

# Financial Frequency

WHAT'S YOUR FINANCIAL FREQUENCY?

## Happy Frequency Friday!

IMPORTANT UPDATE:

### *Client Manifesto: Please Read!*

Dear valued clients:

This is a bit emotional for me to write as I am a people pleaser to my core, but those of you have been with me for a little while know that I am an open book and I know that my willingness to share my story has helped so many of you...So....here I go..

Some of you have been working with me for 14 years-1/3 of my life - so hard to believe! Those of you that know me...KNOW ME...I have shared my trials and tribulations with you, from Divorce to New Relationships and all that falls in between. Even the struggles that come with raising 2 kids as a single mom while running a business, , the list could go on and on....I do consider the majority of you, my friends as many of you have also shared your deepest, most intimate secrets and fears with me. I feel that we have built trust over the years and I care about you, your family and your business (if you have one).

I VALUE YOU ALL SO MUCH! Please remember there is only one ME and almost 2,000 of you....I have been hearing a lot recently that "Jill is too busy for me" or "I am not important to Jill" or "Her calendar is full"...So I am making the following promises to you, on behalf of myself and my Team:

As my client, I make the following promises to you:

- I will care about you, your family and your business (if applicable) as if it is were my own
- I will treat you with respect and be courteous with you
- I will charge you reasonably and fairly
- I will keep you in compliance with federal and state authorities as long as the information is provided to us in a timely manner
- Be prepared and give you my undivided attention if you schedule a call, zoom, or in person meeting with me

AS LONG AS:

You, our valued client promise and agree to the following:

- I understand that you have other clients
- I understand that if I have a question or need to speak with me (Jill), that I will schedule a call or send an email with my questions. If I can't find a time on Jill's schedule, I will text the office to have her assistant help me schedule a time.
- I will wait a reasonable length of time for a reply from Jill and her team - up to 7 days during tax season and 48 hours in off season. I can assure you that I, Jill, read every email that comes in every day - and it exceeds 500/day.. I answer based on urgency and if it can be answered quickly.
- I will not call, text and email during a 24 hour period via multiple means of communication and understand that by doing so, I am clogging up the system.

Lets work together to make this a seamless process!  
With Much Love and Gratitude!

♥ Jill



# Friday: Energy Frequency with Omie Spirit



This week is a ride! With psychic energy flowing and spirit asking us to trust what we see, feel and hear. There are no exceptions here everyone will be receiving energies from spirit based on the vibration one carries.

*(Vibration carries is another word for emotional awareness)*

Today, Friday the 24th, is a day about trust, love, and anger. I know, why anger!? Well anger is not always a bad thing! Anger is an emotion of duality that reveals what you are passionate about. Being that today is about trust, love and anger, this combination of emotions will allow us to birth new ideas beginnings and learn from old patterns when we choose to pay attention. Use this day to nurture yourself even it it's choosing an apple over chips bring love into your body with the choices you make.

- Saturday will carry over the energy and nurturing you have given yourself from Friday and will be the gas that brings today's triumph in. Understand to see success today one must focus on their inner guidance and balance their self control. With hard work and perseverance, success will be your friend this day.
- Sunday, if I had to pick the luckiest day of the week this will be it, but remember, luck is a thing of its own. You choose your luck on this day, so a confident mindset is a must for Sunday! With this mindset, you will have the power to literally accomplish any goal you set, replace problems with solutions this day.
- Monday, Okay up until now we had a great few days, so this Monday is rest and work together day. This is not, a "do it alone day", don't be shy to ask for help or offer a helping hand to a friend or employer. This day reminds us of our oneness and requires us to be still so we may balance with work and spirit within.
- Tuesday, This is the day we have all been waiting for a day to have fun and enjoy the day as a child would. Oh, but it's a work day you say, that's okay. Imagine being a child and pretending to go to work and how much fun that child had playing the roles we are now choosing to do for whatever reason. Do this and the energies of this day will be more than just another day.
- Wednesday, is a day of mastery for all the tools you need that are in your toolbox. I would call this the easy day, but honestly you have tools to make it easy and if you don't use them it won't be easy. Whether it's wisdom, intuition, psychic skills, self-motivation, willpower, or just pure courage! These are all apart of you! Open your toolbox and your heart!
- Thursday we end our week with a reward for a job well done. The past six days spirit energy was pouring in and hopefully most of us were able to move through it with a breeze, but even if some could not, great job that you put forth your best effort! And that's what makes it all worth it! This day brings a sense of grounding and accomplishments as energy starts to normalize and emotions become more grounded and centered.

