



WEEKLY TIPS FOR YOUR WELL BEING



Our office will be closed on Monday, September 6th, but will resume normal business hours on Tuesday, September 7th..

Wishing you and your family a happy, fun-filled and safe Labor Day weekend!

With Gratitude,

Jill & Team
XO

CLEAR INTENTION + ELEVATED EMOTIONS = NEW ENERGY

I am currently reading/listening on Audible the book "***Becoming Supernatural: How Common People are Doing the Uncommon***", by Dr. Joe Dispenza. It is a great read and I ended up purchasing the paperback because he describes so many diagrams that are in the book and I couldn't follow along while listening in the car! You may have read in a previous Frequency Friday edition that Energy, is Energy in Motion and this is one of the themes of the book.

Below is an illustration from the book (Figure 3.6) that shows an example of how you can literally manifest your destiny and create your ideal life by living in the present moment, becoming clear with your thoughts and practicing feeling the way that you would feel if you were living your dream life. This example is for someone that is looking for a new career, how you can create your new career and design it exactly how you want it to be if you set the intentions and focus your energy on experiencing. People tend to obsess about the worst thing that could happen to them, but if you change that to obsessing about some of the greatest things that could happen when your new career finds you, the experience will find you. What is your heart's desire? Write it down and embrace gratitude as if you are experiencing it in the now!

INTENTION

(Thoughts)

1. Work from anywhere in the world
2. Make the same amount of money or more
3. Contracts for 6 months to a year
4. Be my own boss & lead my own team



ELEVATED EMOTION

(Feelings)

1. Empowered
2. In love with life
3. Free
4. Grateful

BUSINESS SPOTLIGHT

AWAKEN

YOUR 13

Chakras



This week, I am so excited to featured **Awaken Life Coaching!** Sophie Frabotta, an internationally recognized Spiritual Life Coach who teaches spiritual seekers how to understand their spiritual awakening, do the deep spiritual healing work to experience a sense of self-love and inner freedom, has an upcoming event called Awaken Your 13 Chakras. Most people have to hop on a plane to come to her events, but we are lucky - her Awaken Studio is right here in West Palm Beach!

This event is an **8 week Spiritual Immersion experience** to work with and AWAKEN your 13 chakras. Each week we work with a specific chakra, learn all the details about the location, emotions, energy flow, and how to discover what is blocked and how to heal it. We then guide you in a chakra healing meditation (every week) to activate your life force and get you back into balance. This is a hybrid experience of 7 online classes, 4 live zoom workshops, and then a 1-Day in person retreat at the Awaken Studio, where we will spend the day resetting, recharging and activating your 5 higher chakras to empower your entire chakra system! You will leave this experience feeling like a different person; recharged, reset and renewed!

Class Starts: September 30, 2021 - November 18, 2021

1 Day Retreat: Saturday November 13, 2021 - 9:00am - 5:00pm

Learn more here: <https://www.awakenwithsophie.com/chakra-retreat>

Space is very limited

Tell them I sent you and get a \$200 credit: use code - FrequencyFriday

Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMEROLOGIST HATTIE PARKER, MS,ED

A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

GET YOUR COSMIC MOJO ON

HURRY UP & WAIT: KNOW ABOUT TIMING

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Cosmic Trends: All the transpersonal planets that influence how the systems of the world work are currently in what is referred to as "in retrograde". Thus you may be very aware that aggravation influenced by delays and reconsidering influenced by things not going as planned abound on all levels: worldwide, national, local, and personal. For example: The Afghanistan withdrawal did not unfold as planned. It delayed moving forward when it hooved over New Orleans. The daunting nature of the storm has caused havoc for the local communities it impacted (i.e., New York City). This trend hit home for me this week when I have been faced with spending hours trying to resolve a computer issue. How about for you? (If recent times have been problematic. Perhaps it will help reassure you that you are not alone.)

All the personal planets that influence our personality and our personal lives are moving forward. Thus your will to press on and get "things" accomplished is very likely in tact. Further to igniting the will to proceed to succeed, Mars, the planet of assertion, is close to and out in front of the Sun. Mars inspires action. Many are likely to be experiencing a feeling of being raring to go.

