non-profit organization dedicated to improving the lives of first responders affected by Post Traumatic Stress Disorder (PTSD) and to help them heal.

Our goal is to enrich the lives of first responders that are suffering from PTSD to help them express themselves creatively while bringing awareness to this very serious and widespread mental illness that impacts the lives of so many first responders, including firefighters, police officers, EMT's, paramedics, dispatchers, air medics, etc.

Our Goals

- To bring awareness and educate the public about the issues that first responders face
- Reducing the stigma around talking about mental health issues
- Providing education about the signs and symptoms of the mental health issues that first responders experience
- Reducing financial barriers to engaging in creative endeavors and taking the time off to heal and explore artistic activities that are healing and restorative
- Exploring alternative healing modalities such as Transcendental Meditation, TMS, yoga, hypnotherapy, EMDR, and more

Future plans for expansion include hosting restorative retreats and workshops. Rates of PTSD in firefighters are higher than any other profession, whereas studies show that up to 37% of firefighters have PTSD. We are in the building phases of our organization and if you would like to volunteer please let me know @ info@vibration432.com

The website is a work in process - so stay tuned for updates on this new endeavor that I am truly passionate about!

Important Deadlines

APRIL 30TH

- Form 1120 Corporate Deadline
- 1st Quarter 2021 Payroll Reports
Form 941 & RT-6

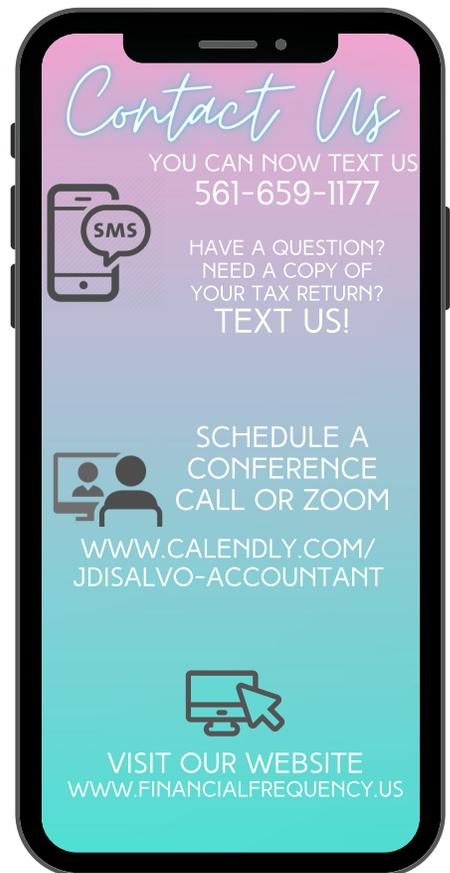


MAY 1ST

- FL Annual Report Deadline
- FL Corporate Return Deadline
Form F-1120 for C-Corporations

MAY 17TH

- Individual deadline/ Extension Filing Due
- 2020 IRA contribution deadline



Tax Talk!

IRS Refunds:

The IRS has announced that refunds are being delayed and to check [IRS.gov/refunds](https://www.irs.gov/refunds) for updates. The IRS has stated that it could take 10-12 weeks for refunds to be processed.

Marketplace Insurance Updates:

Under the American Rescue Plan, individuals can apply for Marketplace Insurance through Healthcare.gov. ARP increased the eligibility for financial assistance to help pay for Marketplace Coverage. If you have coverage, you should log in between **April 1st - May 15th** to see if eligible for increased subsidy. If you would like to apply for new coverage, you should apply on or before **April 1st**.

SBA EIDL Loan Increases:

The SBA announced that they will increase loan limits on existing SBA EIDL loans. To request the increase, you should follow these instructions:

- Send email to CovidEIDLIncreaseRequests@sba.gov
- Use subject line "EIDL Increase Request for [insert your 10-digit application number]"
- Be sure to include in the body of your email identifying information for your current loan including application number, loan number, business name, business address, business owner name(s), and phone number.
- Do not include any financial documents or tax records with your initial request. You will receive a follow up email notification if they need additional documents.

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

ASTROLOGICAL FORECAST:

BITCOIN HERE TO STAY AND THIS IS A PRIME TIME TO BUY IT

"Digital Gold and the fastest growing asset to ever have been known to humankind." is how Michael Saylor, a highly successful tech corporation CEO and avid fan of Bitcoin, describes it. (I referenced him and his [Bitcoin content rich website](#) last week.)

I am a fan of Michael Saylor because his perspective helped calm my Bitcoin doubting mind. I invested in Bitcoin a couple of years ago acting upon the advice of a very well respected Geopolitical Astrologer who literally exhorted people to wake up to see that cyptocurrency is THE way of the future. However, it most certainly did not feel as if I was investing in something as secure and stable as gold when I hit the Bitcoin send button and sent thousands of dollars off into cyber space. As Bitcoin is in the early stages of adoption and is new and unconventional it is not surprising there are many nay sayers who question its viability and staying power. From both the media and friends I have heard Bitcoin is: a bubble, a fad and an illusion. A derogatory commentary I have heard numerous times is. "Bitcoin came from nothing and it will return to nothing." The swirling controversy around Bitcoin has been enough to make me question at times if I was being prudent.

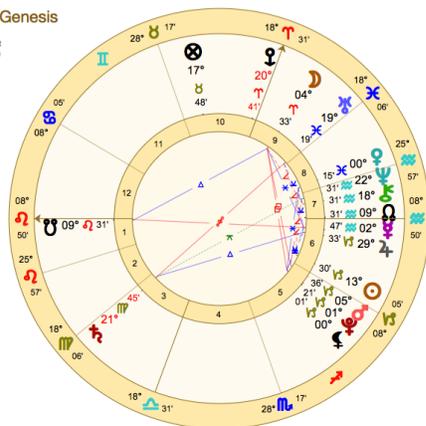
Michael Saylor's company MicroStrategy, with the blessings of his board of directors, invested 250 million in Bitcoin last August and subsequently has raised his exposure to be in the billions. Obviously he does not think it going anywhere other than profoundly up in value. Bitcoin has been rising in value very significantly since the beginning of the year and the growth has been as exhilarating as the nay saying has been challenging.

The astrological chart for when Bitcoin was first traded (January 3, 2009, 6:15 PM London England) has many indicators that it will be successful in being a long term store of value similar to the way gold stores value.

In this chart Uranus the planet of inventions is opposite Saturn the planet of tradition. Bitcoin is an invention, Gold is traditional. Uranus takes 84 years to orbit the Sun and Saturn 29.5 years. An astrological tenet is that when heavenly bodies are in a tug of war (in opposition to each other) the slower moving planet wins. (Uranus 84 years, Saturn 29.5 years) Obviously astrology says Bitcoin wins.

Bitcoin Genesis

Event
3 Jan 2009, Sat
18:15 UT = 0:00
London, UK
Geocentric
Tropical
Placidus



There is talk that Bitcoin's store of value, that is currently in the \$50 thousands, will go to \$100K, \$300K, \$400K or even a million. Thus clearly there is still time to invest (NOTE: There is no need to have to buy \$50K to get in) and realize the enormous growth potential. There are many more indicators in the Bitcoin astrology chart that foretell a prosperous future both as an investment and a force for good in the world. Stay tuned to this column. There is more uplifting metaphysical cryptocurrency news to share.