# Cosmic Crypto Mojo

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

## GET YOUR COSMIC MOJO ON "YES I CAN" TRUST THE UNIVERSE A METAPHYSICAL (AKA A COSMIC) APPROACH TO MOOD ELEVATION

### DEPRESSION IS A BUMMER: MY EXPERIENCE

DEPRESSION IS A LEADING CAUSE OF DISABILITY WORLDWIDE. IF YOU HAPPEN, AS I HAVE, TO BE AMONG THE RELATIVELY SIGNIFICANT NUMBERS OF PEOPLE TO HAVE SUFFERED THE TRIALS AND TRIBULATIONS OF BEING SERIOUSLY DEPRESSED AT SOME TIME IN YOUR LIFE YOU KNOW, IT IS NOT PLEASANT. I LIKEN MY EXPERIENCE OF BEING DEPRESSED TO BEING SUCKED UNWITTINGLY INTO A DARK HOLE THAT I DIDN'T KNOW HOW TO EMERGE FROM. IT WAS LIKE BEING LOCKED IN A DARK ROOM FEELING TRAPPED THAT I, BY MYSELF, TRIED BUT COULD NOT ESCAPE. I DID NOT KNOW HOW TO UNLOCK THE DOOR AND I COULD NOT DO IT FOR MYSELF.

A COUPLE OF DECADES AGO, AT A TIME IN MY LIFE WHEN I HAD A CASCADE OF DISAPPOINTMENTS I UNWITTINGLY FELL INTO A STATE OF DEEP DEPRESSION. BEING A PERSON WHO PRIDED HERSELF ON BEING SELF-RELIANT I ATTEMPTED TO SELF-MEDICATE BY TAKING ANTI-DEPRESSANTS THAT A FRIEND HAD MADE AVAILABLE TO ME. I HAD A VERY ADVERSE REACTION TO THEM AND WAS THEN IN AN EVEN GREATER STATE OF DESPAIR. THE MEDICATION HAD NOT BEEN PRESCRIBED BY THE DOCTOR AND I WAS THUS AT CROSS PURPOSES WITH THE MEDICAL ESTABLISHMENT. I WAS WARY OF SEEKING RELIABLE HELP. FORTUNATELY, I HAD A CARING THERAPIST WHOM I REACHED OUT TO AND ALSO FORTUNATELY SHE HAD A TRUSTING RELATIONSHIP WITH AN MD. SHE REFERRED ME AND I GOT STABILIZING HELP. MY FATHER VERY UNEXPECTEDLY PASSED DURING THIS TIME AND I NOW LOOK BACK AT THIS TIME TO GRATEFULLY SEE THAT THE UNIVERSE ORCHESTRATED A MANY FACETED SERIES OF EVENTS THAT RESULTED IN MY FINDING HELP AND HOPE.

