Frequency Friday!

Elevate your Frequency!



PERSONAL TAX DEADLINE 10/16/2023

If you have personal taxes due and filed an extension, the deadline to submit to the IRS is **October 16th 2023!** 

<u>All missing information is due to Jill</u> <u>IMMEDIATELY for an ON-TIME filing!</u> Please reach out with and questions and take a moment to submit any pending documents as soon as possible.

Drop off or upload documents to complete your tax return and <u>email Shyann at</u> <u>shuggins@d-acpa.com</u>



Hi Everyone! As you know I am hosting our 3rd Annual Frequency 432 Healing and Wellness Expo on 11/11/23 at Carlin Park Jupiter! We are super excited for this year's line up of Vendors and Presenters! We are still accepting Vendor applications, if you or someone you know of would be interested in being a vendor, have them sign up at the link below. You can also listen to Dr. Laura's Spotify Podcast and hear about my mission and how this Expo and my Non-Profit, Vibration 432 came about! More information in the following page.

In addition, I would love for you to follow my Instagram page to see all the amazing vendors and Event activities and also share with your friends and family about this incredible free event!









#### 👸 slightlysanepodcast

DROPPING<br/>DOLOLOSSpecial GuestJU DisabaVIBRATION 432, INC

Check out Dr. Laura and Dr. Kristie's "Slightly Sane" Podcast on Spotify featuring our very own Jill DiSalvo! They talk about all things Healing and Wellness with Jill and the story behind Jill's Non-Profit Vibration 432 and Frequency 432 Healing and Wellness Expo happening on 11/11/23 at Carlin Park Jupiter!



earth + sugar

We Love Earth + Sugar and all of their AMAZING Creations! Get ready for a "SPOOKTACULAR" Halloween and order your premium cakes, cupcakes and confectionary delights to secure your sweet celebration essentials today!







SPOOKTACULAR HALLOWEEN Navette Saylor Creativity Curator + Possibility Partner WiseWellWomen.com

# Oli Painting created by Nanette Saylor



Let's welcome a new season, cycle, phase or year open to receive the lessons and gifts we are intended to receive.

Years ago I adopted a practice of using journal prompts to support me to "hear" the guidance my Inner Wisdom was offering to me. My subconscious speaks through my journal, as well as through tools like tarot, oracle cards, intuitive painting and other energy-based media. How do you "hear" your Inner Wisdom?

Fall is a time of harvest and a time to honor all that we have nurtured into being over the Spring and Summer. It's a time to acknowledge how much we have grown and changed. And, it's also a time to check in, to remember our intentions, and to assess our progress. Using the gardening metaphor, it's a time to review the harvest and to make notes about what we might choose differently when we plant again.

One day, playing with the word CREATE, I came up with a list of themes that I turned into questions that would support evaluating any phase or project. I share them here with you now:

### CONNECT, RELEASE, EXPLORE, ALIGN, TRANSFORM, ELEVATE.

And the questions are:

Who or what did I connect to that that has served me well over this past cycle, providing support and/or resources for my business and my life?

What do I need to release from this past cycle, to let go of and leave behind in order to continue to move forward?

What else or where else did I explore that provided my best options, interest or support? Where did my curiosity lead me that was unexpected? How did I benefit from that experience?

What new ideas, projects or people came into my life that are most aligned with my business mission and vision and who I want to be today?

What transformation did I create for myself and/or others as the result of my personal and professional initiatives this past cycle? How does that make me feel? Which experiences am I most proud of? Which can I let go of?

What choices did I make that clearly elevated my life and the lives of others around me? How do I describe the upleveling that occurred in my business and life over the past cycle?

Pause for a moment, and reflect.

And, when you've allowed yourself to sit quietly, to ponder those questions, and made some deliberate time to write or doodle or collage or paint your responses, then I invite you to consider the ultimate, and most expansive questions:

"What else is possible?" and finally, "What energy will I call in to BE the human that creates this magic in my life?"

**ENJOY!** 

# GETYOUR COSMIC Mojo



## We are **Spirit**

## having a human experience

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

Guidelines for Realizing Positive Changes in Love and/or Money On Gleaning Support from the Universe: Take Note of the Power of the October 2023 Eclipse Season \*

#### About the October 2023 Cosmic Mojo

\*

- October 14, 2023 Solar Eclipse in Libra: Ruled by Venus
- October 28, 2023 Lunar Eclipse in Taurus: Ruled by Venus
- Venus is the Planetary Ruler of Love (of all kinds of love, for self, children, others and/or a significant other) and all kinds of Resources (money, skills, abilities, etc.). They influence both sides of the October eclipse pair.
- The wildcard influence of eclipses can be felt in advance of the exact date. (Case in point: Funding the US government, clearly a money issue, had, and is likely to continue to have, a wildcard flavor to it.)
- The intensity and theme of the forward-looking influence of eclipses lasts for up to 6 months

 As this eclipse season is Venus inspired, it is an excellent time for setting farreaching and ambitious goals for love and money for yourself, and/or for the advantage of people whom you love and wish them to experience growth and happiness.

 This article offers practical and helpful suggestions for you and/or others for whom you care to gain both self-guided and/or coach supported approaches to improving the odds for you and/or others to be successful at achieving ambitious goals.

#### "Only the Shadow Knows for Sure"

(A fun phrase coined by one of most popular radio shows of all times. As this show went off the air in 1954 it may not be familiar to many in the younger set reading this newsletter.)

In physical reality eclipses involve the Sun, Moon, and Earth casting shadows upon each other. They can metaphorically be thought of as cosmically inspired dances between light and dark (shadow). The shadow nature of the October skies makes this October a favorable time for everyone and anyone to take stock of their satisfaction in love and money. If there is a desire for improvement, a productive goal would be to seek to find ways to tap into learning about the content of the unconscious mindset (the shadow mind) of the person with the will to make positive changes. Awareness is a first and an invaluable step on the path to gaining insight into what is holding back progress. Gaining insight into unconscious obstacles is a powerful step in any quest for desired insightful results.

9 Effective Ways to Access Information from One's Subconscious Mind

I. Seed your dreams. Write a note to your subconscious self about what you want to know (i.e., Dear Subconscious Mind: I seek insight into knowing what is keeping me from meeting the Love of my life.). Then, place the note under your pillow. Pay attention to what happens. You may want to keep daily notes.

2. Meditate with the intention of gaining constructive insights.

3. Plan to have an Aura Image Reading at the II/II Health and Wellness Event (Your Aura energy is generated by your subconscious. The wonders of technology make subconscious content visible. Often people want to hear only positive info and however if you are inviting even uncomfortable insights you may want to assure your inner-self you want the truth revealed.

4. Get a Tarot Reading on II/II. Inform the reader what you want to learn. (My belief is that Tarot is an x-ray of the subconscious mind.)

Get a Psychic Reading on II/II. Inform the reader what you want to learn.
Acquire a Tarot deck on your own and utilize the related book, as needed, to read for yourself.

 7. Engage in creating a vision board activity and when in creative think mode pay attention to see if you gain insights into what may be holding you back
8. Commit to doing the work recommended in the book Radical Forgiveness.
Many wise and respected metaphysical teachers share that lack of forgiveness is detrimental to forward life progress.

9. Finally, a not commonly acknowledged astrological understanding is that an astrology chart reversed is the chart of the shadow. This is a service I make available. If you wish to learn more or schedule a reading <u>you can contact me at Hattie@hattieparker.com.</u>

<u>NOTE: Stay tuned Nanette Saylor (wisewellwomen.com) and I are planning a unique visioning experiential workshop. More information will be shared in the next newsletter.</u>