

Frequency Friday!

Elevate your frequency!

"Ho'okahi ka 'ilau like ana"

-By Working together, we can achieve great things

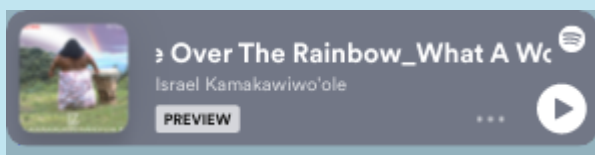


My heart is very heavy with the news of the wildfires in Maui as they ravaged this beautiful Valley Isle. I have been fortunate and blessed to have traveled to this lush, magical island four times in my life and this is a tragedy on so many levels. Our thoughts and prayers are with the people of Maui and to those that have lost their loved ones, their homes and businesses.

The images of the ravaged town of Lahaina have brought me to tears. There is a beautiful, 150 year old Banyan tree in the center of Lahaina's Banyan Court Park that spans 2 acres that was one of Maui's cherished landmarks that is now charred.



Below is a link to a reputable Organization, Hawaiicommunityfoundation.org and you can also follow this linktree for other options on how you might like to support these families in crisis from this devastating tragedy. Just click below on either option, these links were provided by @lahaina_ohana_venmo via Native Hawaiian, Jason Momoa @prideofgypsies



Financial Frequency



Going green could help taxpayers qualify for expanded home energy tax credits

The Internal Revenue Service reminds taxpayers that making certain energy efficient updates to their homes could qualify them for home energy tax credits. The credit amounts and types of qualifying expenses were expanded by the Inflation Reduction Act of 2022.

Taxpayers can claim the [Energy Efficient Home Improvement Credit](#) and the [Residential Clean Energy Credit](#) for the year the qualifying expenditures are made.

Energy Efficient Home Improvement Credit

Taxpayers that make qualified energy-efficient improvements to their home after Jan. 1, 2023, may qualify for a tax credit up to \$3,200 for the tax year the improvements are made.

As part of the Inflation Reduction Act, beginning Jan. 1, 2023, the credit equals 30% of certain qualified expenses:

- Qualified energy efficiency improvements installed during the year which can include things like:
 - Exterior doors, windows and skylights.
 - Insulation and air sealing materials or systems.
 - Residential energy property expenses such as:
 - Central air conditioners.
 - Natural gas, propane or oil water heaters.
 - Natural gas, propane or oil furnaces and hot water boilers.
 - Heat pumps, water heaters, biomass stoves and boilers.
 - Home energy audits of a main home.

To read the full article, click the button below:

READ MORE



*Nanette Saylor
A Testimony to Success by
Jill DiSalvo*

I get asked all of the time, Jill how do you do it? Run a successful CPA firm while also running a non-profit and raising two teenagers as a single mom? Well, my secret is that it takes a village and there is no "I" in team and I believe in surrounding myself with a solid, reliable and loyal team. One of the most invaluable resources, has been my coach! As many of you know, I started working with a coach in 2018 to help me with my goal setting and to have someone to keep me on track and hold me accountable both personally and professionally. I met Nanette at the end of 2021 and made the decision to change from my coach at the time (who by the way, I still highly value their services over the years but just felt the need to switch it up) and I hired her to be my business & life coach. Over the years, she has helped me in so many ways - she has a very unique and creative approach that brings a fresh set of eyes to any situation and has helped me to stay grounded even during the chaos of tax season.

Nanette is a self-proclaimed "recovered stress junkie" which really resonates with me and that is something I am striving to achieve that status! She utilizes her extensive corporate hospitality experience to help with goal setting and financial projections but combines her passion for creativity to help her clients which she lovingly calls, "Creativepreneurs", to focus on solutions, rather than obstacles with using a creative approach.

Recently, Nanette came to observe my staff and I for a few days and she was pivotal in helping me with to resolve an employee conflict matter between two of my employees. I have a team of 9 girls and yes, we have a great team but things happen! I try to avoid conflict at all costs and Nanette's approach helped to diffuse the situation and get everyone back on track.

If you are looking for a fresh perspective for your business or feeling stuck in your life, I highly recommend calling Nanette for a Free Discovery Consultation! See Page 3 for details and to learn more!

♥ Jill

Curious About Creativity Coaching?

Meet Nanette Saylor Creativity Coach



What is a Creativity Coach?

I'm often asked, what is a creativity coach?

A coach in any focus area or discipline is someone who supports you and guides you in the transition from where you are now to where you want to go. A creativity coach is one who helps people who create with every aspect of their lives and businesses, understanding that creative people and creative businesses are different.