### VIBRATION 432, INC.: OFFERING HELP AND HOPE

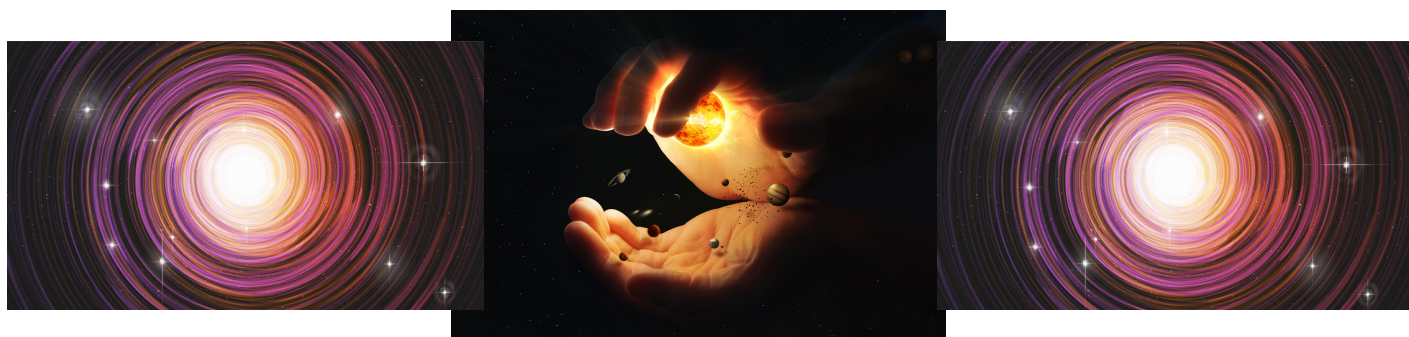
THE NON-PROFIT ORGANIZATION VIBRATION 432, INC. WAS FOUNDED BY JILL DISALVO TO BE A FORCE FOR HELP-ING TO ADDRESS THE MANY CHALLENGES OF HEALING DEPRESSION. ONE OF THE MISSIONS OF THE ORGANIZATION IS THE CREATION OF HEALING SYSTEMS AND MATERIALS THAT CAN BE EASILY AND COST-EFFECTIVELY DISTRIBUTED. THESE ARE BEING DEVELOPED FOR USE BY OUR FUTURE MEMBERS. FYI: WE ANTICIPATE OUR MEMBERS WILL INCLUDE PEOPLE SUFFERING WITH DEPRESSION AND PEOPLE, WITH A GENEROUS SPIRIT WHO WANT TO BEING PART OF THE SOLUTION. OUR INTENTION IS TO BE A MEANINGFUL SOURCE OF ALTERNATIVE INTERVENTIONS, BOTH IN THE MATERIALS WE CREATE AND CONNECTIONS WE MAKE BETWEEN THOSE WHO SUFFER WITH WHOLISTIC PRACTITIONERS. ONE OF OUR LONG-TERM GOALS IS, ONCE THE TOOLS ARE TESTED AND BEEN PROVEN TO HAVE EFFICACY, TO MAKE THEM WIDELY AVAILABLE AS A RESOURCE TO BE ADDED TO THE TOOLKITS OF PEOPLE IN THE THROES OF DEPRESSION, AS WELL AS FOR EVERYDAY PEOPLE CHALLENGED WITH COPING WITH OUR EVER-CHANGING CHAOTIC WORLD. THE TARGETED HIGH NEED GROUP WILL INCLUDE AND HOWEVER NOT BE LIMITED TO PEOPLE WITH PTSD.

# Cosmic Crypto Mojo

## TESTING FOR EFFICACY: YOU CAN HELP (AS SOON AS WE ARE READY)

MY DIRECT EXPERIENCE WITH KNOWING THE DEPTHS OF SERIOUS DEPRESSION INFORM MY INTEREST AND CONCERN FOR DEVELOPING MATERIALS FOR VIBRATION 432, INC. IT ALSO CAUSES ME TO WANT TO PROCEED WITH CARE TO ASSURE THAT WHAT WE OFFER IS FINELY TUNED TO ADDRESS THE SENSITIVE NATURE OF THE ISSUES FACED BY OUR TARGET POPULATION. WE RECENTLY CONDUCTED A 22 DAY VIBE 432 "YES I CAN" CHALLENGE WHEREBY A GROUP OF PEOPLE ENGAGED IN FIELD TESTING ONE OF THE SETS OF MATERIALS THAT ARE IN DEVELOPMENT. THE PRODUCTS WERE WELL RECEIVED AND THE PROCESS PROFOUNDLY HELPFUL FOR US. WE ARE DELIGHTFULLY MAKING PROGRESS.