Rx for Our Cosmic State of Affairs: Exercise PATIENCE and cultivate CURIOSITY about what you are supposed to be learning during this time of rethinking the way things work. The "re" prefix in the word retrograde signals it is time to rethink, re-evaluate and re-configure. On 10/10 Saturn, the planet of structure will go direct and the energy of moving forward should begin to loosen up. At that time Mercury, the planet of the mind (a personal planet), will have been in retrograde since 9/27. There will be a week (Mercury retrograde ends 10/17) when this planet of the mind may truly guide and help you find clarity about confounding issues. However as October 10 is more than a month away, remember during September the secret of successful survival and well-being is PATIENCE!

Notes on Crypto Investment Timing*: It is widely anticipated that crypto currencies will take off creating new highs in the 4th quarter of the year (most likely after 10/10). As a crypto investor such news is exhilarating. However, at this time there is a quite widely held belief that Bitcoin, the kingpin of cryptos, is in for yet another dip. This fits with September, as the astrology indicates, being a time of reconsidering. If you want to find a favorable time to buy Bitcoin, or more Bitcoin, you may want stay alert for signs of a declining price. Additionally, if you are interested in establishing a foothold in the more volatile alt coin crypto domain, there is a sense by many that when Bitcoin goes down alt coins go up.

*Disclaimer: The above information is shared for educational purposes and should not be construed as financial advice.



IMPORTANT DEADLINES

SEPTEMBER 15TH

***FINAL REMINDER!! ***

- Extension deadline for Partnership & S-Corporation Tax Returns. The penalty is \$200/shareholder per month for late filing.
- 3rd Form 1040-ES: Estimated Tax Payment Due

OCTOBER 15TH

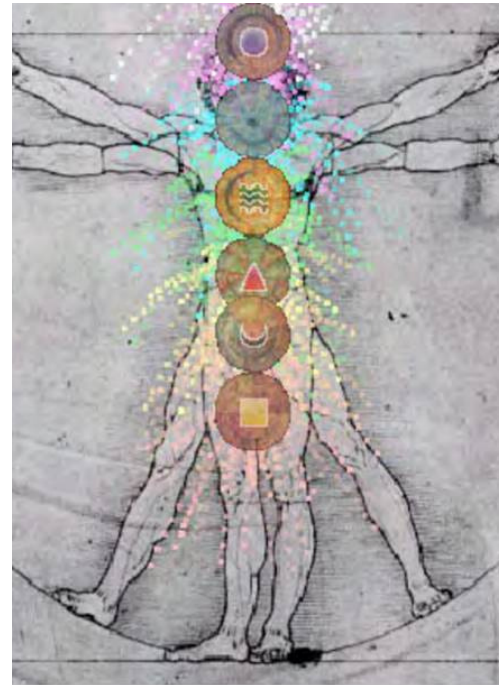
- Extension deadline for Corporate & Personal Tax Returns

*****IN ORDER TO COMPLETE YOUR PERSONAL RETURN IN TIME, PLEASE SEND ALL DOCUMENTS TO US PRIOR TO 10/1/21**

BECOME AN AURA READING APPRENTICE!!!

This is an opportunity of a lifetime for the right person(s)! Learn how to read auras from the Master, Hattie Parker! Hattie is looking to train the right individual(s) how to utilize the Biopulsar-Reflexograph to read auras and help people to see where they may have chakra blockages.. Hattie has over 18 years of experience doing in person and virtual auras. We are looking for the perfect candidates to help read auras to help individuals to literally see their energy.

Contact Hattie today to learn how to become an aura apprentice @ Hattie@hattieparker.com



PPP FORGIVENESS

Need assistance with applying for PPP Forgiveness?

Our office is assisting clients with applying for Round 1 & Round 2 of the PPP Forgiveness. Due to increased security measures, we will need a 15 minute phone call with you to start the process. Click this link: <https://calendly.com/tbunchuk/> to schedule a conference call with Tina so she can assist you with the PPP forgiveness application. Before your appointment, we request that you complete the credit card authorization for the \$150 Application Fee. [CLICK HERE](#)