Creativity Coaching is life coaching for creative people or business coaching for creators or a combination of the two. Anyone who creates original work — whether it's music, art, writing, food, tech, craft, design, theatre or you name it— has unique needs when it comes to developing and promoting those ideas and a creativity coach helps those creators bring their visions to life.

In the world of business, a creativity coach helps creators focus on real, strategic growth specific to a creative enterprise and helps them build personal and professional support systems that actually work for them, not against them. Whether you are a creative entrepreneur, aka creativepreneur (yes, there really is such a thing) or intrapreneur (you behave like an entrepreneur in a large organization) or an artpreneur, someone desiring to bring your art to the world, you're success will come much easier with the right support in place.

As your creativity coach, I serve as a supportive guide, an accountability partner and as a cheerleader, too. I help you create structure – little routines and rituals that make taking action fun instead of frightening– and I encourage you to focus on solutions, rather than obstacles. Together we uncover your dreams and I help you to tap into your creative energy to give clear attention and focus to the things that are most important to you. And, I help you shift back into alignment with those deepest intentions to create whenever you drift off course or get stuck.



Here's what I know for sure: I'm a smart, creative, seeker of knowledge. I can do lots of things. Heck, I can create something out of almost anything! Yet, even with all my years of successful managerial experience, tons of the best personal, leadership and business training available I was still having trouble getting out of my own way when I left my executive role in hospitality and chose to become a creative entrepreneur as Creativity Coach. I had a very loud voice in my head that yelled "What are you thinking? That's crazy!", "You can't do that!".

Everything began to change for me when I hired my first coach. My coach supported me when I was scared, helped me gain clarity and gently pushed me to start getting honest with myself about who I wanted to be in the world and what I wanted to create. She gave me the gentle nudge I needed to push past my limits and to begin to see new possibilities for myself.

A graphic for a "Free Discovery Consultation". It features a green background on the left and a white background on the right. On the left, the text "Free Discovery Consultation" is written in a large, white, serif font. Below this, in smaller text, it says "with CGA Coach + Possibility Partner Nanette Saylor". There is a small circular photo of Nanette Saylor smiling. To the right of the photo, the text "GAIN CLARITY + FOCUS + BREAK THROUGH BLOCKS" is written in a smaller, white, sans-serif font. On the right side of the graphic, there is a circular image of a colorful, stylized flower. At the bottom right, a pink button contains the text "Schedule CALL" in white.

[Not Sure Where to Begin? Start HERE... with a free intro and info session.](#)

Now it's your turn. Do you have an urge to create— art, music, craft, a business, or anything— but you're not quite sure how to start? Or, maybe you've gotten started, but now you're stuck and don't know which direction to take and you're chasing too many options?

If this is you, then I encourage you to reach out to [request a free Creative Discovery & Clarity Session with me.](#) Send an email to Nanette@wisewellwomen.com. Write "I'm curious about Creativity Coaching" in the subject line and I'll respond personally. I'll send along an introduction and some thought-provoking questions for you to give attention to prior to schedule our session. I wish for you everything you dream, and more!

Frequency Friday!

Bulletin Board

WELCOME
to the Team

Welcome our Newest
Addition to Team Jill!
Meet Shawna!



"Hi I'm Shawna! I am a new mom to a beautiful baby boy, Mason. I am very family oriented and enjoy spending my off time with them. I am a hard worker and try to help whenever and wherever I am needed. I have previously worked as a Pharmacy Technician and a Veterinary Technician. I have always had a love for animals and have three fur babies at home as well. I am so grateful to work remotely with Jill and this amazing team."

Frequency 432

Elevate your Frequency!
www.frequency432.com



Join our
Community!

You are invited to join this Meeting in the efforts to build a community of Healers and Wellness Practitioners to showcase the many services available for trauma-afflicted individuals and their families. Our Mission is to expand within our Organization to have a wide network of resources that offer holistic healing therapies and a variety of techniques that can be blended with traditional Western medicine and treatment plans to help heal.

Event date:

August 22, 2023, 5-7pm

Alton Clubhouse 13255 Alton Rd.
Palm Beach Gardens, FL 33418

You are invited to an evening of sharing ideas, collaborating with fellow wellness practitioners, helpers and healers. We are working to build our network of resources to serve our 501(c)3 non profit **Vibration 432** to help to heal and improve the lives of first responders and teens suffering from PTSD.

Visit www.frequency432.us to learn more!