LAST WEEK, BECAUSE I THOUGHT I WOULD BE READY, I ANNOUNCED A SECOND VOLUNTEER OPPORTUNITY FOR FIELD TESTING. WITH REGRETS IT IS TAKING LONGER THAN EXPECTED TO PROCEED. THE "LET GO AND GROW" FIELD TESTING OPPORTUNITY IS COMING SOON. "LET GO AND GROW" IS ABOUT A SIMPLE TO USE SELF-CARE ACTIVITY TO SUPPORT THE ENHANCEMENT OF WELL-BEING AND INTUITION. IT FOCUSES ON THE GROWTH OF 6 C'S: COURAGE, CLARITY, COMMITMENT, CREATIVITY, COMFORT AND CONTENTMENT. THE UNDERLYING THEME RELATES TO TRUSTING THE UNIVERSE.



STAY TUNED: A VOLUNTEER, BY DONATION OPPORTUNITY THAT WILL BE FULLY ACCESSED ON-LINE WILL BE ANNOUNCED IN MARCH.

### AN ASTROLOGICAL FOOTNOTE: RE: COSMIC TUNING OF YOUR INTUITION

THIS LAST WEEK OF FEBRUARY AND BEGINNING OF MARCH STRONGLY FAVOR INTUITIVE INSIGHTS AND INSIGHTFULNESS. STARTING TUESDAY 2/28 THERE WILL BE 2.5 DAYS OF THE MOON BEING IN CANCER. THIS MEANS THAT THE SUN IN PISCES, THE MOON IN CANCER, AND NEPTUNE (THE RULER OF PISCES) WILL ALL BE IN WATER SIGNS THAT ARE KNOWN SUPPORT INTUITION. THE SUN AND THE MOON ARE DECIDEDLY THE MOST IMPORTANT ELEMENTS OF OUR ASTROLOGICAL STATE OF BEING. ADDITIONALLY, SATURN IS NOW LESS THEN 2 DEGREES AWAY FROM ENTERING PISCES. THUS, IT TOO WILL LEND SUPPORT TO INTUITIVE WISDOM.

SATURN IS THE PLANET OF STRUCTURE AND PLANNING. IT RULES CAPRICORN THE SIGN THAT IS ALL ABOUT OF BUSINESS. ONCE SATURN ENTERS PISCES IT WILL REMAIN IN THIS WATER SIGN UNTIL LATE MAY OF 2025.

SATURN IN PISCES CAN BE ABOUT LETTING GO OF STRUCTURES OR ITEMS THAT NO LONGER SERVE YOU. IF YOU ARE IN BUSINESS OR CONCERNED ABOUT THE EVERYDAY BUSINESS OF PLANNING YOUR LIFE AND ARE CONTEMPLATING DOWNSIZING YOU MAY WANT TO WAIT UNTIL AFTER 3/8 WHEN SATURN IS FULLY INTO PISCES TO GIVE YOU A COSMIC INTUITIVE EDGE ABOUT HOW TO PROCEED.

FURTHER YOU MAY WANT TO PLAN TO ENGAGE WITH LET GO AND GROW FOR ADDITIONAL SUPPORT!





# Creating With Intention

CREATING WITH INTENTION IS NOT ABOUT MAKING ART AND IT REQUIRES NO SPECIAL SKILL OR TALENT. ALL YOU HAVE TO DO IS CREATE SOMETHING TO BE SELF-EXPRESSED.

SO WHY ARE WE SO AFRAID OF OUR NATURAL CREATIVITY? WHY DO WE DENY OURSELVES THE JOY AND SUCCESS THAT COMES FROM USING OUR CREATIVE ENERGY, IF LIVING CREATIVELY SIMPLY MEANS USING AWARENESS BY CHOICE IN WHATEVER WE SET OUR HANDS TO?

WE'VE BEEN WELL TAUGHT TO VALUE CONFORMITY, STABILITY AND SAFETY. USING AWARENESS INVITES US TO QUESTION EVERYTHING AND TO LISTEN FOR NEW ANSWERS.

BEING MINDFUL INVITES CHANGE. WE FEAR CHANGE.  
CHANGE HAS THE POWER TO TAKE US TO UNKNOWN PLACES WHERE CRAZY, IRRESPONSIBLE CREATIVES HANG OUT AND BREAK ALL THE RULES.

THE TRUTH IS, MANY OF US ARE CLOSET CREATIVES WHO'VE SPENT YEARS, SOMETIMES DECADES, TRYING TO KEEP THE "JEANIE IN THE BOTTLE". WHAT WOULD HAPPEN IF WE LET HER OUT? CREATIVITY IS OUR LIFEFORCE, AFTER ALL.

THE MORE POIGNANT QUESTION MIGHT BE, WHAT WILL HAPPEN WHEN WE DON'T?

WHAT IF UNCORKING THAT BOTTLE COULD BE EXHILARATING AND ENERGIZING INSTEAD OF TERRIFYING?

WHAT IF BY SELF-EXPRESSING THROUGH CREATIVE ACTS WE GAIN GREATER ACCESS TO POWERFUL INSIGHTS, LEARN TO ARTICULATE THEM WITH INSPIRING CLARITY AND USE THEM TO MOVE THROUGH OUR STUCK PLACES WITH EASE?

WHAT IF IT'S TRUE THAT THIS IS THE MOST EFFECTIVE WAY TO HEAL OUR PAST, LIVE FULLY-EMBODIED IN THE PRESENT, AND CRAFT THE FUTURE OF OUR GRANDEST IMAGINATION?

WILL YOU MAKE CREATING WITH INTENTION A PRIORITY NOW?

WHEN WE CREATE WITH INTENTION WE GAIN FULL ACCESS TO WHO WE ARE NOW AND WHO WE ARE BECOMING.  
WE GET TO SEE WHAT'S POSSIBLE FOR US IN OUR EVOLVING FUTURE.  
WE CAN'T THINK OUR WAY TO THIS KIND OF EVOLUTION. WE HAVE TO FEEL IT, TO EXPRESS IT -- TO MAKE IT.

WHEN WE CREATE IT'S TRUE ALCHEMY! WE MAKE THE INVISIBLE VISIBLE -- WE BRING SOMETHING FROM AN EMOTIONAL FEELING STATE INTO PHYSICAL FORM. USING ANY FORM OF SELF-EXPRESSION - MUSIC, POETRY, ART, DANCE, OR CRAFT -- WE INVITE A NEW LANGUAGE AND FORM TO COME TO LIFE THROUGH OUR CREATIONS AS WE MAKE THEM. WHAT MAY HAVE BEEN HIDDEN FOR MANY YEARS COMES FORWARD TO SHOW US WITH BREATHTAKING CLARITY WHAT IT IS WE ARE HERE TO CAUSE AND TO CREATE.

AND THAT, DEAR ONES, IS EXPERIENTIAL TRANSFORMATION.

I AM HERE TO CAUSE AND TO CREATE OPPORTUNITIES FOR WOMEN TO EXPERIENCE CREATIVE AWAKENINGS SO THEY LIVE THEIR DREAMS EVERY DAY.

NOW IT'S YOUR TURN - WHAT ARE YOU HERE TO CAUSE AND CREATE?

IF YOU'RE CURIOUS AND TO LEARN MORE ABOUT UPCOMING WOMEN'S CIRCLES, CREATIVE RETREATS AND COACHING OPPORTUNITIES PLEASE EMAIL ME AT [NANETTE@WISEWELLWOMEN.COM](mailto:nanette@wisewellwomen.com).



Nanette Saylor  
Creativity Curator + Possibility Partner  
[WiseWellWomen.com](http://WiseWellWomen.com)

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