Free Aura
Readings!

Limited space
available! RSVP to:
info@vibration432.com

Every Aura has a story to
tell, what does yours say?

Save the Date

Calling All Holistic Healers and Practitioners that would like to be a part of an AMAZING Community we are building! We would love to have you join our meeting next week on Tuesday from 5-7pm!

RSVP: info@vibration432.com

GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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

Virgo Reigns Reminding Us "The Devil is in the Details"

(People born in the sign of Virgo are known to be highly detail-oriented)



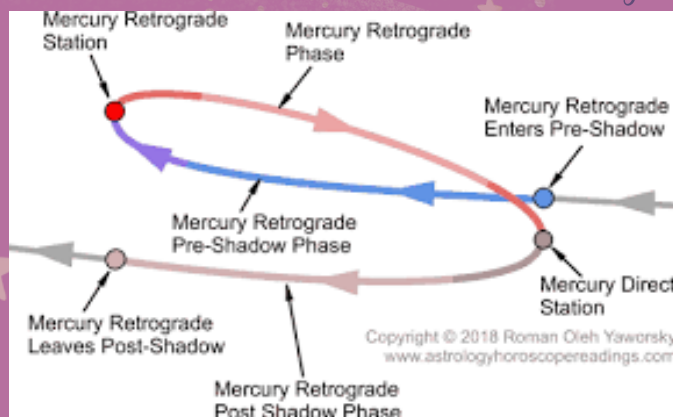
The phrase "The Devil is in the Details." has significant traction for being true. If you concur, read on. This article reveals that this is an excellent time for addressing something that can often be considered a bedeviling topic: Planning and executing a will.

Re: The Astro-Mojo:

On August 23, the Sun entered Virgo, where it will be in Virgo for the coming 28 days. On this very same day Mercury, the planet of the mind and thinking, turns retrograde. Mercury Retrogrades are an excellent time to remind yourself to react, rethink and reorder your affairs. Pluto, the planet of life and death resides in Capricorn. The rationale for how this combination of astro affairs favor will preparation or review are shared below.

Attention to Detail is Favored

Virgo is all about details. Research reveals that the phrase "The Devil is in the Details" actually originated from a German phrase that is attributed to say, "God is in the Details." The origins of the phrase seem more uplifting. In Tarot the Devil Card is associated with the astrological sign of Capricorn the sign that relates to all things business and money. There are those who think money is evil and perhaps that is why the Devil imagery emerges. And, consistent with this thinking, there are plenty of examples of untoward activities that have been inspired and driven by greed. However, when seeking to see an issue in the best light, money is more favorably viewed as a tool that can be used for expansive and impressive good. Capricorn is an earth sign. Pluto, the planet of transformation is in Capricorn, also an earth sign. Planets in the same element support each other. Thus, now with the Sun in Virgo and Mercury in retrograde in Virgo rethinking and planning details related to issues.



How Astrology/Numerology Might Be Relevant and Helpful to Your Planning Process

For some planning a will may bring up uncomfortable unresolved family and/or interpersonal issues. As a metaphysician astrologer/numerologist it is my belief that our higher selves, being infinitely wise, choose to incarnate with our family members so we would have the needed conditions to learn desired lessons for our soul inspired growth. Should the idea of digging into personal reflections on how this may be impacting you, I would be most happy to inform and guide you. If you would like to learn more, contact me at: hattie@hattieparker.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



Personal Story

I am recently returning from a trip up north to visit nieces and nephews in the wake of the passing of my sister and her husband all of which happened in slightly more than a year's time. Estate-related issues abound. My now-deceased former brother-in-law had remarried and my sister's children had never met his new wife in person. related to transformation, including death and money are favored.

The estate includes two apartments in Spain and these present and involve a complex set of inheritance restriction issues. There are many bedeviling issues and now they require expensive legal attention. It seems that greater attention to details would have definitely helped matters. Both my sister and her husband died of totally unexpected health issues. We never know when the need for having taken care of details will kick into gear. My Advice: If you need to start planning - START: If a taking care of details review is advised - REVIEW.

A Significant Window of Time

The dates of Mercury Retrograde are officially August 23 to September 14. And, however, there is a shadow period that is Illustrated in the Mercury Retrograde graphic. Taking into account the shadow period this Mercury Retrograde lasts until September 30. Pluto will be in Capricorn until early 2024. Pluto rules Scorpio the sign under which Halloween falls. **If it applies may you be bedeviled and bewitched to see the light and get to work creating or updating your will.**